

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter March 2011

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

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

March 8 at 2pm at the BSCH Hospital

Speakers: Allison Wharton and

Cathy Olmstead

Topic: Eat, Learn, Live with Color

Food Demonstration

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Diabetes Self Management Classes for March 2011

March 8th at 3:30 pm

Introduction to Self Management of Diabetes

March 15th at 3:30 pm

Prevention of Diabetes Complications

March 22nd at 3:30pm

Meal Planning and Carbohydrate Counting

March 29th 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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March is National Nutrition Month

Eat, Learn, Live with Color

This year's theme is eating with color to promote the foods that are rich in vital nutrients and to understand the health benefits of these foods.

Colorful fruits and vegetables contain substances such as phytochemicals, beta-carotene, antioxidants, lycopene and anthocyanins. Let us review each of these terms to understand the importance of improving what we eat.

The term "*phytochemical*" refers to a wide variety of compounds found in plants. Plant sterols, flavonoids and sulfur containing compounds are three classes of micro nutrients found in fruits and vegetables. Studies show that these compounds are important in reducing fatty plaque deposits in artery walls.

Beta-carotene is a member of the group of compounds which are pigmented (red, orange and yellow) and are found in many fruits, grains, and vegetables. They act as a pro vitamin which can be converted to Vitamin A. Vitamin A has many roles in health but mostly as a strong antioxidant known to prevent cancer and heart disease.

Antioxidants are substances that protect cells from damage that can be caused by free radicals. Free radical damage to the cell can cause cancer studies show. Antioxidants interact with free radicals to stop these substances from causing damage that they may otherwise cause. Examples of antioxidants are beta-carotene, lycopene, Vitamins C, E and A and other substances.

Lycopene is a carotenoid that is present in the skin, liver, adrenal glands, prostate and colon. The role lycopene appears to possess is antioxidant, anti proliferative properties thereby possibly reducing the incidence of cancer, cardiovascular disease and macular degeneration.

Recipe...

Chicken Cacciatore

(makes 2 entrees, 4 servings each)

- 8 5-ounce (150 g) bone-in chicken thighs
- 1 tablespoon (15 ml) olive oil
- 1 cup (160 g) chopped onion
- 2 large cloves garlic, minced
- 1 medium red bell pepper, seeded and chopped
- 1/2 pound (240 g) fresh mushrooms, sliced
- 1 quart (960 ml) Home-Style Tomato Sauce (see recipe reference)
- 2 teaspoons (10 ml) crushed dried oregano
- 1 teaspoon (5 ml) crushed dried basil
- 1 cup (240 ml) dry white wine or water
- 1/4 cup (15 g) chopped flat-leaf parsley
- 4 black ripe olives, sliced

- Remove and discard chicken skin and any visible fat. Rinse chicken pieces and pat dry with paper towels.
- Heat the oil in a large nonstick skillet. Add chicken pieces and brown on both sides, about 7 to 8 minutes total. Transfer chicken pieces to two 8-inch square foil pans, 4 chicken pieces per pan. Set aside.
- Add onion, garlic, bell pepper, and mushrooms to the skillet and sauté over low heat, stirring occasionally, until onion is limp and liquid has been absorbed, about 10 minutes.
- Stir in reserved tomato sauce, oregano, basil, wine, and parsley. Cook, stirring occasionally, until sauce flavors blend, about 15 minutes. Remove from stove and cool for about 15 minutes.
- Spoon sauce equally over the reserved chicken pieces and top each with half of the olive slices. Cover and seal with aluminum foil. Label and date. Freeze until firm.
- When ready to bake, preheat oven to 375°F (190°C), Gas Mark 5. Bake the dish, covered, until sauce is bubbling and chicken is no longer pink at the bone, about 1 hour.

Per serving: 184 calories (26% calories from fat), 19 g protein, 5 g total fat (1.1 g saturated fat), 13 g carbohydrates, 3 g dietary fiber, 67 mg cholesterol, 216 mg sodium

Diabetic exchanges: 2 1/2 lean protein, 1 carbohydrate (3 vegetable)

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Anthocyanins are antioxidant flavonoids and besides chlorophyll, anthocyanins probably have the strongest anti-oxidizing power of 150 flavonoids. These little power houses appear to have a strong influence on anti-inflammatory properties which affect collagen and the nervous system. They protect both large and small blood vessels from oxidative damage.

Red Foods (contain lycopene)

- Tomatoes
- Red/pink grapefruit
- Watermelon
- Cherries

Orange foods (beta carotene)

- Carrots
- Cantaloupe/oranges
- Corn
- Sweet potatoes

Blue goods (anthocyanin)

- Blueberries
- Eggplant
- Purple grapes
- Plums
- Red cabbage

Green (chlorophyll and phychochemical)

- Spinach
- Broccoli
- Green grapes
- Kiwi

Start by making small changes to add color to your meal plan by adding blueberries to your cereal or a sliced tomato to a sandwich or a colorful salad to dinner. It is recommended to eat 2 cups fruit/ 2-1/2 cups vegetables daily. By adding some color to your meal you can boost your defenses against chronic diseases.

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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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