



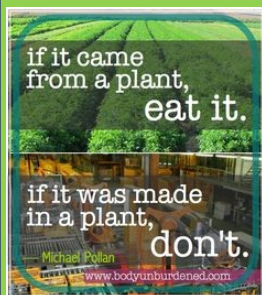
Winchester
District
Memorial
Hospital

Preventing Diabetes

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Health Quote of the Day



Tips to eat better in 2016

Happy New Year Everyone! January is often a time of year when people set goals for the new year. Changing our eating habits is usually high on that list. Hopefully, this month's newsletter will help you along.

Tip 1—Make it Yourself

Prepared and processed foods are usually high in salt or sugar or additives or calories or all of these. When you make it yourself, you know exactly what went into it, but it does take a little extra time. Set aside time to cook and freeze big batches. Or you can cook once, eat twice—cook extra so that you have enough for a second meal.

Tip 2—Fill up on fibre

Aim for at least 25g per day. A high fibre diet helps keep you regular, control your cholesterol, regulate blood sugar, control appetite and it may even help prevent some cancers. Vegetables, fruit, pulses and whole grains are great sources of fibre.

Tip 3—Switch to Whole Grains

This ties into tip 1 and 2—whole grains are unprocessed and rich in fibre. Some examples of grains include wheat, barley, oats, rye, spelt, brown rice and buckwheat. They are also a good source of magnesium, potassium and iron. Read the ingredient list to make sure you see the words 'whole grain'.

Tip 4—Keep an eye on your portion sizes

Everything is getting bigger—from the size of our plates to the size of Tim Horton small coffee. And us! Using a 9" plate instead of a 11" plate can save 200-500 calories per meal. Double your veggies and cut back on your meat and potatoes.

Tip 5—Add nuts to your day

They're good for your heart and daily nut eaters tend to have less diabetes. Watch your portion size though—too much

of a good thing can be a bad thing! Keep it to 2 tbsp. per day.

Tip 6—Avoid sugar sweetened drinks

This includes fruit juice, pop, punches, sweetened iced tea, lemonade, flavoured coffee, sweetened flavoured water and any other drink that has natural or added sugar. These can add a lot of calories and a lot of unnecessary sugar to your diet. Visit www.heartandstroke.com for guidelines on sugar intake.

Tip 7—Spice it up

By adding fresh or dried herbs and spices to your meals you can boost the health benefits and cut back on salt. Herbs and spices can have high levels of antioxidants, have antimicrobial or anti cancer properties.

Tip 8—Go for healthy fats not fat free

Not all fats are bad. In fact, fat helps you absorb more vitamin A, D and E. For cooking and baking, look for fats that remain liquid at room temperature like olive and canola oil. Limit fat that's solid at room temperature like lard, beef and pork fat, coconut oil and palm oil. Nuts/seeds, oily fish and avocados are also some great food sources of healthy fats.



2016
INTERNATIONAL
YEAR OF PULSES

Tip 9—Cut back on red meat - have one pulse based supper per week

Too much red meat in the diet increases your risk of diabetes and colon cancer (try to keep it to less than 1 lb or 454g per week). Turning one supper a week into a no-meat supper is a great way to cut out red meat and increase your fibre. Pulses (peas, beans and lentils) are loaded with minerals and are quick and easy to prepare—now that's a winning combination!



Chickpea and Leek Soup

- 2 x 540ml canned chickpeas
- 3-5 medium leeks
- 2 Tbsp olive oil
- 2 garlic cloves, crushed
- 3 cups low sodium chicken broth

Serve this soup with a whole grain bun or crackers along with a side salad and a glass of milk for a complete meal.

This recipe hits several of the tips mentioned—it's homemade (and fast), it's a meatless meal, it's high fibre and it includes healthy fats.

- ⇒ Rinse chickpeas and set aside
- ⇒ Remove outer skin of the leeks, cut 1/3 of the green part off, slice lengthwise, wash carefully and slice finely
- ⇒ Warm olive oil in medium saucepan, add leeks and garlic and cook gently on medium-low heat, stirring occasionally until leeks are tender—about 10 minutes
- ⇒ Add half the drained chickpeas and cook for 1 minute.
- ⇒ Add the chicken stock and simmer for 10 minutes
- ⇒ Puree the soup with a hand blender (or food processor).
- ⇒ Add the remaining chickpeas and heat for a few more minutes.
- ⇒ Salt and pepper to taste.

For a special treat, serve topped with fresh grated Parmesan cheese.

Nutritional analysis per serving (not including cheese)

Calories 225, Protein 13g, Carbohydrate 30 g, Fat 7g, Fibre 6g, Sodium 375mg, Potassium 570

FYI

- Keep your eyes open for an email from us in the next weeks. We will be sending out a notice about a new FREE physical activity class for people with prediabetes and diabetes that will start in late February or early March in collaboration with the local CCAC, Family Physio and the Champlain LIHN. It will be exclusively for people with prediabetes and diabetes.
- If you are interested in trying 'Urban Poling', we now have 10 sets that our clients can borrow. Drop by and sign out a pair to give it a try! Urban Poling burns more calories, gives you an upper and lower body workout and provides stability when walking.

