



Food and Fitness

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Learning to Survive the Holidays with Diabetes

It's finally fall! Fall is the turning point for the holiday seasons. Fall is full of fun, festivals, cooler weather, and seasonal foods. This time of year is

loved by the masses. However, this time of year might be harder for those with diabetes. It can be challenging to maintain normal blood sugar levels while enjoying the seasonal foods we all love. For those with diabetes, it is always important to start the season with some tips and tricks to maintain those normal blood sugar levels.

Diabetes maintenance is an ongoing battle. Frequent blood sugar checks and good food choices never end. The type of diabetes, medications, and course of maintenance will also affect blood sugar levels. Unfortunately, not everyone follows the rules for overall health and diabetes control.

Indulging in holiday foods is fine with moderation. It's overindulging regularly that becomes the problem. Tips to keep from overdoing it with diabetes during the holidays are as follows:

Schedule – Keep a scheduled routine that has optimal blood sugar levels by continuing your normal eating habits, exercising, and taking your medication as directed. An example of an eating schedule could be 3 meals and 1 snack or 6 small meals.

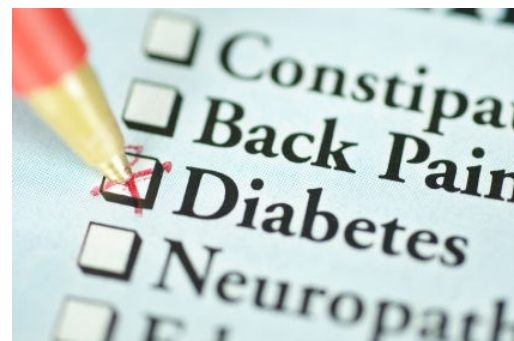
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Learning to Survive the Holidays with Diabetes

(Continued from Page 1)

Holiday meals usually mean tons of food. Don't make the mistake of overeating at one sitting and then skipping the next meal to "make up" for it. For most with diabetes, this method does not work. Skipping meals can lead to overeating and elevated blood sugar levels. Instead of one really big meal, make 2 plates—one for now and the other for the next meal—to help with overeating.



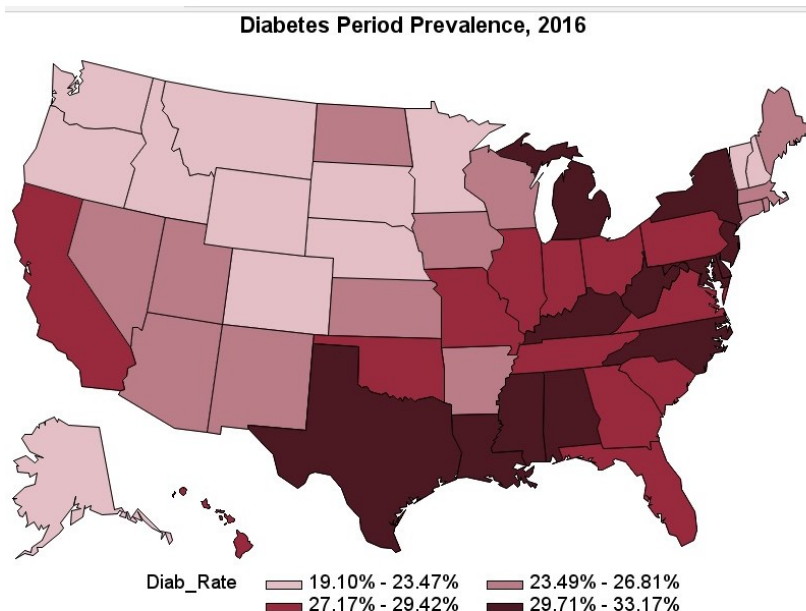
Check your blood sugar – During the days you know you are going to enjoy a large holiday meal, check your blood sugar levels often. It is important to know your blood sugar levels.

Smart carbohydrate choices – Carbohydrate choices are not always easy during the holidays. Don't forget that the sweet desserts are a part of your carbohydrate allowance. The best option is to pick meats, vegetables, and salads to balance the amount of carbohydrates in the sweets.

Going to the friend's or family's – When going to someone's house, you may not have many options that are carbohydrate friendly. You could bring a dish that is carbohydrate free for your benefit. Examples are vegetable trays, cooked vegetables, meat and cheese appetizers, or low-sugar desserts.

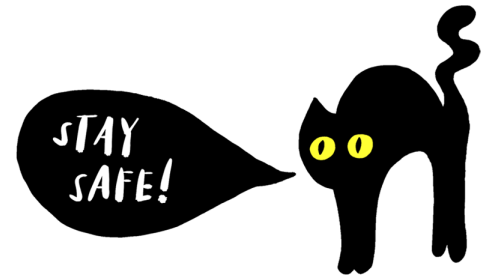
Beverages – Beverage choices go hand-in-hand with smart carbohydrate choices. Drinking water or a sugar free beverage is a good carbohydrate choice. Keep in mind, alcohol can also affect blood sugar levels. Never drink alcohol on an empty stomach.

Diabetes during the holiday season is a difficult road to travel. Since diabetes is so high in West Virginia, it is a disease worthy of being discussed. 'Tis the season to enjoy the presence of friends and family, not the season to fall into bad habits.





CANDY CARBOHYDRATE TABLE



Candy	Size	Carbs (g)
3 Musketeers	Fun size	12
3 Musketeers	Bar (2.13 oz)	46
3 Musketeers	Mini	4.4
100 Grand	Fun size	8
100 Grand	Fun size	15
Air Heads	Mini	11
Almond Joy	Snack size	10
Almond Joy	Mini	8
Atomic Fireballs	1 piece	9
Baby Ruth	Bar (2 oz)	37
Baby Ruth	Fun size	13
Blow Pop	Reg. or jr. size	16
Bottle Caps	10 pieces	14
Butterfinger	Bar (2 oz)	41
Butterfinger	Bite size	5
Butterfinger	Fun size	15
Butterfinger	Mini	7.3
Candy Corn	15 pieces	15
Double Bubble Gum	1 piece	5
Dum Dum suckers	1 piece	7
Gummy Bears	17 pieces	33
Lifesavers Gummi Savers	1 roll	13
Heath Bar	Bar (1.4 oz)	25
Hershey's Almond Bar	Mini	5
Hershey's Almond Bar	Bar (1.45 oz)	20
Hershey's Kisses	1 piece	8
Hershey's Kisses w/ Almonds	1 piece	2
Hershey's Chocolate Bar	Fun size	8
Hershey's Mini Bars	Mini	5
Hershey's Nugget	1 piece	6
Hershey's PB Kisses	9 pieces	21
Hershey's Special Dark	Mini	5
Hot Tamales	Small pack	12
Jolly Rancher	1 piece	6
Junior Mints	Fun size	12
Kit Kat	Fun size	10
Kit Kat	Bar (1.5 oz)	26
Kit Kat	Mini	5.6
Krackel	Mini	5
Lemonheads	10 pieces	14
M&Ms, plain	10 pieces	5
M&Ms, plain	Fun size	12
M&Ms, plain	1 Bag (1.69 oz)	34

Candy	Size	Carbs (g)
M&M, peanut	6 pieces	7.5
M&Ms, peanut	Fun size	11
M&Ms, peanut	1 Bag (1.74 oz)	30
Mike and Ike	Small box	12
Milk Duds	Snack size	9
Milky Way	Bar (2.15 oz)	43
Milky Way	Fun size	12
Milky Way	Mini	5
Mounds	Snack size	10
Mr. Goodbar	Mini	4
Mr. Goodbar	Snack size	9
Nerds	Small box	14
Nestle's Crunch	Fun size	7
Nestle's Crunch	Bar (1.5 oz)	28
Nestle's Crunch	Mini	7
Pay Day	Snack size	10
Reese's Nutrageous Bars	Snack size	9
Reese's Cups	2 cups	18
Reese's Cups	Mini (9g)	5
Reese's Cups	Snack size	12
Reese's Pumpkins	1 piece	17
Skittles	15 pieces	15
Skittles	Mini pack	13
Smarties	1 roll	6
Snickers	Fun size	10
Snickers	Bar (2.07 oz)	36
Snickers	Fun size	10
Snickers	Mini	5.5
Snickers Almond Bars	Fun size	11
Starburst	2 chews	8.5
Swedish Fish	Pack (17g)	16
Sweet Tarts mini packs	5 packs	13
Tootsie Pop	1 piece	16
Tootsie Rolls	1 piece	10
Tootsie Roll midgee	1 piece	7
Twix	2 cookies	37
Twix	Fun size	10
Twix	Snack size	7
Twix	Mini	6.6
Twizzlers	1 piece	8
Twizzlers	Mini	11
Warheads	5 pieces	13
Whoppers	1 pieces	15



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Vegetable—Cauliflower

Cauliflower is a flower like structured with stalks similar to broccoli. These types of plants belong in the mustard family, as well as kale, cabbage, and Brussel sprouts. Cauliflower is a cool-weather crop and grows best in temperatures of about 60 degrees F. The plant grows to an average of 1.5 feet tall and needs a few square feet of room to grow properly. Cauliflower grows in many different colors—white, purple, green, and brown.



As far as nutrition is concerned, cauliflower is low in calories, carbohydrates, and fat. A serving of cauliflower contains high amounts of both vitamin C and K. Cauliflower also contains notable amounts of fiber, folate (vitamin B9), and pyridoxine (vitamin B6).

Cauliflower has become increasingly popular in the culinary world. Cauliflower can be eaten both cooked and raw. Cauliflower, with its mild flavor and versatility, has been used as a replacement for many foods that contain carbohydrates. Some examples are cauliflower rice, mashed cauliflower, and even turned into crust for pizza.



A whole, raw cauliflower is best stored in the refrigerator in a plastic bag. When placing it in the refrigerator, place it stem side down to avoid any excess liquid from gathering around the edible flowers. It can last about 3 to 5 days from the date of purchase.

Caloric Ratio Pyramid [? What is this?](#)

Caloric Ratio Pyramid for Cauliflower, raw		
This feature requires Flash player to be installed in your browser. Download the player here.		
78%	3%	19%
Carbs	Fats	Protein



NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★☆☆☆☆

The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate, Pantothenic Acid, Potassium and Manganese.

The bad: A large portion of the calories in this food come from sugars.



Cauliflower, raw

— NUTRITION INFORMATION —

Amounts per 1 cup (100g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	25.0 (105 kJ)	1%
From Carbohydrate	19.3 (80.8 kJ)	
From Fat	0.8 (3.3 kJ)	
From Protein	4.8 (20.1 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.0 g	4%

[More details ▾](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	5.3 g	2%
Dietary Fiber	2.5 g	10%
Starch	~	
Sugars	2.4 g	

[More details ▾](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	37.0 mg	
Total Omega-6 fatty acids	11.0 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▾](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	13.0 IU	0%
Vitamin C	46.4 mg	77%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	0%
Vitamin K	16.0 mcg	20%
Thiamin	0.1 mg	4%
Riboflavin	0.1 mg	4%
Niacin	0.5 mg	3%
Vitamin B6	0.2 mg	11%
Folate	57.0 mcg	14%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.7 mg	7%
Choline	45.2 mg	
Betaine	~	

[More details ▾](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	22.0 mg	2%
Iron	0.4 mg	2%
Magnesium	15.0 mg	4%
Phosphorus	44.0 mg	4%
Potassium	303 mg	9%
Sodium	30.0 mg	1%
Zinc	0.3 mg	2%
Copper	0.0 mg	2%
Manganese	0.2 mg	8%
Selenium	0.6 mcg	1%
Fluoride	1.0 mcg	

Recipe—Mediterranean Cauliflower Rice

Ingredients

- ♦ 1 medium-to-large head cauliflower or 16 ounces store-bought cauliflower rice
- ♦ ½ cup sliced almonds
- ♦ 2 tablespoons extra-virgin olive oil
- ♦ 2 cloves garlic, pressed or minced
- ♦ Pinch of red pepper flakes (omit if sensitive to spice)
- ♦ ¼ teaspoon fine sea salt
- ♦ ½ cup chopped flat-leaf parsley
- ♦ 1 tablespoon lemon juice
- ♦ Freshly ground black pepper, to taste



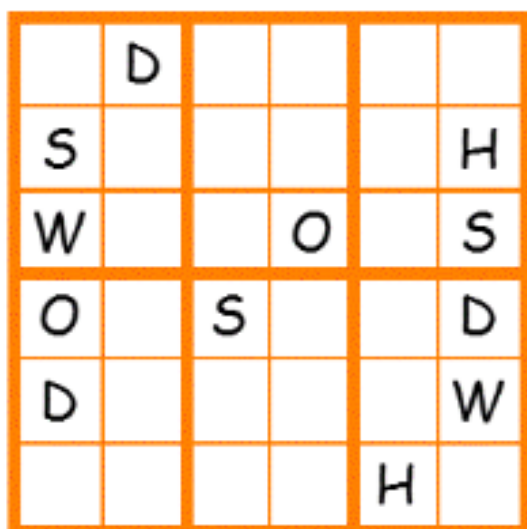
Directions

1. If you're working with a head of cauliflower, cut it into medium chunks and discard the core. Working in batches, pulse the chunks in a food processor until they're broken into tiny rice sized pieces.
2. Wrap the cauliflower rice in a clean tea towels or paper towels, twist, and squeeze as much water as possible from the rice—you might be surprised by how much water you can wring out.
3. Toast the almonds in a large skillet over medium heat, stirring frequently (careful, or they'll burn) until they're fragrant and starting to turn golden on the edges, about 3 to 5 minutes. Transfer the toasted almonds to a bowl to cool.
4. Return the skillet to the heat and add the olive oil and garlic. Cook while stirring until the garlic is fragrant, about 10 to 20 seconds. Add the cauliflower rice, red pepper flakes and salt, and stir to combine. Cook, stirring just every minute or so, until the cauliflower rice is hot and turning golden in places, about 6 to 10 minutes.
5. Remove the skillet from the heat. Stir in the toasted almonds, parsley, and lemon juice. Season to taste with salt and pepper, and serve warm.

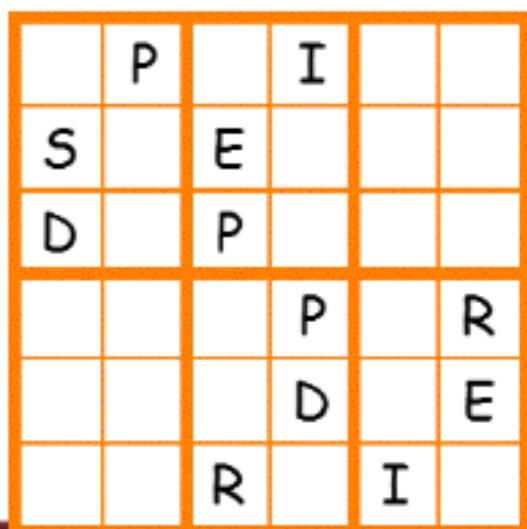
Don't Just Exercise Your Body, Workout Your Brain!

Halloween Sudoku

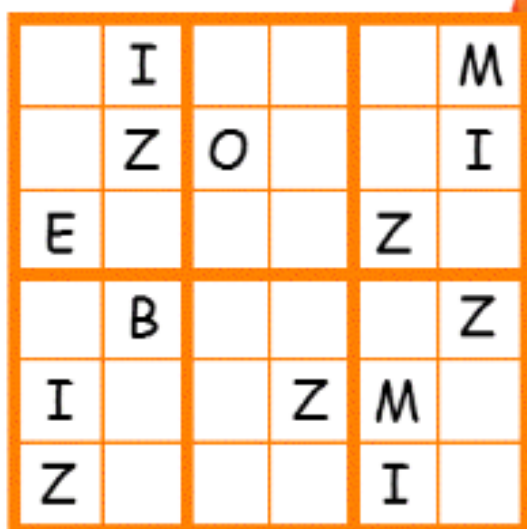
Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.



SHADOW



SPIDER



ZOMBIE



ORANGE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 International Coffee Day	2 National Kale Day	3 National Boyfriends Day	4 National Golf Day	5 Do Some- thing Nice Day
6 Come and Take It Day	7 Bald and Free Day	8 American Touch Tag Day	9 Fire Preven- tion Day	10 International Newspaper Carrier Day	11 World Egg Day	12 National Gumbo Day
13 International Skeptics Day	14 National Dessert Day	15 White Cane Safety Day	16 Boss's Day	17 National Pasta Day	18 No Beard Day	19 Sweetest Day
20 Brandied Fruit Day	21 Babbling Day	22 National Nut Day	23 National Mole Day	24 National Bologna Day	25 Frankenstein Friday	26 Make a Difference Day
27 Navy Day	28 Plush Animal Lover's Day	29 Hermit Day	30 National Candy Corn Day	31 Halloween		

Monthly Observances

- Adopt a Shelter Dog Month
- American Pharmacist Month
- Apple Jack Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Eat Country Ham Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month
- Sarcastic Month
- Seafood Month

October

Copper-infused Garments

By Dave Roberts, WVU Extension Agent – Lincoln County

Monthly Challenge: Each time you sit down, do a circulation exercise.



Health Motivator Talking Points

- A popular trend is to include traces of copper in clothing for possible health benefits. Does this work and are these claims true?
- Copper-infused garments often advertise quick fixes and “too good to be true” results. As with any information you see, check out the source and the research behind the claims.
- There is little to no scientific support for the manufacturer’s claims.
- Copper-infused clothing brands have been fined by the Federal Trade Commission for false and unproven claims that products relieve pain comparable to that of surgery.
- Similar to copper-infused garments are compression garments. Compression socks have proven benefits in improving circulation and combatting blood clots and swelling.
- Also, compression is often recommended for muscle strain or sprains. Remember RICE – rest, ice, compression, elevation.
- Always talk to your health care provider about any concerns before using any compression garment.

Quick Club Activity: Circulation Circles

How can we keep our blood circulating to prevent swelling and clots? Let’s practice things you can do while seated.

1. Kick off your shoes. Wiggle your toes. Try to stretch down and massage your toes in a circular motion. Next, do the bottoms of your feet and heels.
2. Make small circles with your ankles. Gradually make larger circles.
3. Try the same activity with each arm. Wiggle, massage and make circles.



Chuckle of the Month:

Why did the golfer wear two copper-infused knee braces?

In case he got a hole in one.

Learn More

www.ftc.gov

<https://go4life.nia.nih.gov>



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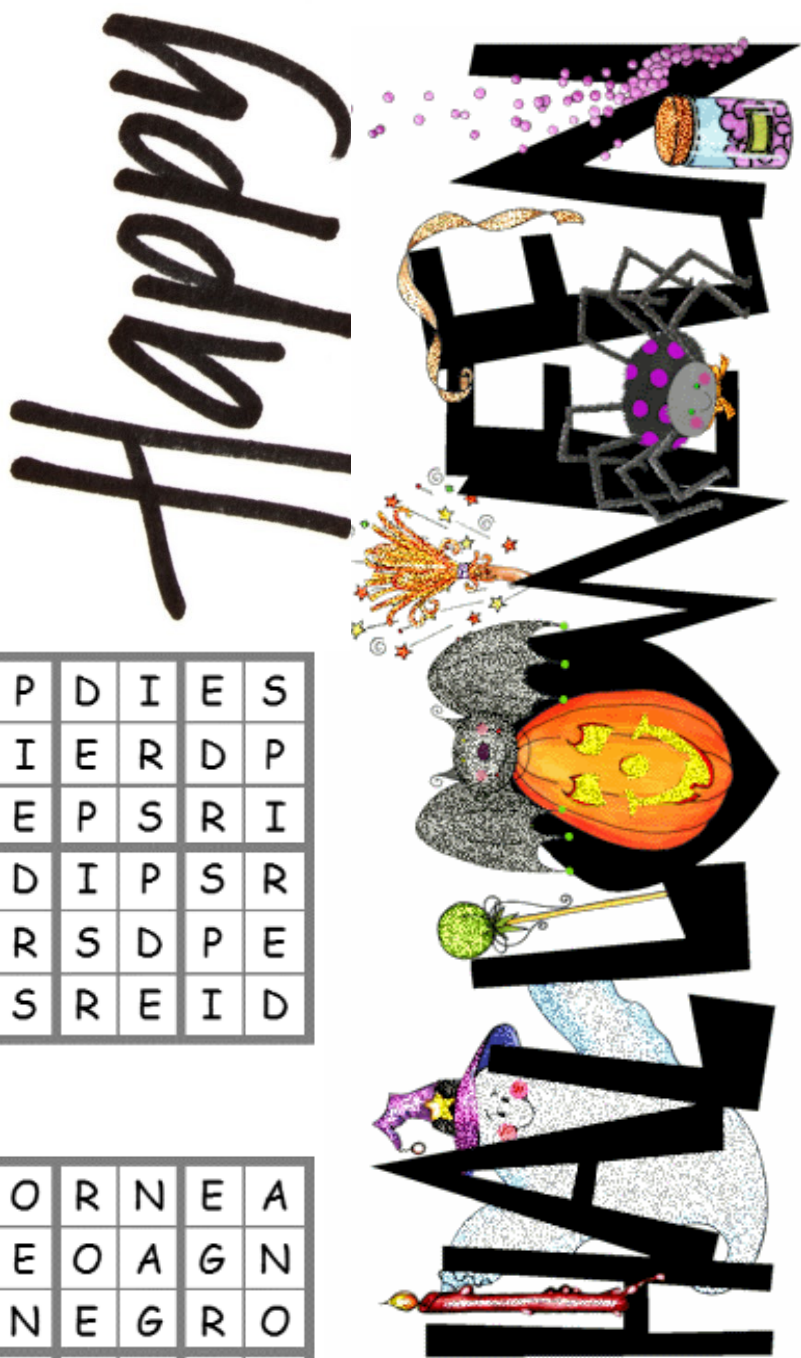
Brain Exercise Answers

H	D	W	S	O	A
S	O	A	D	W	H
W	A	H	O	D	S
O	W	S	H	A	D
D	H	O	A	S	W
A	S	D	W	H	O

R	P	D	I	E	S
S	I	E	R	D	P
D	E	P	S	R	I
E	D	I	P	S	R
I	R	S	D	P	E
P	S	R	E	I	D

O	I	Z	E	B	M
B	Z	O	M	E	I
E	M	I	B	Z	O
M	B	E	I	O	Z
I	O	B	Z	M	E
Z	E	M	O	I	B

G	O	R	N	E	A
R	E	O	A	G	N
A	N	E	G	R	O
N	R	G	O	A	E
E	A	N	R	O	G
O	G	A	E	N	R



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.