

* News *

Nutrition Month Activities @LGHP Office AHA Training Center Building #14

March 1st– 3:00-5:00pm Make your own salt free cooking spices. They are heart healthy, diabetic friendly.

March 8th-11:30-1:00pm Cooking with Quinoa Cooking Demo. Quinoa is high in fiber, high in protein and easy to cook.

March 22nd-12:00pm-1:00pm Lunch and Learn. Join us for a free, healthy lunch and learn about the new **CHOOSE MY PLATE!** For weight loss and managing diabetes. **RSVP REQUIRED!!** For all events 358-9667

*FREE*EXERCISE PROGRAMS*

Bodyweight Class is now called Body Works

Monday, Wednesday & Thursday
4:30-5:15pm

Akwesasne Housing Authority Training Center
Open to ages 18+

ZUMBA is now twice per week!

Tuesday at St. Regis Mohawk School Multi Purpose Room, 5:30-6:30pm
Wednesday at Kateri Hall, 5:30-6:30pm
Open to ages 18+

ALC has moved and we have NEW machines!

ALC classes that were held at The Senior Center are now being offered at Akwesasne Housing Authority Training Center
8:00am, 9:00am and 10:00am
Must have clearance from Susan Gale to begin exercising.

Winter Walking Club

Get your move on with The Beach Walk!
Register with Rachael at The Let's Get Healthy Program.

Club Circuit

Wednesday and Friday
1:30-2:15pm
Akwesasne Housing Training Center

Winter Walking Club Update

We made it to Hampton Beach New Hampshire! Over 300 miles have been logged so far. Next stop is Cape Cod, Mass.

If you are interested signing up for the walking program please stop by The Let's Get Healthy Program or call Rachael Ward at 358-9667.

Log books are due every 2 weeks!!

Something New

Once per month on the **FIRST THURSDAY** of EVERY MONTH The Let's Get Healthy Program Case Managers will be having a Community Screening and Nutrition Station.

March 1st 3:00-5:00pm

Our nurses will be checking blood sugars and blood pressures and our Registered Dietitian will be demonstrating new recipes.

Stop by to have your diabetes questions answered, to have your blood sugar or blood pressure checked and learn the latest and greatest about nutrition and diabetes.

For More Info: Heather or Sue
358-9667

**GO FOR A WALK
JUST FOR THE
HEALTH OF IT!**

The mall is warm, dry,
safe and FREE!



Helping Build A Better
Tomorrow



Enniskó:wa/March 2012

Tsitewatakari:tat/The Let's Get Healthy Program
Akwesasne Housing Authority, Training Center
518-358-9667

March is National Nutrition Month

What's The Scoop on Whole Grains?

When buying whole grains, remember that the less processed they are, the better: Finely ground grain is more rapidly digested, and in turn, has a greater impact on blood sugar than grain that is more coarsely ground or intact. So **choose steel cut oats instead of instant oats or long grain brown rice instead of instant white rice.** Read breakfast cereal labels carefully—look for at least 5 grams of fiber and less than 10 grams of sugar per serving.

What Grains to Buy...

- Whole wheat berries, whole wheat bulgur, whole wheat couscous and other strains of wheat such as kamut or spelt
- Wild rice
- Oat groats, steel-cut oats
- Whole rye
- Hulled barley
- Triticale (pronounced tri-ti-kay-lee)
- Millet
- Teff (reported to be the world's smallest grain)
- Buckwheat, quinoa (pronounced keen-wah), wild rice, and amaranth are considered whole grains even though botanically they are not in the grain family of plants.

www.hsph.harvard.edu



G r a i n s



A sure sign someone is unclear on the concept of tight blood glucose control.

Diabetes Testing Supplies

Do you currently receive your diabetes testing supplies from the Let's Get Healthy Program? Have you recently had any changes in health insurance?

Would you like to learn more about getting your supplies delivered to your home utilizing your health insurance?

The Let's Get Healthy Program likes to stay connected with their patients who are receiving supplies; have you seen our Registered Nurse, Susan Gale or our Registered Dietitian, Heather Pontius, recently? Our staff is here to answer any questions you may have regarding your diabetes care and your health. At your next stop into the office, please take the time to make an appointment or give us a call at 358-9667.

Article Submitted By: Kelly Jackson & Mera Faubert



INSIDE THIS ISSUE:

Nutrition Page	2
Fitness Page	3
Try Something New Recipes	4-5
Nursing Notes	6
A Little of This & That	7
News	8

Nutrition Page

CHOOSE MY PLATE

Out With the Old and In With the New

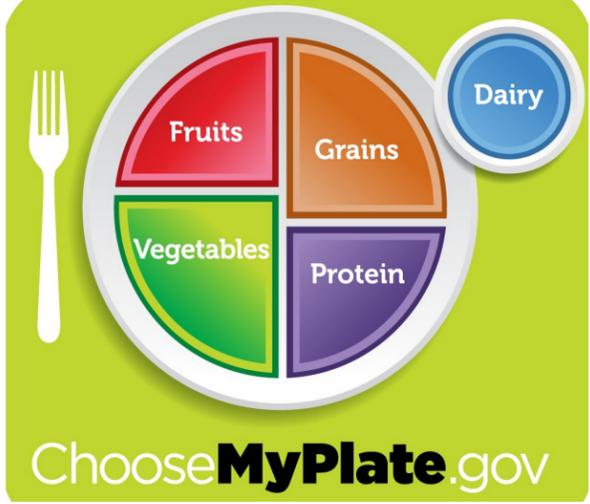
The vague and complicated food guide pyramid was replaced several years ago with the even more complicated, mypyramid, and now there has been a new change to the simple, easy to read and easy to follow myplate. The basic idea behind the change was to give Americans a healthy tool to follow regardless of health conditions. The myplate is a healthy model for anyone looking to **stay healthy, get healthy, lose weight or manage diabetes.**

Have More:

- Fruit
- Vegetables
- Lean Protein
- Whole Grains
- Low Fat Dairy
- Water

Have Less:

- Processed/packaged foods
- High sodium foods
- Sugary drinks
- High fat foods
- Oversized portions



Check Out:

- www.choosemyplate.gov
 On the website you will find many helpful resources including:
- Sample meal plans/recipes
 - Food/exercise tracking
 - Tips for shopping on a budget
 - Tip of the day
 - Information for kids, teens, adults, pregnant and breastfeeding women
 - Computer games for kids

A Little of This & That

What You Should Eat After Exercise

What foods help maximize the benefits of a work out?

Sixteen inactive adults were asked to participate in a study from Colorado State University. The participants were asked to do 45 minutes of aerobic activity, three times a week, and follow each session immediately with a drink. The post-workout drink was either protein and carbohydrates or a drink containing only carbohydrates.

The surprising results:

1. Both drinks were equally effective at production of new proteins in the muscles.
2. Oxygen intake was increased by the protein drinks.
3. Exercise brought new DNA to the muscles of all participants.

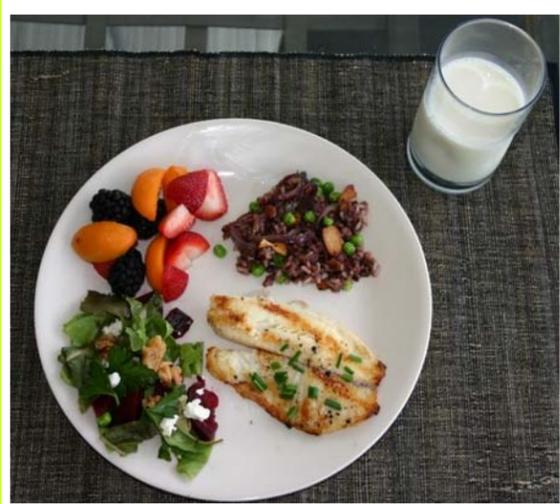
What does this mean?

Consuming protein soon after exercise will maximize our oxygen intake. The more oxygen the body can use the more fit and healthier the cardiovascular system will become. The exercise, (45 minutes aerobic activity 3 times a week), helped repair old, damaged DNA in the body and this regenerated DNA was recruited into the muscles.

Unsure of how to get your post workout protein?

Contact Heather Pontius, Registered Dietitian at the Let's Get Healthy Program 518-358-9667.

Article Submitted By: Rachael Ward, Health Promotion Specialist



Red rice, broiled tilapia, spinach salad, fresh fruit and a glass of low fat milk.

Choose My Plate Examples.

- Simple, healthy and satisfying.
 ONLY 45 grams of carbohydrates!
- Lean Protein**
 Fish, chicken, beans, sirloin beef, pork loin
- Whole Grain**
 Wild rice, quinoa, whole wheat pasta, bulgur wheat
- Fruit**
 Fresh or frozen
- Vegetable**
 Fresh, frozen or canned with no salt
- Low Fat Dairy**
 Milk, yogurt, cheese



Whole grain pasta, baked chicken breast with salsa, mixed greens salad, fresh pineapple and a glass of low fat milk.

Acanthosis Nigricans

Acanthosis nigricans is a skin disorder in which there is darker, thick, velvety skin in body folds and creases. Most often, acanthosis nigricans affects your armpits, groin and neck. With acanthosis nigricans, you may naturally be concerned about the appearance of your skin. Some steps may help lighten the affected areas of your skin. There's no specific treatment for acanthosis nigricans — but treating any underlying conditions, such as **diabetes** and **obesity**, may cause the changes in your skin to fade. Acanthosis nigricans is often associated with conditions that increase your insulin level, such as type 2 diabetes or being overweight. If your insulin level is too high, the extra insulin may trigger activity in your skin cells. This may cause the characteristic skin changes.

If anyone you care about has this darkening of the skin PLEASE PLEASE get an appointment with their provider, it can be a sign of diabetes.

Article From:
www.mayoclinic.com



Did You Know.....
Dunkin Donuts Fans... 1 large caramel turtle latte with whole milk as 440 calories!
1 small caramel turtle latte with skim milk as 180 calories! SAVE 260 calories!!!



St.Patrick's Day Trivia
In Ireland Corned Beef and Cabbage is rarely served on St. Patrick's Day. It is an American thing.

Nursing Notes

Article By: Susan Gale
RN Case Manager

Everything You Ever Wanted to Know About Glipizide.

Glipizide is an oral diabetes medicine that helps control blood sugar levels. This medication helps your pancreas produce insulin. Glipizide is used together with diet and exercise to treat type 2 diabetes.

Important information about glipizide:

Do not use this medication if you are allergic to glipizide.

Glipizide is only part of a complete program of treatment that may also include diet, exercise, weight control, and testing your blood sugar. Follow your diet, medication, and exercise routines very closely. Changing any of these factors can affect your blood sugar levels.

How should I take glipizide?

Take glipizide exactly as prescribed by your doctor. Do not take in larger or smaller amounts or for longer than recommended. Follow the directions on your prescription label. Your doctor may occasionally change your dose to make sure you get the best results.

Take glipizide 30 minutes before a meal. If you take glipizide once daily, take it 30 minutes before breakfast.

Glipizide extended-release (Glucotrol XL) should be taken with breakfast.

Do not crush, chew, or break a glipizide extended-release tablet. Swallow it whole. Breaking the pill may cause too much of the drug to be released at one time.

Your blood sugar will need to be checked often, and you may need other blood tests at your doctor's office.

Know the signs of low blood sugar (hypoglycemia) and how to recognize them: headache, hunger, weakness, sweating, tremors, irritability, or trouble concentrating.

Also watch for signs of blood sugar that is too high (hyperglycemia). These symptoms include increased thirst, increased urination, hunger, dry mouth, fruity breath odor, drowsiness, dry skin, blurred vision, and weight loss.

Check your blood sugar carefully during a time of stress or illness, if you travel, exercise more than usual, drink alcohol, or skip meals. These things can affect your glucose levels and your dose needs may also change.

Your doctor may want you to stop taking glipizide for a short time if you become ill, have a fever or infection, or if you have surgery or a medical emergency.

Glipizide is only part of a complete program of treatment that may also include diet, exercise, weight control, and testing your blood sugar. Follow your diet, medication, and exercise routines very closely. Changing any of these factors can affect your blood sugar levels.

Store glipizide at room temperature away from moisture, heat, and light.

What should I avoid while taking glipizide?

Avoid drinking alcohol while taking glipizide. It lowers blood sugar and may interfere with your diabetes treatment.

Did You Know.....

Indian Health Service Diabetes Standards of Care recommends reducing your weight by 10% for better blood sugars and heart health.



Fitness Page

4 Steps to a Stronger Back

Exercises recommended by a physical therapist to help ward off low back pain...5 minutes a day!



Plank

Lie facedown. Rest on your forearms, palms flat on the floor, tuck your toes. Push up off the floor, rising up onto your toes, elbows, and forearms so your back is in a straight line from head to heels.....Hold for **30 seconds**, eventually working up to **2 minutes**.



Straight leg raise

Lie on your back with your left knee bent and left foot on the floor; keep your right leg straight. Tighten your ab muscles and raise your right leg about 6 inches off the floor; hold for **5 seconds**. Slowly lower leg back down, keeping your hips still.....Do **10 to 15 reps**, then switch legs and repeat.



Opposite arm & leg lift

Get down on all fours with hands under shoulders and knees under hips. Reach your right arm forward; at the same time, stretch your left leg back.....Hold for **5 seconds**, then release and repeat using the left arm and right leg; that's one rep. Do **10 to 15 reps**.



Tabletop tap-downs

Lie on your back with knees bent to 90 degrees so your thighs are perpendicular to the floor and your shins are parallel to it.....Slowly lower your bent right leg, touching your right toes to the floor. Return to starting position, then repeat on opposite side; that's one rep. Do **10 to 15 reps**.

Submitted by Jamie Ross, Health Promotion Specialist / Information source: www.health.com

Come Check Out Our Classes!

ALC- Tuesday and Thursday (AHA Training Center) 8:00-11:00am
Club Circuit- Wednesday and Friday (AHA Training Center) 1:30-2:15pm
Body Works-Monday, Wednesday, Thursday (AHA Training Center)4:30-5:15pm
ZUMBA-Tuesday (Mohawk School) and Wednesday (Kateri Hall) 5:30-6:30pm

Try Something New

Light and Fresh Strawberry Salad

Makes: 4 servings (3/4 cup per serving)

Ingredients:

- 4 cups cooked wheat berries*see side bar for cooking instructions
- 1/4 cup 100% orange juice– Low sugar
- 5 tablespoons extra virgin olive oil
- 1 tablespoon orange zest
- 1 tablespoon honey
- 2 tablespoon fresh chopped mint leaves
- 1/2 teaspoon ground black pepper
- 5 fresh strawberries, hulled and quartered
- 1/4 cup reduced fat crumbled feta cheese
- 1/4 cup chopped walnuts

Directions:

In a medium bowl, whisk together the orange juice, olive oil, orange zest, honey, mint leaves, and pepper until smooth. Pour the dressing over the wheat berries and add the strawberries, feta cheese, and walnuts. Toss until all the ingredients are coated.



New Grain

Wheat Berries:

Wheat berries also called wheat kernels are unprocessed and contain the germ, endosperm and bran.

They can be found in health food stores and bulk food stores.

They are chewy and have a mild nutty flavor.

Wheat kernels are high in fiber, making them a go to food for helping to lower cholesterol.

1/4 cup of cooked berries is equal to 1 carb choice, with approx. 15 grams of carbohydrate.

To Cook:

Bring 7 cups of water and 2 cups of rinsed wheat berries to a boil, simmer for 1 hour, drain and rinse.

For a shortcut cook the wheat berries ahead of time, let cool and freeze in a freezer safe container up to 6 months.

Quinoa and Roasted Pepper Chili

Makes: 4 servings (1.5 cups per serving)

Ingredients:

- 2 red bell peppers
- 2 poblano chile peppers
- 4 teaspoons olive oil
- 3 cups chopped zucchini
- 1.5 cups chopped onion
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon Spanish paprika
- 1/2 cup water
- 1/3 cup uncooked, rinsed quinoa
- 1 (14.5 oz) can fire roasted tomatoes with chipotles (undrained)
- 1 (15 oz) can pinto beans, rinsed and drained
- 1 cup low sodium vegetable juice (V8 juice)



Vegetarian

Directions:

Preheat broiler. Cut bell peppers and chiles in half lengthwise; discard seeds and membranes. Place halves, skin side up on a foil lined baking sheet, flatten with your hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel skins off and coarsely chop. Heat a large soup pot over medium high heat. Add oil to the pan. Add zucchini, onion and garlic, sauté for 4 minutes. Stir in chili powder, cumin and paprika; sauté for 30 seconds. Add roasted peppers and chiles, water, quinoa, tomatoes, beans and vegetable juice. Bring to a boil, reduce heat to medium low cover and simmer for 20 minutes until quinoa is tender.

Nutrition Info (1.5 cup)

Calories: 258 Total Fat: 6 grams Protein: 10 grams
Carbohydrates: 42 grams Fiber: 10 grams Sodium: 430 mg
(less sodium if using low salt tomatoes)

Baked Tilapia with Avocado and Tomato

Makes: 4 servings (1 piece of fish)

Ingredients:

- 4 tilapia fish fillets (about 5 oz each)
- 2 tablespoons olive oil
- 1/4 teaspoon each pepper, garlic powder, dried basil and dried marjoram
- 2 ripe medium tomatoes, seeded and diced
- 1 ripe avocado (preferably Haas, the very dark skinned variety), peeled and diced

Directions:

Heat oven to 350°F. Line a rimmed baking sheet with foil (for easy cleanup). Brush both sides of fish with 1 Tbsp oil; place on lined pan. Sprinkle fish with 1/8 tsp pepper, the garlic powder, basil and marjoram. Bake 7 to 10 minutes or until fish is just barely opaque at center. Meanwhile put tomato and avocado into a medium bowl, add remaining 1 Tbsp olive oil, and 1/8 tsp pepper. Toss to mix and coat. Serve over the fish.

Nutrition Info (1 piece of fish)

Calories: 294 Total Fat: 18 grams Protein: 28 grams
Carbohydrates: 0 grams Fiber: 3 grams Sodium: 117 mg

Avocado is full of heart healthy fats

Are You Looking for New Recipes?

Check out these magazines:

Diabetic Living

Diabetic Cooking

Cooking Light

Eating Well



Cook Healthy Eat Healthy

High Fiber Flax Seeds

Whole Wheat Flax & Apple Muffins

Makes: 12 muffins

Ingredients:

- 1/4 cup milled flax seed
- 3/4 cup whole wheat graham flour (Hodgson Mills)
- 3/4 cup all purpose flour
- 1/2 cup sugar*(or Splenda equivalent)
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 egg, beaten or 2 egg whites (to lower fat and cholesterol)
- 1.5 cups apples, finely chopped
- 3 TBSP canola oil
- 1/2 cup low fat milk
- 1/2 cup chopped almonds, walnuts or pecans
- 2 TBSP oatmeal

Directions:

Preheat oven to 400 degrees. Spray muffin pan with non stick cooking spray. Blend dry ingredients together in a bowl. In a separate bowl combine eggs, oil and milk. Add dry ingredients to egg mix and stir just until blended. Fold in apples and nuts. Batter will be thick. Fill muffin cup 2/3 full. Sprinkle with oats. Bake for 18 to 20 minutes or until top springs back when touched.

