

Diabetes Corner Gazette

Patient Education

Vol. 4, No. 1

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. Look at the facts about these “magical” weight loss plans.

Atkins: The emphasis is on protein and fat with severe limits on carbohydrates.

Advantages: Weight loss is rapid in the first 6 months. Just avoid most fruits, starchy veggies and starches. Blood sugars tend to drop when there are little or no carbohydrates in the diet.

Problems: You lose weight on this diet because you are eating fewer calories, but whole groups of food are eliminated, so calories are less and meals can become boring.

People at risk for kidney disease (most people with diabetes) should avoid this diet, as large quantities of meat and protein are hard on the kidneys.

Fruits, vegetables and whole grains provide nutrients important in the prevention and management of diseases such as hypertension, diabetes and cancer, removing them from your meals and snacks increases risks of these health problems.

The Zone:

The Zone is a food plan that requires the right mix of certain fats, carbs and protein for weight loss.

Advantage: Weight is lost because of calorie restriction. Most of the food choices are nutritious.

Problems: The recommended food combinations are complicated and don't follow normal dietary logic.

This diet falsely claims that it cures diseases such as cancer, Diabetes and arthritis.

South Beach Diet:

South Beach wants you to reduce carbohydrates, not give them up. Measured portions and types of carbohydrates are allowed as well as lean sources of protein and heart healthy fats.

This diet lets you eat a 100-calorie “sweet treat” each day.

Advantage: This is a better balanced and heart healthy eating plan.

Problems: Menus for the first two phases of this program are on the low end (only about 1200 calories a day).

Take away message: There is little evidence that any one type of food or food combination will cause weight loss. The formula for success is to eat less and burn more calories. Limiting (but not removing) carbohydrates and simple sugars; increasing the percentage of heart healthy fats such as nuts, avocado and oils; and using lean forms of protein is the best formula. Fruits, vegetables and high fiber grains and starches (corn tortillas and chicos for example), are your best source of carbohydrates.

Words of Caution:

- Always talk to your medical provider before trying a new diet program.
- People taking diabetes medications should be especially careful about lower carbohydrate diets because blood sugars may drop and medication may need to be adjusted.
- Any diet program that requires special foods (that must be purchased) or supplements for weight loss should be viewed with suspicion.

CLINIC CONTACT

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Use it or lose it (Fit, not Fat!)

The 100-calorie solution:

By eliminating 100 calories a day you can prevent annual weight gain and lose up to 10 pounds a year!

Cut 50 calories and burn 50 additional calories a day for your 100-calorie solution:

- Take an extra 1000 steps and skip the salad dressing (use vinegar and lemon instead).
- Climb the stairs at work (5 minutes in the morning and 5 minutes in afternoon) and use one piece of bread on your sandwich instead of 2
- Go dancing (50 calories for every 15 minutes on the dance floor) and use mustard instead of mayo on your sandwich to save 50 calories.



The Medicine Chest

Tea, a not so humble beverage

Tea (green tea and black tea) does more than provide a relaxing break in a busy day. A substance in tea called polyphenols appears to have a number of health benefits according to a number of researchers in the United States and China.

Drinking just 2-5 cups a day has shown the following benefits in scientific studies:

- Boosts the metabolism (how fast you burn calories)
- Decreases appetite
- Blocks absorption of fats with resulting lowering of cholesterol and triglyceride levels.
- May protect against tooth decay and osteoporosis



(From Family Circle 10/8/02).

Tea also is a calorie free beverage delicious cold or hot! So, Drink up!

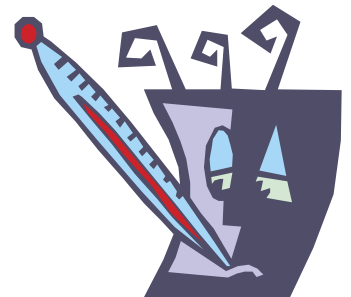
What's New?

Fidgeting burns calories! Children and adults who fidget are leaner, and burn more calories on a daily basis than non-fidgeters. Tapping your toes, fiddling with paper clips, and walking down the hall to give a co-worker a message, or clapping to Mariachi music, might be your new office hour's fitness program!

Taking Your Emotional Temperature

Laughter, Still the Best Medicine

Researchers in Japan found that people with diabetes who laughed soon after eating had significantly lower blood sugars than those who sat and listened to a boring lecture. People without diabetes also had lower blood sugars after laughing. So, keep those jokes and funny movies coming!



Keep these in mind....

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."—Aristotle

"If Physicians are engaged in the 'practice of Medicine' shouldn't patients be given the same credit for attempting the 'practice of good health'?" —Anon.

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

