



Nutrition Facts for Summer Carnival and Fair Food!

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Summer 2010

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E-FOOTNOTES

Diabetic *focus*

ADDRESSING THE NEEDS OF DIABETICS AND
PROPER FOOT CARE FOR ALL AGES.

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AGING AND YOUR FEET

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Aging can sometimes be a difficult process. It affects our whole body, and our emotional life as well. Aging even affects your feet. Over the years we ask a lot of our feet. They carry us over many miles and through many hardships. The feet are the base of your whole body, and they often feel the effects of the demands we place on them. Here are some concerns to look out for as your feet mature.

1. Changing foot shape and size. Your feet do change over time. Your feet spread out and your [arches tend to lower](#) as you age. Keep this in mind when purchasing [shoes](#). Improperly fitted shoes can contribute to or cause many problems with your feet like [bunions](#), [corns](#), [calluses](#), [abrasions](#), [blisters](#), [hammer toes](#), [ulcers](#) and [plantar fasciitis](#), to name a few. Make sure that you buy shoes based on how they fit, not based on the size on the tag. You should try on shoes, and you should not purchase shoes that are too tight- they will not stretch out but instead will constrict your feet.

2. Overuse can lead to problems. We ask a lot from our feet. We are constantly using them and stressing our feet with long periods of use, unsupportive foot wear and living in a world comprised of hard surfaces. Over time this use wears on our feet. [Stress fractures](#) and [plantar fasciitis](#) are two of the most common foot ailments caused by overuse. These can cause pain and even prevent you from participating in your usual daily activities. Be careful to look for signs of over-use, especially pain. [READ MORE...](#)

Diabetes Nutrition Facts for Carnival and Fair Food

What to Know Before You Go to the Fair



Have you ever wondered about the nutrition facts for carnival and fair food? If you have [type 2 diabetes](#), you know that a day of eating at these events can sabotage even the best of eating plans. Knowledge is power, however. If you know the nutrition facts for your favorite fair foods, you can pick and choose how you will indulge. Check out the chart below for calories, fat grams and carbohydrate counts for your fair favorites. And don't forget -- you can always share your selection with a friend, and split the calories, fat and carb total in half.

Diabetes Nutrition Facts for Carnival and Fair Food

Diabetes Nutrition Facts for Carnival and Fair Food			
Item	Calories	Fat Grams	Grams of Carbohydrate
Belgian Waffle (no topping)	320	13	41

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Summer
Recipe of the Month
Hawaiian Burger
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