

November 2022 Nutrition Bites



#LetsEndDiabetes

November is... Diabetes Awareness Month!

"Everyday, 640 Canadians are diagnosed with diabetes, or 1 person every 3 minutes-and diabetes is not slowing down.

While there have been advances in management to better support people living with all types of diabetes, there is still no cure for the more than 11.7 million people in Canada who are living with diabetes or prediabetes." (1)

This newsletter is dedicated towards increasing your awareness around diabetes: what it is, the risk factors, the components of a healthy balanced lifestyle to help with the prevention and management of diabetes and much more!

Filomena & Gabriela

The Facts About Diabetes...

What are the types of Diabetes?

Type 1 Diabetes

"Type 1 diabetes, usually diagnosed in children and adolescents, occurs when the pancreas is unable to produce insulin. Insulin is a hormone that controls the amount of sugar in the blood. Approximately 10 per cent of people with diabetes have type 1 diabetes." ⁽²⁾

Gestational Diabetes

"A third type of diabetes, gestational diabetes, is a temporary condition that occurs during pregnancy. It affects approximately 2 to 4 per cent of all pregnancies (higher in the indigenous population) and involves an increased risk of developing diabetes for both mother and child." ⁽²⁾

Type 2 Diabetes

"The remaining 90 per cent have type 2 diabetes, which occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin that is produced. Type 2 diabetes usually develops in adulthood, although increasing numbers of children in high-risk populations are being diagnosed." ⁽²⁾

Prediabetes

"Prediabetes is a condition where blood sugar levels are higher than normal, but are not yet high enough to be diagnosed as type 2 diabetes. Although not everyone with prediabetes will develop type 2 diabetes, many people will. Taking steps to manage your blood sugar can prevent or delay type 2 diabetes. **The key is a healthy lifestyle.**" ⁽³⁾

What are the Risk Factors?

⁽²⁾

Being:	<ul style="list-style-type: none">• a member of a high-risk group (African, Arab, Asian, Hispanic, Indigenous or South Asian descent, low socioeconomic status)• overweight (especially if you carry most of your weight around your middle)
Having:	<ul style="list-style-type: none">• a parent, brother or sister with diabetes• health complications that are associated with diabetes• given birth to a baby that weighed more than 4 kg (9 lb)• had gestational diabetes (diabetes during pregnancy)• prediabetes (impaired glucose tolerance or impaired fasting glucose)• high blood pressure• high cholesterol or other fats in the blood• been diagnosed with any of the following conditions:<ul style="list-style-type: none">– polycystic ovary syndrome– acanthosis nigricans (darkened patches of skin)– psychiatric disorders:<ul style="list-style-type: none">schizophrenia, depression, bipolar disorderobstructive sleep apnea– you use glucocorticoid medication



What are the signs and symptoms? (2)

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet

Can Diabetes be Prevented?

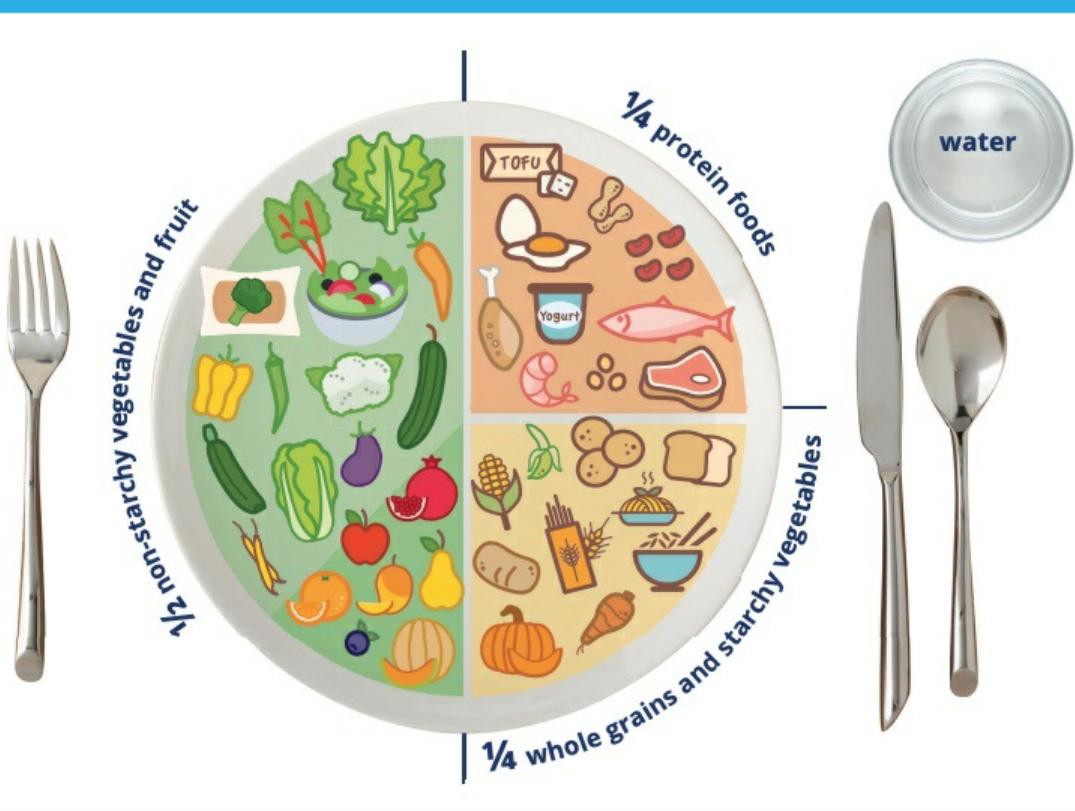
"Research shows that lifestyle changes can help prevent or delay the onset of type 2 diabetes.

A healthy meal plan, weight control and physical activity are important prevention steps." (2)

Healthy Eating & Blood Sugar Control

Be Mindful of Portions

The Balanced Food Plate



Use your plate to build a nutritious meal!

Fill **½ your plate with non-starchy vegetables and fruit**. Include a variety of vegetables such as dark leafy greens, broccoli, cucumber, carrot, zucchini, cauliflower, or bell pepper. Include a small portion of fruit such as 1 cup of berries, or a small apple with your meal or as a snack.

Fill **¼ of your plate with protein foods** such as kidney beans, split peas, lentils, soy products like tofu or tempeh, eggs, chicken, turkey, lean cuts of beef or pork, nuts and seeds, fish and shellfish, and low-fat dairy products. Choose vegetable proteins more often.

Fill **¼ of your plate with whole grains and starchy vegetables** such as pasta, oats, brown rice, quinoa, barley, bulgur, potato, sweet potato or corn.

It's natural to have questions about what food to eat. A registered dietitian can help you learn about food and how to include your favourite foods in a healthy way.

Eat healthy carbohydrates-choose lower glycemic index (GI) carbohydrates more often

"It's true that all carbohydrates (carbs) affect your blood sugar, but it is a myth that people with diabetes are not "allowed" to eat any carbohydrate foods. The type and amount of carbohydrate you eat is what matters." ⁽⁴⁾

There are many healthy carbohydrates (*grains, starches, fruits, vegetables, legumes*) that offer a wide variety of health benefits and help control our blood sugars. The Glycemic Index is a scale that categorizes the different carbohydrates into a **low, medium and high**, depending on how much it raises our blood sugar after consumption. For optimal blood sugar control, it is recommended to choose lower GI foods most often, in comparison to high GI foods.

Here are some examples of food that land within the different glycemic index categories:

LOW (*choose most often*): oats (steel cut), barley, apples, sweet potato, berries, yogurt, chickpeas, lentils

MEDIUM (*choose less often*): corn, potato, grapes, pineapple

HIGH (*choose least often*): white/whole wheat bread, jasmine rice, overripe banana, watermelon

[Click here to find out more about the Glycemic Index.](#)

Here is a glimpse.

Low Glycemic Index (55 or less) Choose Most Often	Medium Glycemic Index (56 to 69) Choose Less Often	High Glycemic Index (70 or more) Choose Least Often
Breads: Heavy Mixed Grain Breads Spelt Bread Sourdough Bread Tortilla (Whole Grain) Cereal: All-Bran™ Cereal All-Bran Buds™ With Psyllium Cereal Oat Bran	Breads: Chapati (White, Whole Wheat) Flaxseed/Linseed Bread Pita Bread (White, Whole Wheat) Pumpernickel Bread Roti (White, Whole Wheat) Rye Bread (Light, Dark, Whole Grain) Stone Ground Whole Wheat Bread	Breads: Bread (White, Whole Wheat) Naan (White, Whole Wheat) Cereal: All-Bran Flakes™ Cereal Corn Flakes™ Cereal Cream of Wheat™ (Instant) Puffed Wheat Cereal Rice Krispies™ Cereal Special K™ Cereal

Eat less highly processed foods, sugars and sweets

Have consistent carbohydrate intake

"Try to eat three meals per day at regular times and space your meals no more than six hours apart. Eating at regular times helps your body control blood sugar levels. It also helps to try to eat about the same amount of food at each meal, especially carbohydrates." ⁽⁴⁾ (*Hint: use the plate model shown above to help you with portion control and amount*).

If the timing between your meals happens to be longer than 6 hours apart, be sure to include a balanced snack! *Here are some snack ideas for you:*

- fruit and peanut butter/nut butter
- vegetables and hummus/dip
- Small handful of nuts (unsalted)
- Whole grain crackers and cheese
- Cottage cheese & fresh fruit

Choose heart healthy fats

"The good fats (unsaturated fats) are found in foods like olive oil, canola oil, other vegetable oils, avocado, soft margarine, nuts, seeds, and oily fish like trout and salmon.

Saturated fats, on the other hand, can increase your cholesterol level and your risk of heart disease. Choose foods with saturated fat less often: butter, red meat, cakes, pastries, deep fried foods and high fat dairy products. Choose **healthy proteins**, including plant-based protein



Easy Tips to Keep Moving

Top 10 Tips to Sit Less and Move More



Sitting less is better for your health

Breaking up sitting time with small, frequent periods of standing and moving will make you feel better. And it can improve your diabetes management, with no need for sweating, special clothing, or even a gym membership. Mini movement breaks, like the ones listed below, can help you maintain your blood sugar within your target range. These small changes will have a big impact on your health and well-being.

Try these easy tips to sit less today!

- 1 Set a timer and take mini movement breaks.** Start with 30 seconds every 10 minutes, or 3 minutes every 30 minutes to stand up, stretch, and walk around. Place the timer further away, so you have to get up and walk over to reset it.



- 2 Find a Space to Pace.** Stuck on hold? Stand up and pace around the room while you wait for your call to be connected.



- 3 Take a Stand.** When your phone rings, stand up to take the call.



- 4 Do it the old way.** Hit pause on the TV remote instead of binge-watching and get up for a break. Walk down the hall to speak to a colleague instead of messaging them.



- 5 Post a reminder.** Post sticky notes around your space reminding you to get up and move.



- 6 Take the heel-toe express.** Can you walk part of the way? Get off the bus one stop early. Park at the far end of the lot.



- 7 Choose to use your body over technology.** Walk instead of driving. Take the stairs instead of the elevator. Wash the dishes by hand.



- 8 Recess!** Take a break to play with children, pets, or other adults.



- 9 Embrace inconvenience.** At home or at work, move daily-use items (e.g., phone, pencils, stapler, remote) further away so you have to stand up to retrieve them.



- 10 A Watched Pot Never Boils.** Waiting for the microwave or kettle? Practice balancing on one leg and then the other.



For more information visit:

diabetes.ca or call 1-800-BANTING (226-8464)

**DIABETES
CANADA**

Eating for Wellness

HELPING YOU MANAGE DIABETES, ONE NUTRITIOUS PLATE AT A TIME.

Click [here](#) to find all the featured recipes shown below and more!



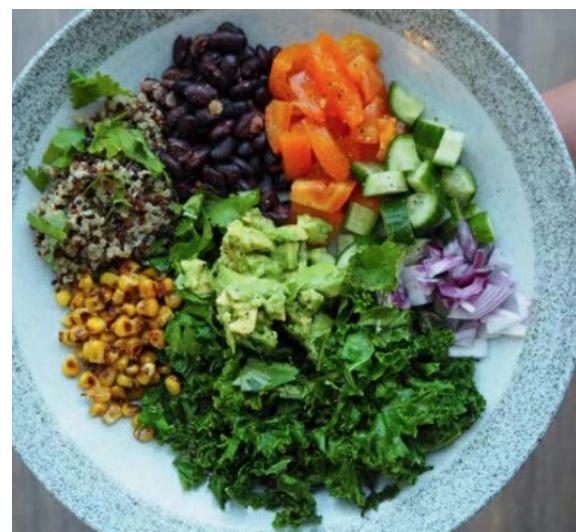
Apricot Oat Muffins



Farm-Fresh Tofu Frittata



Mexican Baked Eggs on
Black Beans



Garden Veggie Buddha Bowl
with Lentils and Tahini
Sauce



Oven-Roasted Salmon with Sriracha and Lime



Spinach & Mushroom Barley Pilaf

Men's Health Tips for the Month of Movember

The month of November/Movember is also about increasing our awareness around men's health-prostate cancer, testicular cancer, mental health and suicide prevention.

The Prostate Cancer Foundation ⁽⁷⁾ outlines healthy lifestyle considerations for preventing prostate cancer...



- Consume less red meat, sugar, processed food and high fat dairy products
- Choose plant based proteins and fish more often
- "Watch your calcium intake. Very high amounts of calcium may increase risk of aggressive prostate cancer. Try to get most of your calcium from plant-based food sources (e.g., almonds, tofu, leafy greens) rather than supplements, unless your doctor has advised otherwise" ⁽⁷⁾
- Incorporate cooked tomatoes and cruciferous vegetables (broccoli, cauliflower) into your meals
- Maintain a healthy weight for you
- R & R (rest and relaxation)
- Avoid smoking and limit your alcohol consumption

Virtual Cooking Classes start tomorrow Nov 9th at 8pm via Microsoft Teams. All Newsletter subscribers get **10% off** this 6 week series. That's \$17 off!! Email me today to sign up! Click [here](#)

Starts Wed Nov 9th - Dec 14th
8-9pm

6 Weeks
\$169.99



VIRTUAL COOKING CLASSES



With Registered Dietitian

Filomena

[https://www.eventbrite.ca/e/
415059563327](https://www.eventbrite.ca/e/415059563327)

Register Now!

Virtual Cooking Classes

Themes

Fall-Inspired Ready-To-Go Breakfasts

Make-Ahead Mediterranean Lunches

Plant-based Family Favourite Dinners

Nutritionally-Balanced Yummy Snacks

Healthier Holiday Treats

Holiday Healthy Eating Strategies

Registration Deadline

Mon Nov 7th Eventbrite

Registration Extended to tomorrow - Nov 9th!

References:

- 1.November is Diabetes Awareness Month. Retrieved from: https://www.diabetes.ca/campaigns/november-is-diabetes-awareness-month?syclid=cdiko6b7k047kbvcu4j0&utm_campaign=emailmarketing_123969208390&utm_medium=email&utm_source=shopify_email#:~:text=November%20is%20Diabetes%20Awareness%20Month%20across%20the%20globe.
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- 7.Prostate Cancer Prevention. Retrieved from: <https://www.pcf.org/patient-resources/family-cancer-risk/prostate-cancer-prevention/>

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