



Winchester
District
Memorial
Hospital

Preventing Diabetes

VOLUME 11, ISSUE 1

FEBRUARY 2017

Quote of the Day

Information on the
Internet is subject to
the same rules and
regulations as
conversation at a bar.

Dr. George Lundberg

QUOTEID.COM

Health information online

The internet offers a wealth of information at our fingertips. How did we ever settle arguments before 'Google'? We even rely on 'Google' searches to answer our health problems. While it can be helpful, it can also be unreliable. Here's my top 3 tips to make sure you're getting reliable health information.

1. Avoid websites that end in ".com" and choose sites that end in ".gov" or ".org" for your health information.
2. If they're trying to sell you something—they are more interested in your money than your health.
3. Always ask yourself "who is writing this article?". Check the author's credentials and who is sponsoring the web site.

We often get asked about our favourite sites, so here's a few:

Dr. Mike Evans from the University of Toronto has a great series of videos. They are science based, entertaining and easy to understand. Search DocMikeEvans on YouTube to find terrific information on everything from healthy eating to lower back pain.

For great recipes, check out:

- The American Diabetes Association at www.diabetes.org
- Canadian Lentils at www.lentils.ca
- Pulses Canada at www.pulsescanada.com
- Becel Canada at www.becel.ca
- Chicken Farmers of Canada at www.chicken.ca
- Eat Right Ontario at www.eatright.org

For information on diabetes prevention, check out:

- The Canadian Diabetes Association at www.diabetes.ca
- Eat Right Ontario at www.eatright.org

For information on physical activity, check out:

- Public Health Agency of Canada at <http://www.phac-aspc.gc.ca> and search Healthy Living and Physical Activity
- Centre for Disease Control and Prevention at <https://www.cdc.gov> and search for older adults and physical activity

Hope this helps!



Garlic Parmesan Spaghetti Squash



Ingredients

- 1 spaghetti squash
- 3-4 cloves of garlic (minced)
- 2 tablespoons olive oil
- 2-4 tbsps grated parmesan cheese
- 1/4 cup water
- salt & pepper to taste

Instructions

- Cut squash in half, lengthwise. Scoop out seeds, being careful to preserve as much of the inside as possible. In a casserole dish or cookie sheet (coated with non-stick cooking spray), place squash face-down, then add 1/4 cup of water.
- Bake at 375 for 30 minutes, then turn squash over and cook for another 30 minutes or until soft. Remove and cool.
- As squash is cooling, sauté garlic and olive oil in a frying pan.
- Using a serving fork, scrape squash out and into the pan with the garlic and olive oil. (Using long strokes, the fork should make the squash come out in long, thin, spaghetti-like strands).
- Cook for another 3-5 minutes. Add salt and pepper and parmesan cheese.

This serves 2 people as a main course, 4 as a side dish.

Nutritional analysis per serving– based on 2 servings

Calories 180, Protein 1.7g, Carbohydrate 14.5g, Fibre 1.7g, Fat 14.5g, Sodium 213mg

Notes

To save time, microwave your squash in a shallow casserole dish.

FYI



Our online calendar is now up and running. To find out more about the classes we offer, check our calendar, or to read our newsletter, simply visit www.wdmh.on.ca and click on 'Our Services' then click on 'Diabetes'.