

Diabetes Corner Gazette

Community Health Worker

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Battle of the Bulge: Sorting Out the latest Fad Diets:

Weight loss and managing blood sugars are the biggest concerns for people with Diabetes. Questions about the latest “Fad Diets” abound. Consider the facts about these “magical” weight loss plans.

“Easy Weight Loss Diets” have been around for a long time. All the attention created by the Atkins and South Beach Diets is the perfect opportunity to help clients sort out truth from fiction.

Teaching Points:

- Paying attention to the carbohydrate content of foods and limiting the servings eaten per meal is in line with best eating practices for people with diabetes.
- Eliminating carbohydrate foods is never a healthy choice.
- Choosing the best quality carbohydrates (high in fiber, vitamins and minerals) is an excellent practice. Fruits, vegetables, and whole grains such as corn meal and chicos bring more than carbohydrate to the daily diet.
- The only reason fad diets such as Atkins or the Zone cause more immediate weight loss is that whole categories of foods are eliminated. Fewer calories eaten and more calories burned always result in weight loss. The problem with fad diets is that people get tired of them and then go back to their old eating habits.
- Work with clients on sorting food by category. If a person knows the difference between protein, fat and carbohydrate, then choices can be made without depending on misleading ads and labels. Beef jerky and sunflower seeds have always been protein and monosaturated fat (respectively) and weren't created by food manufacturers as a special Atkins or South Beach friendly food!
- Most adults need 30-60 grams of carbohydrate per meal (each person should set this limit with his/her diabetes educator or dietitian). Choosing lean versions of protein, and with no more than 30% of calories in heart healthy fats to round out a daily diet, is the wisest and most practical diet plan.
- A healthy diet is found most conveniently in our gardens, in basic grocery staples (pintos, frozen vegetables and original Quaker oats are cheap!). Lean and inexpensive sources of protein include: canned tuna, elk from the latest hunt, and beef from your neighbor's herd.

A Fresh Recipe

This recipe can be used as a dip or a spread. Try it with raw broccoli or bell peppers for a tasty and healthy snack!

Roasted Red Pepper Spread (makes 1 1/2 cups)

- 1 (7 ounce) jar roasted red peppers, drained
- 2 Garlic cloves
- 1/2 tsp. Lemon juice
- 1/2-cup low fat sour cream
- 3 Tbsp. fresh basil

Toss all ingredients into a food processor or blender and mix until smooth.

Per serving (2 tbsp.)

Calories: 40	Sodium: 200 mg.
Total fat: 1 g.	Cholesterol: 5 mg.
Saturated fat: 1 g.	Carbohydrates: 4 g.
Fiber: 0 g.	Protein: 1 g.

Use it or Lose it:

The 100-calorie solution

Adults who cut 100 calories from their previous intake not only can avoid gaining weight; they could lose up to 10 pounds a year! This “trick” of burning 50 more calories a day and cutting 50 calories from the diet is a good way to get clients in the habit of gradual and permanent changes in diet and activity.

Make a game of it at classes and support groups:

- Have 4 ounces of juice at breakfast instead of 8 ounces and climb the stairs at work 4 times a day.
- Instead of a donut at coffee break time, bring a Kellogg's Special K bar (comes in blueberry, strawberry and peach) for only 90 calories and walk around the soccer/baseball field during your kid's practice.
- Have coffee with 1 tbsp cream instead of the Cappuccino at the gas station “Stop and Shop” and take out the trash and bring in all the grocery bags yourself.
- Come up with other 100-calorie tips with your clients.



The Medicine Chest:

Tea (black or green) has some interesting healing qualities. Studies have shown that it may assist in weight loss, may lower cholesterol, help curb the appetite, boost immune cells that help fight infection, and may even help protect the enamel on teeth.

So, Drink up!

Here are some suggestions:

Combine different flavors of herbal teas with black or green tea for iced tea variety with no calories. If you need sweetness, add Splenda!

- Flavor Combinations: black tea and peach tea; black tea and raspberry or cranberry; black tea mixed with ginger /lemon or fresh mint.
- A hot cup of tea on cold and blustery days can be a real pleasure! Try adding mint, ginger, and even lemon or limejuice for unique flavor combos.



What's New?

People who fidget burn more calories and tend to be leaner than those who don't.

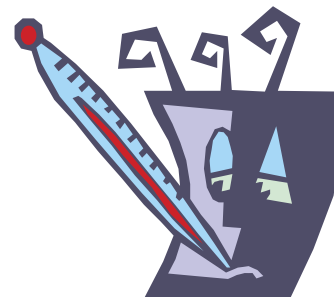
Discuss some creative ways to “fidget” in you next support group.

Ideas:

- Fold and put away clothes while watching T.V.
- Walk out to pick-up the mail rather than picking it up on the way home from work.
- Walk messages to your co-workers rather than e-mailing them.

Taking Your Emotional Temperature

Laughter is the best medicine! Scientists studying laughter as a healing strategy have discovered that laughter: reduces the level of stress hormones; relaxes muscles; clears the respiratory tract; increases blood circulation; and eases the perception of pain. That means if you laugh alot, you'll be less stressed, be less tense, breathe better, have good blood circulation, and feel less pain. So watch a funny movie, tell jokes, and read the funnies aloud to your family!



This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2005.

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