

## Living with Diabetes: Patient Newsletter

### Welcome to the first Newsletter for patients living with Diabetes!

This newsletter will provide you with some interesting tips on Diabetes self-management, resources and information that is important to know. The newsletter will be published quarterly.

### Diabetes Educator News

**Diabetes Education** has moved to 12 Uxbridge Road in Mendon, MA 01756; our **new phone number is 508-381-3092 and our new fax number is 508-488-6347.**

### Tips on working from home

With the advent of the COVID-19 pandemic, many of us are working remotely from home. Below are a few suggestions on how to take care of your diabetes in the home working environment.

- Create a schedule for the day;
- Consider any diabetes-related activities as appointments;
- Stay active and take time to simply move around;
- Diabetes supplies should be kept near you while you work as a reminder;
- Leave some gaps in time so that you can take care of yourself.



### Suggestions from the Dietitian Diabetes Educator

Working from home now? Bored with your breakfast ideas? Here is a simple formula you can use to add variety to your breakfast, and still stick to your meal plan. Pick one item from each category and mix it up.

1. Pick 1 serving of a whole grain such as: 1 slice whole wheat (WW) toast, 1 small WW pita, ½ WW English muffin or 1 WW waffle. (15 grams of carbs)
2. Add 1 serving of heart healthy spread such as: Hummus, low fat soft cheese, guacamole, nut butter. (0-7 grams of carbs).
3. Add 1 serving of whole fruit or vegetables such as: apple, berries, mango, melon, orange, pear, or peach. Or you could add steamed broccoli, peppers, or onions. (15 grams of carbs for the fruit).
4. Add 1 serving of a protein such as: unsalted nuts, plain yogurt, eggs, reduced fat cheese or lean meat. (0-15 grams of carbs).

**If you have any ideas for information that you would like shared through the Living with Diabetes Patient Newsletter, feel free to contact Diabetes Education.**