



MINISTRY DIABETES SERVICES

Embracing Life with Diabetes

A Quarterly Publication
for People with Diabetes

Fall 2009

Say Yes to Good Fats

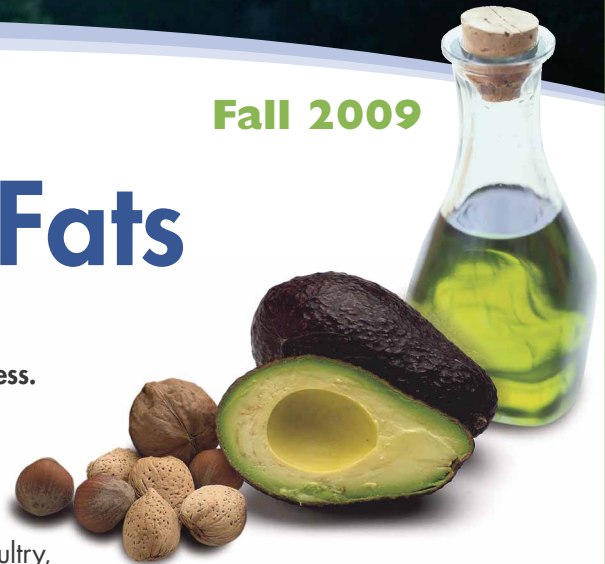
Since the 1980s, fat has been seen as the enemy in our diets. We have been bombarded with the message to eat less fat to improve our health. Fat has been the first to be cut from the diet when we want to lose weight. Unfortunately, the alternatives chosen, fat-free cookies, fat-free chips and other fat-free products, have not translated into improved health. In the past three decades, obesity has doubled. Contrary to popular belief, weight control cannot be achieved just by limiting fat calories. If you keep your total calorie intake and activity levels constant, plus shift the kinds of fat you eat, you won't gain weight and will have improved heart health.

Replacing saturated and trans fats with unsaturated fat will significantly reduce your risk of coronary heart disease and stroke by:

- Lowering LDL (*lousy*) cholesterol without lowering HDL (*healthy*) cholesterol.
- Preventing an increase in triglycerides, a form of fat linked with heart disease that may occur with high carbohydrate diets.
- Reducing development of erratic heartbeats, the main cause of sudden cardiac death.
- Reducing the tendency for arterial blood clots to form.

What to **CUT**

- **Raise your meat consciousness.**
 - Go for the leanest cut.
 - Keep servings modest; the size of a deck of cards or palm of your hand.
 - Replace red meat with poultry, fish, legumes, soy products or nuts.
- **Watch the dairy.**
 - Switch to skim or 1% milk
 - Use plain, unsweetened yogurt or “yogurt cheese” instead of sour cream.
 - Use big-flavored cheeses (Parmesan, blue, aged cheddar, feta) in small amounts.
- **Avoid trans fats whenever possible.**
 - Read the ingredient label. There should be no partially hydrogenated fat, even though the label says “trans-fat-free.”
 - Hold the fries. Fried foods—especially French fries and doughnuts—are prepared in partially hydrogenated vegetable fats.
- **Don't bake with shortening.**
 - Use oils rich in unsaturated fat, which takes a little experimentation (Spectrum Naturals Organic and Crisco have versions of trans-fat-free shortenings).



What to **ADD**

- **Reach for the extra-virgin olive oil.**
 - Swap it for butter, in sautéing and cooking eggs; drizzle on toast, pasta, and vegetables.
 - Use it in dressing and sauces.
 - Precook your green vegetables; reheat them in a tablespoon or two of olive oil with a little minced garlic. Toss in some salt and pepper.
- **Eat your avocados.**
 - Try avocado ‘butter’. Spread mashed avocado on toast instead of butter. Sprinkle with a little lime juice and salt.
 - Add sliced avocado to any sandwich. “Hold the mayo.”
 - Whip it into salad dressings, for both fruit and vegetable salads.

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Say Yes to Good Fats (continued)

• Eat nuts.

- Toss them on, add them in. Add nuts to salads for texture and flavor. Sprinkle them on sautéed vegetables and stir-fries.
- Toast nuts before eating them. Placing nuts on a pan under the broiler for a short time enhances the flavor and texture of nuts.
- Give nuts a flavorful coating. Bake them with sweet and savory seasoning and eat as a snack, dessert or part of a meal.
- Eat a modest amount of nuts in place of chips. Choose pistachios, the process of shelling slows you down and prevents from overeating.
- Switch to natural nut butter, made without hydrogenated fats.

Omega-3 Fats: The “Essential” in “Essential Fatty Acids”

Fats provide fuel for cells as well as the raw materials for building cell membranes. The body can make the fat it needs from dietary fat and carbohydrates. Essential fats are the vital fats, which the body cannot produce. Benefits of essential fats are in regulating blood clotting, helpful in preventing heart disease or stroke. They help keep the heart beating at a steady rate. The two essential fats are omega-6 and omega-3. Most people get plenty of omega-6 in the diet, but fall short of omega-3 fats.

Aim for at least one good serving of Omega-3 fat daily

- **Fish** (*a palm-size serving*) – Best bets are firm-fleshed, fatty types of fish, such as tuna, salmon, swordfish, and sardine. Even leaner, white-fleshed fish provides some omega-3 acids.
- **Fish oil** – For a healthy person, 500 mg omega-3 a day should be fine. Someone with heart disease should speak with their doctor about taking more.
- **Walnuts** – A handful would do. About 10% of the fat in walnuts is an omega-3 fatty acid, higher than that of other nuts.
- **Unhydrogenated soybean oil or canola oil** (*one tablespoon*) – Can be used in cooking.

AVOID

Trans Fats

(Note: Many of the following products are now available as trans-fat-free forms. Check the labels for “trans fat free.”)

- Shortening
- Margarine made with partially-hydrogenated vegetable oil
- Deep-fried chips or other foods
- Most fast foods
- Most commercial baked goods, theater popcorn

EAT LESS

Saturated Fats

- Whole-fat dairy products – whole milk, cream, butter, cheese, full-fat yogurt, and ice cream
- Red meat
- Chocolate*
- Coconut, coconut milk and coconut oil*

*The form of saturated fat in chocolate and coconut to be less of problem, if consumed in small amounts.

EAT MORE

Monounsaturated Fats

- Olives and olive oil
- Canola and peanut oil
- Cashews, almonds, peanuts, pistachios, and most other nuts
- Peanut butter
- Avocado

Polyunsaturated Fats

- Vegetable oils – soybean, safflower, corn, and cottonseed
- Legumes – soybeans and soy products
- Fatty fish – salmon and tuna

- **Flax seeds** (*one tablespoon*) – These need to be ground (flax meal) and raw for the oil to be absorbed. Store in a cool area to prevent rancidity. Sprinkle flax meal on cereal and salads; stir into yogurt or cottage cheese and add it to smoothies.
- **Flax seed oil** (*one tablespoon*) – Look for cold-pressed, organic varieties, because machine processing can reduce omega-3 content.

Cardiovascular Disease and Diabetes

What does this mean and what can you do?

People with diabetes have a higher than average risk for cardiovascular disease, such as heart attack or stroke. It is also the largest contributor to the direct and indirect costs of diabetes according to the American Diabetes Association. The American Heart Association has identified several risk factors for cardiovascular disease. The more risk factors you have, the greater the risk for developing cardiovascular disease. Risk factors include increasing age, male sex, family history of heart disease, tobacco use, high cholesterol, high blood pressure, physical inactivity, and overweight and obesity.

Type 2 diabetes itself is considered an independent risk factor. Some risk factor studies have shown the prevention or slowing down the progression of cardiovascular disease in people with diabetes. According to the American Diabetes Association Position Statement "Standards of Medical Care in Diabetes 2009" here are steps/recommendations to reduce your risk of cardiovascular disease.

1. Hypertension (blood pressure)

- Control your blood pressure: the goal is to be under 130/80.
- Lifestyle changes that lower blood pressure:
 - Lose some excess weight
 - Be more active
 - Reduce your salt intake
 - Increase your consumption of fruits and vegetables and low-fat dairy products
 - Avoid excessive alcohol consumption

If blood pressure is over 140/90 (at diagnosis or follow up), your health care provider may also start pharmacologic therapy (blood pressure medications) in addition to lifestyle changes. There are many medications available with different classes of action, and you may possibly need more than one type of medication to reach your blood pressure goal.

2. Dyslipidemia/lipids

- Control your blood fats – Your cholesterol (lipids) levels should be checked at least annually with a fasting lab test. This includes total cholesterol, LDL-cholesterol ("bad or lousy" cholesterol), HDL-cholesterol ("good or helper" cholesterol) and triglycerides.
- In adults with a low-risk for heart disease, the goals are:
 - LDL cholesterol <100mg/dl (for individuals with overt cardiovascular disease the goal is <70mg/dl)
 - HDL cholesterol >50mg/dl
 - Triglycerides <150mg/dl.
- Lifestyle changes that improve lipids:
 - Eat food with less saturated fat, trans fat and cholesterol
 - Lose some excess weight.
 - Be more active.
- Take medication – A statin medication is recommended to be added to lifestyle changes. If blood cholesterol targets are not

reached on statins, combination therapy with other lipid lowering medications may be considered to achieve goals.

3. Antiplatelet agents (Aspirin)

- Talk to your health care provider about taking an aspirin daily.
- Aspirin therapy (75-162mg/day) is used as a prevention strategy in people with Type 1 or Type 2 diabetes at increased cardiovascular risk, including those who are >40 years of age or who have additional risk factors (family history of cardiovascular disease (CVD), hypertension, smoking, dyslipidemia or albuminuria (protein in urine), or a secondary prevention if you have a history of CVD).
- Always call your doctor's office before adding any medication, even over the counter medication, as there may be an interaction or contraindication with other medications you are taking.
- Aspirin therapy is not recommended in people under 30 due to lack of research evidence of benefit and is contraindicated in people under the age of 21 years because of associated risk for Reye's syndrome.

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Ministry Diabetes Services Locations

Door County Memorial Hospital
Sturgeon Bay, WI
920.743.5566

Eagle River Memorial Hospital
Eagle River, WI
715.356.8153

Flambeau Hospital
Park Falls, WI
715.762.7521

Howard Young Medical Center
Woodruff, WI
715.356.8153

North Shore Medical Clinic
Fish Creek, WI
920.868.3511

Sacred Heart Hospital
Tomahawk, WI
715.361.2045

Saint Elizabeth's Medical Center
Wabasha, MN
615.565.4531

Saint Joseph's Hospital
Marshfield, WI
715.387.7255

Saint Mary's Hospital
Rhineland, WI
715.361.2045

Saint Michael's Hospital
Stevens Point, WI
715.346.5455

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Cardiovascular Disease (continued)

4. Smoking Cessation

- Quit smoking
- It is advised that all people with diabetes not smoke. If you smoke there are many smoking cessation counseling and other forms of treatment available. Free telephone quit lines are available in each state. (naquitline.org)

5. Screening for cardiovascular disease

- All people with diabetes should be assessed annually by their health

care providers for their cardiovascular risk factors.

There are many studies about diabetes and cardiovascular disease and while they are complex and not yet completely clear, two points are clear: it is important to **keep blood sugars under control, and manage your risk factors** discussed above. So take control of your diabetes management, know your blood sugar goals, blood pressure goals, lipid goals, and if you don't know, ask your health care provider. This is your life ... take control of it.

RECIPE CORNER

GUACAMOLE

(Yields 4 servings—about 2 Tbsp per serving)

Although best known as a dip for chips, guacamole can accompany many savory dishes, especially those featuring eggs, beans, tomatoes, or cornmeal.

1 Tbsp. Fresh lemon or lime juice

1 Large firm, ripe avocado

Pinch of salt

Pinch of ground cumin

1 Tbsp. Red onion, minced

2 Tbsp. Fresh tomato, minced, or tomato-based salsa

Cayenne



Place lemon or lime juice in a medium-small bowl. Cut the avocado in half, remove the pit, and scoop the flesh into the bowl. Use a fork to slowly mash the avocado into the juice, adding the salt and cumin as you go. When the avocado reaches your desired consistency, stir in the onion and tomato or salsa. Add cayenne to taste. Serve within a day or so.

Nutrition content per serving:

76 calories, 4 grams carbohydrate, 6 grams fat, <1 gram saturated fat