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## Management of Diabetes Independent Study Module Series

The Michigan Diabetes Outreach Network is offering online diabetes education modules, and nurses and dietitians can receive FREE continuing education credit upon completion.

The modules currently available for immediate certificates are:

1. Basic Nutrition and Diabetes
2. Diabetes and Hypertension
3. Diabetes and Kidney Care
4. Eye Care and Diabetes
5. Foot Care and Diabetes
6. Diabetes, Genetics, and Genomics
7. Gestational Diabetes Mellitus
8. Type 2 Diabetes in Adults



To access the modules, please visit:

[http://www.diabetesinmichigan.org/ISM\\_Main.htm](http://www.diabetesinmichigan.org/ISM_Main.htm)

## Control Mindless Munching

It is easy to overeat and still not feel satisfied if we eat snacks when we are doing something else such as driving, reading, watching TV, or working on the computer. We tend to eat more when we have easy access to food and are distracted. It is better to slow down and really enjoy what you are eating – you'll eat less and enjoy it more.

Be aware of cues to eat. Only eat snacks when you are truly hungry. Large portions, food smells, and colors can overcome our body's ability to tell when we are full or just not hungry. If you need to snack while doing something else, portion your snack into a separate small bowl or container.

Try these simple "out of sight, out of mind" tips:

- Get rid of the candy dish or replace it with a fruit bowl.
- Move healthier options to eye level.
- Avoid buying tempting snacks such as cookies, chips, or ice cream. If you do buy these, place them out of sight, such as on a high shelf or at the back of the freezer.
- Store bulk purchases out of sight.

# Eating Healthy on the Road

~ By Jen Hansen  
District Health Department #10

If you spend time traveling, whether for business or pleasure, you've probably found yourself pulling into a fast food restaurant. The fast food industry provides us with convenient and inexpensive foods anywhere we travel. However, if you're a health conscious traveler, you may find yourself struggling to find healthy options while on the road.

Fast food chains have been under increasing pressure to provide more healthy choices to consumers. The obesity epidemic and the need for better quality, lower fat food has driven the industry to modify their menus. For the first time, you can actually order salads, bottled water, and even veggie burgers, as menus change to fit consumer demand. With all of these new options, it's not easy to keep track of what you're getting and what the nutritional content really is.

Here is a rundown of the ups and downs of the fast food menus:

- In general, salads, chicken, and baked potatoes are some of your best choices for keeping the fat and calorie content down. When choosing these items, however, be aware that not all are created equal. Chicken should be grilled or baked since breaded and fried chicken is often higher in fat and calories than a burger. Salads are great, but watch that dressing! A low-fat salad piles on the fat when covered in regular dressing. Choose reduced fat dressings, if available, or only use half of the packet. Also watch bacon, cheese, and croutons that frequently are added. Baked potatoes are best with as few toppings as possible.



- Hold the mayo...and the fries. If you're still craving a hamburger there are ways to control the damage to your diet. Get a single, rather than a double, skip the cheese, and go light on the mayo. Often it's not the burger that's the trouble, but the extras we like to stack on top. That goes for fries too - skip them altogether or at least stick to the smallest order you can get.



- Supersizing – a good deal? The supersizing of menu items has become popular during the past few years. It's a good deal though, right? That depends. The cost is minimal to supersize a meal, however the cost to our waistline is high. A McDonalds quarter pounder with cheese, a large fry, and a 16 ounce drink adds up to 1,166 calories and 51grams of fat. This is more than half of the daily allotment for a person on a 2,000 calorie diet and almost the entire daily fat allowance (65grams) all in one meal. There really isn't a need for portions this large and we certainly don't need to then supersize it. If people learn to listen to their hunger signals they would most likely find themselves satisfied with regular sized menu items. Save your spare change and avoid the spare tire.



- Other ways to modify your meals:
  - Don't be fooled about bagels being a healthier choice than other breakfast foods. The average bagel shop bagel with cream cheese can easily tip the scales at 450-500 calories and 10 grams of fat.
  - Opt for water or a diet soda. A 16 ounce regular soda pop adds 200 calories to your meal.
  - Make special requests. If you want extra tomatoes, dressing on the side, or would like to skip the cheese, simply ask.
  - Check nutritional info. Most fast food restaurants will provide nutritional information if requested or may have it displayed at the restaurant.
  - Order small servings. A single burger, small fry, and small pop will do much less damage than a larger size of each, yet still satisfy your hunger.

## Pitch the Pop

Are you one of the millions of people who cannot start their day without a pop? If so, you are not alone. In 2004, Americans spent nearly \$66 billion dollars on carbonated beverages.

Consider this: One 20 oz bottle of regular pop has around 17 teaspoons of sugar. That is bad enough in an adult, but imagine the effect that has on a child's smaller body. So what does all that sugar and fizz do?

### Tooth Trauma

The double whammy of sugar and acid combines to wear away our tooth enamel and increase the risk of decay. The acid (which gives pop its fizz) takes calcium out of the tooth leaving teeth softer and more prone to decay. Diet pop contains less sugar, but the same amount of acid.

### Bad To The Bones

It is believed that calcium is pulled out from bones of pop drinkers to buffer the acid. Studies have shown that girls who drink pop regularly have a lower bone density than those who don't drink pop at all. Also, pop often replaces milk and other calcium-rich beverages and you can see how our bones can suffer.

### Weight Gain

A 20 oz regular pop contains around 250 calories. You get the same number of calories in 4 large apples, 80 baby carrots or 15 cups of air popped popcorn. Give up one 20 oz pop a day for a year and you'll save 6,200 teaspoons of sugar and could lose up to 26 pounds!

### What Else?

Persons who drink pop daily have an increased risk of type 2 diabetes, being overweight, and are more likely to have more stomach irritations.

### Would you like to rethink your drink?

Water is always a good choice. Fat-free milk, unsweetened tea, green tea, and flavored waters are healthier alternatives.

## How Much Sugar Are You Drinking?

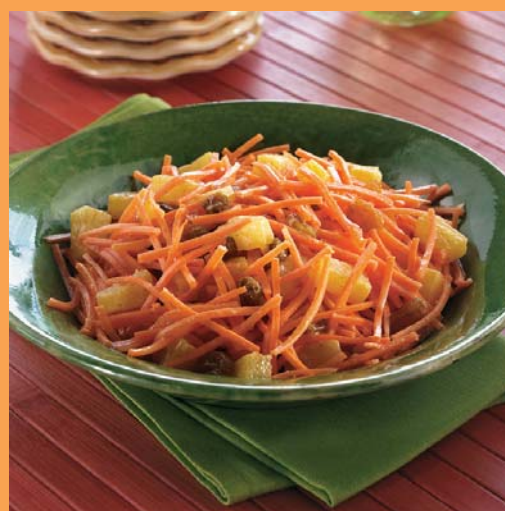
	Calories	Amount of Sugar
20 oz Fruitopia	275	18 ½ teaspoons
20 oz Regular Pop (Coke, Pepsi, Mountain Dew, Sprite)	240-250	17 teaspoons
16 oz Nestles Chocolate Milk	400	15 teaspoons
18 oz Fuze Drink	200-210	13 teaspoons
16 oz 100% Fruit Juice	240	12 teaspoons
20 oz Powerade	160	10 teaspoons
20 oz Gatorade	140	9 teaspoons
16 oz Skim Milk	160	4½ teaspoons
20 oz Propel	25	1 teaspoon
20 oz Powerade Option	25	1 teaspoon
20 oz Water	0	0 teaspoons

**Drinking 20 oz of regular pop is like eating 10 DumDum suckers or 5 full size candy canes at one time!**

## Carrot-Pineapple Salad with Golden Raisins

Serves 6; 1/2 cup per serving

- 2 1/2 cups matchstick-size carrot strips
- 1 (8-ounce) can pineapple tidbits in their own juice, drained, reserving 1 tablespoon juice
- 1/3 cup golden raisins
- 2 tablespoons sugar
- 2 tablespoons light mayonnaise
- 1/2 teaspoon curry powder (optional)



In a medium bowl, stir together the carrots, pineapple, and raisins.

In a small bowl, stir together the reserved pineapple juice, sugar, mayonnaise, and curry powder. Pour over the carrot mixture. Stir gently to coat. Spoon into a serving bowl.

**Tip:** Even if you think you don't like curry powder, you may want to give it a try in this recipe. The curry powder is subtle, yet really brings the flavors together.

### Nutrients per Serving

Calories	99
Total Fat	2.0 g
Saturated Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	2 mg
Sodium	81 mg
Carbohydrates	22 g
Dietary Fiber	2 g
Sugars	16 g
Protein	1 g

### Dietary Exchanges

- 1 fruit
- 1 1/2 vegetable
- 1/2 fat

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# Weight Loss Tips

## Control Your Portions

- Serve food from the stove and not from serving bowls at the table.
- Use smaller plates, cups, bowls, and glasses.
- Take small bites and savor each bite before swallowing.
- Eat slowly.
- Set your fork down between bites.
- Drink a glass of water before each meal or snack.
- Choose smaller portions of high-calorie foods and larger portions of low-calorie foods.
- Keep meat portions the size of the palm of your hand.
- Keep fat portions the size of your thumb for each meal.
- Use measuring cups to accurately determine portions.
- When serving large portions, put half of the meal in a to-go bag before you eat.
- Divide your food evenly throughout the day. Limit heavy evening meals.
- If you eat a high-fat, high calorie food, limit the portion.

## Change The Way You Think About Food

- Set realistic goals.
- Visualize yourself losing weight.
- Love and accept yourself.
- Take one day at a time.
- If you feel like you've fallen off the wagon, get back on.
- Think positive thoughts.
- Be patient with yourself.
- Politely refuse, rather than feel obligated to eat something you shouldn't.
- Reward yourself (not with food) for making progress.
- Make a list of reasons why you want to lose weight and review it often.

## Healthy Food Choices

- Choose calorie-free beverages.
- Packaged snack foods should have less than 3 grams of fat per serving.
- Use low-fat cooking methods.
- Choose non-fat and low-fat dairy products.
- Choose lean meats.
- Take the skin off chicken and turkey.
- Avoid fried foods.
- Skip the butter, margarine, and mayo (or use low-fat versions).
- Choose high fiber foods.
- Eat at least 5 servings of fruits and vegetables daily.
- Fill at least half of your dinner plate with vegetables.
- Snack on raw vegetables and low-fat dip.
- Limit sweets and desserts.
- Have fresh fruit as desserts.
- Start your meal with a salad, use low-fat dressing.
- Drink at least 8 cups of fluid daily.
- Avoid eating a large portion just because it's a reduced-fat version.
- When at a restaurant, ask the server which items are lower in fat.

## Monitor Your Progress

- Keep a food and activity record.
- Read food labels to compare calories/fat.
- Look for the terms low-fat, non-fat, and fat-free on the package.
- Weigh yourself first thing in the morning, but no more than once a week.
- Plan your meals in advance.