

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter January 2011

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

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

January 4th at 2pm at the New Medical Office Building

Speaker: Diane Wilgan

Topic: Exercise while seating.

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Diabetes Self Management Classes for January 2011

January 4th at 3:30 pm

Introduction to Self Management of Diabetes

January 11th at 3:30 pm

Prevention of Diabetes Complications

January 18th at 3:30pm

Meal Planning and Carbohydrate Counting

January 25th at 3:30pm

Update and review self Management and Meal Planning

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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Artificial Sweeteners and Other Sugar Substitutes

What are artificial sweeteners? They are chemical compounds that offer sweetness in taste without calories. They can be several thousand times sweeter than sugar and, therefore, can have fewer calories than table sugar or sucrose. Each gram of table sugar has 4 calories whereas sugar substitutes have zero calories per gram.

Today many foods contain artificial sweeteners and have been used widely for weight control and diabetes management. Many varieties of foods and beverages contain artificial sweeteners to include chewing gum, jellies, soft drinks, fruit drinks, yogurt, ice cream and candy, to name a few.

Artificial Sweeteners Currently Approved by Food and Drug Administration (FDA) are:

- Acesulfame potassium (Sunett, Sweet One)
- Aspartame (Equal, Nutra Sweet)
- Saccharin (Sugar Twin, Sweet N Low)
- Suraclose (Splenda)

Health Benefits of Artificial Sweeteners

Artificial sweeteners can serve a definite purpose in weight loss and diabetes control. They offer a wide variety of food choices that can be satisfying while taking into consideration sugar, carbohydrates and calories. In other words sweeteners allow people to stick to their diet longer. These artificial sweeteners are considered free foods; they do not count as a carbohydrate, fat or any other exchange.

Recipe...

Stuffed Zucchini

6 Servings/Serving size: ½ zucchini

The smoky flavor of provolone cheese adds zing to this dish.

- 3 zucchini, 6-8 inches long
- 1 cup mushrooms, chopped
- 2 Tbsp. onions, finely chopped
- 2 Tbsp. reduced-calorie margarine
- 2 Tbsp. flour
- ½ tsp. salt (optional)
- ½ tsp. oregano
- 1 cup (4 oz.) non fat mozzarella cheese, shredded
- 2 Tbsp. nonfat plain yogurt
- Freshly ground pepper

1. Cut zucchini in half lengthwise. Cook in boiling water 4-5 minutes or until tender-crisp. Remove pulp, leaving a ¼-inch shell; chop pulp.
2. Sauté mushrooms and onions in margarine. Stir in flour and seasonings. Turn off heat.
3. Stir in cheese, yogurt, pepper, and chopped zucchini. Fill shells.
4. Broil 4-5 minutes or until cheese melts. Note: Zucchini can be prepared to this step, covered, and refrigerated. Then broil 5-7 minutes.

Lean Meat Exchange.....1
 Calories.....62
 Carbohydrate.....4 grams
 Protein.....7 grams
 Fat.....2 grams (29%)
 Saturated fat.....trace
 Cholesterol.....3 milligrams
 Fiber.....2 grams
 Sodium.....334 milligrams
 Without added salt.....142 milligrams

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Health Concerns of Artificial Sweeteners

Artificial sweeteners have been subject of scrutiny for many years. Some health critics state that they may cause a variety of problems including cancer. However, the National Cancer Institution states that there is no sound scientific evidence to prove this claim and that used in limited quantities can be generally regarded as safe.

Moderation is the Key:

When making food choices always opt for healthy whole foods such as fruits and vegetables. When choosing artificial sweeteners remember to use only in moderation. Remember just because a food is sugar free doesn't mean that it is carbohydrate free. Use these foods in small amounts to add variety to your diet.

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Happy New Year!

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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