August 2010
Volume 102

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Web sites of interest:

- diabetes.org
- ehow.com/taichi
- mcdonalds.com
- wendys.com
- chickfila.com

Are You at Risk for Diabetes?

It was thought in the past that you only "got diabetes" if your grandmother on your father's side had diabetes—or some other harebrained notion! Seriously, much more is known today about who is at risk for Type 2 diabetes.

Type 2 diabetes, which accounts for at least 90% of all cases of diabetes, is closely associated with lifestyle. Obesity and inactivity can raise your risk of having this disease. Your grandchildren may be at higher risk than you are! It's easy to find out if you are at high risk for diabetes.

A simple blood test called the Hemoglobin A1c can tell you so. If your level is between 5.7% and 6.4% you are at high risk for diabetes. You may be able to

delay or prevent diabetes by taking a walk every day and reducing food portion sizes if you need to lose weight.

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Stay Cool and Hydrate!

In this nationwide heat wave if you have to go out try to do so in morning and evening hours. Avoid yard work or exercise in the heat of midday. Remember to drink plenty of cool water before, during, and after being in the heat! It helps to lower core body temperature and to avoid dehydration!

Tai Chi for Exercise and Stress Reduction

Tai Chi, or "moving meditation", originated in China as a martial art. Tai Chi is a way to use gentle movements to connect mind and body.

The exercises of Tai Chi imitate the movements of animals or forces of nature and are said to balance the *yin* and *yang* (opposing forces in the body). A healthy balance of *yin* and *yang* is thought to aid the flow of *qi*, vital energy or life force.

To do Tai Chi, a person moves in a slow, graceful manner. The movement flows without pause, the body in constant motion. The movements are coordinated with breathing.

The health benefits of Tai Chi are many. Research is ongoing. Studies have shown Tai Chi enhances the immune system, improves overall well-being in older adults, improves functional capacity, reduces blood pressure, reduces anxiety and depression, improves balance, flexibility, and muscle strength, and relieves chronic pain.

Tai Chi can be practiced alone or in a group. It can be done inside or outside. Tai Chi is relatively safe. Check with your physician if you have a medical condition or if you have not exercised in a while. Some

forms of Tai Chi are fast-paced, but most are gentle and can be performed by any-

one.

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Tai Chi (cont'd)

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People who practice Tai Chi appreciate that it is self-paced. The stretches, postures and deep breathing require concentration which helps individuals live in the moment, setting aside stressors. The combination of breathing and movement helps to create a state of relaxation and calm.

Here is a Tai Chi movement for you to try:

Spreading the Eagle's Wings Movement

Stand up straight with your knees slightly bent, feet shoulder width apart. Lightly contract your abdominal muscles. Bring your arms up in a circle in front of your chest like you are hugging a beach ball. Maintain the circle while lifting the arms as much overhead as is comfortable. Rotate at the wrists and turn your palms outward. Bend your wrists and elbows and slowly bring your arms back down to your sides. Imagine your arms are moving like eagle's wings.

This is a gentle movement; only make the arm movements as big as you can without pain. This movement will calm the body and provide gentle stretching for the shoulders and chest.

If you would like to try Tai Chi, you can look for videos and books that tell you how to do Tai Chi. It is better to learn Tai Chi from a qualified Tai Chi instructor however. You can find Tai Chi classes at Community Centers or Senior Centers, the YMCA, the YWCA, and at many Health Clubs and Wellness Centers.

Sources: U.S. Department of Health and Human Resources
www.ehow.com/tai-chi

Summer Salads—Make Them Healthy!

"I'll just have a salad!", sounds like a healthy choice but may not always be! From college students "on a diet" to senior citizens trying to make healthier choices, the Chef's Salad is a typical American delight that tries to pass off as a health food.

A giant bowl of iceberg lettuce covered with a mountain of cheese, chopped ham and boiled eggs,

drenched in a high calorie thousand island dressing is not a health food! However, there are countless healthful salads and many from all over the world. Just pick a country and you'll find that almost every place imaginable has its own version of a healthy salad!

As summer nears its end, try a few new ways to have your salad and make it healthy, too. With a little planning you can make adjustments so that what you eat does not have a negative impact on your health.

Tips for improving the health of your salad include:

- Try using fresh lemon or lime juice to dilute a high fat dressing—1 tablespoon juice to two tablespoons prepared dressing
- For extra nutrients, add fresh spinach to your usual salad green choice

- Add bites of fresh vegetables and /or fresh fruit to an ordinary bowl of mixed greens. You'll be adding color, variety and important nutrients.
- Buy fat free dressings, but read the ingredient list to know what you are getting
- Make your own dressing, using less salt, sugar and fat.
- In a rush? Check out all the great fast food salad options
- Ask for a light dressing on the side
- Avoid creamy cheesy dressings.

McDonald's Asian Salad

Wendy's Salad

ChickfilA Garden Chicken salad

Recipe Corner

Kheera Ker Rayta

1 medium cucumber

1 Tablespoon finely chopped onion

1 Tablespoon salt

Peel and cut cucumber in half. Scrape out seeds with a spoon. Add salt and chopped onion. Place vegetables in a colander for ten minutes to remove some of the water. Rinse off remaining salt.

1 small firm ripe tomato

1 Tablespoon chopped parsley

Cut tomato crosswise into ½ thick rounds, then cut again into ½ cubes. Add parsley and let stand for five minutes.

1 cup fat-free yogurt

1 teaspoon ground cumin

Blend yogurt and cumin together with a spoon in a small bowl. Cover and microwave for thirty seconds. Mix all vegetables together and pour warm yogurt over the top of vegetables.

Cover and refrigerate at least one hour before serving; may be marinated up

to one day before serving.

This dish could also be served warm as a side sauce with meat or cold as a non-fat dressing with fresh asparagus or other vegetables.

This recipe was a

favorite of Marie M. Brewer, PhD, RD, sister of Catherine Townsend and Susan Poindexter, who enjoyed it during her tenure at LSU in Baton Rouge, LA.

Recipe Corner

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Shrimp, Mango and Avocado Salad

This recipe was adapted from the August issue of Bon Appetit. Louisiana heritage dictates that it be spiced up before reaching the table.

½ cup Asian sweet chili sauce

1 tsp. Freshly grated ginger or 1/2 tsp ground dried ginger

2 tablespoons fresh lime juice

Blend chili sauce with lime juice. Chill in refrigerator while you prepare shrimp.

1 pound large shrimp

2 Tien Tsin Chinese chili peppers

1 teaspoon red pepper

2 teaspoons salt

Place peppers, red pepper and salt in pot with about 3 cups of water. Bring to a boil; add shrimp and cook about three minutes. Drain and set aside.

1 head butter lettuce

1 large mango, peeled, pitted and sliced

2 avocados, peeled and sliced

Peel avocado and squeeze with lime juice to prevent browning.

Arrange avocado, shrimp and mango slices on beds of lettuce. Pour sauce over the top and serve.

Jeff's Greek Blend

2 Sliced Tomatoes

Fresh basil leaves

1 cucumber, peeled and sliced

1/3 cup Black olives

½ cup Feta, mozzarella or goat cheese

Olive oil

Fresh lime juice

Wash and slice tomatoes and cucumber. Chop some of the basil leaves and retain some for garnish.

Layer vegetables with olives and cheese.

Drizzle with a small amount of olive oil and lime juice before serving.

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This newsletter was created by Susan M. Poindexter, MS, RD, LD, CDE, Nutrition Consultant to the West Virginia Bureau of Senior Services and is funded in part by the West Virginia Bureau of Senior Services.

Are You at Risk for Diabetes? (cont'd)

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You can reduce portions by planning 1/4 of your plate as a protein, 1/4 of your plate as a whole grain or starchy vegetable, and half of your plate as low starch vegetables.

Proteins—fish, chicken, tuna salad, chicken salad, beef or pork tenderloin, lean beef patty, low fat cottage cheese

Whole Grains and starchy vegetables—whole wheat bread or roll, brown rice, sweet or white potato, corn, peas, whole grain crackers.

Vegetables—summer squash, broccoli, green beans, cauliflower, kale, spinach mustard greens, asparagus, carrots, any raw vegetable salad.

Fruit—add a serving of any fruit and a glass of skim milk and you are done!