

# DIABETES

## SELF-MANAGEMENT®

JANUARY/FEBRUARY 2011

### CUTTING BACK ON SODIUM

- PREVENTING STROKE
- JUST ADD FIBER?
- CHOOSING BEVERAGES

[www.DiabetesSelfManagement.com](http://www.DiabetesSelfManagement.com)

Diabetes self-management®  
SERIALS



00500  
bib:13399108173

---

# DIABETES SELF-MANAGEMENT

---

A CONSUMER PUBLICATION OF THE DIABETES NETWORK™

JANUARY/FEBRUARY 2011

---



**CUTTING BACK ON SODIUM**  
Are Salt Substitutes the Answer?  
*by Julie Lichty Balay, MS, RD*

8

---



**GOING GREEN IN THE KITCHEN**  
Reducing Waste  
*by Kathleen Stanley, RD, LD, MSED,  
BC-ADM, CDE*

17

---



**JUST ADD FIBER?**  
*by Jill Corleone, RD, CNSD*

25

---

**STRIKE THE SPIKE II**  
Dealing With High Blood Glucose  
After Meals  
*by Gary Scheiner, MS, CDE*

29

---

A NOTE OF THANKS

56

---



**PREVENTING STROKE**  
*by Patricia Wren*

60

## DEPARTMENTS

---

NEWS & NOTES 22

---



RECIPE MAKEOVERS 38  
Denver Omelet  
*by Sandy Bjerkness, RD, LD*

---



SUPERMARKET SMARTS 40  
Choosing Beverages  
*by Lea Ann Holzmeister, RD, CDE*

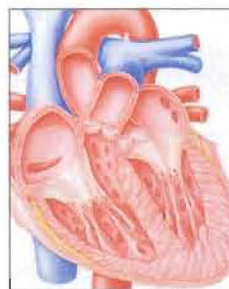
---

DIABETES QUIZ 50  
How Much Do You Know About Caffeine?  
*by Amy Campbell, MS, RD, LDN, CDE*

---

Q&A 53

---



DIABETES RESOURCES 57  
Staying Heart Healthy

---



WHAT YOUR DOCTOR IS READING 66  
*by Wayne Clark*

---

DIRECTORY OF FOOD ADVERTISERS 72

---