Chef Charles Says...

June 2013

Risks and Rewards

The doctor's standard advice for people at risk of developing diabetes is to lose weight and exercise more. But wait there is more.

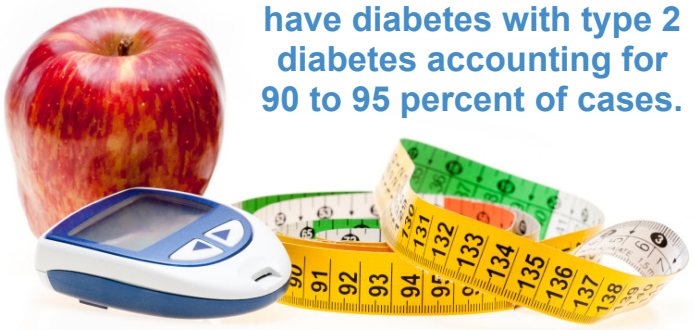
Buy an Apple

Apples may help lower your risk of type 2 diabetes as part of a healthy diet. In a Harvard University study, those eating five or more apples a week had a 23 percent lower risk of developing type 2 diabetes than those who were not regular apple eaters. The protective benefits of apples likely come from the antioxidant in the skin of the apple.

Keep Moving

Even light activity can lower your risk of type 2 diabetes. Of those who walked the more than 3500 steps a day, 12 percent developed diabetes over a five-year period. Those who walked less than 3500 steps daily had the greatest risk (17 percent developed diabetes). If you can't get outside for a long walk, try walking for short periods throughout the day; go for a 10-minute stroll in the morning, march in place during TV commercial breaks, and stand up every hour to take two laps around your home.

Nearly 26 million Americans have diabetes with type 2 diabetes accounting for 90 to 95 percent of cases.



Sleep Soundly

A good night's sleep is priceless, and may help prevent the development of diabetes according to a study from Brigham and Women's Hospital in Boston. For three weeks, people had their sleep disrupted to simulate working odd hours or jet lag. The result: their metabolism slowed and blood sugar level spiked after eating, increasing their odds of developing diabetes.

Information & resources for seniors with home & family questions
ISU AnswerLine
1-800-262-3804

Developed by:
Iowa Dept, of Public Health
http://www.idph.state.ia.us/INN/Default.aspx

Iowa Dept. on Aging
http://www.aging.iowa.gov

Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

Eat Safely and Enjoy the Fair or Farmers Market

Do you love the food at the county fair or local farmers market? It is one of the pleasures of living in Iowa. While you enjoy, watch for safe food basics:

- Tables and service counters are kept clean.
- Fresh condiments like lettuce and tomato are kept separate from meat waiting to be grilled.
- Hot food, like a pork chop on a stick, is served while it is still hot.
- Fresh cut foods like melons are refrigerated or placed on ice.

While public food venues are monitored by public health officials, you need to watch for unsafe food handling practices and steer clear of that food.

Mediterranean Diet May Be Best For People With Diabetes

'Tell me what to eat' is the request of almost anyone diagnosed with diabetes, and health professionals have debated what to recommend.

A review of 20 studies revealed that a Mediterranean-style diet is most effective at lowering blood sugar and promoting weight loss among diabetics. Other diets lower in carbohydrates and higher in protein had beneficial effects on blood sugar, though they did not have a significant impact on weight.

So what is the Mediterranean Diet? It emphasizes:

- Getting plenty of exercise
- Eating more plant-based foods, such as fruits and vegetables, whole grains, legumes, nuts
- Replacing butter with healthy fats such as olive oil and canola oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)

Even if you are not diabetic, this diet plan could be beneficial for you, as well.

Puzzle Answers:

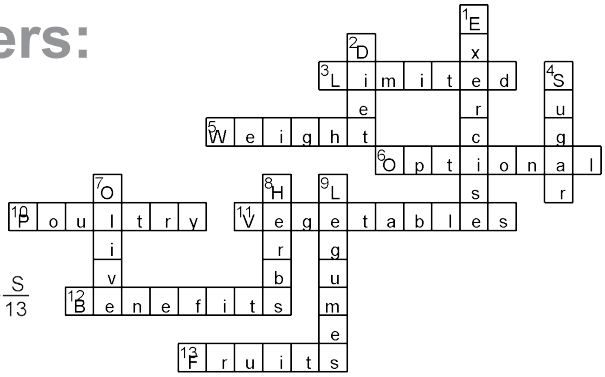
S T A R T I N G O R
13 4 6 15 4 9 20 12 3 15

M A I N T A I N I N G
7 6 9 20 4 6 9 20 9 20 12

H E A L T H Y H A B I T S
18 16 6 10 4 18 17 18 6 24 9 4 13

M A Y H E L P Y O U
7 6 17 18 16 10 11 17 3 5

L I V E L O N G E R .
10 9 1 16 10 3 20 12 16 15



Eating five or more apples a week may reduce the risk of developing type 2 diabetes.

Sources...

Mediterranean Diet May Be Best for People with Diabetes, *American Journal of Clinical Nutrition*, January 30, 2013

Healthy Habits Support Living Longer, *British Medical Journal*, August, 2012.

Healthy Habits Support Living Longer

Researchers from Stockholm University recently reported that maintaining healthy habits after age 75 could extend the lives of women by five years and six years for men. The study found that being physically active, having a rich social network and not smoking were especially beneficial.

This study focused on people older than 75 and followed participants for up to 18 years. Information collected included lifestyles, leisure activities, and social networks.

Lifestyle measures included not smoking, limited alcohol consumption and maintaining ideal body weight.

Leisure activities that contributed to health included exercise as well as mental activities, social pursuits, and things like volunteering. Local Congregate meal sites are an excellent resource for this category.

Social networks were measured by the quantity and quality of contact with children, friends, and relatives.

Even at an older age, remember that by starting or maintaining healthy habits you have a greater chance to live longer.

Walking or Running? You Can Choose!

Ben said, "I used to run when I was young, but not anymore. I just could not keep up the pace. Walking is all I can do."

What Ben needs to know is that brisk walking is as good as running for reducing blood pressure, cholesterol and diabetes risk, three key players in the development of heart disease. It is a matter of how far you walk or run, not how long. The more you walk or run each week, the more your health may improve.

This finding comes from a study of more than 33,000 runners and nearly 16,000 walkers ages 18 to 80 year. Over six years, both running and walking led to similar reductions in risk for high blood pressure, high cholesterol and diabetes.

So Ben should not despair but keep walking. It has great health benefits.

Sources...
Walking or Running? You Can Choose! *Arteriosclerosis, Thrombosis and Vascular Biology,* April, 2013
Brown Rice Salad, *Arch Intern Med.* 2010.

Brisk walking for exercise means
you need to be breathing harder than usual. While you should still be able to speak in full sentences, you shouldn't be able to sing.

Brown rice has more fiber and other nutrients than white rice because of what is removed during processing of the white rice. People who eat more white rice than brown rice are at great risk for diabetes. The Average American eats more than 20 pounds of rice a year; and 70% of it is white rice.

Brown rice takes longer to cook than white. To compensate for the longer cooking times, make large batches and freeze leftovers in serving sizes. There are many precooked, microwavable brown rice products now available, as well.

Brown Rice Salad

1 cup uncooked brown rice, (cooked according to packaging directions and cooled)
1 carrot, cubed
1 stalk celery, finely chopped
2 green onions, chopped
1/3 cup walnuts, chopped
1/2 cup fresh parsley, chopped (optional)
Ground pepper

Dressing
1/4 cup red wine vinegar
1 tablespoon lemon juice
3-4 tablespoons vegetable oil
Freshly ground pepper

Try other flavored vinegar in place of the red wine vinegar.

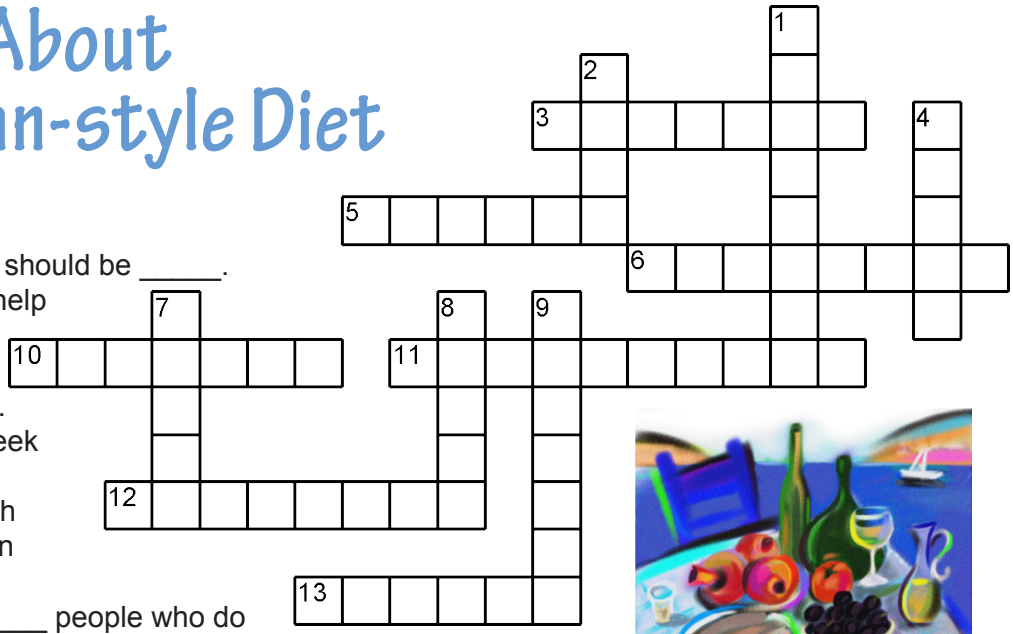
Mix first 6 ingredients in bowl. In separate bowl.
Whisk dressing ingredients together.
Toss altogether and chill.

Makes 6 one-third cup servings. Each serving contains: 203 Calories; 17 g Carbohydrates; 4 g protein; 10 g fat; 14 mg sodium; 166 mg potassium; 17 mcg folate; 2 g fiber; 24 mg calcium

If you use Diabetic Carbohydrate Counting: A carbohydrate serving is 15 grams of carbohydrates or one carbohydrate choice.

The 1/3 cup serving of the recipe has 17 grams of carbohydrate or close to one carbohydrate choice when using the carbohydrate counting diabetic plan.

What To Know About a Mediterranean-style Diet



Across
3. The amount of red meat you eat should be _____.
5. A Mediterranean-style diet may help diabetics with _____ loss.
6. Moderate consumption of red wine as part of this diet is _____.
10. Eating _____ and fish twice a week is encouraged.
11. Artichokes, tomatoes and spinach are some common _____ used in Mediterranean-style Diet foods.
12. The Mediterranean-style Diet _____ people who do not have diabetes, too!
13. It emphasizes plant-based foods like vegetables and _____.

Down
1. It includes _____ as well as healthy food choices.
2. Flavor is a big part of the Mediterranean-style _____.
4. Studies show it is most effective at lowering blood _____.
7. _____ and canola oil are healthier fat alternatives to butter.
8. Use _____ and spices instead of salt to season foods.
9. This diet includes whole grains, _____ and nuts.

Healthy Habits

Decode the message by finding each substitute number.

A	B	C	D	E	F	G	H	I	J	K	L	M
6	24	23	22	16	14	12	18	9	25	19	10	7

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
20	3	11	21	15	13	4	5	1	8	26	17	2

__ __ __ __ __ __ __ __ __ __
13 4 6 15 4 9 20 12 3 15

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7 6 9 20 4 6 9 20 9 20 12

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__ __ __ __ __ __ __ __ __ __
7 6 17 18 16 10 11 17 3 5

__ __ __ __ __ __ __ __ __ __ .
10 9 1 16 10 3 20 12 16 15

An Apple a Day...

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used once.

	a					■				e	■		r	■	m	o		
■		p			e	s	■	a	■			e	k	■	m	a		■
				c		■	t			■		i			■			■
■						o				g	■				e	■	2	■
■	■	■	■	■						t			.	■	■	■	■	■

i l i e
e t p e d a i n r o r
E a e u n e p h v e t y p y
r d d v l g i f b e w e s s k o f e

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