

Brother, can you spare a sweet treat?

Yes, people with diabetes can indulge, as long as you set limits and know the signs of something gone wrong

SOT

Jennifer Adcock

OSF HealthCare diabetes educator

"Blood sugar numbers are going to be higher. That's going to require more oral medication or insulin shots. If blood sugar levels are left unchecked, it can lead to diabetic ketoacidosis. That's where all of the available sugar is not being used by your cells. Your cells need sugar to function. So your body breaks down fat and releases acid into your bloodstream. You can easily get dehydrated. It can be a life-threatening condition." (:42)

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"Don't go to Costco and buy in bulk. Have just enough to get you through the day. Don't sit down in front of the TV and mindlessly snack. It helps to have portioned servings that are within your meal plan." (:22)

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"Anything that's highly concentrated in just sugar and has zero nutritional value. Even fruit juice – that's kind of a 'sugar bomb.' While it does have some nutrients, you'd be better off eating the fruit in its whole form." (:20)

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"If chips are what you're after for that crunch, start with a handful of baby carrots. Then finish with 17 chips, which is a typical serving. It's going to fill you up. The carrot has the same crunch as a potato chip, but it has far more nutrients, far less calories and way fewer carbohydrates." (:32)

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"You need to take a dose of insulin that you typically would. Or if you're not on insulin, let your provider know your blood sugar is high. If you're just feeling blah after overeating and your blood sugar is high, just monitor your blood sugar every half an hour to an hour. After four hours if it's not coming down, that would be a time to say, 'Hey, maybe this is more serious.' Or if you're having those flu-like symptoms with high blood sugar, then absolutely go to the emergency department." (:47)