Healthy Bytes
Spring 2014

Health Management and Education Quarterly Newsletter
Our goal is to provide you with the latest news in the world of diabetes and tips for better managing diabetes, and information about health classes.

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Health Education Opportunities Diabetes and Food Safety Medical Decision Making

Health Education Opportunities
Classes are offered at various times and locations and include nights and weekends. Classes are free with the exception of Living Light Living Well®. For a complete list of times and locations, please call (916) 734-0718 or visit our website at livinghealthy.ucdavis.edu.

Interested in Learning more about Diabetes?

Preventing Diabetes Living Healthy
Learn strategies to delay or prevent pre-diabetes or diabetes

Diabetes Street Smarts
Interactive live web-based discussion about diabetes self-care basics

Let’s Get Started
Overview of diabetes basics and self-management strategies

Meters & Monitoring Workshop
Workshop focusing on tools & techniques for blood sugar monitoring

Dining with Diabetes: The Basics
Class offering overview of basic diabetes nutrition

Dining with Diabetes: Advanced
Practice carbohydrate management and meal planning (Prerequisite: Dining with Diabetes: Basics or In Charge & In Control)

In Charge & In Control
Multi-session class discussing all aspects of diabetes (9+ hours)

Diabetes Recharge Workshop
Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals

Want Information about Heart Health?

Do More with Heart Failure
Interactive class with a registered nurse, dietitian, and pharmacist to assist with daily management of heart failure

Keep the Beat: Strategies for a Healthy Heart
Learn how to keep a healthy heart through lifestyle changes

Ready to Quit Smoking?

Strategies to Quit Tobacco
Workshop providing tools to help stop tobacco use

SToP: Stop Tobacco Program
Multi-session program to help you successfully quit tobacco use

Other Learning Opportunities

Honor Yourself: Advance Care Planning & More
Interactive class to ensure your health and personal care wishes are documented

Living Healthy with Chronic Pain
Class designed to enhance self-management skills and improve quality of life for those struggling with chronic pain

8 Weeks to a Healthier You
Multi-session series to help those with chronic health conditions overcome barriers and achieve effective and healthy self-care skills

Easy Breathing
Learn about new treatments and self-care for asthma and COPD

Achieving a Healthy Weight
Overview of healthy weight loss strategies for a non-diet approach

Living Light Living Well®
Multi-phase weight management and lifestyle program

Today’s Focus: Documenting Your Healthcare & Medical Decision Making

Making Wishes
We’d like to think that we will always be healthy, independent and able to make decisions for ourselves.

But things can change suddenly.

We might have an accident or a serious illness and no longer be able to speak for ourselves. In these events, doctors often turn to our loved ones to speak for us. If that happens, will your loved ones know what care you would want?

Planning for your future medical needs and talking with your loved ones now is the best way to make sure that your wishes will be respected.

Diabetes and Foodborne Illness: Classes
Did you know people with diabetes are more susceptible to food-borne illnesses? To learn more about protecting yourself and your family, enroll in a learning opportunity that will provide insight and education about food related illness.

Come to participate in three 90-minute classes organized by UC Davis researchers. A $30 thank you gift card will be provided in session 3.

Pistachio Crusted Salmon - Serves 4
This quick and easy recipe is full of heart healthy ingredients.

Ingredients
- 6 tablespoons hulled pistachios, finely chopped
- ½ cup buckwheat flour
- 2 egg whites, beaten
- 4 (4-ounce) salmon fillets
- Cooking Spray

Instructions
1. Preheat oven to 400 degrees F.
2. In a shallow dish, combine pistachios and flour. In another shallow dish, add egg whites.
3. Dip one side of the salmon in egg whites and then press into pistachio mixture.
4. Place fillets nut side up on nonstick baking sheet.
5. Repeat for remaining three fillets. Spray top of fillets with cooking spray.

From The Healthy Carb Cookbook by Chef Jennifer Bucko, MCFE, & Lara Rondinelli, RD, LDN, CDE

Fee Applies