

Any way you slice it

A study of more than 36,000 people over a four-year period found that those who ate white bread and other starchy foods—such as crackers, cookies, and cake—had a higher risk of developing diabetes. The people in the study who ate the most white bread—up to 17 times per week—were at least 30 percent more likely to develop type 2 diabetes. A diet high in fruits, vegetables, and whole grains (as in whole grain breads) may help stave off the disease.



You can block the shot

Until the “no more poking” items are available, you can stop injections from being a pain. Shot Blocker is a small device that blocks the pain from injections by stimulating the skin with multiple blunt contact points on its underside. This sensation blocks the pain signal of the needle poke from reaching the brain. The result is a pain-free injection. Order Shot Blocker for only \$3.95 from www.diabetesnet.com.

Too much iron?

A large study conducted by Harvard School of Public Health found that in a sample of more than 32,000 women, high iron stores were associated with the development of type 2 diabetes. The study suggests that a simple blood test that measures ferritin (iron) levels may help to predict the development of type 2 diabetes in healthy people. Those found to have high iron stores can talk to their doctors to lower their iron levels and the risk of diabetes.

Real savings from real sugar

Whey Low™ is a special blend of sugars (fruit sugar, table sugar, and milk sugar) that can replace regular sugar in equal amounts in recipes but provides only one-fourth of the calories and carbohydrates of table sugar. It's available in Type D granular (which is formulated for people with diabetes), granular (regular), gold (brown), and powder (confectioner's) sugars. A 1-pound pouch of Whey Low Type D granular sugar is \$5.99. To order, visit www.wheylow.com or call 888-639-8480.

