

**Questions and Answers about Diabetes
By Susan J Smith, PhD, CDE**

Seeing patients in my office on a daily basis, there are some questions regarding specific aspects of diabetes management that come up frequently. As time goes by and seasons change, there is a need to revisit and revise your plan on controlling diabetes on a day to day basis. For instance,

- 1. It is summer fruit season – can I eat fruit? When and how much?** Dietary changes are all about a give and take approach. When fruit comes into season, it can replace another carbohydrate in your food plan, such as bread, potatoes or .If eating fruit as a snack between meals, add some protein to it (peanut butter on an apple, or cheese or nuts with the peach or nectarine or melon. If you eat fruit that doesn't need to be chewed much, such as watermelon, it probably has less fiber than other fruits and therefore breaks down into sugar much more rapidly. Have a smaller portion of these fruits.
- 2. I love to BBQ – what do I need to limit?** BBQ is a method of cooking that allows the fat to drip from the meat or chicken into the BBQ, so it helps reduce the fat associated with meat products. The problem occurs at BBQ with all the sides that come with the BBQ meat or chicken. Limit the potato salad, pasta salad chips and bread. Bring a plate of raw vegies with dip to fill your plate.
- 3. Drink a lot of water especially when the temperatures are warmer.** We need to drink a lot more fluid in the hot days, to help our kidneys be more efficient at filtering the blood.
- 4. Be sure to partake in physical activity.** Either early morning or evening are good times to take a walk, which will help your blood sugars stabilize.
- 5. Use your blood sugar meter to test a 2 hour after-meal blood sugar.** If it is <140 g/ dl, your sugars are in good control after that particular meal. You can learn how different foods affect your sugar by testing an after-meal blood sugar occasionally.

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