Recipe of the Month
Baked Ginger Pear Oatmeal

1 cup old-fashioned oats
3/4 cup fat-free (skim) milk
1 egg white
2 tablespoons packed brown sugar, divided
1-1/2 teaspoons grated fresh ginger (see tip) or 3/4 teaspoon ground ginger
1/2 ripe pear, diced

1. Preheat oven to 350 degree F. Spray 2 (6-ounce) ramekins with non-stick cooking spray.
2. Combine oats, milk, egg white, one tablespoon brown sugar, and ginger in medium bowl; mix well. Pour evenly into ramekins. Top evenly with pear; sprinkle evenly with remaining one tablespoon brown sugar.

Makes 2 servings

Tip: When buying fresh ginger, select roots with smooth, unwrinkled skin. To use, peel the trough skin away to expose the tender root underneath; peel only as needed.

My Diabetes Toolkit

Keep track of your blood glucose supplies and medications by creating a diabetes kit. A small makeup or travel bag makes an ideal “diabetes toolkit.” Include the supplies shown below, as needed. And don’t forget to include any other medications you take for diabetes-related conditions.

- Diabetes Medications
- Fast-acting Sugar
- I.D. Bracelet (wear daily)
- I.D. Card
- Insulin Pen
- Lancet
- Log Book
- Meter
- Syringe
- Test Strips

In Case of Disaster

Be prepared for an emergency. Keep an insulated, waterproof diabetes disaster kit ready. Include all the same items as in your diabetes toolkit. A disaster kit should also contain prescription numbers, medication lists, and photocopies of recent lab results. Be sure to update this list at least twice a year.

You Can Live Well With Diabetes!

Diabetes is a chronic (lifelong) condition. Without treatment, it can result in serious health problems, including high blood pressure and cholesterol. But you can learn to manage diabetes and live a healthier life.

Here are some tips and tools to follow:
- Monitoring Blood Glucose
  - The basis of diabetes management.
- Creating a Meal Plan
  - Eating healthy foods every day is key to managing blood glucose.
- Participate in Physical Activity
  - Being active in a great way to help manage blood glucose.
- Medication Management
  - Develop a daily routine to take daily medications needed to keep glucose in target range.
- Maintaining Overall Health
  - Prevention of serious complications or reducing risk of complications.

For questions about Diabetes Watch, contact Grace Guerra-Gonzalez at (210) 467-6575