

Fresh Fruit and Yogurt Ice Pops Makes 8 servings

Ingredients

- ½-cup fresh blueberries
- ½-cup fresh raspberries
- ½-cup fresh strawberries
- ½-cup sliced banana
- 2 cups low fat plain yogurt
- ¼ cup granulated sugar
- 8 small paper cups
- 8 popsicle sticks

Directions

1. Place the blueberries, raspberries strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired.
2. Fill paper cups ¾ full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.
3. Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

Nutrition Facts

Serving size: 1 popsicle
Calories: 82
Total Carbohydrates: 16 g
Dietary Fiber: 1 g
Total Fat: 1 g

DIABETES EDUCATION PROGRAM

For school and daycare personnel
August 9, 2017 at the Jump Training Center at OSF St Francis Medical Center. Fliers will be going out soon. If you do not have a clinic appointment, please complete the DMMP and fax or mail it to the PDRRC at 309-624-2481!

PDRRC CORNER

SWIM PARTY: July 22, 2017 from 6:30-8:30 at Splashdown in East Peoria.

SWEET KIDS CRUISE IN: To benefit the PDRRC is August 20, 2017 from 11-3pm at the top of the hill in Creve Coeur. One of our patients will choose a car to win a trophy...many baskets to bid on, food and FUN. All proceeds come to the PDRRC!

PDRRC NIGHT AT THE CHIEFS GAME: August 13, 2017 at 2pm. Call to reserve tickets at 309-680-4079. Field box tickets are \$5 for children and \$8 for adults. Come out and have fun at the ballpark!

JDRF ONE WALK: October 1, 2017 at the Levee district in East Peoria. This walk is 5K. Check in at 8:30, and the walk starts at 10am. This walk has a single goal: creating a world without Type 1 diabetes (T1D) and raises money to fund T1D research. This is a pediatric community atmosphere, and a great time!

New and Improved Nutrition Facts Label

Food labels are useful when counting grams of carbohydrate in foods and making healthy food choices. In May 2016, the FDA approved a new Nutrition Facts label for packaged foods. Food manufacturers need to use the new label on their packaging by July 2018, but small businesses have an additional year to comply. The new label has a little different look and can be found on some packaged foods today. See the new label example below. Following are some of the changes to the Nutrition Facts label.

Servings:

Serving sizes reflect what people actually eat and drink versus what they should be eating. For example, the serving size for ice cream has been ½ cup in the past but is now ¾ cup.

For packages that are between one and two servings, the calories and other nutrients are labeled as one serving because people typically eat it in one sitting.

For certain products that are larger than a single serving but could be eaten in one sitting or multiple sittings, a “dual column” label is used. The calories and nutrients are labeled for both “per serving” and “per package”/“per unit” basis.

Added Sugars:

“Added Sugars” in grams and as a percent Daily Value (%DV) is now required on the label. “Added Sugars” include sugars that have been added during the processing or packaging of a food.

Note: When counting grams of carbohydrates, continue to refer to the “Total Carbohydrates”, not “Added sugars”.

Nutrients:

Vitamin D, potassium, calcium and iron are required on label. Vitamin A and C is no longer required but can be included on a voluntary basis.

The daily values for nutrients are based on newer scientific evidence.

Teen Group Special Event

We are excited to announce that there will be a special guest at the July 25, 2017 Teen Group! Natalie Feriozzi, a current college student with Type 1, will be joining us to discuss the challenges of diabetes management during the high school years. We ask that you kindly RSVP for this special event so that we can ensure proper space and food for all attendees. Hope to see you there! Other upcoming dates: August 29, September 26, October 24, November 28 from 6-8pm. Call the PDRRC at 309-624-2480 to sign up to come!!

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.