

UPCOMING EVENTS

March 13:

*Daylight Savings
Time. Remember to
change the time on all
your diabetes devices.*

April 8-10:

*PADRE Foundation
Catalina Island
Adventure Camp
(see page 2).*

May 2:

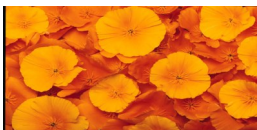
*Advanced Pump
Class. Please contact
your pump nurse to
schedule.*

May 14:

*Rady Children's
Diabetes Product Fair*

July 19-22:

*Camp Wana Kura at
Santee Lakes.*



Spring Rady Children's Diabetes Product Fair

Bring the family, learn about new diabetes products and join in the discussion with our panels of people living with Type 1 diabetes. One panel will include children with Type 1 diabetes and their families and another will be of athletes with Type 1 diabetes.

Saturday, May 14

1-2 p.m.: Panel Discussions

2-4 p.m.: Product Fair

**Rady Children's Hospital-San Diego
8001 Frost Street, San Diego, CA 92123
Dining Rooms A, B, and C (next to the cafeteria)**

Please RSVP via Eventbrite:

<https://www.eventbrite.com/e/spring-rady-childrens-diabetes-product-fair-tickets-21463863995>

Snacks, information and fun will be provided. We hope to see you there!

New and Noteworthy in Diabetes

MiniMed Connect

MiniMed Connect links your MiniMed system to an app on your iPhone® or iPod touch®, making it easy to see your pump and glucose details. You can also share information with family and friends through the CareLink® Personal website and text messages.

www.medtronicdiabetes.com

Animas Vibe Insulin Pump

The Animas Vibe System is now FDA approved for children as young as 2 years old. The Vibe system merges the Dexcom G4 CGM with the Animas Ping insulin pump.

www.animas.com

Accu-Chek Aviva Connect Meter:

Accu-Chek recently released a new blood glucose meter that transmits blood sugar results to an app on your child's smartphone. The app will then send an auto-generated text with the results to parents or other caregivers. The app also has a built-in insulin bolus calculator, which will make insulin bolus recommendations based on the blood sugar result and amount of carbs entered. The bolus calculator is activated and configured by your physician.

www.accu-chek.com

PADRE Foundation Catalina Island Adventure Camp



The PADRE Foundation Catalina Island Adventure Camp is a weekend getaway of team-building challenges, diabetes education, and a variety of opportunities for personal growth for youth age 11-17 years with diabetes AND their friends with or without diabetes.

Long Beach Marine Institute and their staff will host nature and

astronomy hikes, snorkeling, kayaking, tide pool studies, and fish dissections!

Friday, April 8-Sunday, April 10.

For more information and registration, please visit:

www.padreadventurecamp.org

This camp sells out, so please register early!

Hummus can help to stabilize blood sugars. It is a complex carbohydrate that will not cause a spike in blood sugar levels, and it is great source of protein and fiber.

Hummus Dip for Spring Vegetables

Check out your local farmers market and select new colors of veggies in season. Any veggie is great to dip into hummus and rotate chips! Family favorites include: carrots, snap peas, cucumbers, bell peppers, grilled zucchini/asparagus. Enjoy!

Lisa Ameer, MSNH, RD, CDE

Total Time: 10 minutes

Prep Time: 10 minutes

Ingredients:

- 1-(16 oz) can of chickpeas or garbanzo beans
- 3-5 TBSP lemon juice (depending on taste)
- 2-3 TBSP tahini (Try Tarazi Sesame Tahini-You can purchase at Middle Eastern Markets or Sprouts)
- 2 cloves garlic, crushed (Try roasted garlic for a new flavor: Roast 2 cloves with 1 TBSP olive oil wrapped in tin foil for 20 minutes at 350 degrees)
- 1/2 teaspoon salt (Kosher or sea salt)
- 2 TBSP olive oil
- 1 TBSP smoked paprika
- 1 TBSP cumin

Preparation:

Drain chickpeas. Combine remaining ingredients in blender or food processor. Blend for 3-5 minutes on low until thoroughly mixed and smooth. Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount (1-2 tablespoons) of olive oil in the well. Garnish with parsley, pine nuts (or other nuts and seeds-try them toasted as well) and roasted bell peppers (optional).

Time saver: Roast the peppers and garlic together in the foil at the same time the night before.

Total Carb Count: 1/4 cup prepared hummus is equal to 15 grams of carbohydrates with 3 grams of fiber.



Fun — and FREE — Physical Activities in San Diego

San Diego is known as one of the most active cities in America. There are so many fun and inexpensive ways to exercise!

- **Walk:** Balboa Park, Pacific Beach boardwalk, the ocean path in La Jolla
- **Bike:** Ride your bike around Mission Beach (12 miles), along the San Luis Rey Trail (7.2 miles one way) or around Lake Hodges (7.3 miles)
- **Run:** Enjoy an amazing ocean view while jogging a couple of laps on the Point Loma Nazarene Track, or try running the four-mile loop around Fiesta Island!
- **Hit the Beach:** Walk, run, Frisbee, volleyball, swim, surf, paddle, etc

Candy Alternatives for Filling your Easter Eggs

Contributed by:
**Rosio Hernandez,
MS,RD,CNSC**

Try these fun ideas:

- * stickers
- * hair clips or ponytail holders
- * rings
- * temporary tattoos
- * Mini-nail polish or lip balm
- * small toy cars
- * wind up toys
- * bracelets
- * dollar bills or coins
- * Mini-toy figures
- * jokes
- * toy bugs or animals



The possibilities are endless! Go to your local dollar store or party store for more mini Easter egg fillers.

Best Hikes in San Diego County

Can you hike them all?

- **Los Penasquitos Canyon Trail**
- **Iron Mountain Trail (Poway)**
- **Lake Poway to Mount Woodson (Poway)**
- **Mission Trails Regional Park**
- **Double Peak Trail (San Marcos)**
- **Three Sisters Falls Trails (Boulder Creek)**

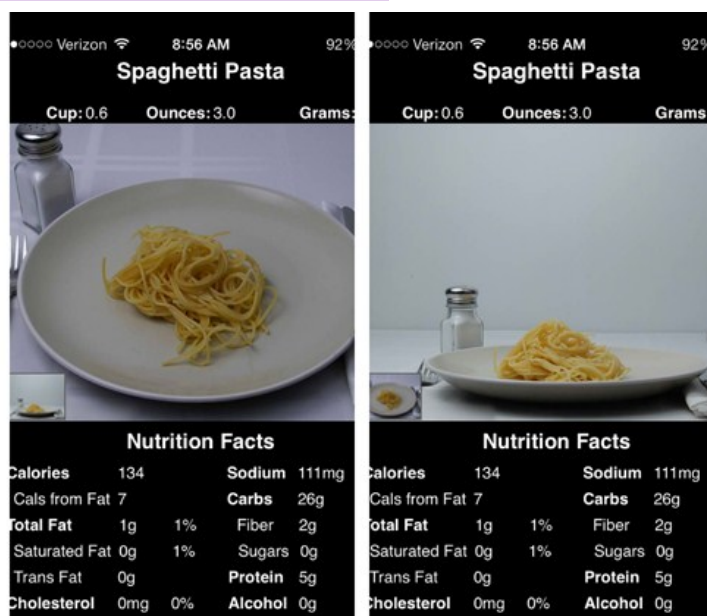
Contributed by:
Cortney Staruch, RD

Figwee Portion Explorer

It can be a challenge to count carbohydrates accurately, especially when eating away from home or when you don't know the exact serving size. What about when you eat just a couple pieces of banana or a few slices of melon?

Wouldn't it be cool if you could look at a banana and just have it tell you the nutrition facts? With Figwee Portion Explorer you can!

The app is very simple: Type the name of your food in the search box and get the nutrition facts. A slider to the right of the image allows you to adjust the portion of the food visually in real time as you slide up and down. As you slide and see the food portions change, the nutrition numbers adjust appropriately.



Diabetes Word Search

ACIDOSIS

CARBOHYDRATE

GLUCOSE

HYPERGLYCEMIA

HYPOGLYCEMIA

INSULIN

KETONES

LIPIDS

LOGBOOK

METER

PANCREAS

PUMP

SENSOR

SYRINGE

H	Z	G	Z	R	L	A	P	U	W	N	H	C	P	V
F	Y	M	L	I	E	E	J	H	M	Y	S	A	M	U
E	D	P	P	U	I	T	H	V	P	E	E	R	U	P
R	N	I	E	U	C	Z	E	O	H	E	N	B	P	P
A	D	S	Z	R	F	O	G	M	G	D	O	O	W	Q
S	A	J	A	L	G	L	S	N	Q	U	T	H	K	T
X	J	E	V	E	Y	L	I	E	L	G	E	Y	L	L
M	J	C	J	C	R	R	Y	V	N	K	K	D	O	B
X	Z	E	E	P	Y	C	F	C	Q	S	Q	R	G	H
D	G	M	L	S	U	Y	N	H	E	I	N	A	B	V
S	I	S	O	D	I	C	A	A	N	M	Y	T	O	A
A	O	X	E	F	P	C	C	L	P	J	I	E	O	U
G	I	N	S	U	L	I	N	M	R	S	H	A	K	G
R	O	S	N	E	S	F	S	L	H	Q	B	X	W	O
Y	U	A	Y	J	U	E	X	H	Z	W	J	W	T	K

Product Spotlight

Lundberg Organic Sweet Dreams Chocolate Rice Cakes Available in Milk and Dark Chocolate

These rice cakes are delicious whole grain organic rice cakes coated in a thin layer of milk or dark chocolate. They are perfect for satisfying your chocolate craving and only contain 4 to 5 grams of sugar per serving (4 grams for the dark chocolate). **Each serving (2 rice cakes)** contains 120 calories, 5 grams of fat, 10 mg of sodium, 2 grams of protein, **22 grams of carbohydrate (21 grams for the dark chocolate), and 2 grams of dietary fiber.** They contain non GMO ingredients and are also certified gluten-free.

Contributed by: Rosio Hernandez MS, RD, CNSC



This newsletter is available electronically on our department website at:
<http://www.rchsd.org/programs-services/endocrinology-diabetes/>