



Food and Fitness

Are You at Risk for Diabetes?



Doctors are becoming more aggressive in identifying and treating diabetes earlier. Early aggressive treatment reduces complications such as blindness, heart disease, and amputations.

Simple blood tests can determine if you are at high risk for diabetes. A blood glucose level of

100-125 or a Hemoglobin A1c of 5.7-6.4 identifies high risk. Those at high risk can often prevent diabetes by increasing exercise and reducing calorie intake.

Anyone can become diabetic. A summary of the possibilities follows:

Type 1 diabetes:

- autoimmune

disease

- the body's own immune system destroys insulin-producing beta cells of the pancreas
- occurs most often in childhood or young adulthood

Type 2 diabetes:

- the body can't use its own in-

(Continued on page 3)

Nutrition for Diabetes Management and Prevention

You don't have to go to a special store for special foods! You don't have to sit at a special ta-

ble all by yourself and eat what nobody else wants.

Food for the person with diabetes is the

same food that is healthy for all of us—vegetables, fruits, whole grains, low fat

(Continued on page 8)

Inside this issue:

Fall Is in the Air!	2-3
Recipe Corner	4-5
Fit at Any Size	6-7

Websites of interest:

- diabetes.org
- diabetiiclivingonline.com
- aicr.org
- heart.org

Fall Is in the Air!



The change of seasons often means changing schedules. During the summer people tend to sleep later and move slower. But when families' schedules change to include school, work, sports and even homework, preparing meals may present a challenge.

Many seniors feel this change because their children and grandchildren are a regular part of their lives. A little bit of planning can help save time, energy and money. Here are several ideas from LSU AgCenter nutritionist Beth Reames to make food preparation more simple:

Plan meals for the week.

This sounds like a huge undertaking, but planning ahead ultimately saves one the stress of what to serve for dinner. Think about how you can stretch one main dish into three meals. For example, start

with a baked chicken. Then use it for chicken salad one meal and chicken soup with vegetables for another meal.

Make a shopping list based on your weekly plans. It's a lot easier to sit down at the kitchen table with recipes in hand and prepare your list than to take them to the store.



Another trick is to make your list following the layout of your grocery store. For example, put all the fresh produce first, then the canned goods, frozen foods, and finally dairy products and bakery items. You are less likely to forget an item if you don't have to backtrack to find it. And again, you will save time and energy.

Prepare in advance.

If you don't want to eat chicken three nights in a row, you can slice and freeze extra meat for another entrée on a busy night. Or if you know that your group or club meets on Wednesday nights, then you can prepare a casserole ahead of time and put it in the freezer for a quick dinner. That way you won't be exhausted from rushing to cook, eat, and go out.

Try using a slow cooker or pressure cooker.

A slow cooker or crock pot allows you to prepare meals in the morning that will be ready for dinner. It's an ideal appliance that won't heat up your kitchen. Using a pressure cooker will speed up the process of preparing a stew or tenderizing a less expensive cut of meat.

Encourage family members to help.

Involve family members in meal preparation, setting the table, or clean-up. Grandchildren can help with age-appropriate jobs, such as mixing vegetables into a salad, or setting the

Fall Is in the Air!

table, or clearing the dishes afterward.

Keep basic items on hand.



It's helpful to have some ingredients in the freezer or pantry that may save you an extra trip to the store. Look for specials on staples such as whole wheat pasta, brown rice, frozen vegetables, and beans. You can get fresh produce on sale and freeze for later use.

Source: American Press, August 18, 2010

FRUGAL COOKING

Use Those Leftovers!

When you open your refrigerator do you ever think about the time and money invested in those containers of leftovers? Avoiding food waste could be a sensible plan for every household. Using leftovers can save time, money, and energy, but this may take a little planning. Here are some general ways to use leftovers, followed by a few specific recipes to help you get started.

Leftover chili can be used as a topping for a baked potato, a "sloppy Joe" sandwich or for a hot dip.

Vegetable leftovers can be added to a cold salad, vegetable soup, or omelet.

Buy a whole chicken and then plan several meals around it. One strategy is to

cut up the leftover meat and freeze it in recipe size portions. Choose a freezer-safe plastic bag or container, leaving little air space to avoid freezer burn.

Do you get tired of the same old cereal every morning? Try crushing it and using the crumbs as a topping for yogurt or oatmeal. Use the crumbs in recipes for muffins or cookies by substituting cereal crumbs for an equal volume of flour.

As a general rule leftovers should be used by the fourth day. Never taste a suspicious food; rather,



"when in doubt, throw it out!"

Are You at Risk for Diabetes?

(Continued from page 1)

- insulin efficiently or doesn't produce enough insulin
- often associated with obesity and inactivity

- previously occurred mostly in adults
- occurrence in children on the rise due to childhood obesity and inactivity

Latent Autoimmune Dia-

betes of Adulthood:

- first appears to be Type 2 but pancreas ultimately stops producing insulin
- Treated with insulin like Type 1 diabetes

Recipe Corner

Easy Pasta with Peanut Sauce

** This recipe can be used as a vegetarian entrée or a healthy side dish for two. It takes about ten minutes to prepare.*

1 teaspoon olive oil



1 clove garlic, minced
2 stems green onions, chopped
1 tablespoon peanut butter
1 teaspoon soy sauce
2 drops hot sauce
1 teaspoon Asian chili sauce
3 tablespoons hot water
1 cup leftover whole-grain pasta
1 cup baby spinach leaves
¼ cup parsley, chopped

Heat olive oil in medium skillet; sauté garlic and green onions. Add peanut butter, soy sauce, hot sauce, and chili sauce. Stir constantly, then add hot water as sauce begins to thicken.

Add pasta to skillet and stir to coat. Finally add spinach leaves and parsley and stir until greens are wilted and pasta is hot. This recipe serves two— inexpensive and good!

Leftover Cornbread “Salad”

1 teaspoon olive oil
½ small onion, chopped
1 can (15 oz.) beans (black, kidney or navy)
1 cup canned green chile pepper sauce (salsa verde) or leftover chili
Salt and pepper to taste
5 ounces leftover cornbread (about half of a 9 inch round pan of cornbread or 4 muffins)
1 small tomato, diced
¼ cup cilantro or parsley, chopped

Sauté onion in skillet with olive oil until wilted. Add beans, green sauce or chili, simmering together over medium heat for a few



Recipe Corner



1 cup left-over whole-grain cereal or bran flakes

1 cup all-purpose or whole wheat flour

4 packets artificial sweetener

2 teaspoons

baking powder

¼ teaspoon salt

½ teaspoon cinnamon

¾ cup skim milk

1 egg or equivalent egg substitute

1 tablespoon canola oil

½ cup apple sauce

Nonstick cooking spray or paper muffin cups

1 small fresh apple or pear, finely chopped

cinnamon in a small mixing bowl.

Stir together milk, egg, applesauce and oil in a separate bowl. Add wet ingredients to dry, stirring until all ingredients are combined. Spray muffin tin with nonstick cooking spray or use paper cups. Spoon mixture into each cup, filling about two-thirds full.



Sprinkled chopped fruit on top of batter.

Bake for 15-20 minutes. Serve warm. Makes about 8 small muffins. May be frozen and saved for another day!

minutes. Season to taste with salt and pepper.

Spoon bean mixture over cornbread pieces. Top with chopped tomato and cilantro or parsley.

Whole Grain Cereal Muffins

Prep time: 7 minutes

Cooking time: 15 to 20 minutes



Preheat oven to 375°F. Place cereal in a plastic bag and crush using hands or rolling pin. Combine crumbs, flour, sweetener, baking powder, salt, and



Fit at Any Size



Steven Blair is a noted researcher and expert in the field of exercise and fitness. His research focuses on lifestyle and health, especially exercise, physical fitness, body composition, and chronic disease.

It was Dr. Blair who first reported that both healthy and unhealthy peo-



ple come in all shapes and sizes. He found that people who are fit, even if overweight, are healthier than people who are lean and unfit.

A large group of patients from the Cooper Clinic in Dallas have been tracked for years to look at incidence of disease and mortality. "The results", as Dr. Blair says, "are fascinating".

The death rate for study subjects who are thin but unfit is twice as high as that of those who are obese yet fit. Exercise appears to provide protection no matter how much one weighs for both men and women.

On the other hand weight **could** make a difference in blood pressure control. Recent research suggests that if you're trying to control your blood pressure, your focus should be on weight loss, which is accomplished through exercise and reducing calorie intake.

Dr. Susan Lakoski, a cardiologist at the University of Texas Southwest

Medical Center and one of the study's authors says that, "obesity is such a strong predictor of high blood pressure risk that having a normal body weight is really what's going to drive your blood pressure down".

High blood pressure, or hypertension, puts you at greater risk for stroke, heart attack, and kidney disease. In the study by Dr. Lakoski and her colleagues, body mass index (a marker for obesity), fitness levels and blood pressure were compared to see if there was a link.

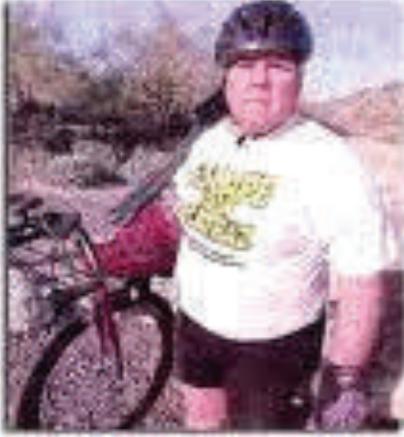
Among all the subjects, having a higher body mass index was associated with higher blood pressure. Fitness had less effect on blood pressure than did being overweight. Dr.



Fit at Any Size

Lakoski concludes that fitness alone can't overcome the negative effects of obesity on blood pressure.

This in no way suggests that people who are



overweight shouldn't try to improve their fitness. Dr. Paul McAuley's research at Winston-Salem State University in NC further supports the work of Dr. Blair.



He has also shown that people who are obese but fit have healthier outcomes. He argues that whether or not fitness af-

fects a person's blood pressure, it is known that "fitness does something to prevent disease and reduce mortality."

What does this mean for the average person? Fitness is health-promoting. Fitness is achieved through regular exercise. Exercise burns calories. Exercise combined with a healthy diet in controlled portions results in greater weight loss than either exercise alone or diet alone.

Exercise and weight loss have a positive effect on health maintenance and help people who have existing health problems such as arthritis, heart disease and diabetes.

Go out and get some exercise today:

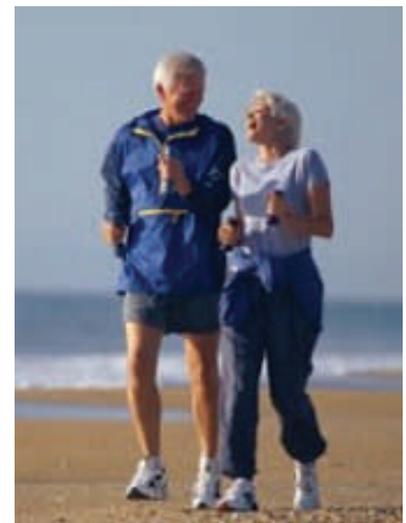
- Take a walk
- Ride a bike
- Rake some leaves
- Mulch the perennial beds for winter

It's good for you (and your blood pressure)!



Source: Reuters Health
"For blood pressure, can you be fit but fat?"

"Fit and Fat" by
Steven Blair, M.D.



3200 McCorkle Ave SE
Charleston, WV 25304

Phone: 304-388-9406
Fax: 304-388-9422

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

Contributors included Catherine M. Townsend, MA and Betsy Greer, MS

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gov

Nutrition for Diabetes Management and Prevention (continued)

(Continued from page 1)

dairy foods, and lean poultry, fish, or meat.

This typical day's menu for a person with diabetes would be appropriate for anyone:

Breakfast—oatmeal with raisins, whole wheat toast and skim milk.

Lunch—a tuna salad sandwich on whole wheat bread, a green salad with oil and vinegar dressing, and a fresh peach.

Afternoon



snack—a small apple and a low fat cheese stick.

Dinner—baked fish, steamed broccoli and cauliflower, spinach salad with a light dressing, a whole wheat roll, and fresh berries with a dollop of whipped topping.

Bedtime snack—low fat,

light fruit yogurt with a sprinkling of chopped nuts.

The same recommendations apply for prevention of diabetes, cancer, and heart disease:

- Control portion sizes for a healthy weight
- Eat a variety of foods
- Eat a plant-based diet
- Eat mindfully rather than mindlessly
- Snack out of hunger rather than boredom!