

Milford Regional Physician Group

Diabetes Education

Living with Diabetes: Patient Newsletter (September, 2020)

This quarterly newsletter will provide you with some tips on diabetes self-management, resources and information that is important to know.

WE MOVED! Diabetes Education has moved to 12 Uxbridge Road, First Floor, Mendon, MA 01756; our new phone number is 508-381-3092 and new fax number is 508-488-6347.

Tips on working from home

With the advent of the COVID-19 pandemic, many of us are working remotely from home. Below are a few suggestions on how to take care of your diabetes in the home working environment.

- Create a schedule for the day;
- Consider any diabetes-related activities as appointments;
- Stay active and take time to move around;
- Keep diabetes supplies near you while you work;
- Leave some gaps in time so that you can take care of yourself.



Breakfast suggestions from our Dietitian Diabetes Educator

Working from home now? Bored with your breakfast ideas? Here is a simple formula you can use to add variety to your breakfast, and still stick to your meal plan. Pick one item from each category and mix it up.

1. Pick 1 serving of a whole grain such as: 1 slice whole wheat (WW) toast, 1 small WW pita, ½ WW English muffin or 1 WW waffle. (15 grams of carbs)
2. Add 1 serving of heart healthy spread such as: Hummus, low fat soft cheese, guacamole, nut butter. (07 grams of carbs).
3. Add 1 serving of whole fruit or vegetables such as: apple, berries, mango, melon, orange, pear, or peach. Or you could add steamed broccoli, peppers, or onions. (15 grams of carbs for the fruit).
4. Add 1 serving of a protein such as: unsalted nuts, plain yogurt, eggs, reduced fat cheese or lean meat. (0-15 grams of carbs).