



Winchester
District
Memorial
Hospital

Preventing Diabetes

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Health Quote of the Day

*"Today is a new
day.*

Fresh start!

*Think happy
thoughts;*

Exercise;

*Drink lots of wa-
ter;*

*Don't just eat,
fuel your body;*

*Be healthy and
happy!*

Magnesium and Diabetes

Here's a bit of good news to help you keep Type 2 diabetes at bay:

A group of scientists analyzed the results of several studies on magnesium intake and diabetes and found that people who have higher intakes of magnesium have a lower risk of developing Type 2 Diabetes. (Diabetes Care. 2011 Sep; 34(9):2116-2122,Diab. Obes. Metab. 13: 281, 2011). While these studies looked at people getting magnesium from food or from supplements, be careful with supplements because taking too much magnesium in supplement form (more than around 350mg) can cause cramps and diarrhea. However, getting more than 350mg from food does not cause this problem! Plus, high magnesium foods tend to be high in other beneficial nutrients like fibre, potassium, zinc, etc.

Like most vitamins and minerals, magnesium is involved in many of our body's daily functions. What's special about magnesium is that it's involved in the process your body uses to control your blood sugar.

In this newsletter you'll find a short list of high magnesium foods, two kale salad recipes and some info on new resources.

Hope this helps!

Food	Magnesium (mg)
Almonds, dry roasted, 1 oz	80
Spinach, boiled, 1/2 cup	78
Cashews, dry roasted, 1 oz	74
Peanuts, oil roasted, 1/4 cup	63
Shredded wheat cereal, 2 large biscuits	61
Soymilk, plain or vanilla, 1 cup	61
Black beans, cooked, 1/2 cup	60
Edamame, shelled, cooked, 1/2 cup	50
Peanut butter, 2 tablespoons	49
Bread, whole wheat, 2 slices	46
Avocado, cubed, 1 cup	44
Potato, baked with skin, 3.5 oz	43
Brown rice, cooked, 1/2 cup	42
Kidney beans, canned, 1/2 cup	35
Banana, 1 medium	32

Source: USDA Agricultural Research Service, National Nutrient Database for Standard Reference, Release 25, 2012.
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Recommended Dietary Allowance

Men	19 to 30 years	400mg/d
	30 + years	420mg/d
Women	19 to 30 years	310mg/d
	30 + years	320mg/d



You'll find two kale salad recipes on the next page. These recipes can be made with any dark leafy greens. For even more magnesium, try making them with either spinach or Swiss chard. These salads can be used as a side dish or add a protein such as salmon or chicken to make it a meal salad. What I wanted to share with this recipe is the importance of removing the stem and massaging the kale (sounds weird but it really works!) in your prep stage to get rid of the bitterness and chewiness of the kale - which often stops people from eating kale.

Nutritional analysis for one serving

Cranberry Almond Kale Salad

Calories 220 kcals
Protein 7g
Fat 14g
Carbohydrates 21g
Fibre 3g
Sodium 228mg
Magnesium 60mg

Citrus Kale Salad

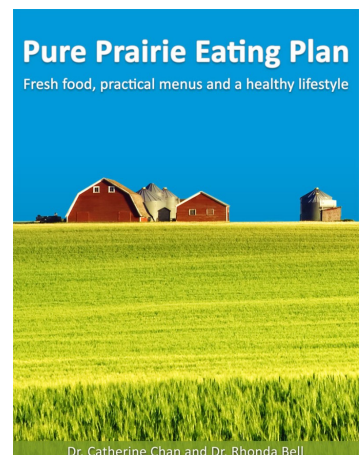
Calories 183 kcals
Protein 5g
Fat 12g
Carbohydrates 17g
Fibre 3g
Sodium 180mg
Magnesium 65mg

FYI

If you are looking for a recipe book with meal plans, The *Physical Activity and Nutrition for Diabetes in Alberta* group recently launched their new cookbook called “**Pure Prairie Eating Plan—Fresh food, practical menus and a healthy lifestyle**”. Not only do you get wonderful recipes and four weeks of meal plans, they also include grocery lists for each week! You can order their book from www.pureprairie.ca or www.amazon.ca.

The next ‘**Your Best Weight**’ program is scheduled for April 9th. If you would like to attend, call 613 774-2420 ext. 6765 to register.

If you would like to know more about the physical activity guidelines for pre-diabetes and get a free pedometer and resistance band, you can sign up for the ‘**Physical Activity**’ session scheduled for May 12th.. Call 613 774-2420 ext. 6765 to register.



Two Kale Salad Recipes

Cranberry Almond Kale Salad	Citrus Kale Salad
1 lb (500g) or 1 large kale	1 lb (500g) or 1 large kale
½ cup dried cranberries	1 large orange – peeled and sectioned or sliced
½ cup flaked almonds (lightly toasted)	½ cup sliced sweet onion (sweet Vidalia or
½ -shaved pecorino cheese (or any hard Ital-	¼ cup shaved parmesan cheese
	¼ cup pecans (lightly toasted)
Dressing:	Dressing:
1 ½ tsp Dijon mustard	½ tsp Dijon mustard
2 tbsp apple cider vinegar (can use lemon juice)	2 tbsp white balsamic vinegar
1 tbsp honey	½ to 1 tbsp honey
1 garlic clove cut in 3	¼ cup fresh squeezed orange juice
3 tbsp extra virgin olive oil	3 tbsp extra virgin olive oil (lime infused ol-
Salt and pepper to taste	Salt and pepper to taste
<p>In small bowl, whisk mustard, vinegar, honey, salt and pepper and mix well. Drizzle in oil slowly while whisking continuously.</p> <p>Add garlic and let sit.</p> <p>*****very important: For tender kale remove the center ribs of the leaves. Then, roll the leaves tightly in a cigar shape and chop starting at one end. Put chopped kale in a large bowl, add a couple of tablespoons of your salad dressing and – here’s the important but weird part - massage the kale for a few minutes until the leaves feel softer. It’s best to do this 1 hour before serving and refrigerate. About 15 minutes before serving, remove from fridge and let it come to room temp.</p> <p>Toss with the remaining dressing and place on serving platter. Top with the cranberries, almonds and shaved pecorino cheese.</p> <p>Serves 6</p>	<p>In small bowl, whisk mustard, vinegar, honey, orange juice, salt and pepper and mix well. Drizzle in oil slowly while whisking continuously.</p> <p>*****very important: For tender kale remove the center ribs of the leaves. Then, roll the leaves tightly in a cigar shape and chop starting at one end. Put chopped kale in a large bowl, add a couple of tablespoons of your salad dressing and – here’s the important but weird part - massage the kale for a few minutes until the leaves feel softer. It’s best to do this 1 hour before serving and refrigerate. About 15 minutes before serving, remove from fridge and let it come to room temp.</p> <p>Toss with the remaining dressing and place on serving platter. Top with the onions, orange slices, pecans and shaved parmesan cheese.</p> <p>Serves 6</p>