

# SAFETY & WELLNESS UPDATE



APRIL 2019

## Diabetes: Meal Planning Guidance

If you or someone you love has been diagnosed with diabetes or prediabetes and are struggling to find a meal plan that helps manage your blood sugars, take a few minutes to read the information below from the American Diabetes Association. This will provide you with some basic options to consider. If you are enrolled in Lexington's Medical Plan, don't forget that you can also contact CDPHP's Single-Source Referral Line at 1-888-942-CDPHP (23747) and ask to speak with a registered dietitian to get some personal guidance.



### Eating Patterns and Meal Planning

For anyone living with diabetes, it can be difficult to make healthy food choices that fit their lifestyle and taste. This may be attributed to conflicting information in the media. The American Diabetes Association reviews the latest research about what is safe and works well for people at risk or living with diabetes. Studies show there are many different eating patterns that can be helpful in managing diabetes. In the long run, the eating pattern you can follow and sustain that meets your own diabetes goals will be the best option for you.

### What Is a Meal Plan?

A meal plan is a guide to help you plan:

- The timing of your meals
- How much to eat
- What foods to choose

A meal plan should take into account your likes, dislikes and lifestyle. It should be a guide that will help you meet your personal weight and blood glucose, the main sugar found in blood and the body's main source of energy. Also called blood sugar goals.

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### RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.  
ORG/WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)  
TELEMEDICINE  
PROVIDER:  
[UNITED CONCIERGE  
MEDICINE](http://UNITEDCONCIERGE<br/>MEDICINE)  
LEXINGTON  
MEDICAL PLAN AND  
CAFÉWELL LIFE  
POINTS PROGRAM:  
[CDPHP](http://CDPHP)

MANAGERS, PLEASE  
POST THIS  
INFORMATION AND  
SHARE IT WITH  
YOUR STAFF.

## What Is an Eating Pattern?

Eating patterns are the foods or groups of foods that a person chooses to eat on a daily basis over time. The following eating patterns may help people living with or at risk for diabetes:

### **Mediterranean**

The Mediterranean eating pattern focuses on plant-based, seasonally fresh, locally grown foods, such as vegetables, fruit, whole grains, cereals, nuts, seeds and beans. Olive oil is the main source of fat. This eating pattern also includes fish, poultry and a small amount of dairy products such as cheese and yogurt. Red meat is limited. Wine can be consumed in small amounts (1-2 glasses per day) with meals. The Mediterranean eating pattern has been shown to protect against heart disease and help you improve blood sugar and lose weight.

### **Vegetarian or Vegan**

A vegetarian eating pattern is based on plant foods such as fruits, vegetables, whole grains, beans, seeds, nuts and meat substitutes with little or no animal products. This diet is rich in vitamins, minerals and fiber and low in saturated fats and cholesterol. There are different types of vegetarian eating patterns, including vegan and lacto-vegetarian. Research has linked this eating pattern to a lower risk of heart disease, obesity and diabetes.

### **Low Carbohydrate**

A low carbohydrate eating pattern focuses on non-starchy vegetables (broccoli, green beans, kale and salad greens) seeds, fats (oils, butter, olives and avocado) and protein foods (meat, poultry, fish, shellfish, eggs, cheese and nuts). Highly processed carbs and grains are limited or avoided in this eating pattern. There is no current standard for the grams of carbs in a low-carb eating pattern and research continues to look at the effects of this eating pattern on diabetes. Work with a registered dietitian to come up with the plan that is best for you.

### **Diabetes Plate Method**

If you are looking for a quick start, the American Diabetes Association recommends the Diabetes Plate Method. Fill half of a nine-inch plate with non-starchy vegetables, 1/4 of the plate with protein and 1/4 of the plate with carbohydrates.

You must decide on a plan according to your lifestyle and likeliness to follow the plan long-term. Take into consideration what you like and dislike and how your eating pattern will affect your social and family life. There are many different eating plans that can be used for managing diabetes. Your options are not limited to those listed above. Work with a registered dietitian or certified diabetic educator to get the guidance you need to manage your diabetes.

*Eating Patterns and Meal Planning (n.d.). Retrieved from <http://www.diabetes.org/food-and-fitness/food/planning-meals/diabetes-meal-plans-and-a-healthy-diet.html>*

## **Fish Fillets with Lemon Parsley Topping**

(From *15-Minute Diabetic Meals*, p. 145)

**Serves 4:** Serving size about 4.5 oz cooked fish and 1 tablespoon parsley mixture

### **Ingredients:**

- 4 6-oz lean white fish fillets (such as tilapia, snapper or flounder), rinsed and patted dry
- Paprika to taste
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon grated lemon zest
- 2 tablespoons finely chopped parsley
- 1/4 teaspoon dried dill weed
- 1 medium lemon, halved

### **Directions:**

1. Preheat oven to 400°F.
2. Line a baking sheet with foil, coat foil with cooking spray, arrange the fillets on foil and sprinkle evenly with paprika. Season lightly with salt and pepper, if desired. Bake 10 minutes or until fish is opaque in center.
3. While fish is cooking, combine the remaining ingredients except lemon halves in a bowl and set aside.
4. Using a slotted spatula, remove the fish, place on four dinner plates, and squeeze lemon juice evenly over all. Top with parsley mixture.

### **Exchanges:**

- 5 Lean Meat
- 1 1/2 Fat

## Spring Safety Tips

### Safe Footwear

Don't get flopped at work!! Meaning, Lexington's footwear policy indicates that no staff are permitted to wear flip-flops at work. The footwear policy also indicates that in accordance with your job duties, you should be wearing safe, well supportive, and comfortable footwear with backs. This is a great time of year to break out our warmer weather shoes, but please keep safety in mind.

### Changing Weather Conditions

Sand, left over from winter, may be slippery! Get out your brooms and sweep the common walking areas near entrances, sidewalks and stairs. The rainy season is here! In terms of slips, trips and falls prevention, we must be cognizant of slippery conditions from sand, loose stones, mud puddles, ruts and pot holes. If you are supporting someone who uses a wheelchair, be cautious and avoid going through grassy or muddy areas, as a person may get stuck. Injuries may be sustained assisting someone who is in this situation.



### Spring Cleaning Safety!

The Lexington Safety Committee has noted that there is a rise in staff injuries related to moving furniture. These typically are not the cases where someone's whole bedroom or office is being moved. Instead, these injuries happen when staff move out a bed to make it, move out a bookshelf or filing cabinet to get to something or see something, or for a variety of other reasons. Included with the following safety precautions is also basic essential body mechanics while moving boxes or bags.

### Safety Precautions for Lifting Heavy Objects

When items on the floor or ground need to be lifted to standing, it is best to:

1. bend at the knees,
2. keep the item close to your body,
3. ensure you have a good grip,
4. look forward (instead of down), and
5. stand/lift (without a quick jerking motion).

It is a good idea to "test" the object to see how heavy it is or if one side or corner weighs more. If possible, take items out of boxes or containers to lighten the load. You will need to make more trips to your destination, but this is better than a trip to the hospital! Really heavy items should never be brought up or down stairs without either lightening the load or getting help from someone. Use of handrails is a must on stairs to prevent trips and falls.



## Spring Safety Tips Continued

### Best Practices for Moving Furniture Safely

There is a series of best practices for preventing muscle injuries associated with moving furniture. These best practices include but are not limited to:

1. Determine if it is necessary to move a bed in order to change out sheets and blankets. If you can avoid moving the bed, that is for the better.
2. For larger scale moves, always include Lexington Maintenance to assist.
3. For metal cabinets or shelving and other furniture that might cut or leave slivers in your hands, always wear leather work gloves. Don't have them? Ask your manager.
4. Always, always empty bookshelves or filing cabinets before moving them. Not only does this lighten the load, drawers can open unexpectedly and cause muscle strains or items to fall on people. If you can lock drawers, do so!
5. You should always have two people bringing items out to the dumpster. Always fully open the lid and then two-person lift the load into the dumpster.
6. Avoid awkward body positioning such as weight on your back and shoulders by slouching and bearing the weight of the furniture. Tip bookshelves, for example, and work with a co-worker so one person can stand upright and the other can bend slightly at the legs and lift with the legs to standing (avoiding awkward back positioning).

### Key Points

1. If the furniture is bigger than a nightstand, you need a second person to help you move!
2. Always empty drawers or shelves before moving the furniture.
3. If taking broken furniture to the dumpster, have a second person help and always fully swing open the dumpster lid.
4. Always plan the route of walking and test how heavy the item is prior to moving
5. Never be afraid or embarrassed to ask for help!

**BE SAFE!!!**

