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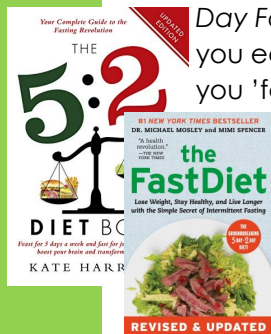
Preventing Diabetes Newsletter

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Quote of the Day

I MAY NOT BE THERE YET,
BUT I'M CLOSER
THAN I WAS YESTERDAY



Intermittent Fasting for Weight Loss

As you learned in the "Preventing Diabetes" class, losing weight (5 to 10 percent of your weight) can help prevent or delay the onset of type 2 diabetes. Some of you have also attended our 'Your Best Weight' class to figure out your personal daily calorie goals and what dietary and lifestyle changes you need to make to reach that goal. Following a weight loss diet usually means cutting calories on a daily basis. The reality is that this can be difficult for many people.

A new dieting trend that has gained popularity in the last few years is **Intermittent Fasting**. Fasting means not eating or drinking for a specific period of time.

The two most common forms of Intermittent Fasting are Alternate Day Fasting and Periodic Fasting. *Alternate*

Day Fasting means that one day you eat normally then the next day you 'fast', the next day eat normal, next day fast

Periodic Fasting is often called the 5:2 diet. Using this method you eat normally (**but not excessively!!**) for 5 days of the week and do a 'fast' for 2 days of the week. For both of these fasting diets, you can eat up to 25% of your calculated daily calories on your fast days. For most people this is in the 400 to 600 calorie range.

Just like any other diet, these diets work because they cut calories. But, instead of watching your calories everyday, you severely cut back your calories only a few days a week. So that by the end of the week, you have cut out as many calories as if you had been cutting back every day.

There's definitely some PROS and CONS to this dieting style. On the PRO side, it can be easier for some people to watch their calories only a couple of days a week vs daily. And, it's as good as any other weight loss diet out there. In fact, a recent review of existing clinical trials on intermittent fasting came to the conclusion that "Intermittent Fasting represents a valid but not superior option to continuous calorie restriction for weight loss" (Mol Cell Endocrinol. 2015 Dec) which is in keeping with the American Heart Association's position on intermittent fasting for weight loss (Circulation 2017).

On the CON side, some people find they get headaches, moodiness and extreme hunger (Hangry anyone?) on the fasting days. Also, we have no long term studies to confirm that this way of dieting works in the long run for weight maintenance. So as with any other diet, it's all about what you can keep up for a lifetime and this option works for some people. As always, we hope this helps.

This is not a dieting style that I would recommend for people with Type 2 diabetes who are on a medication that can cause hypoglycemia or low blood sugar.

Crepes with Asparagus & Cheese



Ingredients

For Crepes

- 1/2 cup milk
- 2 large eggs
- 6 tablespoons warm water
- 2 tablespoons melted butter
- 1/4 teaspoon salt
- 1/2 cup flour

Remaining Ingredients

- 2 cups grated Gruyere cheese
- 3 scallions, chopped
- 20 asparagus spears, trimmed to 6 inches

Nutritional analysis per serving

Calories 167 kcals, Protein 7g, Carbohydrate 1g, Fibre 12g, Fat 11g (Saturated fat 6g), Sodium 173mg, Potassium 136mg

Notes

Recipe from Circle B Kitchen; <http://www.circle-b-kitchen.com/food-and-recipes/2015/6/13/crepes-with-asparagus-and-gruyere-cheese.html> and tested this week-end by dietitian Rachelle Charlebois—mmm mmm good.

Instructions

Makes 10 servings

1. Grease a 9x13 casserole dish.
2. Blend the first 5 Crepe ingredients together and then whisk in the flour. Cover and let sit while you prepare the asparagus.
3. Blanch the asparagus in boiling salted water for 2 minutes (**No Longer!**). Place in bowl of ice water to stop the cooking and set aside.
4. Heat frying pan to medium high and coat with butter or non stick spray. Pour about 3 tablespoons of the crepe batter into the hot pan. Swirl to cover pan. Cook for about a minute or until the edges begin to loosen and the top looks dry-ish. Run the edge of a thin spatula around the edge of the crepe to loosen, and then flip the crepe over and cook an additional minute or so. Continue with the rest of the crepe batter, keeping the crepes covered as you make them so they won't dry out.
5. To assemble, take one crepe and sprinkle with 2 tablespoons of grated cheese evenly over the crepe and then place 2 asparagus spears in each crepe and roll tightly. Place in casserole.
6. Sprinkle with the remaining cheese and sliced scallions. Bake at 350 °F for 15 minutes.

TIP:

Find a 3 TBSP measuring cup or ladle ahead of time

To make this a complete meal, serve with your favourite 'Three Bean Salad' recipe.

FYI

- ⇒ Thinking about quitting smoking? **The STOP Program** delivers research based, cost-free smoking cessation workshops in local communities that includes education and a 5 week supply of nicotine patches. To learn more contact MyQuit at 1 877 376-1701.
- ⇒ Interested in free online workshops designed to help you manage a chronic health condition? You can check it out online at www.selfmanagementontario.ca or call 1 844 301-6389 for more information.
- ⇒ WDMH and Dundas County Hospice are offering a free presentation on **"Advance Care Planning and Health Care Consent"** June 21st from 6 to 8pm in the Main Floor Conference Room at Winchester Hospital. Space is limited. To register contact Kealey Dunlop, WDMH Social Worker at kdunlop@wdmh.on.ca or 613 774-2422 x 6125.