If you have diabetes, the Diabetes Care and Education Specialists at Health Management and Education suggest that you review what to do in an emergency, as well as what to do during a sick day. This is especially important now as our world is experiencing the outbreak of the novel coronavirus or COVID-19.

During an emergency, it is hard to think clearly and use good judgment as adrenaline is pumping and survival is the main focus. Pre-planning, such as keeping an emergency kit handy, can help you be prepared. In addition to letting your household members know about your emergency plans and supplies, here are a few ideas to consider:

- Create a medication list (medication names, dosage and timing).
- Have extra medication available.
- Have basic first-aid supplies handy and easy to locate.
- Keep a supply of drinking water.
- List out your important contact names and numbers, as well as other emergency number and lists of nearby shelters.

There are many good websites that can give you a checklist of items for emergency kits, one of them is [https://www.diabetesdisasterresponse.org/](https://www.diabetesdisasterresponse.org/).

In addition to an emergency kit you may want to have a sick-day box, bin, or section within your cabinet. In this area keep snacks and liquids that are good “sick-day” foods. Whether you have an upper-respiratory infection or stomach upset, you will probably not want to eat a heavy meal. Keeping items like crackers, soup, regular and diet ginger ale, and other fluids will help you keep your blood sugar stable. You should have a variety of carbohydrate and low-carbohydrate food options on hand.

Typically, during an illness, blood sugars will rise because of the increased demands your immune and other systems are facing. Testing blood sugar frequently is probably the most important thing to do if you are sick. Do NOT skip or stop medications including insulin unless you are instructed to by your doctor. Stay hydrated. Call your doctor if your blood sugars are more than 300 mg/dL for more than four hours, have vomited more than three times in 24 hours, have a fever greater than 101, or have any questions about your medication. Sick-day guidelines can be found at: [https://www.diabetes.org/diabetes/treatment-care/planning-sick-days](https://www.diabetes.org/diabetes/treatment-care/planning-sick-days).

### Spotlight on Free Classes

8 Weeks to a Healthier You
- 8 class series to achieve health goals.
  Ideal for those with chronic health conditions

Living Healthy with Chronic Pain
- Workshop to improve daily pain management

Diabetes: Staying on Track
- Workshop to review self-care strategies and receive updates on diabetes information

For more information and to register, call 916-734-0718 or visit livinghealthy.ucdavis.edu.
Italian Broccoli and Pasta Recipe
From ChooseMyPlate.gov

Ingredients
- 6 ounce fettuccini noodles, uncooked (or whole wheat pasta)
- 3 tablespoons green onion (chopped, also called scallions)
- 2 cups broccoli florets
- 1/2 teaspoon thyme (dried)
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon black pepper
- 1 can stewed tomatoes (low-sodium, 14.5 ounce)
- 2/3 tablespoon Parmesan cheese (grated)

Directions
1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

Nutrition Info
- 4 servings. Serving Size: 1 1/4 cups prepared pasta, 1/4 of recipe. Calories: 194. Total fat: 1g. Saturated fat: 0g. Sodium: 37mg. Total Carbohydrate: 39g. Dietary Fiber: 4g. Total Sugars: 4g. Added Sugars included: 0g. Protein: 8g.

New Updates on the Nutrition Facts Panel
By Cathy Deimeke, MBA, RD

If you spend a lot of time reading food labels when grocery shopping, you may find it sometimes confusing. Thanks to a newly designed Nutrition Facts Food label, eating healthier may now be easier. While some food companies have already made some changes to their labels, some have until as late as next summer, July 2021, to comply. Here are a few of the changes you can expect to see on the newly designed labels:

- **Updated serving sizes:** The serving sizes for several food items have been updated to better match up with what people usually eat. To be clear, servings sizes are not there to tell you how much you should eat. For those food items that are treats or offer less nutrition, try to keep portions small. For example, a mini ice cream bar might show the serving size as three pieces, a better choice would be to have one. Another change on the label is for items with two to three servings, the requirement is now to show the entire package or container as one serving size.

- **Easier to read labels:** The calorie count is now presented in bigger, bolder text. Calories are what we consume, what we burn - and often, (if we eat too much), what we store as fat. Noting the calorie count is important as well as looking where those calories come from. For example, an avocado is high in fat and calories, but those are healthy fats as compared to fats from chips and candy.

- **Added sugar now listed:** The new label now shows added sugars. In the past, the sugar reflected on the food label included the natural sugars as well as the added sugars. Now, food manufacturers must show how much sugar is added to the product. This information can be useful in comparing some food items to see how much added sugar a product has compared to its own naturally occurring sweetness.

- **Updated vitamins and minerals:** Lastly, the nutrition facts panel no longer shows vitamins A and C as most Americans get enough of these micronutrients. Instead, vitamin D and potassium are listed as many Americans fall short of these important nutrients. To get enough potassium, try ample servings of fruits and vegetables throughout the day. For vitamin D, you can try fatty fish such as salmon or foods such as eggs. Most Americans get their vitamin D from fortified foods, such as milk and cereal, as there is not an abundance of foods rich in vitamin D.