

**November 1:**

*Daylight Savings:  
Remember to turn the  
clock back one hour on  
your meter and pump.*

**November 7:**

*JDRF One Walk: San  
Diego*

**November 7:**

*ADA Step Out Walk to  
Stop Diabetes:  
La Quinta*

**November 12:**

*JDRF Poway Parent  
Coffee*

**November 16:**

*Advanced Pump Class*

**November 19:**

*JDRF Chula Vista Parent  
Coffee*

**November 26-27:**

*Clinic and office closed  
in observance of  
Thanksgiving*

**December 13:**

*JDRF Carlsbad Parent  
Coffee*

**December 24-25:**

*Clinic and office closed  
in observance of  
Christmas*

**December 28-30:**

*Clinic closed. Limited  
staff in the office*

**December 31-**

**January 1:**

*Clinic and office closed  
in observance of the  
New Year*

## Managing Sick Days with Diabetes

It is that time of year when everyone seems to get sick and it can be a challenge to manage a child with diabetes if they aren't feeling well. A cold, the flu or an infection can raise blood glucose levels. What do you do? Be prepared for illness and make a plan ahead of time for sick days. Here are a few guidelines:

1. NEVER stop taking insulin, even if your child complains of not feeling well or is throwing up. Insulin is still needed to correct high blood sugars and prevent ketones. In fact, illness often causes an increased need for insulin. Call your doctor to adjust your insulin dose. If your child is taking Metformin, it must be stopped if he or she is vomiting, has diarrhea, difficulty breathing or another serious illness.
2. Check your child's blood sugar at least every two to four hours.
3. Encourage your child to keep eating and drinking. Keep plenty of nonperishable food and drinks on hand that are easy on the stomach, including Jell-O, broth, soup and fruit juice. If your child can't eat his or her usual food, try some saltine crackers or dry toast. Small amounts of grape juice or regular cola can help keep blood sugar from dropping too low, even if your child is reluctant to eat.
4. Drink plenty of fluids to avoid dehydration.
5. Check for ketones at least twice a day even if blood sugar levels are normal. With illness, ketones can be present even if blood glucose levels are within range.
6. **Call your child's healthcare provider if:**
  - Urine or blood ketone levels are above normal
  - Your child vomits more than once or is unwilling to eat or drink
  - Your child has diarrhea for more than six hours



## New and Noteworthy

**Tandem G4 Insulin Pump:**

Tandem is now taking orders for their new G4 insulin pump. It combines features of the t:slim® Insulin Pump and Dexcom G4® PLATINUM CGM System into a single device. [www.tandemdiabetes.com/Products/t-slim-G4-Insulin-Pump/](http://www.tandemdiabetes.com/Products/t-slim-G4-Insulin-Pump/)

**Dexcom G5 CGMS:**

Dexcom recently announced the release of a completely mobile CGMS. With Bluetooth® technology built into the transmitter, glucose data is sent wirelessly from the transmitter to a compatible smart device. [www.dexcom.com/g5-mobile-cgm](http://www.dexcom.com/g5-mobile-cgm)

**Accu-Chek Aviva Connect meter:**

Accu-Chek recently released a new blood glucose meter that transmits blood sugar results to an app on your child's smartphone. The app will then send an auto-generated text with the results to parents or other caregivers. The app also has a built-in insulin bolus calculator, which will make insulin bolus recommendations based on the blood sugar result and amount of carbs entered. The bolus calculator is activated and configured by your physician. [www.accu-chek.com](http://www.accu-chek.com)

# Stay Active!

**By Cortney Staruch, RD**

This time of year can be a challenge, managing extra desserts, parties and overall changes in schedules. Try to stay as active as possible, whether that's by simply taking a walk after a larger meal or doing something as new and exciting as going somewhere different and trying a new activity, like hiking one of the following great hikes San Diego County has to offer:



## Best Hikes in San Diego County

- ◆ Los Penasquitos Canyon Trail
- ◆ Cowles Mountain (San Carlos)
- ◆ Iron Mountain Trail (Poway)
- ◆ Lake Poway to Mount Woodson (Ramona Side)
- ◆ Mission Trails Regional Park: Oak Canyon Trail
- ◆ Double Peak Trail (San Marcos)

# Volcan Valley Farm

## Volcan Valley Farm

Julian's largest orchard, Volcan Valley Farm, comes alive with 7,000 trellis-grown apple trees of red and green apples ready to pick. Choose between seven varieties, including the famed

Gravenstein, Red Delicious and Granny Smith. Grab a bag for \$12 and then head into the fields to fill it up. You're allowed to sample the apples as you pick to make sure you are getting the perfect ones.

The orchard is open daily from 10 a.m. to 4 p.m. until the apples run out!

1284 Julian Orchards Dr.  
Julian, Ca 92036  
760-807-1816



# Flu Vaccine



Having the flu can be dangerous for anyone, but it is extra risky for people with diabetes because it is harder for you to manage your blood sugars and medications when you are sick.

The American Academy of Pediatrics recommends that all children with diabetes receive a flu shot every year—and we agree. Talk to your doctor about getting a flu shot today. Flu shots do not

provide 100 percent protection, but they do make it much harder for you to catch the flu for about six months after being vaccinated.

## Try this Gluten-Free Pumpkin Bread If You Have Celiac Disease

Compliments of Rosio Hernandez, MS, RD

Yield: 1 Loaf Servings: 10

### Ingredients:

- ◆ 1/2 cup butter
- ◆ 1 cup sugar
- ◆ 2 eggs
- ◆ 1 teaspoon vanilla
- ◆ 2 cups gluten-free flour blend (recipe below)
- ◆ 1 (15-ounce can) pumpkin
- ◆ 1.5 teaspoon pumpkin spice
- ◆ 1 teaspoon baking soda
- ◆ 1/2 teaspoon salt



**Directions:** Preheat oven to 325 degrees and lightly grease a bread pan. Cream butter/sugar and then add eggs/vanilla/pumpkin. In a separate bowl, mix dry ingredients. Add flour mix to the pumpkin mix. Don't over-mix. Pour into prepared bread pan and bake for one hour.

**Nutrition Information:** **Serving size 1 slice** (85g). Amount per serving: 186 calories (92 calories from fat), Total Fat 10.2g, Saturated Fat 6.2g, Cholesterol 61.6 mg, Sodium: 338 mg, **Total Carbohydrate: 23g**

## Counting Carbs for the Holidays

by Lisa Ameer, MSNH, RD, CDE

There is no need to avoid your favorite recipes and treats over the holidays. Below are some great websites, apps and tools to guide you to indulge healthfully. Here are my favorites:

Remember that only a food scale will help you understand what ounces look like when counting carbs. However, after measuring a food on a scale try to compare the food to your hand at home so that when you eat out you can estimate closely.



- **The Calorie King Calorie, Fat and Carb Counter**, by Allan Borushek, RD, from Target or online at [www.calorieking.com](http://www.calorieking.com).
- **Nutriportion Measuring Cups**, cups with carb info on the side. [www.lorenadrigo.com](http://www.lorenadrigo.com)
- **The Perfect Portion Scale** helps you calculate foods without labels. Simply type in a code for the food you are measuring and the scale will measure the weight and calculate the carbs. [www.perfectportionsscale.com](http://www.perfectportionsscale.com)

### Apps and Websites:

- ◆ Calorieking
- ◆ Figwee Meal Memory visual carb counter
- ◆ Go Meals
- ◆ Recipe Builder Pro calorie and nutrition calculator and recipe designer
- ◆ Recipenutrition.com website for calculating traditional recipes/carb counts



## Holiday Carb Counting



<u>Holiday Food Item</u>	<u>Carbohydrates</u>	<u>Calories</u>
<u>Desserts</u>		
Biscotti (1 ounce)	18	140
Homemade holiday cookies (1 ounce or palm size): Sprinkles or candy additions (check label)	18-20	135-150
Crackers such as Ritz (1 ounce) Use scale once and compare to your hand	12-15	80-100
Salami and pepperoni slices (1 ounce)	Less than 1	80-90
Cheese (1 ounce or 1 domino in size)	Less than 1	110-120
Cinnamon Roll (4 ounce or female fist size)	68	440
Coffee cake (2 ounces or 2 inch x 2 inch-palm)	30	180
Fruit Pie such as Apple or Cherry (1/8 <sup>th</sup> of the 9 inch pie or 4.8 ounces = about the size of your entire hand when you compare to a food scale)	49	350
Pumpkin Pie (1/6 <sup>th</sup> of the 8-inch pie)	41	315
Pecan Pie (1/6 <sup>th</sup> of the 8-inch pie)	57	440
Hot chocolate with whole milk (8 ounces)	26	180
Hot chocolate with skim milk (8 ounces)	27	140
Whipped Topping such as Reddi Whip or Cool Whip (2 TBSP or the size of two thumbs)	2-3	20-25
Marshmallows (1 ounce or 4 regular size)	25	100
Flavored Coffee Creamers such as Coffee Mate (1 TBSP or the size of your thumb)	5	35
Candied Apple	80	330
Fudge (1.5 ounces-weigh it and compare to your thumb)	25	200
Turkey or Chicken-with skin <u>3-4 ounces or palm size</u>	0	250
Turkey or Chicken no skin-palm size	0	175
Ham-palm size	0	110
Stuffing (1/2 cup)	15	60
Mashed Potato or Sweet Potato	15	60
Brown sugar (1 TBSP or thumb size)	15	60
Butter (1 TBSP or thumb size)	0	100
Roll (1 ounce or the size of your fist)	17	90
Croissant-small (2 ounce)	26	230
Green Beans (1/2 cup)	< 5 grams	35
Hominy (1 cup) in your Posole	20	80
Gravy (2 TBSP or 2 thumbs)	3	20
Beef or Chicken Tamale (4.5 ounces)	27	250

