

UPCOMING EVENTS

May 2:

*Advanced Pump Class.
Please contact your
pump nurse to schedule.*

May 14:

*Rady Children's
Diabetes Product Fair*

May 14:

*JDRF One Walk,
Temecula*

May 30:

*Memorial Day: Clinic
and Office closed*

July 4:

*Independence Day:
Clinic and Office closed*

July 19-22:

*Camp Wana Kura at
Santee Lakes*

August 1:

*Advanced Pump Class.
Please contact your
pump nurse to schedule.*

Spring Cleaning



It's finally Spring, the time of year when everyone wants to clean out and refresh. How about cleaning out your diabetes supplies and medications? More than 100,000 children and adolescents in 70 countries across the globe struggle to get insulin and testing supplies (according to a 2011 report by the International Diabetes Federation). Without insulin, a person with type 1 diabetes can die within a week. It's a shame to toss away perfectly good insulin or supplies just because you switched to a different brand or a different regimen. Help another person by donating lifesaving materials.

Donate Locally

- * Homeless shelters
- * Salvation Army
- * Nursing homes
- * Animal shelters (insulin-dependent diabetes affects pets too).

When you call, be sure to have a list of what you want to donate. Organizations may be looking for unexpired and unopened packages of syringes, pens, insulin, medications, test strips, lancets, insulin pumps and pump supplies.

Donate Nationally

* Charles Ray Foundation

www.cr3diabetes.org

Accepts donations of insulin supplies, including test strips, insulin pumps and pump supplies.

* Diabetes Rescue Supplies

www.diabeticsupplyrescue.com

This site has an easy form to fill out and provides excess and unused diabetic supplies to people who don't have insurance. The organization accepts test strips, lancets, needles, glucometers and many other non-prescription supplies.

* Insulin Pumpers

www.insulin-pumpers.org

Nonprofit organization that accepts donations of insulin pumps and pump supplies and distributes them to eligible recipients who are either uninsured or underinsured.

Donate Abroad

* Insulin for Life

<http://ifl-usa.org>

Collects diabetes goods that can be used easily, including insulin in a vial or pen form, glucagon, meters, strips, lancets and pen needles. Items need to be unopened and not expired. Ideally, insulin needs to have at least three months left before it expires to ensure it reaches its destination before it expires.



Clean out your pantry and fridge and try some products with clean ingredients! Lisa Ameer, MS, RD, CDE

Fooducate.com: Scan the barcode and see the nutritional score. (The explanation of the score is very clear). You can then compare to similar products to find the healthier choices based on ingredients.

Another great website for clean eating is 100 Days of Real Food:
www.100daysofrealfood.com

Dannon Oikos Triple Zero Vanilla or Triple Berry Greek Nonfat Yogurt is possibly the perfect protein snack!!!!

Freeze it and pack in your child's lunch box, or treat yourself! It is also certified gluten-free. Made with Stevia. No dyes-fruit/veggie extracts. Total carbohydrates for 5 ounce cup=15 grams. Protein bonus of 15 grams!





Product Spotlight: GRIFGRIPS



GrifGrips are custom-made, flexible, breathable solutions for securing your insulin pump or CGM, designed by a former NASA engineer.

Grips and tapes are made of a cotton material with an acrylic adhesive, enabling them to flex with the natural movement of the body. The fabric also allows your skin to breathe and stay cool.

Whether you're into heavy sports or just swimming at your local pool, GrifGrips can withstand the rigor and keep you on the move.

For more information:

www.grifgrips.com

Also available on Amazon.



MyChart is a powerful tool that provides online access to your child's medical record.

Features:

- ⇒ Appointment Scheduling: you can schedule, request, confirm or cancel your child's doctor appointments.
- ⇒ Communication: you can send a secure message to your doctor's office and receive a timely response.
- ⇒ Review Clinical Information: view selected clinical information such as allergies, immunizations, medications and lab results.
- ⇒ Request Prescription Refills: request refills online.
- ⇒ View Account Statements: review your child's doctor and hospital bills online.

Sign up for MyChart at your next doctor's appointment. Initial sign-up must be done in person.

Visit MyChartatRadyChidrens.org to learn more. MyChart is available for the iPhone, iPad and Android devices.

Fair Food Tips



The San Diego County Fair opens June 3.

Although the fair is fun, it can be challenging for someone with diabetes. The extra carbs, calories and high-fat foods can make managing your blood sugars difficult. Here are some tips:

- Portions can be huge; try splitting the food with someone else.
- Bring your own water instead of drinking sweetened, high-carb beverages.
- Plan ahead and find out the carb count for your favorite fair food.
- Keep in mind that you might be walking a lot, so you may need to take less insulin.

Popular Fair Foods:

Blooming onion: calories:1320, carbs:140g

Bratwurst on a bun: calories: 800, carbs: 28g

Candied apple: calories: 330, carbs: 80g

Corn dog: calories: 250, carbs: 23g

Corn on the cob with butter: calories: 200, carbs: 42g

Cotton candy (2.25 oz.): calories: 250, carbs: 62g

Funnel cake:, plain: calories: 760, carbs: 80g

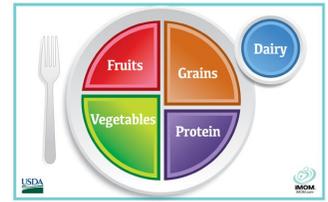
Kettle corn (5 oz.): calories: 600, carbs: 110g

Gyro with meat: calories: 680, carbs: 55g

For more fair and carnival foods, visit www.calorieking.com and search fair foods.



Meet Our Dietitians



A registered dietitian is an integral part of your child's diabetes care. Here at Rady Children's, we are proud to have five experienced and diverse dietitians that serve our patients.

Lisa Ameer, MSNH, RD, CDE

Lisa has been a dietitian for 18 years and for the past 15 years has dedicated her career to pediatric diabetes and eating disorders at Rady Children's. She is a certified diabetes educator and has a master's degree in natural health/herbal medicine. She graduated from Montana State and did her dietetic internship at Massachusetts General Hospital, which is affiliated with Harvard Medical School. Her passions are food politics, supporting local farmers markets with her family, cooking with her 7-year-old son and yoga /backpacking/ hiking in San Diego and in her home town of Montana .



Cortney Berling, RD

Cortney has been a dietitian for three years. She graduated from the University of Cincinnati and completed her dietetic internship at the Cleveland Clinic. She is currently working on obtaining her master's degree in public health. When Cortney is not at work, she enjoys long-distance running, paddle boarding , camping and hiking.



Vanessa Aldaz, MPH RD CDE

Vanessa has been a dietitian in the diabetes clinic at Rady Children's for about nine years and a certified diabetes educator for five years. Vanessa also speaks Spanish fluently and sees diabetes patients in one-on-one education appointments. She has volunteered for many JDRF events and has given numerous talks and media interviews on diabetes prevention and nutrition in the community since the start of her career. She graduated from UC San Diego with a Bachelor of Science in biochemistry and cell biology and has a Master of Public Health. She loves cooking, baking, traveling and spending time with her 1-year-old son and her husband, who just happens to be a diabetes and endocrinology doctor.



Rosio Hernandez, MS, RD, CNSC

Rosio started her career as a dietitian at Rady Children's in August 2007. She has a master's degree in nutrition from San Diego State University and completed her dietetic internship at the VA Healthcare System in San Diego. She is a certified nutrition support clinician and an expert in celiac disease. She has volunteered and spoken at several local Celiac Support Association events. She also speaks Spanish fluently. Rosio loves cooking, traveling, running, hiking and camping.



Aarti Sanchez, MS, RD

Aarti has been a dietitian for 10 years. She has a variety of experience in the field of nutrition as well as medical research, with 10 research articles published in international journals. She is a certified diabetes educator from India and has a master's degree in dietetics and food service management. She completed her dietetic internship at the University of Northern Colorado in 2015. When not working, she loves to cook, do yoga/meditation and spend time with her 2-year-old daughter and husband.



Q: How often should we meet with a dietitian?

A: The American Diabetes Association recommends annual visits with a dietitian as part of a comprehensive diabetes care plan. This is especially important for children and adolescents to be sure they are getting the right amount of calories, protein, vitamins and minerals at each stage of growth. We can also help with your insulin pump therapy by going over how to use some of the advanced features on your insulin pump that can help cover difficult meals, like pizza.

Q: How do you request an appointment?

A: Appointments can be made by contacting Rady Children's Central Scheduling Department at 858-966-5999. Some insurances require a referral from either your primary physician or endocrinologist.

Q: What are some of the challenges you hear from families when they meet with you?

A: Changes in schedules – such as work, school, sports and eating away from home; these all impact the kinds of meals and snacks your child eats. Providing ideas for healthy snacks, managing the timing of snacks around physical activity and ideas for quick healthy meals on the go are all things the dietitian can help with.

Q: Are there other things you address with families?

A: We also meet with children with celiac disease or food allergies and food phobias. A nutrition assessment is important to make sure these children are meeting their nutrient needs within their dietary limitations.

Q: Is there any recent research findings related to nutrition therapy for individuals with diabetes?

A: Studies have shown that medical nutrition therapy can reduce A1c on average by 1 percent for individuals with type 1 diabetes. (Source: The AADE desk reference, third edition)



Lime Cilantro Quinoa Salad, provided by Rosio Hernandez, RD

Makes 8 (½ cup) servings:

INGREDIENTS

Salad

3 cups cooked quinoa (1 cup dry)
½ cup (not packed) raisins, chopped
¼ cup chopped dried apricots
¼ cup pine nuts, toasted
¼ cup cilantro, chopped
½ cup diced bell pepper of any color

Dressing

¼ cup lime juice
¼ cup olive oil
1 teaspoon Dijon mustard
2 garlic cloves, minced
Pinch of salt

INSTRUCTIONS

Mix all salad ingredients together in a large bowl. In a separate smaller bowl, whisk together all dressing ingredients.

Pour the dressing over the salad and mix thoroughly. Can be stored in an air tight container in the fridge.

Nutrition analysis per ½ cup serving: 160 calories, 10g fat,* 16g carbohydrate, 2g fiber, 2g protein

*The fat in this recipe comes from heart-healthy fats from the pine nuts and olive oil.



From Real Life Dinner

San Diego County Farmers Markets by Cortney Berling, RD

There are over 40 farmers markets in San Diego County. In fact, San Diego County has more small farms than any other county in the nation. Shopping at farmers markets is a great way to support the local community, purchase fresh produce and help the environment!

Tuesday: Coronado, Escondido, Mira Mesa, Otay Ranch, Pacific Beach, UC San Diego/La Jolla

Wednesday: Carlsbad, Encinitas, Ocean Beach, Santee

Thursday: Carmel Valley, Chula Vista, El Cajon, Horton Square, Linda Vista, North Park, Oceanside CFM, UTC

Friday: Allied Gardens, Borrego Springs, Fallbrook, Imperial Beach, Kearny Mesa, La Mesa, Rancho Bernardo

Saturday: City Heights, Del Mar, Escondido, Golden Hill, Little Italy, Pacific Beach, Poway, Ramona, Scripps Ranch, Vista

Sunday: North San Diego, Gaslamp District, Hillcrest, Julian, La Jolla, Leucadia, Rancho San Diego, Rancho Santa Fe, San Marcos, Solana Beach

For more information about farmers markets around San Diego County, visit the San Diego County Farm Bureau website at www.sdfarmbureau.org. Days and times are subject to change.

