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March 25 Marks the 20th Annual American Diabetes Alert Day

The 2008 American Diabetes Alert Day is March 25, and during this day people are encouraged to get tested and to find out if they are at risk for diabetes.

The annual one-day event is designed to raise awareness of the seriousness of diabetes. The main messages for the public are:

- “You can have diabetes and not even know it”
- “Taking the Risk Test is an easy way to find out if you are at risk for diabetes.”

Over 20 million Americans have diabetes – and nearly a third of them (or 6.2 million people) do not know it! In Michigan, over 930,000 people have diabetes, and approximately another 307,000 people have undiagnosed diabetes.

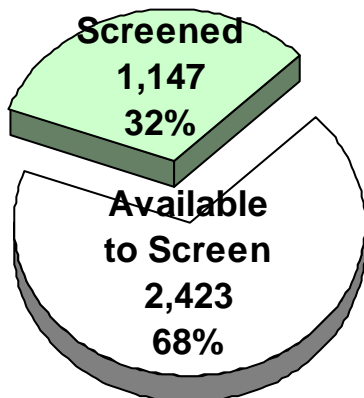
People with diabetes are at higher risk of developing other chronic diseases, such as cardiovascular disease, high blood pressure and kidney disease.

For more information on American Diabetes Alert Day and to find the American Diabetes Association’s Risk Test, visit www.diabetes.org/risk-test.jsp.

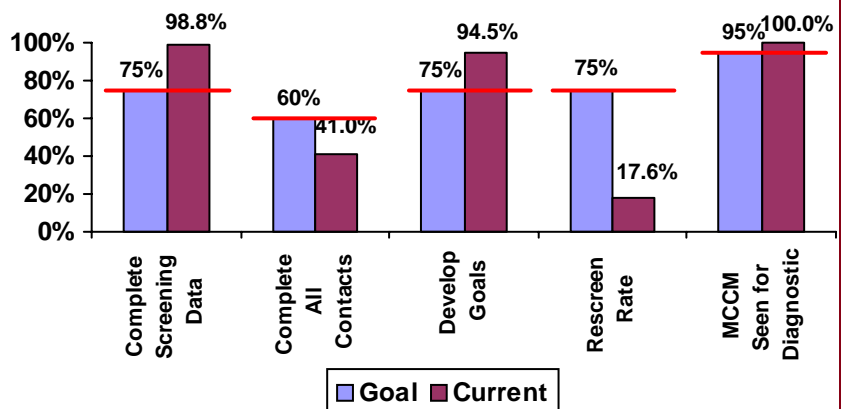
For free diabetes education materials, visit the National Diabetes Education Program website at www.ndep.nih.gov.

Stats At-A-Glance

FY 08 Caseload Goal = 3,570



WISEWOMAN Program Indicators



Superfoods!

~ By Kim Harrigan
District Health Department #10

Just like Superman, Superfoods have amazing powers that help fight evil and save lives. In general, superfoods are naturally occurring, nutritionally dense foods that are believed to fight disease and increase longevity. Incorporate the following superfoods into your balanced diet for better overall health. Notice, you will not find any processed or refined foods on this list. Potato chips and Pepsi are Kryptonite in a world of superfoods.

BEANS

High in fiber, helps control cholesterol & blood sugar

BLUEBERRIES

Full of antioxidants & phytoflavonoids, lowers heart disease & cancer risk

BROCCOLI

Full of vitamin C, A, calcium, fiber, protects from cancer causing substances

OATS

High in both soluble & insoluble fiber, helps control cholesterol, protects against colon cancer

ORANGES

Packed with vitamin C, protects immune system

PUMPKIN

Low in calories, high in fiber, beta-carotene & potassium, helps fight free radicals

SALMON

Full of omega-3 fatty acids, lowers risk for heart disease, arthritis & Alzheimer's

SOY

Helps control cholesterol, may lower risk of certain cancers

SPINACH

Full of vitamin C, A, folic acid, protects against heart disease, stroke & osteoporosis

TEA

Herbal teas help protect against cancer, heart disease, high cholesterol & arthritis

TOMATOES

Packed with lycopene which offers cancer protecting properties

TURKEY

High in selenium, good source of lean protein

WALNUTS

High in omega-3 fatty acids, offers cardiovascular protection & anti-inflammatory properties

YOGURT

Good source of calcium & protein, contains live & active cultures for digestive health

DARK CHOCOLATE

High in antioxidants, may help control blood pressure

Your Heart – Beating for Joy with Soy

Research has proven that diets low in saturated fat and cholesterol that contain 25 grams of soy protein a day may reduce the risk of heart disease. Soyfoods are low in saturated fat, cholesterol free, and are a good source of protein and fiber. Health benefits from soyfood consumption include lower LDL (bad) cholesterol, higher HDL (good) cholesterol, lower triglycerides, lower blood pressure, and increased blood vessel elasticity, which all lower your risk for developing coronary heart disease. Including soyfoods in your diet, is one more step towards a healthy heart.

Tofu is one of the best known of the wide variety of soyfood options. It's easy to add tofu to meals and recipes because it has a very mild taste by itself, picks up flavors of the foods with which it is combined, is very versatile, and is available in many forms. Some tofu comes marinated and ready to stir fry or bake all on its own. Other types of tofu lend themselves to lightening up foods that are high in fat and calories.

For example, silken tofu can be used to make a lower-calorie baked potato topper, vegetable dip, or salad dressing, compared to those made with sour cream or mayonnaise. Using a blender or food processor, blend soft or silken tofu until smooth and add the desired flavorings, such as dill, garlic, Italian seasonings, curry powder, Ranch dressing mix, or lemon juice. For a thinner consistency, blend in soymilk.

Soyfoods can also help you put a healthier twist on some of those family favorite and traditional baked goods. For instance, substitute $\frac{3}{4}$ of a tablespoon of soybean oil for a tablespoon of margarine; one tablespoon soy flour and a tablespoon of water for an egg (you can also use a two-inch square of tofu or $\frac{1}{4}$ cup of silken light firm tofu mashed); or $\frac{1}{4}$ cup of soy flour plus $\frac{3}{4}$ cup regular flour for a cup of regular flour (soy flour browns more quickly so watch temperature and time).

You can also drink your soy with varieties of soymilk, eggnog, and chai. Providing a soy beverage ensures that everyone can enjoy it, including any friends or family that are lactose intolerant or have dairy allergies. Try soymilk in hot cocoa or use a soy beverage in baking, such as chai pancakes or French toast for a weekend breakfast.

Parties and group gatherings are often times when it is hard to eat healthier. If you're the host or are bringing a dish to pass, try some of these easy soyfoods. Set out crunchy roasted soy nuts for snacking. Provide edamame in the pod as an appetizer or finger food. These sweet green soybeans are easy to pop out of the pod, low in fat, and taste great. For a main dish consider making sweet and sour meatballs or chili using half meat and half soy meat alternatives or providing both versions.

Soyfoods are widely available and are usually found in the produce, deli, frozen foods, or dairy section of the grocery store. Purchasing soyfoods is a great way to support your health and Michigan agriculture. Michigan soybean producers are represented on the Michigan Soybean Promotion Committee by seven soybean producer directors who direct the state's soybean checkoff investments in well-focused research and educational efforts. For more information on the Michigan soybean checkoff and its efforts, visit www.michigansoybean.org. For information on MSU Extension's nutrition programs, visit msue.msu.edu/fcs and click on "Nutrition."

Chinese No-Meat Balls*

1 pkg (14 ounce) beef-flavored soy crumbles**
2 tsp minced fresh ginger
1 clove garlic, minced
1 Tbsp cornstarch
1 tsp sugar
2 tsp rice vinegar

2 green onions, thinly sliced
1 Tbsp lower-sodium soy sauce
1 cup vegetable broth
1-1/2 tsp dark sesame oil
2 tsp minced fresh ginger
1 clove garlic, minced

Mix together the soy crumbles, 2 tsp fresh ginger, and 1 clove garlic. Form into 24 balls, 1" in diameter. Brown the balls in a non-stick skillet over moderate heat. Meanwhile, combine the cornstarch, sugar, vinegar, soy sauce, and vegetable broth. Set aside. In a medium saucepan, heat 1/2 tsp of the sesame oil over moderate heat. Add the ginger and garlic and cook briefly; do not let them brown. Stir in the vegetable broth mixture and heat to boiling, stirring occasionally. Mix in the green onions and remaining 1 tsp sesame oil and remove from heat. Pour the sauce over the browned meatballs. Serve warm with toothpicks.

Yield: 8 servings. Serving size: 3 no-meat balls. Per serving: 79 calories, 1 g total fat (0.1 g sat fat), 8 g protein, 9 g carb, 350 mg sodium, 0 mg cholesterol.

*This recipe and more soyfood recipes can be found at www.soyfoods.com

**Morningstar Ground Meatless, Green Giant Harvest Burgers for Recipes, and Lightlife Gimme Lean are a few of the soy crumble choices.

The DONs are Back

The six Michigan Diabetes Outreach Networks (DONs) (ECDON, SEMDON, SODON, TENDON, TIPDON and UPDON) received funding in November to remain in operation for fiscal year 2007-08. The National Kidney Foundation of Michigan is now coordinating efforts for ECDON, SEMDON and TENDON.

The DONs maintain a web based resource directory, provide professional and consumer focused educational information, and are involved in regional and state advocacy efforts. Additionally, your local DON can provide access to FREE web-based professional education contact hours for registered nurses and registered dietitians.

Visit the MDON website to learn more about the resources available in your area: www.diabetesinmichigan.org.

KNOW How to Manage Your Type 2 Diabetes

Follow these simple tips and take good care of yourself with diet, exercise, and advice from your doctor:

Keep active and maintain a healthy body weight.

Even 30 minutes of moderate physical activity five days a week can help prevent diabetes, reduce blood pressure and cholesterol, maintain a healthy body weight, and minimize risk of cardiovascular disease.

Normalize your numbers.

Schedule regular visits with your doctor to help monitor your blood sugar and manage your diabetes. It has been shown that you can reduce cardiovascular disease by improving your blood-sugar control and controlling other risk factors. Learn to keep track of your critical health numbers, including blood pressure, cholesterol, body weight, and blood sugar.

Opt for a healthy lifestyle.

Eat a healthy, balanced diet and reduce intake of saturated and trans fats, cholesterol, sodium, and added sugars. Also, if you smoke, opt to quit – smoking increases the risk of cardiovascular disease.

Work with your doctor.

People living with type 2 diabetes often need multiple approaches to treatment to control the disease and its associated risks. If you live with type 2 diabetes, it is important to talk with your doctor, describe your symptoms, and be persistent until you find treatment options and lifestyle changes that work for you.

Healthy Eating Tips to Manage Your Diabetes

Eating healthy keeps your blood sugar at a normal level. There is no plan that will work for everyone, but these tips can help:

- Eat meals and snacks around the same time every day.
- Eat about the same amount of food every day.
- Try not to skip meals.
- Eat a variety of foods, like fruits, vegetables, whole grain foods (like whole-wheat bread or pasta), low-fat dairy (like fat-free or 1% milk or cheese), and lean meat.
- Eat less fat. Choose foods low in fat.
- Eat more fiber! You can get your fiber by eating things like fruit with the skin on, vegetables, whole grains, and beans.
- Watch how much sugar you eat! Sweets like cookies and ice cream are not healthy. Try to eat less of these.
- Cut down on the salt in your foods. Take the salt shaker off the table. Use herbs and spices.

Top 10 Nutrition Facts

During National Nutrition Month®, the American Dietetic Association (ADA) urges consumers to look beyond the myths of nutrition and focus on the facts. Remember, the theme for 2008 is *Nutrition: It's a Matter of Fact*.

The experts at ADA have identified the following facts:

1. Eating right doesn't have to be complicated. Use www.mypyramid.gov to develop a personalized plan for life.
2. The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.
3. Get your food and nutrition facts from the expert: a registered dietitian (RD). RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use every day.
4. Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
5. Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber, and other nutrients – and lower in calories.
6. Look at the big picture. No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
7. Prepare, handle, and store food properly to keep you and your family safe from food-borne illness.
8. Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
9. Read food labels to get nutrition facts that help you make smart food choices quickly and easily.
10. Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats, and cholesterol low.

Cutting the Salt

In the Kitchen...

- Season your food with herbs, spices, or no-salt seasonings like Mrs. Dash.
- Use less sauces, mixes, and "instant" foods like flavored rice.
- Rinse canned vegetables, bean, and fish (like tuna) for one minute to get rid of the salt.
- Try putting some lemon juice on your vegetables, fish, and salad instead of salt.
- Try low sodium bouillon, soups, and unsalted, fat-free broth.

At the Dinner Table...

- Take the salt shaker off the table. Keep the pepper shaker.
- Taste your food first. If you need to add salt, use one "shake" instead of two or more.

At the Store...

- Buy more:
 - Lean cuts of meat
 - Fresh or frozen fruits and vegetables
 - Foods with labels that say sodium-free, very low sodium, reduced sodium, or unsalted
- Buy less:
 - Hogmaws, chitterlings, hot dogs, bacon, bologna, ham, pork rinds
 - Packaged foods, like frozen dinners and instant box mixes (like scalloped potatoes and macaroni and cheese)
 - Soy sauce, ketchup, dill pickles, and salad dressings