Valentines Day Tips

- Monitor your blood sugar regularly
- Carb count your candy! Check-out this guide
- Share non-candy gifts such as roses, stickers, bracelets
- Save Valentines candy as treatment for low

Diabetes Summer Camp Registration
Registration is open for diabetes sleepaway camps
- Camp Aspire
- Joslin Diabetes Camp
- Camp Clara Barton
- Camp Nejeda

Highlight: How do I talk to my friends about my diabetes?
Sharing your diagnosis with others can be scary, but having friends know can make you feel more supported

- Teach others
  - Educate your classmates-check out this presentation
  - Tell them about diabetes
- Tell friends how they can support you
  - You would want to know if your friend has diabetes so you could help them
- Plan ahead: start by telling a close friend, decide when you would like to tell them (lunch, after school)
- What can parents do?
  - Listen to your child’s fears
  - Role play with your child

Having diabetes is part of what makes you unique! Friends will be more understanding and supportive than you think

What’s happening at New York-Presbyterian Weill Cornell?

Camp Freedom
- August 17th to 21st
- Children ages 8-11

Type One-derful Teens
- March 7th, May 31st, Sept 13th, Nov 7th
- Ages 11-14, in Middle School

Coffee Talk
“Diabetes and Diapers, caring for the littlest with diabetes”
- Feb 27 2020 at 9:15am
“Discipline and Diabetes”
- May 14 2020 at 9:15am
505 East 70th Street, 3rd Floor Conference Room
RSVP to wcmpedsendo@med.cornell.edu

To learn more about these programs, check out our webpage
DIABETES NEWSLETTER
Winter 2020

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About: “I live in NYC with my soon-to-be husband and my cat, Scoops! I enjoy running (with hopes of doing the NYC marathon one day), exploring different cuisines, traveling, and playing with my adorable one-year old nephew. Here at Weill Cornell, I love teaching nutrition classes, participating in our teen program, and going to Camp Freedom every summer!”

Tip: - Include high-fiber foods such as fruits/veggies, whole grains, beans, nuts, and seeds. These foods keep us full and don’t have as significant of an impact on blood sugar levels

Reminder: You can always reach out to your doctors with any questions at 646-962-3442 or email wcmpedsendo@med.cornell.edu

Dietitian Corner: Winter Recipe-Cauliflower Fried Rice

1 bag (12 ounces) of already riced cauliflower (such as this one)
1 cup of frozen unshelled edamame
2 eggs
1 large carrot
6 green onions, chopped
2 cloves of minced garlic (or 1 tsp. garlic powder)
3 tbsp. of low sodium soy sauce
2 tbsp. of sesame oil

4 servings
10g of carb per serving

• Heat 1 tbsp. sesame oil in a pan, add carrots, garlic and let simmer for 5 min
• Add the cauliflower, edamame, 1 tbsp. of sesame oil into the pan and stir
• Turn down the heat and mix in the eggs until fully cooked
• Add soy sauce, green onions
Optional: add tofu, shrimp.
Can also add 2 cups of rice to batch for an additional 20 g of carb PER serving