

## Information for Healthy Living

A quarterly newsletter to keep you healthy and informed.

Autumn, 2015

### Recipe Corner

Incorporating foods with a low Glycemic Index (GI) can help to decrease the risk of developing diabetes – as well as reduce blood sugar fluctuations in diabetics. Quinoa is a food with a low GI that can easily be incorporated into your diet in place of high GI starches.

#### QUINOA AND BLACK BEANS

1 tsp olive oil  
 1 onion, chopped  
 3 cloves garlic, chopped  
 3/4 C. quinoa  
 1 1/2 C. vegetable broth  
 1 tsp ground cumin  
 1/4 tsp cayenne pepper  
 1 C. frozen corn kernels  
 2 (15oz) cans black beans, rinsed and drained  
 1/2 C. chopped fresh cilantro  
 salt and black pepper to taste

Heat oil in a saucepan over medium heat; stir in onion and garlic until lightly browned, about 10 minutes.

Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.

Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

### Taking Control of Your Health Manage Your Health, Lower Your Health Risk Are You At Risk For Type 2 Diabetes?

Could you or a loved one be at risk for diabetes and not even know it? Quite possibly. In fact, more than 40 percent of American adults have diabetes or are at increased risk of developing the disease. In the coming years, the number of Americans with diabetes will likely double, reaching an estimated 44 million people. The implications of this trend are serious. Diabetes is the seventh most common cause of death. Moreover, the effects of diabetes raises your risk for heart disease, blindness, nerve and organ damage, stroke and other serious conditions. One out of three people with type 2 diabetes don't even know they have it!



There is good news: with proper self-care and treatment most diabetes can be managed and many of its complications prevented. 90% of all diabetics have type 2 diabetes, a condition that affects the way the body regulates glucose, a kind of sugar, in the blood. Type 2 diabetes is largely the result of excess body weight and lack of physical inactivity. Key to reducing your risk of developing this form of diabetes is to know the risk factors and to take action. This can be accomplished by adopting a few easy lifestyle changes:

**Lose weight.** Dropping just 7% to 10% of your weight can cut your risk of type 2 diabetes in half. Use the tips below to develop your own weight-loss strategy.

**Eat well.** Choose foods that are lower in calories, saturated fat, trans fat, sugar and salt. Drink water instead of juice and soda.

**Regulate your blood pressure.** Monitor and track your blood pressure. Avoid sodium, alcohol, tobacco and caffeine.

**Reduce Stress.** Learn ways to lower your stress. Try deep breathing, walking, exercising, meditating, working on a hobby, watching a good comedy or listening to your favorite music.

**Quit smoking.** If you smoke, quit. If you need help quitting, seek help by calling 1-800-QUITNOW (1-800-784-8669), your doctor or your Total Lifestyle Counselor. While you are the most important member of your health team, **you are not alone.** We are here to help you!

### You don't have to lose large amounts of weight to see an immediate impact on your overall health!

Studies have shown that as little as 10 percent weight loss has also been attributed to lowering a patient's blood pressure and a decrease in sleep apnea symptoms. According to the Diabetes Prevention program led by the CDC, losing around 14 pounds could also lower an obese person's risk of developing Type 2 diabetes by as much as 58 percent.

"Jane" is an example of one person who experienced immediate effects of weight loss by making better lifestyle choices. She was introduced to her Total Lifestyle Counselor (TLC) after completing a Health Assessment. At that time "Jane" weighed 250 pounds. Her BMI was 41.6 which put her into the morbidly obese category. She also had high blood pressure and high cholesterol. Her TLC provided 'Jane' with educational material specific to her health concerns. Communication with her TLC included tips on making healthier choices in her diet, and using correct portion sizes. Her TLC was also able to provide her with sample menus. 'Jane' was also given exercise tips that could be incorporated into her busy lifestyle. After only six months of working with her TLC "Jane" reported that she had been able to make considerable dietary changes. She lost 22 pounds and had increased her exercise regimen from two days a week to four and found that she enjoyed walking and participating in group exercise classes. The loss of 8.8% of her total body weight dropped her health risk significantly. Her blood pressure dropped to normal range and she was confident that she could maintain the healthy lifestyle and would have continued success in her weight loss journey.

### November is Diabetic Eye Disease Month

Diabetes is the leading cause of blindness in working-age Americans. [www.friendsforsight.org](http://www.friendsforsight.org) encourages diabetics to take preventative measures. Vision loss can be prevented if diagnosed early.

#### Quick Tips

**Did You Know?** Moving muscles use insulin, which promotes the absorption of glucose.

**Exercise Tip**—Thirty minutes of brisk walking a day will cut your risk of developing diabetes by almost a third. Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, heavy gardening or try push-ups and deep knee bends.

Your Total Lifestyle Counselor (TLC) is your 'health advocate' – a GPS to help you navigate the complex healthcare map. Contact your TLC at (800) 432-8421 for personalized tools and resources to help you maintain your good health.