

Diabetes Corner Gazette

Patient Education

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Grow Greens and Cultivate Your Mind and Body Too!



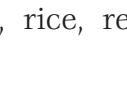


Warm temperatures are here, and gardening is one of the first activities we all look forward to. Spending time outside provides more than an attractive yard or bounty from your garden. It provides all of the following:



- A low cost physical activity that combines strength training (improved muscle strength), flexibility, aerobic endurance, and an easy way to burn calories
- Quiets the mind and reduces stress
- Forces each of us to slow down and move at a slower pace
- Is a great “remedio” for anxiety and worry
- The vegetables, herbs, and fruits we grow improve our diets cheaply and effectively. Fresh herbs make it easy to cook with little or no salt.

Fun With Food

Restaurant foods can be high in calories:

Starbucks cinnamon scone		530 cal.
Movie theatre popcorn (no butter, medium, 15 cups)		900 cal.
Chicken fajitas w/tortillas, rice, refried beans, sour cream and guacamole		1700 cal.
Prime rib, Caesar salad, baked potato w/butter		1700 cal.
Cheese fries w/ranch dressing		3000 cal.

Try this dip with veggies and herbs from your garden instead:

Dill Yogurt dip:

- 1 cup plain low-fat yogurt
 - 1/2 cup low fat sour cream
 - 2 tbsp. lemon juice
 - 2 tbsp. snipped fresh dill
 - 1/1/2 tsp. Sugar (or equivalent in Splenda)
 - 1/2 tsp. Garlic powder
 - 1/4 tsp. Black or red chile pepper
 - 1/4 tsp. Salt
- Mix ingredients & serve with your favorite veggies.
Per 1/4 cup: 54 cal., 3 g fat, 6 g protein, 5 g carbohydrate, 116 mg sodium



What's New

Some brands of shorts, t-shirts and socks are made out of cooling technical fabrics like coolmax (sweating is no longer an excuse to not work out). Check out Target, Wal-Mart and even K-Mart for low cost versions of this clothing.

Music is enjoyable and has healing qualities too. Whether you listen to music or make your own, it has these benefits: relaxes you and reduces stress, distracts you from worries, lifts your spirits and energy, and relieves muscle tension, chronic pain and depression.

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Use it or Lose it

Everyone knows exercise is good for you, but how much is enough? A study led by Dr. Ralph Paffenbarger Jr., called the "College study," followed graduates from Harvard and the University of Pennsylvania for 36 years. The study found that people who include activity into their daily lives increase their chances for a long healthy lifetime, with less illness and decline in physical and mental abilities as they age. Activity at any level is useful, but **burning 2000 calories a week is ideal.**

That sounds like a lot, but it comes to less than 300 calories a day, and any combination of activity will do it. That's only an hour of yard work or brisk walking a day. Here are some sample activities with calories burned per hour and their various benefits:

<u>Activity</u>	<u>Calories per hr.</u>	<u>Builds endurance(E),strength (S),flexibility (F), balance (B)</u>
Gardening	350	E, S, F, B
Raking leaves	280	E, S, B
Mowing(push motor)	420	E, S, B
Walking (slow)	210	E, S, F, B
Walking (4 mph)	315	E, S, F, B
Weight Training	420	E, S, F



**This information adapted from *LifeFit, An Effective Exercise Program for Optimal Health and a Longer Life*, by Dr. Paffenbarger and Eric Olsen (Human Kinetics, \$16.95)

The Medicine Chest

Weather Alert! Small doses of sunshine (10-15 minutes) several days a week without sunscreen may be the new "doctor's order".



Vitamin D has always played a role in bone health but several new studies have found it to be important in the prevention and treatment of some common cancers.

Vitamin D is made by the skin from the sun's ultraviolet rays, and sunscreen blocks its production by the body. It is hard to get enough Vitamin D from food, and vitamin supplements can be difficult if not in the "D-3" form (less common).

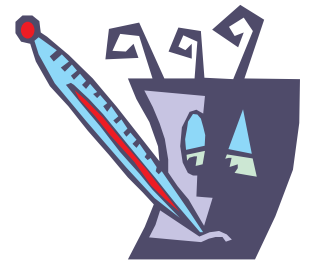
Colon, lung, prostate and skin cancers (yes, skin cancer!) were the most strongly affected by vitamin D in prevention and even as a treatment tool.

Best sources for Vitamin D: salmon, tuna, and other oily fish, fortified milk, and moderate sun exposure (15 minutes several days per week), without sunscreen to block those rays.

(Source: Marilynn Marchione, Associated Press, New Mexican 5/30/05)

Checking Your Emotional Temperature

Most people find their mood lightens, and life is more hopeful in the Spring and Summer months. More time in the sun, gardens to be planted, yards to be cleaned, and meals that include summer vegetables and fruits, tend to raise our spirits. Take advantage of nature's rhythm and plan ways in which you can be more active, eat healthier, and enjoy the outdoors in the Fall and Winter months. Bundling up for walks and exposure to sunshine; growing herbs in pots indoors; and enjoying garden vegetables that have been frozen or canned, are some possibilities for the coming winter months.



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

