

# BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter - August 2011

A Publication of the Diabetes Education Department at the New Medical Office Building

## UPCOMING EVENTS

### Diabetes Support Group

#### ***Open to the Community***

Look for upcoming events in September.

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### **Diabetes Self Management Classes for August 2011**

August 4th at 3:30 pm  
Introduction to Self Management of Diabetes

August 11th at 3:30 pm  
Prevention of Diabetes Complications

August 18th at 3:30pm  
Meal Planning and Carbohydrate Counting

August 25th at 3:30pm  
Update and review self Management and  
Meal Planning

Saturday class TBD

**Please Note:** An MD referral is needed.

Classes offered by:

Tammy Compasso, R.N. C.D.E.

Cathy Olmstead, M.S. R.D. C.D.E.

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### **Heart Healthy Diet**

A Heart Healthy Diet refers to a balanced diet that is generally low in fat / cholesterol, low in Na (Sodium) with the goal of preventing heart disease or lowering the risk of further progression of heart disease. A heart healthy diet reduces total cholesterol and fat thereby altering the chances of developing atherosclerosis (blocked arteries) as well as lowers blood pressure, blood sugars and reducing body weight. Sodium in the diet affects fluid balance, which can increase water retention in the body and putting increased pressure on the arteries, and increasing blood pressure.

Primary recommendations for a heart healthy diet include:

- Increase consumption of Omega 3 fatty acids, which can be found in fatty fish like, salmon, trout and mackerel.
- Choose low fat dairy products.
- Increase consumption of high fiber foods such as fruits and vegetables, legumes, whole grains and nuts. (Recommendations are for greater than 20 mg of fiber / day.)
- Using herbs and spices as healthy alternatives to sodium.
- Lower saturated fats to 7% of the total daily calories. Saturated fats are found mostly in animal products. Examples are: Butter, bacon, cream cheese and red meat.
- Decrease Trans-fats to 1% of total calories. (Also known as hydrogenated fats.) Mostly found in commercially baked goods.
- Goal for cholesterol daily is no more than 200mg / day. Cholesterol rich foods include egg yolks and shell fish.
- Restrict salt intake: aim for 2400mg / day or about 1 teaspoon / day. Older adults or for people with high blood pressure the goal is 1500 mg / day.
- If overweight aim for weight loss, weight control and regular exercise is critical to health heart.
- Eat a diet rich in a variety of fruits and vegetables. Include whole grains, such as quinoa, millet, barley, brown rice, oats etc.

**Recipe...**

Grilled Pesto Salmon

2 cups fresh basil or parsley leaves  
2 Tbsp olive oil  
2 Tbsp pine nuts or walnuts  
4 Tbsp grated Parmesan or Romano cheese  
2 garlic cloves, finely chopped  
1 lb. salmon fillet

Preheat the oven to 350° F. Coat with cooking spray an ovenproof dish large enough to hold the salmon.

**To make the pesto:**

Combine the basil, oil, nuts, cheese and garlic in a food processor or blender and process until semi-smooth. Add one or two tablespoons of water to thin the pesto to a desired consistency.

Place the salmon in the dish and spread the pesto on the fish. Bake until the flesh flakes easily with a fork, about 15 minutes, depending on the thickness of the fillet.

**Nutrition Facts (per Serving)**

Calories 353  
Protein 26 g  
Carbohydrate 2 g  
Fiber 1 g  
Total fat 26g  
(saturated fat 5 g, trans fat 0 g),  
Cholesterol 67 mg  
Sugar 0 g  
Sodium 145 mg  
Potassium 512 mg  
Calcium 107 mg

Makes 4 servings

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Cooking for a heart health includes trimming off the visible fats in meats, and poultry. Try vegetarian cooking or use smaller portions of lean meats, skinless poultry and fish. Broil or roast, braise or stew foods or low fat frying to support heart healthy cooking.

Heart healthy shopping can be obtained by shopping for foods on the perimeter of your grocery store, which allows for fresh healthy choices.

Read labels carefully:

Aim for:

Total fat / serving. 3 gm / or less.

Saturated fats 1 gm / or less.

Zero Trans fats.

Lower cholesterol 20 mg / or less

Na (Sodium) 140 / or less / serving

Heart disease may be the leading cause of death in men and women. By making simple dietary changes you can improve ones over all heart health.

The important key to a heart healthy diet is incorporating healthy foods into the diet and making these habits part of a healthy life style.

Sources:

Mayo Clinic

AHA <http://www.heart.org>

Morrison management

**Support Group & Classes are given at The New Medical Office Building located at 161 East Main Street, Port Jervis, NY by Tammy Compasso, R.N. C.D.E. and Cathy Olmstead, M.S. R.D. C.D.E.**

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**Diabetic Team:**

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