



Healthy Eating in Indian Country:

1 Diabetes

Diabetes is a disease you have when your body can't use digested foods for the energy it needs. Diabetes will make you sick. There is no cure for diabetes, but you may be able to control it with a good diet and regular exercise. Some people may require medication.

How To Know if You Have Diabetes

The Indian Health Service doctor or clinic can test you to see if you have diabetes. This test is the only way to know if you have diabetes. You can look for certain warning signs. Go to the doctor or clinic right away if you have:

- constant thirst
- frequent urination
- tiredness
- constant hunger
- weight loss
- weakness

How To Control Diabetes

People with diabetes need to eat a variety of foods, exercise regularly, and, in certain cases, take medication. Overweight people need to eat the right foods and exercise to lose weight.

If you do not control diabetes, it may lead to other health problems such as **heart disease**, **high blood pressure**, **infections**, **kidney disease**, **stroke**, or **blindness**.

What Should You Eat if You Have Diabetes?

An Indian Health Service dietitian, nutritionist, or your clinic can help you plan meals.

Eat less sugar

- Drain and lightly rinse canned fruits to remove extra sugar.
- Use less honey or sugar in muffin, cookie, and cake recipes.

Eat less fat

- Eat chicken (without skin) and fish more often. Limit foods like fry bread.
- Bake, broil, roast, or steam foods instead of frying them.
- Chill canned meats and remove the hardened fat at the top.

Eat more fiber

- Eat cooked dry beans, potatoes, other vegetables, fruits, and whole-grain bread more often.
- Use half all-purpose flour and half whole-wheat flour in recipes when you bake.

Eat less salt

- Use herbs and spices to flavor food instead of salt. Don't use salt at the table.
- Drain and lightly rinse canned vegetables to remove extra salt.
- Cook pasta and rice without adding salt to the water.





CORN AND BEAN MEDLEY

Makes 4 servings, 1/2 cup each

3 tablespoons liquid drained from canned corn
1/4 cup onion, chopped
1 cup canned whole-kernel corn, drained
3/4 cup dry kidney beans, cooked
3/4 teaspoon chili powder
1/4 teaspoon hot red pepper flakes (optional)

1. Heat 3 tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
4. Cook over low heat about 10 minutes.

Nutrition information for 1/2 cup

Calories = 81 Carbohydrates = 16 grams Protein = 4 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram
Cholesterol = 0 milligrams Sodium = 140 milligrams



CORN TOASTIES

Makes 18 toasties

2 cups cornmeal
1 cup all-purpose flour, sifted
2 tablespoons sugar
1-1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 teaspoon baking soda
3/4 cup buttermilk (made from 2 teaspoons vinegar
+ 3/4 cup milk, made from nonfat dry milk powder)
1/4 cup dry egg mix mixed with 1/4 cup water
2 tablespoons vegetable oil

1. In a large bowl combine cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended.
3. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed.
4. Turn mixture onto a lightly floured board and knead only 10 times.
5. Roll out to a thickness of 1/4 inch and cut with a 3-inch-round cutter.
6. Bake on a warm ungreased griddle or frying pan for about 10 minutes on each side.

Nutrition information for 1 toastie

Calories = 96 Carbohydrates = 19 grams Protein = 3 grams
Total Fat = 1 gram Saturated Fat = less than 1 gram
Cholesterol = 11 milligrams Sodium = 98 milligrams

