

Light Side

Issue No. 175

A free monthly publication from Skiff Medical Center, Newton, IA



Hope For People At Risk For Diabetes

To help stem the diabetes epidemic, the National Diabetes Education Program (NDEP) has launched the “Small Steps. Big Rewards. Prevent type 2 Diabetes” campaign—a major national diabetes prevention effort. Based on the highly successful Diabetes Prevention Program (DPP), the campaign encourages people with pre-diabetes, a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes, to make modest lifestyle changes that could delay and possibly prevent the onset of the disease. By losing 5 to 7 percent of their body weight and getting 150 minutes of physical activity a week, people with pre-diabetes can cut their risk of developing type 2 diabetes by more than half. That’s a weight loss of about 10-15 pounds in a 200-pound person and walking 30 minutes 5 days a week!

“Small Steps” for people at risk for diabetes:

- Ask your health care provider if you should be tested for pre-diabetes.
- Discuss steps you can take to prevent diabetes.
- Order NDEP’s “Small Steps. Big Rewards. GAME PLAN” booklets to help you make modest lifestyle changes.
 - *in-depth information about type 2 diabetes and its risk factors*
 - *proven strategies to prevent diabetes*
 - *calorie and fat gram values of many foods, and*
 - *daily tracker to record and monitor progress.*
- Work with your health care provider to set goals for weight loss and physical activity.

Risk factors for diabetes

Take the first step—talk to your health care provider about your risk for pre-diabetes:

- Age: risk increases with age (especially 45 years and older)
- Overweight: Body Mass Index (BMI) 25 or higher
- Family history of diabetes: having a parent, brother, or sister with diabetes
- Race/Ethnicity: African American, American Indian, Alaska Native, Asian American, Pacific Islander, or Hispanic American /Latino heritage
- History of Gestational diabetes: also giving birth to a baby weighing more than 9 pounds.
- Blood Pressure: 140/90 or higher
- Cholesterol: HDL cholesterol less than 40 for men and less than 50 for women; triglyceride level 250 or higher
- Inactive lifestyle: exercises fewer than three times a week

For more information, contact the National Diabetes Education Program (NDEP) at 1-800-438-5385 or visit www.ndep.nih.gov



Take these small steps to eat healthy



A healthy eating plan is one that:

- Highlights eating fruits, vegetables, whole grains, and fat-free or low-fat milk, and milk products.

- Includes lean meats, poultry, fish, beans, eggs, and nuts.

- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Keep these healthy eating tips in mind:

- Try not to exceed the amount of calories and fat grams that you need on a daily basis.

- Try to eat meals and snacks at regular times every day.

- Make less food look like more by serving your meals on a smaller plate.

- Take your time when you eat. It takes about 20 minutes for your stomach to tell your brain that you are full.

- Try to limit your alcoholic beverage intake. If you drink alcohol, choose light beer and avoid mixed drinks.



Small Steps for Getting More Physical Activity

The Diabetes Prevention Program (DPP) showed that you could prevent or delay the onset of diabetes by losing weight through small changes in eating and physical activity. To help lose weight, most of the people in the study who made lifestyle changes chose walking briskly for 30 minutes, 5 days a week.



There are lots of things you can do at home and at work to get more physical activity throughout the day.

You don't have to play a sport or go to a gym to be more active, unless that's what you like to do. You can walk or try swimming, water aerobics, biking, dancing, or any activity that keeps you moving toward the goal of 30 minutes of moderate-intensity physical activity five days a week. Before you start a physical activity program, be sure to talk with your health care provider.

Use these tips to get started, keep you moving, and make your physical activity time more fun.

Move more at work. Try to get a "movement break" during the day. Take a walk during lunchtime. Deliver a message in person to a coworker instead of sending an email.

Make it social. Try to schedule walking "dates" with friends or family members throughout the week. For family fun, play soccer, basketball, or tag with your children. When you involve others in your activities, you are more likely to stick to your program.

Keep at it. Pay attention to small successes. The longer you keep at it, the better you'll feel. Making changes is never easy, but getting more physical activity is one small step toward a big reward—a healthier life.

PORK STIR-FRY

1/2 lb. pork sirloin, cut into strips
3 c. frozen stir-fry vegetables
1 1/2 c. chicken broth
1 T. Worcestershire sauce
1 T. cornstarch
1/2 tsp. dried coriander
1/4 tsp. garlic powder
1/2 tsp. onion powder

Spray a large nonstick skillet with cooking spray. Add pork strips and stir-fry over medium-high heat until no longer pink. Add frozen vegetables and continue to cook until vegetables begin to soften. In a small bowl, stir together chicken broth, Worcestershire sauce, cornstarch and spices. Add broth mixture to pan and cook until bubbly. Serve with cooked rice.

Yield: 4 servings

Nutritional Information: Calories 150, Fat 3 g, Carbohydrates 6 g, Fiber 1 g, Sodium 330 mg.



BREAKFAST BURRITO

1/2 c. chopped onion
1/2 c. chopped green pepper
1/2 c. sliced mushrooms
2 eggs
1/2 c. egg substitute
2 T. skim milk
1/4 tsp. black pepper
4 (6") tortillas

1/2 c. shredded 2% Cheddar cheese

Spray a large skillet with nonstick cooking spray. Over medium heat, cook onion, green pepper and mushrooms. Sauté until the vegetables are soft, about 5 minutes. Remove vegetables from pan and set aside. Meanwhile, in a medium bowl, whisk together the eggs, egg substitute, skim milk and pepper. Once again, spray the nonstick skillet with nonstick cooking spray and heat on medium. Pour the egg mixture into the heated skillet. Stirring occasionally, cook until the eggs have thickened throughout. Add the sautéed vegetables and gently combine. Microwave the tortillas about 20 to 25 seconds just to soften them. Place 1/4 of the egg and vegetable mixture over each tortilla; top each with 2 T. of cheese. Fold 1 end of the tortilla up about 1 inch over the filling; fold the right and left sides over the folded end, overlapping. Fold the remaining end down, forming a burrito. Serve immediately.

Yield: 4 burritos.

Nutritional information: Calories 250, Fat 9 g, Carbohydrates 26 g, Fiber 1 g, Sodium 600 mg

Additional Resources

American Association of Diabetes Educators
www.aadenet.org

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

Centers for Disease Control and Prevention
www.cdc.gov/diabetes

United States Department of Agriculture (USDA)
www.nutrition.gov

Healthier US Initiative
www.healthierus.gov

National Institute of Diabetes and Digestive and Kidney Diseases
www.niddk.nih.gov



This issue of *On the Light Side* was written by Registered Dietitian Cindy Harms.

Interested in Skiff Medical Center Wellness programs? Contact 791-4303.