

Pediatric Endocrinology News

IN THIS ISSUE

Why I Celebrate the Day My Daughter Was Diagnosed [pg. 2]

Pediatric Endocrinology Facebook Page [pg. 2]

Technology Update [pg. 3]

Insulet Winter Wilderness [pg. 4]

Diabetes Jumble [pg. 4]

SLAMDiabetes Tournament [pg. 5]

It's Flu Shot Time [pg. 5]

Leading the Charge [pg. 6]

ADA Vermont Winter Weekend [pg. 6]

The Barton Center Schedule [pg. 7]

The Barton Center VT Camp [pg. 8]

Taking Diabetes to the Fair [pg. 9]

JDRF Kids Walk [pg. 9]

Eat More Plants [pg. 10]

Holiday Cranberry Recipes [pg.11]

Upcoming Events [pg. 12]

CELEBRATE WINTER!



ADA Vermont Winter Weekend February 26-28 (see page 6)

November Is American Diabetes Month®

The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are just two of the recent statistics on diabetes:

- Nearly 30 million children and adults in the United States have diabetes.
- Another 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®! This year's theme for American Diabetes Month® is "Eat Well, America!sm". See more at:

www.diabetes.org/in-my-community/american-diabetes-month

Why I Celebrate the Day My Daughter Was Diagnosed With a Chronic Disease

By Jenn Foster



Today is August 12. Today we will have our cake and we will eat it too. We are not celebrating a birthday or a graduation. There will be no baby shower or future bride to honor. On this day, three years ago, our lives changed. So today I will be celebrating the day my daughter was diagnosed with type 1 juvenile diabetes. We call it the “diaversary” and in our T1D community. This day is one to relish and reflect back on.

Shortly after Emma’s third birthday we noticed some things that seemed unusual. She started drinking an excessive amount of water and wetting herself. She looked hollow with such sunken eyes and wasn’t growing. After a visit to her pediatrician, we found out that she had T1D and there was no cure. The next several days were a blur. She was hospitalized, and we learned how to keep her alive. My husband and I were now going to work 24/7 as her pancreas.

Her world was now bombarded with numerous finger pricks, shots and carbohydrate counting. I felt like we would never be normal again. This was hers, and our, life sentence, which we would carry out with heavy hearts each day. In these first few moments of diagnosis, I would have laughed if someone had told me we would one day celebrate this day. Who celebrates the day their child was diagnosed with a life threatening disease?

Emma’s insulin pump site delivers the insulin she needs through a tiny needle in her backside.

Over time though, diabetes became easier. Emma grew to understand that this is a part of who she is (although it does not define her) and was much more accepting of the constant prodding we now had to put her through. I stopped crying as much and stopped feeling sorry for her and our situation. I met wonderful people who have been doing this for years and they kept reminding me that I wasn’t alone. I found hope in the constant fight for a cure.

Then it happened. I saw this disease in a different light and I understood why it is celebrated. I saw my daughter as my hero. I saw her as the bravest and most courageous little girl that I know. Her smile, laughter and bubbly attitude are infectious. Her resilience is admirable. I saw that she never felt sorry for herself or asked the ever popular “why me” question. If she never approached her day feeling sad and upset about diabetes than why should I?

So today we will celebrate our third year of tackling this disease together. We will celebrate the highs and the lows. We will think about the thousands of finger picks and hundreds of insulin pump set changes we did. We will reflect on three years of setting alarm clocks during the night to check Emma’s blood sugar. The need to wake Emma up in the middle of the night to treat a low blood sugar. We will remind Emma how much she is loved and how well she handles the daily challenges that she faces. We will celebrate the courage of Emma and the strength of our family.

We will have our cake, and yes, we will eat it too.

Technology Update

By Abby Bayer, RN, CDE

You may have noticed that every time you look on the internet or check your mail, there's a new advancement in technology that seems to fill a void we didn't even know we had! The world of diabetes technology is no different and over the past year there have been some very significant advancements in insulin pumps and continuous glucose monitors that we want to share with you. If you are due for an upgrade or are simply curious about any of these products, please feel free to contact our clinic. We would be happy to talk to you about them and see if something new would fit into your diabetes routine.



Dexcom G5 Android Slide System



Tandem t:slim G4 Insulin Pump



Animas The OneTouch Ping®



Medtronic Minimed Connect

Continuous Glucose Monitors

Dexcom G5™ Mobile CGM System:

The first completely mobile CGM system, the Dexcom G5™ has a sensor and transmitter on the body, which transmits a glucose number every five minutes to an app on an iPhone. This information can then be shared with up to five followers via Bluetooth® technology to an app on any smart phone.

[www/Dexcom.com/G5](http://www.Dexcom.com/G5)

Dexcom G4® Platinum System with Share™: Prior to the G5 was the G4 system with Share (Bluetooth® technology) built into the receiver. This system has a sensor and transmitter on the body and transmits a glucose value every five minutes to a hand held receiver, which can then share to an iPhone and can be transmitted to up to five followers. The G4 is now integrated into the Tandem t:slim G4™ insulin pump. www.Dexcom.com/dexcom-g4-platinum-share

Insulin Pumps / Connection Devices

Tandem t:slim G4™ Pump: Now receives CGM information from the Dexcom G4 sensor/transmitter on the body and displays on the pump. Conveniently combines CGM graphs and trend information with current insulin delivery activity on a single color touch screen.

www.tandemdiabetes.com/Products/t-slim-G4-Insulin-Pump/

OneTouch Ping® System Pump: The OneTouch Ping® System provides patients with a combination of clinical performance and lifestyle-friendly features. It is approved by the FDA for insulin-dependent people with diabetes without a restriction for age. The OneTouch Ping® Meter Remote provides remote access to insulin delivery functions available with the OneTouch Ping® Insulin Pump. It allows the most recent blood glucose results from the OneTouch Ping® Meter Remote to be automatically entered into bolus insulin calculations. This calculation covers carbohydrates in food or to correct for a high blood glucose level. The OneTouch Ping® is also tested and proven waterproof at 12 feet for up to 24 hrs. www.animas.com/animas-insulin-pumps/onetouch-ping

Medtronic Minimed Connect: This is a little device that you carry near your pump which will then transmit pump and sensor data to any internet enabled device via an app on your iPhone or iPod Touch. This device also uploads the pump at midnight every night to the Carelink website.

www.medtronicdiabetes.com/products/minimed-connect

Insulet Winter Wilderness Expedition

By Emily Hughes, Director of Outreach (603) 835-9087

Coming up this winter is an exciting opportunity for teenagers with type 1 diabetes. Supporting the belief that having diabetes should not stop people from leading active lives, Kroka Expeditions is launching a unique program for students living with type 1, ages 13-18. This five-day program will give participants the opportunity to experience winter wilderness immersion while connecting with others who have type 1 diabetes. The Winter Expedition is supported by a generous grant from the Insulet Foundation, which will make the program possible for students regardless of ability to pay.



For over 20 years, Kroka Expeditions has facilitated wilderness expeditions for young people based out of their campus in Marlow, NH. Kroka alumni with type 1 diabetes have summited 19,000-foot volcanoes in Ecuador and have skied and canoed the length of Vermont while carrying supplies on their backs throughout the winter. The Insulet Winter Expedition was developed by these alumni. Through their own experiences thriving with type 1, Kroka's alumni Ezra Fradkin, Kenya Whitehead and Rachel Hemond will guide and mentor teens with diabetes through a similar experience. Our team is joined by Daniel Shumer, MD, a pediatric endocrinologist and outdoor enthusiast, who will be serving as a volunteer medical support.

This unique program is open to anyone with type 1 diabetes, ages 13-18, who is in good physical condition and is self-managing their diabetes. We are reaching out to you to help us find the right participants. If you have students in mind, please recommend them to us. Students can apply online at www.kroka.org. Please share this program widely and let us know if you have any questions.

Diabetes Jumble!

Unscramble the words

1. etebdais _____	6. jecui _____
2. eknotes _____	7. scbar _____
3. oucelgs _____	8. ciexeser _____
4. unisnli _____	9. hleytha _____
5. kssacn _____	10. cicheso _____

Word Box

- snacks
- juice
- carbs
- exercise
- glucose
- diabetes
- healthy
- insulin
- choices
- keytones

Solution

1. etebdais	diabetes
2. eknotes	ketones
3. oucelgs	glucose
4. unisnli	insulin
5. kssacn	snacks
6. jecui	juice
7. scbar	carbs
8. ciexeser	exercise
9. hleytha	healthy
10. cicheso	choices

SLAMDiabetes Tournament

6th ANNUAL VERMONT SUMMER CLASSIC WIFFLE® BALL TOURNAMENT

Little Fenway, Essex, VT

Friday and Saturday, June 24-25, 2016



"The SLAMDiabetes WIFFLE Ball tournament is the coolest fundraiser I've ever attended!"

Sam, Oakland A's outfielder and T1Der

"This camp is like a cure for me!"

Eight year-old camper at Vermont's first weeklong, overnight T1D camp, sponsored by SLAMT1D, Inc. and made possible by the hundreds of volunteers, players and supporters at the Vermont Summer Classic.

"When our son was diagnosed last year we felt scared and alone. The SLAMDiabetes tournament gave us this incredible feeling of support, like we were all one big family."

Mom of young T1Der who participated in the 2015 tournament.

Join us to help change the game on T1D!

Only four new teams will be added to next year's tournament. If you're interested in entering a team, volunteering, or supporting SLAMT1D, Inc., please contact Tournament Coordinator Zach Freeman at 802-876-7231 (ext.2) or email zach@slamt1d.org.

Until there's a cure, there's a lot of life to live. Whether it's sponsoring T1D programs at the UVM Children's Hospital, starting a new T1D overnight camp for kids here in Vermont, or helping families recover some of life's fun stolen by T1D, SLAMDiabetes will play backyard games and make Big League impacts today.

SLAMT1D, Inc. is a Vermont 501c3 nonprofit organization committed to changing the game on T1D.

www.slamt1d.org

NO FLU FOR YOU!



It Is Flu Shot Time

By Becky Beaudoin, RN, CDE

The American Academy of Pediatrics recommends the flu vaccine for all children with diabetes. Preventing an episode of the flu may prevent an episode of ketoacidosis. The Centers for Disease Control and Prevention states: "The safety of the nasal spray vaccine has not been established in people with underlying medical conditions that place them at high risk of serious flu complications. This includes diabetes." This means that people with diabetes, including children, must receive the flu vaccine via an injection, not the nasal spray. It is important to get the flu shot early in the fall so it can be working when the flu season begins. It takes two weeks to be protected from the flu. We suggest calling your child's primary care physician and schedule a flu shot as soon as possible. The flu vaccine cannot cause the flu. You may experience redness or soreness for a day or two at the site. As your body builds up antibodies to the flu, you may also feel more tired. This is not the flu and is perfectly normal reaction.

Leading the Charge

By Sandy Huber

My son Hans, diagnosed at 2-½ years old, has adapted so well to the demands of his condition that at times his diabetes seems like just a footnote. But it defines his day: the blood sugar testing up to eight times per day and night, counting carbohydrate grams for everything he eats, wearing an insulin pump continuously, carrying testing supplies with him at all times—at school, on the mountain, at sporting events and other extracurricular activities. The most invasive part is changing the pump site every 48 hours, which includes a 6mm needle. The pain and tedium wears on him and at times he whispers to me “I just want to be a normal kid” or “Can I *please* not wear my pump today, just this once?”



Hans at USA Snowboarding Nationals leading the charge, April 2015

A few summers ago while Hans was attending a snowboard training camp, a father of another camper approached me while I was testing Hans' blood sugar. He explained he also had T1D, diagnosed in his toddler years. We developed an easy dialogue that occurs when people share similar interests. He was so open and willing to share his story that I took advantage asking all the questions my 9 year old cannot quite articulate or has not yet had to face. We discussed the logistics of wearing a pump, the pros and cons of the latest advancements, how he feels when he was low or high, how he dealt with the college years, dating, the mistakes he made but learned from, his first job, his competitive biking, starting his own company, selling his company and fatherhood. I was satisfied. Here he was a successful, healthy specimen diagnosed early just like Hans. I smiled and graciously thanked him for his time and candor in sharing such personal experiences. He held our handshake and my eye a moment longer, “You know, this has been the hardest thing in my life—by far the most difficult thing I have to deal with.” I must have looked quizzical. Hadn't he just told me his success story? He continued “I mean it's been *everyday*, for 38 years. Never a break.” That was not the take away I'd hoped for.

As parents, my husband and I do what all of you do—take on your children's burdens to whatever degree you can while teaching them in increments appropriate for their age how to handle the struggles on their own. We hope, pray, wish and stump for a cure so Hans can live like a “normal child” today and face less of a struggle when he is older. When he was diagnosed, I believed with a naïve certainty that there would be a cure in his childhood. I've closely watched the medical advances in this field; it's as if they occur under water—the sluggish slowness of them chips away at my certainty. The slowness was a direct contrast to the speed of which my little guy grows and changes.

Hans turns twelve this month. Snowboarding has become his passion and technological advances make his daily routine slightly less tedious. And though T1D is still a footnote for him, he *is* learning the importance of blood sugar management. The better he feels, the better he rides...and the louder we cheer him on.

ADA VERMONT WINTER WEEKEND

Vermont Winter Weekend
February 26-28, 2016



The American Diabetes Association's Vermont Winter Weekend will take place from February 19-21, 2016 in Fairlee, Vermont. Winter Weekend offers a unique opportunity for teens with diabetes (ages 13-17) to come together for three days of sharing, education and fun. It's an experience that can change lives forever, as teens gain an increased understanding of diabetes and improve their self-management skills. For more information, please contact Alison Hayward at the ADA at ahayward@diabetes.org or 617-482-4580 x3455.

The Barton Center for Diabetes Education

Education and Camping Opportunities 2015 - 2016



NOVEMBER WACKY WEEKEND

November 20-22, 2015

Coed, Ages 6-16 \$260 per person

This is an exciting weekend where you have the opportunity to be part of our Activities Laboratory. This is THE weekend where we test out new and exciting games and activities that will be used in future programs. Skeletons in the Closet comes to mind as a new game we introduced last November. We will, of course, have camp favorites such as gaga and capture the flag. You may bring a friend or sibling without diabetes to this program.

WINTER CAMP

December 27-30, 2015

Coed, Ages 13-17 \$500 per person

Teen participants are encouraged to explore their thoughts and feelings of managing type 1 diabetes. Campers will play a more significant role in their day-to-day diabetes management. Under the supervision of our medical staff, teens will be responsible for their own dosing and charting of numbers. Teen-themed topics are discussed over this four-day program. A participant from a past program wrote, "I like that Winter Camp is just for teens and activities are tailored toward us... It is a stress free, judgment-free zone to meet new people and learn about yourself."

FEBRUARY WACKY WEEKEND

February 12-14, 2016

Coed, Ages 6-16 \$260 per person

Spend a fun-filled weekend at camp, and bring a friend or sibling without diabetes if you like. Just like November WACKY, be prepared to test out new games and activities. We typically have snow in February, so be prepared to sled on the famous CBC Luge and make snow forts. When a February WACKY participant from last year was asked what she loved most about camp, she replied, "All the new friends I get to meet." This is truly a weekend to say hello to your longtime friends and make new camp friends.

LONG ISLAND WINTER DAY CAMP WEEK

February 15-19, 2016 Old Westbury, NY

Coed, Ages 6-16 \$600 per person

We had a wonderful one-week winter day camp program for Long Island campers during February school vacation in 2015, and we're coming to town again this winter vacation! Whether you're a veteran Barton camper or new to Barton programs, you're sure to

have a blast! Campers may come alone or bring a sibling or friend and enjoy camp in the winter. Each day will run from 9 am to 3:30 pm and will be jam-packed with zany activities, diabetes education, fun and more. Don't miss this fun-filled week!

CAREGIVERS WEEKEND

March 11-13, 2016

Coed, All Ages \$175 per person Under 2 free

This weekend is tailored for parents looking for a diabetes refresher and for friends and family members who want to learn how to care for your child with type 1 diabetes. This has been a life-changing program for many aunts, uncles, and grandparents as indicated by their following comments: "I finally understand all those numbers used for dosage calculations"; "I learned a couple of tricks for dealing with lows"; "I feel more confident in managing my granddaughter's diabetes. It was good to share with other caregivers in a cooperative non-rush situation."

ANNUAL ST. PATRICK'S ROAD RACE/WALK

March 19, 2016

Registration begins at noon

Coed, All Ages

\$25 pre-registration fee

Fundraiser for Summer Camperships at Clara Barton Camp, Camp Joslin, Barton Day Camps

Sign up for this four-mile sanctioned event. See camp friends, pre-register and get a t-shirt. Ask family and friends to walk or run with you to help raise money through pledges toward your camp fee or for the general campership fund. This event is followed by a delicious buffet and an awards ceremony! Registration forms, sponsor forms and pledge sheets will be online in 2016.

SPRINGTIME FAMILY CAMP

April 15-17, 2016

Coed, All Ages \$260 per person Under 2 free

This is a weekend for the entire family. We will be playing all sorts of games, both new and old, as well as having education for the whole family. Moms and dads get the chance to be campers and enjoy all of the activities they hear so much about. Seeing mom and dad in the gaga pit is a site to behold! Parents love the chance to meet other parents of children with T1D. A mom from last year told us, "We cannot wait to come back! Thank you for creating this comfortable, supportive loving space for my daughter and all other T1D kids' families to just be."

The Barton Center for Diabetes Education Education and Camping Opportunities 2015 - 2016



BARTON OPEN HOUSE

April 17, 2016 2 pm to 4 pm

Coed, All Ages

FREE

Thinking about attending summer camp? This is your opportunity to come to camp to see what Barton summer camp programs are like at Clara Barton Camp, Camp Joslin, and Barton Day Camps! Spend two hours enjoying a sample of camp life: this is a scheduled program that runs from 2 to 4 pm. You choose which camp program you would like to visit: Clara Barton Camp, Camp Joslin or Barton Day Camps program. Snacks and laughs are on the menu!

SPRING WORK DAY AT CLARA BARTON & CAMP JOSLIN

May 7, 2016 9 am to 3 pm

Coed, All Ages

FREE

Fundraiser for Summer Camperships at Clara Barton Camp, Camp Joslin, Barton Day Camps

Winter is over, the snow has melted and both Clara Barton Camp and Camp Joslin are in need of sprucing up! Spend the day getting each camp ready for the summer! You choose which camp you would like to work at. Come for the full day or part of the day—any and all help greatly appreciated. This is a great way to earn your own camp fee or raise money for someone else! Collect pledges from family and friends for each hour of work you donate to camp. Lunch is provided.

Barton Center for Diabetes Education Vermont Camp

By Abigail Bayer, RN, CDE

Have you ever been swimming in a pool with a beaver? How about had an epic shaving cream battle on a sunny day? Would you like to sit and watch the sunset over Lake Champlain while surrounded with new camp family while finding comfort in the fact that you're all in this diabetes game together?

If any of that sounds great to you, then Vermont camp is the place to be. This past August, the Barton Center for Diabetes Education held the first annual Vermont Camp at Camp Ta-Kum-Ta in South Hero, Vermont. We spent five days and four nights making new friends, learning about diabetes and having far too much fun. Before every meal and snack we checked blood sugars together and everyone met with their nurse to talk about their upcoming food choices and insulin dosing based on trends and anticipated activity. We filled our days with GAGA, swimming, slip-and-slides, Banana Olympics, drawing your diabetes monster, rocks, sardines, diabetes fishbowl, and so much more! One night we even had a dance in the theater! We checked lots of blood sugars, shared diagnosis stories and made many memories.

On the last evening at camp, we were fortunate enough to spend time in the chapel on site that overlooks Lake Champlain and the Adirondack mountains at sunset. During this time, we reflected and shared what we felt about camp. One young man described our experience perfectly in a simple and memorable line: "Camp is like a cure to me."

Please see the camp website for schedules, registration information and applications for financial assistance at www.bartoncenter.org. Please note that financial assistance (Campership) is awarded on a first come, first serve, sliding-scale basis and does fill up quickly.





Ellie and her prize-winning heifer, Corinth



Colin shows off Beauty

Taking Diabetes to the Fair

By Alison Precourt, RD, CDE

What do Ellie and Colin have in common? Diabetes? Perhaps. But they are also members of Vermont's 4-H dairy community. Ellie is part of the Shelburne Explorer 4-H club at Shelburne Farms. Colin is a member of the Brown Swiss Juniors, a group in Addison County that transitions into the 4-H kids program.

4-H is a nationwide, youth development program through the Cooperative Extension System. The Vermont 4-H program is through the University of Vermont. 4-H stands for Head, Heart, Hands and Health. The mission of 4-H is "to empower youth to reach their full potential, working and learning in partnership with caring adults."

Ellie and Colin are involved in the dairy club. They spend much of their summer vacation working with their heifers (a cow under the age of 2 years). Colin lives on a dairy farm so he has the benefit of working with his calf year-round. Both Ellie and Colin compete in various dairy shows, being judged on fitting and showmanship of themselves as well as their animals. Competition involves long hours of training, clipping (yes, heifers get the spa treatment on show day) as well as educating the public at county and state fairs.

Strong relationships are formed with other 4-H members, but also with their animals. Ellie and her heifer, Corinth, were recently awarded Junior Grand Champion at the Eastern States Exposition in Springfield, Massachusetts. Colin shows his own dairy calf, Beauty, as well as his family's prized Brown Swiss animals. In addition to taking care of their animals, Ellie and Colin manage to take care of their diabetes, proving that diabetes doesn't get in the way of having fun.

JDRF KIDS WALK

Do you have a child in elementary or middle school? Would you like to help raise awareness in your school community about T1D while raising funds for JDRF and your child's school? Why not consider a JDRF Kids Walk! The JDRF Kids Walk program is an educational, in-school fundraising program that's fun and easy to participate in at your school.

There are many benefits offered by our Kids Walk Program, including:

- **Education:** Our engaging and interactive program teaches students about type 1 and type 2 diabetes and the importance of philanthropy.
- **Difference Maker Awards:** Participating students who raise \$10 or more are eligible to receive fun gifts. It's our way of saying thank you for a job well done!
- **An Opportunity to Get Kids Active:** The campaign wraps up with a celebratory walk on your schools campus. This is a great way to bring students together and get them moving!
- **Money for your School:** Ten percent of the total amount raised for JDRF by your school can be awarded back to the school to use on equipment, books, field trips, or anything else your school may need.
- **Thank You Banner:** As a token of our appreciation, your school will receive a silver, gold or diamond star banner for raising \$1,000, \$5,000, or \$10,000 for JDRF.

If you think your school might be interested in hosting a Kids Walk please email Jenn Foster at jfoster@jdrf.org

EAT MORE PLANTS

How to increase the fiber in your diet

By Alison Precourt, RD,CDE



Fiber has received a lot of attention over the past several years. Fiber has many benefits. It is primarily known for assisting with good bowel function. It can also improve cholesterol levels and help prevent some cancers. Did you know that a high fiber diet may even help with better blood sugar control?

How much fiber you need depends on your age. An adult should eat 20-30 grams of fiber a day. Children's fiber needs can be calculated using their chronological age: $\text{age} + 5 = \text{grams of fiber for the day}$.

Good sources of fiber include legumes, bran cereals, oats/oatmeal, whole-grain breads and many fruits and vegetables.

Ten Ways to Include More Fiber in Your Diet

From UVM Medical Center Nutrition Services

- Eat fresh, whole fruit instead of drinking fruit juice whenever possible.
- Prepare salads with a variety of raw vegetables instead of just lettuce. Broccoli, cauliflower, zucchini and carrots are particularly good because they are high in fiber and vitamins.
- Use brown rice instead of white rice because it has the bran coat and germ and has retained more nutrients and fiber.
- Substitute part whole wheat flour for white flour in recipes for muffins, pancakes, cookies and quick breads.
- Check the ingredient list when you buy bread. A whole grain like whole wheat should be listed first if you are looking for superior nutritional value and fiber.
- Experiment with other cooked grains such as bulgur, which is the whole wheat kernel prepared for quick cooking. It is an excellent alternative to rice and potatoes.
- Keep unprocessed bran on hand to use as a substitute for bread crumbs in casseroles, meatloaf and other recipes. It can also be added to muffin and quick bread mixes.
- Experiment with recipes that use legumes such as kidney beans, garbanzo beans, dried peas and lentils. Substituting legume main dishes for meat provides adequate protein and they are more economical, higher fiber and lower fat.
- Snack foods can also provide fiber. Popcorn, whole wheat crackers and muffins, apples, oranges and raw vegetables are all good to keep on hand.
- Breakfast cereals can be excellent sources of fiber (at least 4 g/serving). Choose a whole grain cereal, like oatmeal, or one of the many products designed to be high in fiber (check the label, as some are also high in sugar).



Gradually introduce fiber into your diet. Occasionally, when increased very quickly, one will experience increased gas production and bloating. Be sure to drink plenty of water and other decaffeinated beverages.

CRANBERRY FACTS



- Cranberries do not grow in the water! Cranberries grow on low-lying vines in sandy bogs, which are flooded for wet-harvesting in the fall, then re-flooded for the duration of the winter to protect from cold-weather damage.
- Cranberries are one of the three major fruits native to North America (the others are blueberries and Concord grapes). Cranberry vines are perennial. Some producing cranberry bogs are well over 100 years old.
- Small air-filled chambers inside a cranberry cause the fruit to bounce, and also to float.
- A cranberry grower can lose up to 75 percent of a crop if honeybees or bumblebees do not properly pollinate the cranberry blossoms

Holiday Cranberry Recipes

Cranberry Nut Bars

- 2 eggs
- 1 cup sugar
- 1 cup flour
- 1/3 cup butter or margarine, melted
- 1 1/4 cups fresh or frozen cranberries
- 1/2 cup chopped walnuts



Directions:

Preheat oven to 350°F. Grease an 8- inch baking pan.

Beat eggs in a medium mixing bowl until thick. Gradually add sugar, beating until thoroughly blended. Stir in flour and melted butter; blend well. Add cranberries and walnuts, mixing gently until combined. Spread evenly in pan.

Bake for 40 to 45 minutes or until golden brown and a toothpick inserted into the center comes out clean. Cool and cut into bars. Makes 16 servings.

Per Serving: Calories 146, Protein 2.2 g, Carbohydrates 19.6 g, Fat 7 g, Sodium 36 mg

Cranberry Bruschetta

- 1 1/2 cups fresh or frozen cranberries
- 1/4 cup sugar
- 2 tablespoons red wine vinegar
- 1/2 red onion, thinly sliced into rings
- 2 garlic cloves, minced
- 2 tablespoons minced fresh basil
- 1 teaspoon oregano
- 1 8-ounce loaf French bread
- Oil



Directions:

Combine cranberries, sugar and red wine vinegar in a medium saucepan. Bring to a boil. Add onion and garlic, return to a boil and reduce heat. Simmer on low for 10 minutes or until cranberries pop. Pour into a glass bowl. Stir in basil and oregano. Cool at room temperature.

Cut bread diagonally into 16 3/4-inch slices; brush both sides with oil. Broil each side for 1 to 2 minutes or until golden brown. Top each slice with cranberry mixture. Makes 16 servings.

Recipes: www.oceanspray.com Cranberry facts: www.njcranberries.org

PEDIATRIC ENDOCRINOLOGY NEWS

Pediatric Endocrinology News is produced quarterly by the Department of Endocrinology at The University of Vermont Children's Hospital.

NEWSLETTER EDITOR

Lisa Bolduc-Bissell, RN, CDE

NEWSLETTER PRODUCTION

Susan Hayward

PEDIATRIC ENDOCRINOLOGY & DIABETES

Children's Specialty Center
East Pavilion, Level 4
111 Colchester Avenue
Burlington, VT 05401

PHONE

(802) 847-6200

FAX

(802) 847-5364 Fax

www.uvmhealth.org

Upcoming Events

Life After High School

Preparing for this transition with Type 1 Diabetes

On **April 10, 2016** we will be hosting our second annual *Life After High School* event. All current high school juniors and seniors, as well as their parents, are invited to a fun, interactive and educational session aimed to reinforce the diabetes management skills needed for a successful transition to independence. More details to come.

News from the Diabetes Parent Advisory Group

The Diabetes Parent Advisory Group is excited to share an idea to help provide education and a support network for families. The group is working with clinic staff to develop a mini-series of educational topics and speakers, with the hopes of having an event every few months. They hope this can turn into a networking opportunity for parents. The group formed about three years ago in an effort to help create connections among parents with T1D. We are excited to partner with the group and hope to schedule the first mini-series topic for just after the holidays - stay tuned!