Food and Fitness

March 2008

Volume 73

Nutrition: It's A Matter of Fact

March is declared National Nutrition Month® annually by the American Dietetic Association (ADA). This year's theme "Nutrition: It's a Matter of Fact" is so timely. It seems hard to separate the facts from the fiction, the truth from the myths, in nutrition today.

Myth 1: The media is your best source of nutrition information.

Consider this late-breaking story headline: "Sugar Substitutes May Contribute to Weight Gain". You know better, so don't let this sensational headline cause you to throw out the sugar substitute and go running back to sugar.

Weight gain

(Continued on page 3)

"Where's the Beef?"

Does the latest meat recall say to you: Consider meat alternatives? March 20 is "Great American Meat-out" Day! Try these substitutes:

Breakfast—1/2 cup egg substitute and 2 oz vegetarian sausage—19g

Lunch—1/2 c pecans, 1/2 c garbanzos on salad—11g

Snack—2 Tbs. peanut butter—8g

Dinner—1/2 c pinto beans—8g

You'll get more from dairy, grains, and vegetables!

Inside this issue:

Tight Control of Diabetes—Good or Bad? 2

Nutrition: It's A Matter of Fact *continued* 3

Recipe Corner 4

Got Diabetes? Protect Your Kidneys! 5

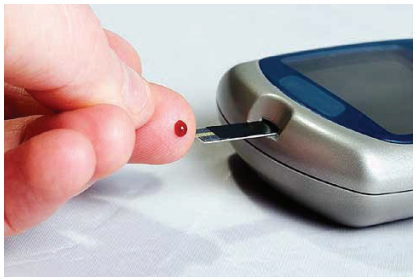
Web sites of interest:

- eatright.org
- diabetes.org
- aicr.org
- foodand-health.com

Tight Control of Diabetes —Good or Bad?

<u>Against</u> Tight Control

The tight control part of the ACCORD trial was stopped as of early February 2008. It was a large US study that was trying to determine if intensive treatment to control blood sugar and blood pressure in persons with Type 2 diabetes would lower the risk of heart disease more than



standard treatment.

More than 10,000 persons with Type 2 diabetes at high risk for heart disease were enrolled in the study over the last 4 years. In the intensive treatment group 257 deaths occurred. In the standard treatment group 203 deaths occurred.

The investigators have not yet determined why more deaths occurred in the intensive treatment group. Regardless, the advice to people with diabetes is not to change treatment without consulting your health care provider.

<u>For</u> Tight Control

The Steno-2 study had a different outcome. This Danish study of people with Type 2 diabetes who already had signs of kidney damage showed that a lower risk of death could be achieved with tight control of blood sugar, accompanied by low dose aspirin and medications to treat blood pressure and cholesterol when needed. Published in the New England Journal of Medicine, this study of 160 persons showed that intensive treatment of diabetes and other risk factors for heart disease resulted in a 20% lower death rate than in the group with standard treatment.

<u>For</u> Tight Control

Another large study, the ADVANCE study, run by the University of Sydney's George Institute for International Health, is looking at whether aggressive measures to control blood glucose in Type 2 diabetes improve health risk. The study involves 11,140 high risk Type 2 diabetes patients.

Investigators in the ADVANCE study were prompted to look early into the study results because of the recent halting of the ACCORD study. Early results of the ADVANCE study do not show any increased risk with tight control.

What This Means To You

The Centers for Disease Control and Prevention recommend better control of diabetes to lower risk of health problems. These recommendations are based on 50 years of scientific studies.

However, it is important to be aware of current research and to have an ongoing discussion with your health care provider about what the best diabetes treatment is for you.

Inside Story Headline

(Continued from page 1)

is a result of eating more calories than we burn off. Sugar has calories. Sugar substitute has no calories.

Now, if using the sugar substitute to make a pie leads me to believe that there are no calories in the sugar-free pie, and I eat 3 slices, I may be headed toward a weight problem!

Myth 2: Chocolate is a new health food!

Most dark chocolate contains antioxidants called flavonoids, unless they have been stripped away in processing. There's a move toward getting chocolate

manufacturers to list flavonoid content on the label. But be careful of the fatty, sugary, calorie-laden medium in which you find these flavonoids!

Myth 3: Coconut Oil is the newest health food!

There is at least 40 years of scientific evidence linking saturated fat intake to clogging of the heart's arteries. Coconut oil is 91% saturated fat. It's okay to rub it on, just don't swallow it!

Myth 4: "Everything that tastes good is bad for you" or "If it tastes good, spit it out!"

Sweet sections of or-

ange, bright berries, juicy kiwi. Sounds pretty appetizing, and loaded with antioxidants and other phytonutrients. How about crunchy corn on the cob, tangy tomatoes, crisp cucumbers—natures best

summer treats! Don't fret; summer will be here sooner than you think!

Myth 5: "Carbohydrates make you fat and should be avoided by people with diabetes."

Carbohydrates have the same amount of calories as protein (4 calories/gram) and fewer calories than fat (9 calories/gram). Eating too much and moving too little causes us to store extra calories as fat, regardless of the source. For persons with diabetes, carbohydrate has to be controlled, but not avoided. A registered dietitian can help determine the right amount of carbohydrate for you in your daily meal plan.

Recipe Corner

Spinach with Roasted Garlic

Something green for St. Patrick's Day!

2 tsp. extra virgin olive oil,

4 cloves garlic, minced

1/4 cup broth or water

1 large bunch fresh spinach or package baby spinach leaves, washed, dried

Pinch fresh ground pepper

In a non-stick skillet lightly sauté the garlic in the olive oil. Add the water and the spinach. Sautee, stirring constantly, until spinach is completely tender. Serves 2. Sprinkle pepper.

Nutrition information per serving:

Calories 78, total fat 5 g, trans fat 0 g, saturated fat 1 g, cholesterol 0 mg, carbohydrate 6 g, dietary fiber 3 g, protein 4 g, sodium 110 mg.

Vegetarian Chili Pot

Fastest, easiest meat alternative dinner on the planet!

1 cup instant brown rice

1 can black beans, drained and rinsed

1 can diced tomatoes, no added salt

1 cup water

1/2 cup frozen chopped onion

1/2 cup frozen chopped bell pepper

1/2 tsp. garlic powder

1/2 tsp. chili powder

1/2 tsp. oregano

1/2 tsp. cumin

Put all ingredients in a microwave safe bowl. Cover and microwave for 15 minutes. Serves 4.

Calories 261, total fat 2 g, trans fat 0 g, saturated fat 0 g, cholesterol 0 mg, carbohydrate 50 g, dietary fiber 13 g, protein 13 g, sodium 61 mg.

Apple Crisp

Canola cooking spray

4 Granny Smith apples, cored and sliced

1/2 cup raisins

3 Tbs. apple juice

1/4 cup whole wheat flour

1/4 cup oats

1/4 cup brown sugar

3/4 tsp. cinnamon

3/4 tsp. nutmeg

3/4 Tbs. butter

Combine apples, raisins, and juice and set aside. Combine dry ingredients. With pastry blender mix butter into dry ingredients.

Place apple mixture in lightly sprayed 8"x8" glass dish. Top with flour mixture. Lightly spray canola oil over top. Bake at 375 degrees for 20 minutes. Serves 4. Nutrition information per serving:Calories 196, total fat 2 g, trans fat 0 g, saturated fat 1 g, cholesterol 22 mg, carbohydrate 46 g, dietary fiber 4 g, protein 2 g, sodium 20 mg.

Recipes a*dapted from aicr.org and foodandhealth.com*

Heartfit Building
3200 Chesterfield Ave.
Charleston, WV 25304

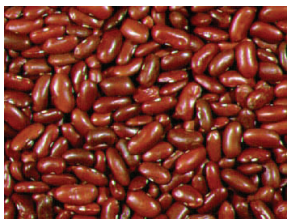
Phone:304-744-6466
Fax: 304-388-9422

Food and Fitness

www.state.wv.us
/seniorservices

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

Got Diabetes? Protect Your Kidneys!

The leading cause of end stage renal disease is diabetes. Are you doing everything possible to protect your kidneys?

- Have your urinary microalbumin level checked. This is the first warning of damage to the kidneys from diabetes.
- Talk to your doctor about taking an angiotensin-converting enzyme inhibitor or an angiotensin receptor blocker to protect kidneys.
- Avoid high protein diets! Get enough dietary protein, but not too much. A sensible amount in a day would be 0.8 g per kg (weight in pounds divided by 2.2) of your healthy body weight. For example if the healthy weight is 154# or 70 kg, the protein recommendation would be 56 g protein per day. More plant protein and less animal protein may help to protect the kidneys.