



## ***KM Nutrition SideDish***

August 2008 E-newsletter

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### Karen's North Shore Vacation

As promised here are pictures of our vacation to Lake Superior and northern Minnesota. We had a great time hiking and seeing the sites!



My daughter and I  
exploring at Gooseberry  
Falls. (left)



My daughter braving the cold water  
of Lake Superior. (right)

## Diabetes Prevention a Hot Topic

Diabetes has been a popular topic in news stories since the Centers for Disease Control came out with a press release in June announcing an increase of 3 million people with diabetes in 2 years. The new number is 24 million people with diabetes. 57 million are estimated to have prediabetes. I am one of those 57 million and have been for several years. My mission is to prevent diabetes as long as I can and help others do the same. Here are some questions to think about . . .

**What is prediabetes?** When blood sugars are just slightly above normal but not quite high enough to be diagnosed as Type 2 diabetes.

**Do you know your numbers?** If you don't know what your blood sugar results were at your last physical ask your doctor for a copy. Don't depend on the doctor to tell you when to be concerned. Results can get overlooked so you need to be proactive and make sure you know your numbers. Normal fasting blood sugar is 70-100, Prediabetes is fasting blood sugar 100-125 and diabetes is fasting blood sugar 126 or higher.

### **Why worry about diabetes?**

I call Type 2 diabetes a silent crippler. High blood pressure is often called a silent killer because you could have no symptoms and then have a sudden fatal heart attack. With Type 2 diabetes your blood sugars usually creep up very gradually and by the time you have symptoms that give you reason to go to the doctor you can be walking around with blood sugars over 400. By that time you may have had higher than normal blood sugars several years. High blood sugars over time affect almost every part of the body. The crippling part is when you slowly lose function of your eyesight, kidneys, have heart failure, lose toes or feet, or have painful nerve damage. These are just a few of the crippling results of uncontrolled diabetes.

### **What are the symptoms?**

Fatigue, increased thirst, going to the bathroom more often, burning or tingling in feet or hands, headaches, blurry vision, frequent infections.

**What can you do to prevent diabetes?** If you are overweight dropping 5-10 lbs can make a big difference. Exercise 5 days a week 30 minutes helps you lose weight, especially the belly fat that causes insulin resistance. Insulin resistance means your body is making enough insulin but is not using it effectively. Exercise does wonders to get your insulin working better.

### **Where can you get more information?**

First know your numbers. Then you can learn more about diabetes at the American Diabetes Association website, [www.diabetes.org](http://www.diabetes.org). You can also email me questions to [Karen@dietmn.com](mailto:Karen@dietmn.com).

### Green Beans in Season

Get some fresh green beans and enjoy at only 44 calories per cup! The recipe below is a version of creamed green beans and adds only 13 more calories per cup.

You also get a great source of vitamin K, vitamin C, manganese, vitamin A, fiber, potassium and folate.

Store fresh green beans unwashed in a plastic bag in the crisper for up to 7 days. When ready to cook, wash, snap off the ends and enjoy!

### ***Creamy Green Beans***

Makes 4 cups

#### Ingredients

1 pound green beans, trimmed and cut into 1-inch pieces  
3 tablespoons reduced-fat mayo  
2 teaspoons Dijon mustard  
1/8 teaspoon salt

Instructions: Place beans in a steamer basket and steam over 2 inches of boiling water until tender, 5-7 minutes. Whisk mayo, mustard and salt in a medium bowl. Add the beans; toss to coat.

Source: [www.eatingwell.com](http://www.eatingwell.com)

Another tasty idea for green beans is to sauté them in olive oil with mushrooms, garlic and onions!

### 6 Ways to Save Money on Food and Health at the Same Time

1. Buy from your local meat market or farmers market. You get fresh food and in my experience a great deal.
2. Reduce portions. Food will go further and you can lose weight.
3. Don't let leftovers go to waste. I know I am making a big effort to have as little as possible to throw out.
4. Take time to cook foods and make homemade desserts as much as possible. Buying less processed foods will save money.
5. Include healthy lower cost foods in your weekly menu such as oatmeal, eggs, pancakes, beans, pasta and rice.
6. Eat out less often. This is a big one. You don't have to be a kid to pack a PB&J sandwich for lunch!

### Lose Twice the Weight with a Food Journal

A recent study published in the American Journal of Preventive Medicine showed that participants who kept a food diary lost more weight. There were 1700 participants that lost 13 lbs over 6 months following the DASH eating plan ([http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)), exercising 30 minutes/day, attending weekly group meetings and keeping a food diary. They found that those participants who kept more records lost more weight.

I would compare this to blood sugar monitoring when you have diabetes. Studies have shown that when people with diabetes decrease monitoring their blood sugars usually go up. I also see this frequently when working with patients in the diabetes education clinic. Our reaction when something is wrong is to fix the problem to avoid further problems. Food journals can be a great tool when monitoring intake for weight, cholesterol, blood sugar or blood pressure management.

Don't know what to look for? Take advantage of my free August special offer!

### **August Special Offer: Free Food Diary Review**

If you are a subscriber to this newsletter you can get a free food diary review - available during the month of August only. Just email me your food diary – 1 to 7 days worth and I will review and email you my comments and ideas. Be sure to tell me what your concerns are such as diabetes, cholesterol, weight, and/or blood pressure.