

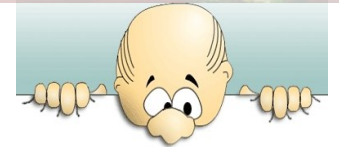
NUTRITION NEWS

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Merry Christmas!



Time for the holidays again! It is a time to enjoy family, friends, and food. And November was so busy, we skipped right over American Diabetes Month. Since diabetes affects 25 million people in the United States, it is certainly worth focusing on. Of this 25 million, 30% are not even aware that they are diabetic.

Diabetes is a disease in which the body cannot adequately convert sugar into useable energy. Eating too much sugar does not cause diabetes. Sometimes the disease is a result of the body's inability to produce the hormone insulin; in other individuals the disease is a result of the body's cells' inability to use the insulin that is produced. This can be directly related to obesity. As the adipose tissue (or fat cells) expand, they become less



sensitive to the insulin that is produced.

There are some common signs and symptoms of diabetes that you should be aware of. These include but are not limited to the following:

- * Excessive thirst and increased urination
- * Fatigue
- * Weight loss
- * Blurred vision
- * Slow healing sores or frequent infections
- * Tingling hands and feet
- * Red, swollen, tender gums

Diabetes can be diagnosed with a simple blood test. Glycated hemoglobin (or the HgbA1c test) gives your physician a picture of what your blood sugar levels have averaged over the past three months. An A1c level of 6.5% or higher on two separate occasions is worrisome and warrants a follow up with your health care provider.

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Monthly Exercise— Seated Jumping Jacks

Sit up straight, on the edge of your seat. Extend your arms to the sides and then above your head, as you would with a normal jumping jack. Return them to your sides before raising them again. Start slow, and then increase your speed until you're moving your arms as fast as you can. Perform three sets of twenty repetitions.

Seated Jumping Jacks



As we learn more and more about diabetes, we are realizing that it is not just our sugar intake that impacts our blood sugar levels. Studies continue to show that to control your blood glucose (or the amount of sugar in your bloodstream), you also need to control your intake of carbohydrates.

Eventually, all carbohydrates are broken down into sugar. Carbohydrates are the body's main source of energy and come from a variety of foods, including grain products, fruit, and milk. Starches, such as rice, pasta, potatoes, cereal, and bread are very high in carbohydrate content, as are most fruits. Most vegetables are fairly low in carbohydrates, with the exception of the "starchy" vegetables, such as corn or peas. Meats, however, have no carbohydrates at all.

We all need a certain number of carbohydrates in our diet every day. Understanding what an acceptable portion size is can also help control your blood sugars. Focusing on the amounts of foods consumed rather than eliminating entire food groups from your diet can help you comply with the nutritional recommendations.

The following list contains some common foods and their appropriate portion sizes. It is possible to consume more than one serving at a meal; generally we consume between 3 and 4 servings of carbohydrate at each of our three meals. However, for a diabetic, it is important that the carbohydrates are spaced evenly throughout the day and that they generally don't exceed 10 to 12 total servings per day.

Fruit: examples of serving sizes include 1 apple, 1 pear, etc. or 1/2 cup canned fruit

Milk/Milk Products (including yogurt): 1 cup (8 oz)

Starchy Vegetables (corn, peas): 1/2 cup cooked

Potatoes: 1/2 cup cooked

Pasta: 1/2 cup cooked

Bread: 1 slice

English Muffin/Bagel: 1/2 of muffin or 1/23 bagel

Hot Cereal: 1/2 cup cooked

Cold Cereal: 3/4 cup

Lastly, it is important to note that one banana is actually considered two servings of carbohydrate due to the density of the banana. It is also important to note again that you are generally "allowed" 3-4 servings of carbohydrate at each meal. Therefore, for example, it is okay to have a full sandwich on 2 slices of bread. It is just important to acknowledge that each slice of bread is one serving.



As a registered dietitian, I am often asked about sugar substitutes and which ones are a good option for controlling your blood sugar. Saccharin and NutraSweet have been around for many years, but recently there have been some relatively new sugar substitutes on the market, including Splenda and Truvia.

Saccharin (sold as Sweet 'N Low or Sweet Twin) is 300 times sweeter than sugar. It is heat stable so in theory it should be suitable for cooking and baking but it is not generally sold in bulk form. Saccharin is the oldest low calorie sweetener, discovered in 1878! While it is approved by the FDA, its use is permitted in specific amounts, so it is usually only found in beverages or used as a tabletop sweetener such as for use in coffee or tea.

Aspartame (sold as NutraSweet or Equal) is 160 to 200 times sweeter than sugar. However, aspartame is not heat stable, meaning it breaks down when exposed to heat. Therefore, it is not suitable for cooking or baking. The FDA has approved aspartame for use as a general purpose sweetener. After extensive scientific review, it is considered by many to be one of the most widely tested ingredients in the food supply.

Stevia (also sold as PureVia or Truvia) is derived from the leaves of a plant that is found in South America. Stevia is 250 to 300 times sweeter than sugar, which makes it possible to use a very small amount to achieve the same level of sweetness. Through additional research, stevia can be used for cooking and baking and is also freezer-stable. There are conversion charts available to convert recipes that call for regular sugar into recipes that can be prepared with Stevia. The FDA has also approved the use of Stevia as an all purpose sweetener.

Lastly, sucralose (sold as Splenda) has become very prominent over the last few years. Sucralose is 600 times sweeter than sugar and is heat stable. For this reason, Splenda is commonly used in cooking and baking. It is even sold in grocery stores in large bags so that people may purchase it in quantities that are useful in baking. Splenda is derived from sugar. The sugar molecule is chemically altered, which changes the way the body metabolizes it. The FDA has approved sucralose as a general purpose sweetener and during recent studies conducted on animals, it is considered safe.

It is also important to mention that regular sugar only has 15 calories per teaspoon. If you are able to use sugar in moderation, even diabetics can incorporate it into a healthy diet.

Diabetic or "sugar free" products still have carbohydrate in them. Therefore, they can still raise your blood sugar. Eating an excess of sugar free products can possibly raise your blood sugar more than one "regular" product. These products often typically have sugar alcohols in them as well, which can cause stomach upset, including diarrhea.



Even though we discussed diabetes at length, moderation remains key. That's why it's okay to indulge occasionally, like in this holiday recipe!

Christmas Rocks

- 1 1/2 cups white sugar
- 1 cup butter
- 3 eggs
- 3 cups all purpose flour
- 1 tbs unsweetened cocoa powder
- 1/2 tsp ground ginger

HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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- 1/2 tsp ground allspice
- 3/4 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp ground mace
- 1 tsp ground nutmeg
- 1 tbs strong brewed coffee
- 1/2 cup currants
- 1 cup raisins
- 1 pound pecan halves
- 1/4 cup candied cherries
- 1/4 cup candied pineapple, coarsely chopped
- 1/4 pound chopped candied citron
- 1/4 pound pitted dates
- 1/4 pound chopped candied orange peel

Cream butter and sugar until light and fluffy. Beat eggs until foamy, add to mixture. Sift flour with spices, cocoa, and soda. Save out 1/2 cup of flour mixture. Add the rest of the flour mixture to butter mixture. Stir in coffee.

Cut fruits into small slivers and dredge fruit and chopped pecans lightly in flour saved out for this. Add to fruit and the rest of flour to batter, mixing thoroughly.

Preheat oven to 325 degrees. Grease cookie sheets. Drop by teaspoon onto cookie sheet. Do not place too close together. Bake for 12 to 15 minutes. Do not over-brown. Store cookies in jars.

