



# Information

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## FREDERICK FIGHTS DIABETES

March 24 is Diabetes Alert Day® and the Frederick County Diabetes Coalition urges citizens to get checked for the disease at a free screening on Thursday, March 26, from 3:00-6:00 pm at the Fredericktowne Mall. Glucose screenings (fasting is not required) is available for those 45 years of age and older OR if you are overweight and have a risk factor for diabetes. Blood pressure and foot screenings are available for persons who have diabetes or pre-diabetes. **Appointments are required.** Interested individuals can call 301-600-1861 or, for Spanish speaking persons call 301-600-3337.

The screening event will help raise awareness about preventing and managing diabetes. I will be at the screening with other members of the coalition to provide information about community resources and offer referral assistance to those who are without a health care provider. Those screened will receive a coupon for a free flue shot to use at the fall 2009 Frederick County Health Department flu clinics. The screening is funded through a grant from the American Medical Association Foundation.

American Diabetes Alert Day® encourages people to take the diabetes risk test developed by the American Diabetes Association (ADA). Primary risk factors for type 2 diabetes are being overweight, over age 45, sedentary, and having a family history. African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders are at increased risk. Also at risk are women who had babies who weighed more than 9 pounds at birth. The test is available in English or Spanish and can be taken at the Frederick County Health Department website at [www.diabetes.org/risk-test.jsp?WTLPromo=alert\\_day08&vms=258471042058](http://www.diabetes.org/risk-test.jsp?WTLPromo=alert_day08&vms=258471042058).

Locally there are a number of resources to help the diabetic and their families. A good place to start is the *Frederick County Diabetes Resource Guide*. To access a copy go to the Diabetes Coalition's web page at <http://www.co.frederick.md.us/index.asp?NID=2367> and click on Diabetes Resource Guide – 2<sup>nd</sup> edition.

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For encouragement to those already living with diabetes there is an active support group at St. Paul's Evangelical Lutheran Church in Walkersville that meets every other Sunday. For information contact 301-845-4600. Frederick Memorial Hospital (FMH) sponsors a variety of support groups for both adults and school age children. To learn more call the FMH Diabetes Center at 240-379-6045.

The Frederick County Diabetes Coalition would like to know more about what would help diabetics and their families live better. This feedback will help guide the coalition's future efforts. No identifying information is collected for this poll. To take it go to <https://www.co.frederick.md.us/forms.asp?FID=76>

Enjoy these diabetic recipes from MCE and don't forget to take advantage of the free screening.

### ***BEEF RAGOUT***

**Serves 8**

1 tablespoon margarine  
2 pounds round steak or other lean beef, cut into ¾-inch cubes  
2 cups chopped onion  
5 cloves garlic, minced (or to taste)  
1/2 cup water  
2 teaspoons dried parsley  
1 tablespoon grated orange zest  
1 teaspoon dried rosemary  
2 bay leaves  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
2 cups sliced fresh mushrooms  
1 cup sliced green bell pepper

Heat the margarine in a large nonstick skillet. Brown the beef cubes on all sides over high heat; transfer to a large pot or Dutch oven. Lower the heat under the skillet and add the onion and garlic; stir and cook about 5 minutes. Transfer to the large pot. Add 1/2 cup water, parsley, orange zest, rosemary, bay leaves, cinnamon, and salt to the large pot. Cover and simmer 1-½ hours, or until the meat is tender. Add more water if the mixture becomes dry. Remove the bay leaves. Add mushrooms and green pepper to the mixture. Stir, cover, and cook about 5 minutes more. Serve alone or over noodles. *Nutritional Analysis per ¾ cup serving (without noodles\*)*: 203 calories, 7 gm total fat, 2 gm saturated fat, 66 mg cholesterol, 230 mg sodium, 2 gm fiber, 8 gm carbohydrate, 26 gm protein. Diabetic exchanges: 1 vegetable, 3 lean meat. \* 1/2 cup cooked noodles = 1 starch exchange.

### ***TOASTED SESAME ORZO***

**Serves 5 (1/2 cup serving)**

1 tablespoon sesame seeds  
2/3 cup uncooked orzo pasta  
1 teaspoon reduced-fat margarine  
1-1/2 cups fresh spinach, washed and coarsely chopped  
1 clove garlic, minced

3 tablespoons fat-free (skim) milk  
2 tablespoons grated Parmesan cheese  
1/2 teaspoon dried oregano leaves  
1/2 teaspoon paprika  
1/4 teaspoon ground black pepper

Place sesame seeds in a small skillet. Cook over medium heat until golden brown, stirring constantly. Set aside. Cook pasta according to package directions, omitting salt. Drain and set aside. Melt margarine in medium skillet. Add spinach and garlic; cook over medium heat until spinach is wilted. Stir in pasta, milk, cheese, oregano, paprika, and black pepper. Cook over low heat until heated through. Sprinkle with sesame seeds; serve immediately.

Nutritional analysis per 1/2 cup serving: calories 116, total fat 2 gm, saturated fat 1 gm, cholesterol 2 mg, sodium 72 mg, carbohydrate 19 gm, fiber 1 gm.

Dietary Exchanges per serving: 1 starch, 1 vegetable, 1/2 fat.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the Frederick County Extension Office check out our website <http://Frederick.umd.edu>

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