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Did you Know...

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.

In WI ~ 1 out of 4 adults aged 65+ have been diagnosed with diabetes.

Diabetes is the 7th leading cause of death in the United States (and may be underreported).

EAT WELL, AGE WELL. August- Diabetes

According to the National Institute on Aging, Millions of older Americans have “prediabetes.” This means their glucose levels are higher than normal but not high enough to be called diabetes. A fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you have prediabetes, and 126 mg/dL or higher indicates you have diabetes. Note these levels can be affected by stress and illness so this is a guide range that should be discussed with your doctor. People with prediabetes have a greater chance of developing type 2 diabetes and having a heart attack or stroke.

If you have prediabetes, there are things you can do to prevent or delay getting type 2 diabetes. Losing weight may help. Healthy eating and being physically active can make a big difference. The recipe & links on the next page can help assist you! Get help with quitting smoking (if you smoke), because smokers are more likely than nonsmokers to develop type 2 diabetes. Make sure to ask how often you should have your glucose levels checked. Your doctor may also talk with you about taking medication to delay or prevent type 2 diabetes.

If you have diabetes, your doctor may screen you for depression or cognitive impairment. Older adults with diabetes are at higher risk for these conditions, compared with others their age who do not have diabetes. You can also ask to be screened if you have concerns.

Smoked-Paprika Salmon

This recipe can be enjoyed hot or cold on a salad.

Ingredients

- Dijon mustard 1 tbsp
- Maple syrup 2 tsp
- Smoked paprika 1 tsp
- Salmon (divided into 2 portions) 8 oz
- Olive oil 1/2 tsp
- Salt or Salt-Free Blend 1/4 tsp
- Black pepper 1/4 tsp

| Nutrition Facts | |
|------------------------------|------------|
| 2 Servings | |
| Serving Size | 4 oz |
| Amount per serving | |
| Calories | 210 |
| Total Fat 9g | |
| Saturated Fat 2g | |
| Trans Fat 0g | |
| Cholesterol | 65mg |
| Sodium | 415mg |
| Total Carbohydrate 6g | |
| Dietary Fiber 1g | |
| Total Sugars 4g | |
| Protein | 23g |
| Potassium | 470mg |
| Phosphorus | 320mg |

Choices/Exchanges: 3 Lean protein, 1 Fat

Directions

1. Preheat the oven to broil. Set the rack 6 inches from the heat source. Line a broiler pan with foil.
2. In a small bowl, combine the mustard, maple syrup, and paprika; set aside.
3. Brush each salmon portion with olive oil. Sprinkle with salt and black pepper. Put the salmon fillets, skin side down, on the broiler pan and broil the salmon for 8 to 9 minutes. Brush on the mustard mixture and broil for 2 minutes more. Watch carefully so the salmon does not burn.

Recipe adapted from https://www.diabetesfoodhub.org/recipes/smoked-paprika-salmon.html?home-category_id=20

Learn more about diabetes at <https://www.nia.nih.gov/health/diabetes-older-people>

Recipe Resources

- 40-Page Recipe Booklet for People with Diabetes https://www.cdc.gov/diabetes/pdfs/managing/tasty_recipes_for_people_with_diabetes-508.pdf
- Diabetes Food Hub Recipes <https://www.diabetesfoodhub.org/all-recipes.html>