Volume 69

November 2007

Food and Fitness

Thanksgiving Family Time

Family, friends, and food come to mind with Thanksgiving approaching! Are you having company or being company? Either way, you may be looking toward new additions to the old favorite Thanksgiving family traditions.

For example:

- Make a table centerpiece out of fall vegetables, then eat the vegetables over the next few days.
- Have the teenagers in the family make place cards and set the table.
- Have the young children polish the silver.
- Invite someone for dinner who would otherwise be alone.
- Have the football game watchers clear the table before they flop down in easy chairs to watch football!
- Have the entire troop go for a walk 2 hours after Thanksgiving dinner!
- Make a turkey gumbo on Friday out of the leftovers. See Recipe corner page 4.
- Enlist the aid of the helpful teenagers to pack away all the tablecloths, napkins, china, and silverware.

Inside this issue:

Get the Flu Shot	2
Obesity	2
Diabetes Drugs	3
Weight Gain and Breast Cancer	3
Recipe Corner	4
Just the Facts	5

Web sites of interest:

- foodandhealth.com
- cdc.gov
- diabetes.org
- nwcr.ws
- breastcancer.org
- cspinet.org

Get the Flu Shot

Flu refers to a serious illness caused by the influenza virus that infects the respiratory tract—the nose, throat, and lungs. In the US 36,000 people die each year from complications of the flu. The age group most susceptible to complications is the 65 or older age group.

Flu is spread through breathing infected droplets from coughs or sneezes. It can also be transmitted by direct physical contact with a carrier or through frequently touched objects such as doorknobs, telephones, or toys. Adults are infectious from the day before symptoms appear to 5 days after the onset of the illness.

Frequent, good hand washing and the use of sanitizing gels can help reduce the spread of flu. However, getting the flu shot is the best way to protect yourself from flu and to protect your family from getting it from you! The flu shot cannot give you the flu. Persons who fall ill after taking the shot are ill from another infectious episode, not from the killed virus in the flu shot. Contact your county health department, check the local newspaper, or call your family doctor to find out where you can be vaccinated against the flu.

Obesity—a Global Problem. A Problem Among Friends

Obesity refers to having excess body fat stores to the point that they are a danger to one's health. A French study looked at 168,000 people worldwide in 63 countries across 5 continents who saw their doctors on a given day. In all regions except southern or eastern Asia sixty percent of men and 50 percent of women were either overweight or obese. One half to two thirds of the world is overweight.

A recent study from the New England Journal of Medicine reported that if your friend becomes obese you have a 57% higher chance of becoming obese than before. Between close friends the risk rose to 171%. However the opposite was also true. If your friend lost weight, you were likely to do the same.

Friends can help each other to eat less and move more:

- Split an entrée at dinner.
- Go for a walk with a friend.
- Help each other clean house
- Give flower gifts to friends instead of food gifts.
- Take a dance class with a friend.

Diabetes Drugs—Which One Is Best for You

Traditionally, healthy eating, exercise, and oral drugs have been the first line of treatment for newly diagnosed Type 2 diabetes. However, insulin is now being used earlier with Type 2 diabetes to get blood glucose (BG) under control faster, because controlled BG can prevent complications of diabetes.

Nowadays there is a wide selection of diabetes drugs that can fit your lifestyle, budget, and specific needs for controlling your BG. Speak with your doctor or diabetes educator about adjusting your medication if you are having trouble reaching your BG goal.

Insulin:

Basal Insulin—Long-acting insulin works round the clock to suppress glucose production between meals and overnight. Intermediate-acting insulin is cheaper, but carries the risk of hypoglycemia (low BG).

Short-acting and rapid-acting insulin are used to correct high BG and to cover expected meal time rises in BG.

Oral Drugs:

Sulfonylureas—stimulate the pancreas to produce more insulin.

Thiazolidinediones—decrease insulin resistance by the muscle and fat cells.

Metformin—decreases glucose production from the liver and helps muscle and fat cells take in glucose.

Meglitinides—with mealtime rises in BG they cause the pancreas to put out more insulin.

Alpha-glucosidase inhibitors—decrease glucose absorption form small intestine after meals.

Incretin mimetic—mimics a gut hormone (called GLP-1) that makes the pancreas produce insulin when glucose is high.

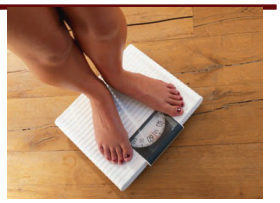
Sitagliptin—raises level of hormone GLP-1.

Pramlintide—mimics the action of a hormone called amylin produced by the pancreas that reduces BG and helps reduce food intake.

You don't have to have high BG. As you can see there are many new medications to help control your BG. There is one that's right for you. Talk to your doctor about it!

Weight Gain and Breast Cancer

A study from the National Cancer Institute recently published in the Archives of Internal Medicine indicates that significant weight gain—44-66 pounds at any point after age 18 can increase risk of breast cancer. Of 99,000 women whose Body Mass Index was evaluated at ages 18, 35, and 50, those with weight gain at any of these ages were at higher risk for breast cancer. This was the first study to say that weight gain to obesity at any age was risky.



Recipe Corner

Turkey Gumbo

4 quarts turkey stock, made by boiling Thanksgiving turkey carcass in water

1/2 cup canola oil

1/2-3/4 cup flour

2 medium onions, chopped

2 medium bell peppers, chopped

5 cloves garlic, minced

1 cup chopped celery

1# frozen okra

1# turkey meat from carcass

1# shrimp or oysters

1 bunch fresh parsley, chopped finely

1 bunch fresh green onions and tops, chopped finely

Boil turkey carcass in enough water to obtain 4 quarts stock. Set aside.

In a large, heavy pot brown flour in oil, stirring constantly until quite dark. For a thicker gumbo add more flour. This is the roux. Add onion, bell pepper, garlic, celery, and okra and continue to stir until vegetables are wilted.

Add the roux and vegetable mix to the hot turkey stock, stirring constantly. Add the turkey, seafood, parsley, and green onions. Cook for 15 minutes more.

Season to taste with black pepper, salt, Tabasco sauce, and Cajun seasoning (like Tony's). Serve over steaming long grain rice.

Serves 12.

Nutrition information per serving: Calories 358, total fat 16 g, trans fat 0 g, saturated fat 2 g, cholesterol 112 mg, carbohydrate 26 g, dietary fiber 3 g, protein 29 g, sodium 592 mg.

Peanut-ty Apple Crisp

4 chopped apples with peel

6 Tbs. sugar

1/2 tsp. cinnamon

1/2 cup uncooked quick oats

1/4 cup flour

3 Tbs. soft light margarine

3 Tbs. crunchy peanut butter

Preheat oven to 425 degrees. In an 8-inch baking dish sprayed with cooking spray, toss apples, 2 Tbs. sugar, and cinnamon. Sprinkle with water and set aside.

In medium bowl, combine oats, flour, and remaining sugar. With pastry blender or 2 knives, cut in margarine and peanut butter

until mixture is crumbly. Evenly sprinkle crumbs over apples. Cover with aluminum foil. Bake 20 minutes. Remove foil and bake uncovered an additional 20 minutes or until apples are tender and topping is crisp and golden. Serve warm. Serves 4.

Nutrition information per serving: Calories 315, total fat 10 g, trans fat 0 g, saturated fat 2 g, cholesterol 0 mg, carbohydrate 55 g, dietary fiber 6 g, protein 5 g, sodium 112 mg.

Food and Fitness

Susan M. Poindexter, MS, RD, LD
CAMC Cardiac Rehab
3200 McCorkle Ave. SE
Charleston, WV 25304

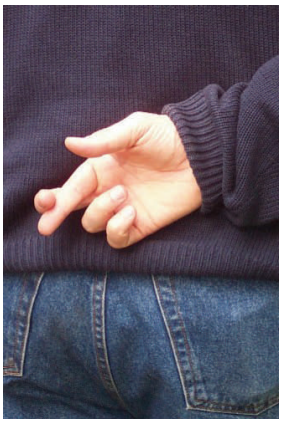
Phone:304-744-6466
Fax: 304-388-9422

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.

www.state.wv.us/seniorservices

Just the Facts

Do you often wonder where you can get truthful information about food, nutrition, and health? Just because it's on TV or the internet, it isn't necessarily the truth!



Let's face it. TV and internet ads are out to get our money. Websites with reliable information often end in ".org", ".gov", or ".edu". However, some ending in ".com" allow advertising but are a reliable source of information.

Some places you can count on for accuracy are:

WV State extension service—www.wvu.edu/~exten/ or 800-626-4748

American Heart Association—www.americanheart.org or 800-242-8721

National Institutes of Health—www.nih.gov or 301-496-4000

American Dietetic Association—www.eatright.org or 800-877-1600

Center for Science in the Public Interest—cspinet.org or 202-332-9110

American Institute for Cancer Research—www.aicr.org or 800-843-8114

WV Bureau of Senior Services—www.state.wv.us/seniorservices or 304-558-3317