

**HAPPY THANKSGIVING!**

# FOOD AND FITNESS

**Volume 140**

**November 2013**

## DIABETES—IT'S IN YOUR HANDS!

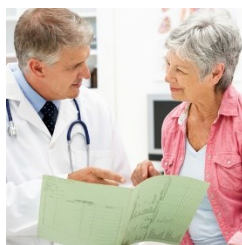
November is Diabetes Awareness Month but if you already have diabetes you are very aware of it every day! You can tell those of us who do not have diabetes a thing or two about it! Here are some tips from Catherine Townsend who has dealt with Type 1 diabetes for 43 years:

- Eat well—carry healthy snacks such as fresh fruit and raw



vegetables.

- Collect and compare data, such as blood glucose results and HgbA1c tests.



- Share and discuss outcomes with your health care team.

- Practice what you know—balance food, medicine and exercise.

- Check blood glucose before



driving and before exercising.

- Find ways to move your body



that you enjoy!

- Reduce risks—take control of what you can by not smoking or

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### Websites of Interest

- [diabetes.org](http://diabetes.org)
- [forecast.diabetes.org](http://forecast.diabetes.org)
- [DiabetesSelfManagement.com](http://DiabetesSelfManagement.com)

# EXERCISE IS MEDICINE FOR DIABETES

If you have diabetes or pre-diabetes (high risk for diabetes) your doctor will surely have recommended an exercise program as part of your treatment plan. A regular exercise program will:



- Improve control of blood glucose (sugar), blood pressure, and cholesterol
- Improve the work of insulin
- Reduce risks for heart disease and stroke
- Strengthen heart muscle, skeletal muscle and bone
- Lower risk of falling
- Increase energy level
- Burn calories to promote weight loss
- Help to relieve stress
- Improve circulation
- Improve flexibility

Research has shown that exercise can prevent or delay the onset of diabetes. A study appearing in the Aug. 6 *American Journal of Preventive Medicine* reported that people who walked

to work were 40% less likely to develop diabetes and 17% less likely to develop high blood pressure than those who drove to work. If you no longer work outside the home, you might be

able to walk:

- to church
- to the grocery store
- to the post office
- to visit a friend
- to exercise your dog
- for fun
- to see what's growing in your neighbors' yards!



Having diabetes increases risk for developing heart disease. However, a recent study published in *The Lancet* suggests that even a modest amount of exercise may "cancel out the adverse impact of

diabetes on cardiovascular mortality". Sounds like a good reason to get up and move!

When starting an exercise program be sure to clear it with your doctor. Start slowly if you have not been active.

The majority of your exercise time should be spent doing aerobic exer-



cise. Aerobic exercise is activity that increases your heart rate and keeps it ele-

vated for a sustained period of time. Walking is a great aerobic exercise.



Initially, walk at a comfortable pace for a distance you can tolerate well. Don't overdo it.

You may want to walk short distances several times daily. As your fitness

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# EXERCISE IS MEDICINE FOR DIABETES

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improves you can increase your speed and distance. Gradually work your way up to walking 30 minutes at a pace that feels “brisk” or “somewhat hard”.



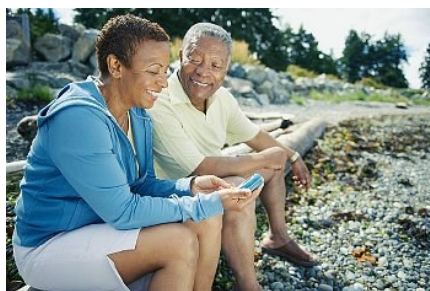
If you find you can't tolerate 30 minutes of walking at one time, walk several times daily to total 30 minutes. Be sure to wear good shoes and check your feet daily for signs of blisters or sores.

If you are not able to walk for exercise, try another type of aerobic exercise such as riding a stationary bicycle or elliptical trainer, swimming, or performing water aerobics.



Adding exercise to

your daily routine will improve the ability of your body's insulin to lower your blood sugar. While this is a good thing, certain diabetes medications can put you at risk for hypoglycemia (low blood sugar). Be sure to know whether your diabetes medication is one of those that can put you at this risk. To prevent hypoglycemia while exercising, always check your blood sugar be-



fore and after exercise to determine how your body reacts to exercise.

If your blood sugar is less than 125 before you begin your workout, you may want to eat a small snack such as fruit, crackers, or a half sandwich before you exercise. If your blood sugar is between 125 and 250, you can exercise safely if you have type 1 or

type 2 diabetes. If your blood sugar is above 300 with type 2 diabetes, pay attention to how you feel while exercising.

It is not safe to exercise with a blood sugar greater than 300 if you have Type 1 diabetes. Confirm this with your doctor.

You should test your urine or blood for ketones prior to exercise if your blood sugar is above 250. A moderate to large amount of ketones means that your



body is burning fat because there is too little insulin to allow you to burn sugar. You may need to take insulin prior to exercising to bring blood sugar down

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# EXERCISE IS MEDICINE FOR DIABETES

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with type 1 diabetes before exercising.

Below 0.6 mmol/L

Readings below 0.6 mmol/L are in the normal range.

0.6 to 1.5 mmol/L

Readings between 0.6 and 1.5 mmol/L may indicate the development of a problem that may require medical assistance. Patient should follow healthcare provider's instructions.

Above 1.5 mmol/L

Readings above 1.5 mmol/L indicate your patient may be at risk of developing diabetic ketoacidosis (DKA). Patient should contact a healthcare provider immediately for advice.



living. It improves muscle tone and decreases your risk for falling.

For persons with dia-

sional at your local center or fitness center to help you get started.

Flexibility, or stretching exercises help to maintain range of motion around the joints and help to prevent injury. Gentle stretching for 5 - 10 minutes daily can help ease stiffness in your muscles and joints.

By paying close attention to how you feel, you can exercise safely. If exercise is difficult for you at

first because you are not conditioned, start slowly and stay with it. Before long you will begin to feel better, so much better that you won't want to return to the way

you felt before!

In addition to walking a good fitness program should include some sort of strength training and flexibility exercises.

Strength training helps build strong muscles and bones. Strength training increases your ability to perform activities of daily



betes, strength training aids in blood sugar control. This type of exercise should be performed 2 or 3 times a week. Use light hand-held weights or stretch bands.

Ask a fitness profes-



## GOT DIABETES? ENJOY REAL FOOD!

Newly diagnosed with diabetes or pre-diabetes? Fresh out of the hospital from a stent or bypass surgery? You're probably loaded down with in-



formation about a "special diet" you've been instructed to follow. No fun!

Not to worry! You will not have to sit in a corner and eat weird food while the rest of the family eats something else. The old saying goes "What's good for the goose is good for the gander!"

Plainly speaking, any

foods good for you are also good for the whole family as well as anyone who crosses the threshold of your front door. A diet abundant in fresh produce, whole grains, lean protein and low fat dairy is an appropriate prescription for us all, health issues or not.

Since every day is a good day for vegetables this month's Recipe Corner features creative ways to include some vegetables you may not eat on a regular basis—parsnips, greens, sweet

potatoes. Disenchanted with the same old lettuce salad? Bored by baby carrots?

Here are several "outside the mold" vegetable dishes that are delicious and will break the monotony of the same old same old! Consider

adding them to your traditional Thanksgiving fare!



### Carrot and Parsnip Soup with Toasted Almonds

1 cup chopped white onion  
 ¼ teaspoon grated fresh ginger  
 ¾ teaspoon curry powder  
 1 teaspoon chopped fresh thyme  
 1 Tablespoon olive oil  
 4 large carrots, about 1 ½ pounds, scrubbed and cut crosswise  
 1-2 medium parsnips,



peeled and sliced crosswise  
 2 cups chicken broth  
 1 cup apple juice  
 1/2 teaspoon salt  
 ¼ teaspoon black pepper  
 ¼ cup sliced almonds, toast-

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## GOT DIABETES? ENJOY REAL FOOD!

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ed

Cook onions, ginger, curry powder and thyme in a skillet over low heat in olive oil. Stir occasionally and cook until onions have softened and appear glazed.

Add carrots and parsnips to mixture along with chicken broth, apple juice, salt and pepper. Bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, about 20 minutes.



Purée soup in several batches for easier handling, using a blender or food processor, until smooth. (Use care when handling hot liquids!) Transfer into large bowl or another pot for reheating. Serve soup in small bowls, garnished with

almonds.



Hint: Soup can be made ahead and chilled in refrigerator for up to two days. Warm again over low heat and thin with water or broth if necessary.

Variations: Substitute one small potato for the parsnips and you'll have a creamier soup. Or just use both!

This recipe was modified from the original which comes from [epicurious.com](http://epicurious.com), November 2006.

### Harvest Vegetable Bake

*A delicious way to enjoy a vegetable casserole without the 1950's obligatory Cream of Mushroom Soup!*

2-3 Tablespoons olive oil

3 cloves garlic, minced



1 medium eggplant, peeled and cut into one-inch cubes

¼ cup freshly grated Parmesan cheese

1 cup shredded mozzarella cheese

2 small zucchinis, sliced

1 small yellow squash, sliced

1 cup fresh mushrooms, sliced

2 medium sized tomatoes, sliced or chopped

1/2 teaspoon salt

2 Tablespoon Greek or Italian seasoning

1 teaspoon fresh thyme, chopped finely

Preheat oven to 350° F. Heat olive oil in large skillet over low heat. Add

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## GOT DIABETES? ENJOY REAL FOOD!

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garlic and cook 2-3 minutes. Then add eggplant and cook until soft—about ten minutes. Add about one-third the dry seasoning while cooking.



Prepare a casserole dish or 9x 13 baking dish by spraying bottom and sides with non-stick spray. In a separate bowl mix the two cheeses together.

Pour eggplant mixture into casserole dish and sprinkle one-third of cheese mixture on top. Then layer squash and zucchini and sprinkle with another third of cheeses.

Sprinkle rest of dry

seasonings between layers. Finally, top with tomatoes, mushrooms, fresh thyme and remainder cheese.

Bake for about 45 minutes until vegetables are tender and dish is bubbly and brown.

You may want to cover with aluminum foil in the last 10 minutes to avoid over-browning.

Serves 8-10—large enough for Thanksgiving



ing Day! (Thanks to *Penzeys Spices Harvest 2013 Catalog* for recipe idea)

### Easy Mustard Greens

2 cups chicken or vegetable broth

2 bunches mustard greens

Pour chicken or vegetable



table broth into a large pot.

After cleaning and removing stems from two bunches of mustard greens, immerse greens in broth.

Cook over medium heat uncovered for the first ten minutes. After the greens settle,

cover and cook another ten minutes.

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## GOT DIABETES? ENJOY REAL FOOD!

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*Serving suggestion: Serve with cornbread and pinto beans for a delightful vegetarian meal!*

### Savory Garlic Mashed Sweet Potatoes

*A different way to enjoy the*



*flavor of the sweet potato*

*minus the sugar, butter, and marshmallows!*

2 lbs (4 medium) sweet potatoes, boiled, peeled & cubed  
1 Tbs. reduced fat margarine  
3 cloves garlic, crushed  
1/2 cup 1% milk  
2 Tbs. reduced fat sour cream  
Salt and fresh ground black pepper to taste

In a large pot boil sweet potatoes in water un-

til tender. Drain in a colander and place in a large bowl.

Mash potatoes, using a hand held electric mixer, or if you prefer, a food processor, until smooth and

creamy.

In the pot used to boil potatoes melt margarine and sauté garlic until lightly golden. Return potatoes to the pot. Add milk and sour cream. Add salt and pepper to taste.



## DIABETES—IT'S IN YOUR HANDS! (CONTINUED)

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overeating.

- Get support from health care practitioners, family, and friends.
- Tell everyone with whom you work how to treat you in emergencies.
- Never use diabetes as an

excuse for avoiding doing something you want to do or avoiding doing something you don't want to do!

- Count your blessings and you will stay motivated!







Susan M. Poindexter  
MS, RD, LD, CDE  
3200 McCorkle Ave SE  
Charleston WV 25304

wvseniorservices  
.gov

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Susan M. Poindexter, MS, RD, LD,  
CDE, Nutrition Consultant to the  
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tributors include Catherine M.  
Townsend, MA, and Betsy Greer,  
MS.*

## NEWS YOU CAN USE

### **High Body Fat Even with Healthy Weight Tied to Heart Disease Risk**

In a study of 1528 normal weight 70 year olds having excess body fat increased risk of heart-related death. Women were especially at risk with a 57% increased risk. **Bottom line:** Whether your weight changes or not, regular exercise can decrease your amount of body fat stores.

### **Larger Breakfast May Help Diabetes Control**

In a recent study persons with diabetes who ate 1/3 of their calories and higher protein and fat for breakfast were able to achieve better glucose control with less medication than persons who ate only 12.7% of their daily calorie allotment at breakfast.

#### **Consider:**



- Add egg substitute or Greek yogurt to your typical breakfast
- Add soft margarine to your whole wheat toast.