

# BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter October 2010

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

## UPCOMING EVENTS

### Diabetes Support Group

#### *Open to the Community*

October 5th at 2pm at the New Medical Office Building

Speakers: Cathy Olmstead

Topic: Obesity and Diabetes

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### Diabetes Self Management Classes for October 2010

October 5th at 3:30 pm

Introduction to Self Management of Diabetes

October 12th at 3:30 pm

Prevention of Diabetes Complications

October 19th at 3:30pm

Meal Planning and Carbohydrate Counting

October 26th 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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Recipe...

### Dietary Fats/Diabetes: What's the skinny?

In diabetes management carbohydrates get all the attention but what about fat? What is the relationship? Studies show that a high fat diet can increase visceral fat thereby contributing to insulin resistance and also a high fat diet in and of itself can affect insulin sensitivity. Understanding insulin resistance is a complex system but in a nutshell it refers to the cell not responding to insulin in an efficient manner. When we eat, the food is broken down to sugar (glucose) to be taken into the cell and used for energy. The insulin tries to unlock the cells to usher glucose in and sometimes the cell does not respond to insulin's cues, leaving blood sugars high. Here lies the problem sometimes people choose low carb diets that may also be high in fat especially the dangerous saturated fats. High saturated fat diets put people at a risk for high cholesterol, heart disease and may contribute to insulin resistance.

To lower this risk try to eat less of unhealthy fats—Saturated and Trans Fats.

### Low Fat Suggestions:

What foods are high in fat?

- High fat dairy foods (whole & 2% milk, ice cream, and sour cream )
- Fatty red meats
- Butter and lard are not only high in fat, but saturated fat as well
- Palm oil and palm kernel oil and coconut oil.
- Egg yolks, which are particularly high in cholesterol.
- Cheese (such as full fat cheese)
- Processed meats (sausage, salami, hot dogs, bologna)
- Fatback and salt pork
- Cream sauces
- Gravy made with meat drippings
- Poultry skin (chicken and turkey)

**Mexican Hot Chocolate**

- 1 oz unsweetened chocolate
- ¼ cup strong prepared coffee
- ½ tsp ground cinnamon
- Dash ground allspice
- 1-1/2 cups skim milk
- ¾ tsp vanilla
- 2 to 3 tsp Splenda
- Fat-free whipped topping

In a small heavy saucepan, add the chocolate and coffee and heat until the chocolate melts and the mixture is smooth, about 2 minutes. Add the cinnamon and allspice. Slowly add the milk, stirring with a wooden spoon. When the mixture is hot, mix in the vanilla. Pour into 2 mugs. Add Splenda to sweeten. Top with dollop of whipped topping and serve.

Makes 2 (3/4 cup) servings

Per serving: 167 cal, 8 g pro, 18g carb, 9 g fat (5.3 g sat, 3 g mono, 0.3 g poly), 3 mg chol, 3 g fiber, 98 mg sodium.

How sweet it is! This hot chocolate is packed with antioxidants, thanks for the dark chocolate. Antioxidants can help counteract damage that might occur with high blood sugar levels. Plus, cinnamon has been shown to help regulate blood sugar levels.

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Sources of trans fat include:

- Processed snack foods (crackers & chips)
- Baked goods (muffins, cookies and cakes) with hydrogenated and partially hydrogenated oils.
- Stick margarines and shortening
- Some fast foods like french fries.

What are some foods that are low in fat and better to eat?

- Fruits
- Vegetables
- Fish high in omega 3 fatty acids:
  - albacore tuna herring, mackerel, rainbow trout, sardines and salmon.
- Whole grains Cereals
- Whole wheat pasta
- Nuts: almonds, peanuts, cashews
  - pecans and seeds.
- Olive oil and olives
- Canola oil
- Avocado

Be careful!! Nuts and oils and other fats are high in calories, like all fats. Remember 6 almonds or 4 pecans halves have the same number of calories as 1 teaspoon of oil or butter.

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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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