

# \* News \*

## National Nutrition Month 2016 Special Events

**Cooking Demo**  
**Homemade Granola**  
March 24  
9:00am-10:30pm  
8 spots available  
RSVP by March 22

**Exercise & Food**  
**Vegetable Noodles using a spiralizer**  
March 22  
9:00am-11:00am  
Participate in MFH and stay for a taste testing and demonstration  
No RSVP required

**If you have diabetes and have not seen the Registered Dietitian this year, call to make an appointment. 358-9667**

**Guided Relaxation**  
**Diaphragmatic Breathing**  
**Mini Meditations**  
**Relaxation Response**



**These services are available by appointment**

Please join the Let's Get Healthy Program on **Tuesday March 22, 2016** for **Diabetes Alert Day:**



### **Blood Sugar Screenings and Diabetes Risk Assessments With the Let's Get Healthy Program Nurses**

Saint Regis Mohawk Health Services  
Training Room  
**1:00-2:00pm**

Saint Regis Mohawk Tribe Community Building Lobby  
**2:00-3:00pm**

For more information, please contact the Let's Get Healthy Program at 358-9667.

### **Exercise Classes:**

**Move For Health**  
Nurse supervised exercise classes  
Must be enrolled in LGHP.  
Monday-Thursday  
8-9am 9-10am 10-11am 11-12pm

**Body Works**  
Monday & Wednesday  
4:15-5:00pm

**After Hours Fitness**  
Monday & Wednesday  
5:15-6pm

**Power Hour**  
Tuesday & Thursday  
12-1pm

**Club Circuit**  
Friday  
9:00-9:45am

All exercise classes offered by the Let's Get Healthy Program are free to ages 18 year and older

Please wear comfortable clothes and bring clean/dry sneakers and a water bottle.



**Helping Build A Better Tomorrow**



## **Enniskó:wa / March 2016**



**Tsitewatakari:tat/The Let's Get Healthy Program**  
**Diabetes Center For Excellence**  
**66 Business Park Road**  
**518-358-9667**



**The Let's Get Healthy Program Celebrated Wear Red Day 2016**



This year, "Wear Red Day" was celebrated at the Diabetes Center for Excellence on Friday February 5, 2016. The Let's Get Healthy Program provided various activities throughout the day for community members, such as: club circuit exercise class, a heart healthy breakfast bar, a guided relaxation session, heart health presentation by Theresa Gardner, FNP, a heart healthy luncheon and demonstration, community screenings for glucose and blood pressure, a fitness demonstration and prizes.

Niá:wen to those who helped bring awareness to women and heart disease.



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# March is Diabetes Alert Day 2016

## Nutrition

### What's the deal with protein?

Protein is a macronutrient that helps provide a sense of satiety or fullness. Typically, Americans eat two to three times more protein than what is required each day.

### General Recommendation:

180 pound person=approximately 65 grams of protein per day. It is important to distribute protein evenly throughout the day for a feeling of fullness and to help maintain muscle mass. Breakfast tends to be low in protein and high in carbohydrates and dinner tends to be high in protein, creating an imbalance. It is suggested that each meal includes about 20 grams of protein and snacks include about 5 grams of protein.

### Amount of Protein in Common Foods:

- Chicken Breast (3 ounces) 24 grams**
- Peanut Butter (2 TBSP) 8 grams**
- Low Fat Cheese (1 ounce) 7 grams**
- Greek yogurt (8 ounces) 23 grams**
- Whole egg (1 large) 6 grams**
- Lentils (1/4 cup) 13 grams**
- Almonds (1 ounce) 6 grams**
- Quinoa (1/4 cup dry) 6 grams**

### Easy Ways to Add Protein to Meals:

- Natural peanut butter added to oatmeal
- Hummus in place of salad dressing on a salad
- Quinoa as a whole grain side dish
- Cooked lentils and wild rice as a side dish
- Chicken breast, fish or tofu as an entrée
- Kidney beans, white beans or black beans added to a soup

### Easy Ways to Add Protein to Snacks:

- Roasted chickpeas
- Greek yogurt with berries
- Cottage cheese and fruit
- Low fat cheese and whole grain crackers
- Natural peanut butter/almond butter on an apple or banana

### February Cooking Demonstration

On February 18th we held our monthly cooking demonstration and cooking class. There were four participants in attendance. On the menu for this month's demonstration was a 30 minute meal: **Salmon and Asparagus cooked in a foil packet served with whole grain rice medley.**



### Eight Items:

- Wild caught salmon
- Asparagus
- Yellow onion
- Lemon slices
- Fresh parsley
- Dried oregano
- Black pepper
- Olive oil

If you have a family history of diabetes or have signs or symptoms of diabetes and want to have your blood glucose checked, this is the event for you!



Please join the Let's Get Healthy Program  
**Tuesday March 22, 2016**  
for  
**Diabetes Alert Day:**



**Power Hour Fitness Class**  
Diabetes Center for Excellence  
**12:00pm-1:00pm**

### Blood Sugar Screenings and Diabetes Risk Assessments With the Let's Get Healthy Program Nurses

Saint Regis Mohawk Health Services Training Room  
**1:00-2:00pm**

Saint Regis Mohawk Tribe Community Building Lobby  
**2:00-3:00pm**

For more information, please contact the Let's Get Healthy Program at 358-9667.

\*To take the Diabetes Risk Assessment online, go to <http://www.diabetes.org/are-you-at-risk/diabetes>

### Treatment and Care for American Indians/Alaska Natives with Diabetes

Consider these sobering statistics from the U.S. Department of Health and Human Services Indian Health Service:

- 2.2 times higher**— Likelihood of American Indians and Alaska Natives to have diabetes compared with Non-Hispanic whites
- 68%**— Increase in diabetes from 1994 to 2004 in American Indian and Alaska Native youth aged 15-19 years
- 95%**— Of American Indians and Alaska Natives with diabetes who have type 2 diabetes. A condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.
- 30%** — Estimated percent of American Indians and Alaska Natives who have pre-diabetes.

*American Indians and Alaska Natives are clearly at greater risk. Educate yourself on how to prevent type 2 diabetes if you don't have it now, or how to effectively treat it if you've been diagnosed.*



## What can we do to lower our risk for type 2 diabetes?

Nearly 30 million Americans live with diabetes; 86 million more have prediabetes and the epidemic keeps growing. Someone in the United States is diagnosed with diabetes every 23 seconds. With every diagnosis, another American faces terrible life-threatening complications.

Being overweight can be a risk factor for type 2 diabetes, heart disease and stroke. It can cause other problems too, like high blood pressure, unhealthy cholesterol and high glucose (sugar). Losing weight can help you prevent and manage these problems.

It may not be easy to get started because it means making changes in the way you eat and your physical activity. Losing weight also takes time and that can be frustrating. You don't have to lose a lot of weight, even losing 5-7% of your bodyweight can make a big difference. The good news is that you can lose weight and keep it off, even if you have never done it before.

Most people find it easier to change their eating habits with small steps instead of all at once. Set realistic goals within a timeframe that works for you. Learn more about making realistic, achievable goals; cut back on calories and fat, be physically active, eat breakfast every day, keep a record of your weight, what you eat and drink, and what you do for physical activity.

Many people find that writing everything down helps keep them on target. Try it for a week or two, to get an idea of where you stand. Keep a small notebook with you all day. Write down everything you eat and drink, including the serving size. Some people set target levels for calories or grams of fat and keep track of their daily totals.

Make a note of what kind of physical activity you do and for how long. It may also help to write down other information, like when or where you exercised, who you exercised with, or how you felt before, during or after exercise. Check your weight no more than once a week and write it down, or better yet, gauge how your clothes fit as a measure of weight loss.

Having a support system is also helpful. People find it helpful to meet, online or in person, with people who are also trying to lose weight. Think about joining a group for weight loss, exercise or general support. Or you can create your own support system by talking with friends and family about your successes and your struggles. You may be surprised at how supportive they will be. Find a walking buddy or friends who also want to improve their health. Then work together to reach your goals.



### Healthy eating and routine exercise are needed all year round.



Many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

Well-nourished and active children and teens grow, develop, and learn better. Healthful eating and active living help adults and seniors feel their best, work productively, and lower their risk for a variety of conditions.

Fitness at every age comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better your health.

#### Food and physical activity choices are personal.

Foods nourish your body. Being well-nourished means you get enough of the nutrients your body needs. Part of being well nourished also means eating portions of foods just right for you.

The true definition of fitness refers to your own optimal health and overall well-being. Fitness is your good health - at its very best.

Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.

#### When you are fit, you:

- Improve your mood, reduce your stress, and increase your energy.
- Reduce your risk for heart disease, cancer, and diabetes.
- Can look and feel your best.



# National 1 Month



## Diabetes and Making Healthy Food Choices

### There are healthy choices in all the food groups.

For most newly diagnosed diabetics the first question they ask our educators here at LGHP is "What can I eat?" We live in a world filled with fad diets, weight loss plans, appetite suppressant medications and "As Seen on TV" gadgets.

All of that information can be confusing and conflicting for someone that is looking to improve their health, especially after a diagnosis like Type 2 Diabetes. The easiest way to understand and follow healthy food choices is by using the plate method. This is the idea that you can have a variety of foods at each meal if they are portioned properly and provide balance to your meal.

### Whole grains and starchy vegetables:

1/4 of your plate should be whole grains or starchy vegetables or a combination of the two.

Whole grains include: whole grain bread, cereal, pasta or crackers, wild or brown rice, barley, quinoa, amaranth, millet, wheat berries, rye berries, oats.

Starchy vegetables include: corn, winter squash, green peas, pumpkin, parsnips.

### Protein:

1/4 of your plate should be lean protein. This could be from plant or animal sources.

Protein foods include: chicken, fish, wild game, eggs, beans/legumes/lentils, nuts/seeds, soy products, reduced fat cheese, Greek yogurt

### Non Starchy Vegetables:

1/2 your plate should be filled with non starchy vegetables. They can be cooked or raw and should vary in color, the more colorful your plate is the more nutrients it contains.

### Fruit:

When choosing fruit it is best to choose whole fruits in place of fruit juices or dried fruits.

Fruit can be part of a healthy meal plan if eaten in proper portion size. A portion of fruit is 1 small piece about the size of a tennis ball, 1/2 cup cut up fruit, 3/4 cup of melon.

### Dairy:

Dairy is a good way to get calcium and protein into our meals and snacks. One thing many diabetics don't realize is that 1 cup of milk has the same amount of carbohydrates as a slice of bread or a serving of fruit.

Be sure to plan for those carbs and choose low fat dairy.

### Healthy Fats:

Fat is necessary for our health, and choosing healthy fats can reduce your risk for heart disease. It is true that all fats are high in calories so limit portion size.

Healthy fats include: avocados, nuts/seeds, olives, olive oil, canola oil, sesame seed oil.

***For More Info on Healthy Eating make an appointment with our RD today!***

# National Nutrition Month 2016

## "Savor the Flavor"



### Frittata for Two

Makes: 2 servings (1/2 frittata each)

Carbs per serving: 7 grams!

Low  
Carb!

#### Ingredients:

2 eggs, lightly beaten  
4 egg whites  
2 TBSP skim milk  
ground black pepper, to taste  
1/4 cup finely shredded parmesan cheese  
2 tsp olive oil  
4 spears fresh asparagus, cut into 1/2 inch pieces  
1/4 cup green onions/scallions, sliced  
1/2 cup fresh spinach, coarsely chopped  
1 clove garlic, minced  
1 small tomato, chopped



#### Directions:

Preheat broiler.

In a small bowl combine eggs, egg whites, milk, black pepper and 2 TBSP of the parmesan cheese.

In a nonstick heat safe skillet- heat oil over medium heat. Add asparagus and green onions, cook and stir for 2 minutes. Add spinach and garlic, cook just until spinach is wilted.

Pour egg mixture into the skillet, reduce heat to low, cook covered for 10-12 minutes or until the mixture is nearly set. Once set, sprinkle with remaining parmesan cheese. Place the skillet 4-6 inches under the broiler. Broil for 1 minute or until top is set and cheese is melted. Remove from oven and top with tomatoes. Serve warm.

**BUDGET FRIENDLY:** to save money buy frozen spinach and asparagus, thaw and pat dry before cooking. If you do not want to buy a bunch of green onions, swap for finely chopped yellow or white onions.

### 10 Tips to "Savor the Flavor" Without Using Salt

**Flavor vegetables with vinegars.** Marinate vegetables or toss them with balsamic vinegar and olive oil when roasting or grilling. Try roasted asparagus or grilled zucchini for something different.

**Keep lemons on hand.** You might be surprised how much a squeeze of fresh lemon can brighten the flavor of vegetables, broiled fish, rice or pasta. Fresh lemon juice mixed with olive oil and fresh chopped herbs is a refreshing salad dressing.

**Add lime juice to Mexican dishes.** Serve tacos, rice and beans, or fresh salsa with a lime wedge and squeeze just before eating. To cut back on salt in Mexican style dishes make your own taco seasoning.

**Experiment with salt-free blends.** Make your own or purchase salt free blends. Popular flavors are garlic and herb and lemon pepper.

**Sprinkle on fresh herbs.** Add herbs to salads, salad dressings, cooked whole grains or in marinades for meats instead of adding salt or bottled sauces. Fresh parsley pairs well in Greek salad or add fresh cilantro and lime juice to brown rice as an alternative to packaged rice mixes.

**Add savory flavors to chicken or other meats.** Onions and garlic are great alternatives to flavoring meats without using salt.

**Try sweetness.** Go for a hint of sweet flavors in dishes like hot cereals or smoothies. Ingredients like cinnamon, ginger, nutmeg, cloves, allspice, vanilla extract or orange zest add sweetness to recipes without added sugar.

**Spice it up.** Heat up chili, sauces, meats and soups with spicy flavors and less salt. Black pepper, cayenne pepper, chili powder, cumin or crushed red pepper will do the trick. Try roasted sweet potatoes with a touch of cinnamon and cumin for something different.

**Make salads, dressings, sauces or grains with citrus.** Fresh lemons, oranges or their zest are an excellent pairing with herbs and spices like basil, cilantro, dill, ginger, oregano, parsley or rosemary. Fresh parsley and lemon slices paired well with our fish packets featured on page 2 of this newsletter.

**Lightly toast unsalted nuts.** A tablespoon of chopped, toasted almonds or walnuts adds a rich flavor from healthy fats to pilafs, salads and vegetable sides like wild rice with apples and toasted almonds.

### Salt Free Italian Herb Blend

#### Ingredients:

2 TBSP dried basil  
1 TBSP marjoram  
1 TBSP garlic powder  
1 TBSP dried oregano  
2 tsp dried rosemary  
2 tsp dried thyme leaves  
2 tsp crushed red pepper-*optional*

#### Directions:

Put all ingredients in an airtight container and mix. Store in a cool dry place. Use in sauce, soups, on pizzas or pasta dishes.

