

BON SECOURS COMMUNITY HOSPITAL CENTER FOR DIABETES EDUCATION

Newsletter September 2011

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

UPCOMING EVENTS

Diabetes Support Group

Open to the Community

September 6th at 2pm at the New Medical Office Building

Speakers: Dr Little

Topic: Type 1 Diabetes

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Diabetes Self Management Classes for September 2011

September 13th at 2:00 pm
Introduction to Self Management of Diabetes

September 20th at 2:00 pm
Prevention of Diabetes Complications

September 27th at 2:00pm
Meal Planning and Carbohydrate Counting

September 17th at 10:00 am
All Day Saturday Class
BSCH Conference Room 1st Floor Cafeteria

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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Taking a Closer Look at Labels

The information on the left side of the label provides total amounts of different nutrients per serving. To make wise food choices, check the total amounts for:

-  Calories
-  Total fat
-  Sodium
-  Total carbohydrate
-  Fiber

Using the information found in total amounts

Total amounts are shown in grams, abbreviated as g, or in milligrams, shown as mg. A gram is a very small amount and a milligram is one-thousandth of that. For example, a nickel weighs about 5 grams. So does a teaspoonful of margarine. Use the label to compare labels of similar foods. For example, choose the product with a smaller amount of saturated fat, cholesterol, and sodium and try to select foods with more fiber.

Calories

If you are trying to lose or maintain your weight, the number of calories you eat counts. To lose weight you need to eat fewer calories than your body burns. You can use the labels to compare similar products and determine which contains fewer calories. To find out how many calories you need each day, talk with your dietitian or certified diabetes educator.

Total Fat

Total fat tells you how much fat is in a food per serving. It includes fats that are good for you such as mono and polyunsaturated fats, and fats that are not so good such as saturated and trans fats. Mono and polyunsaturated fats can help to lower your blood cholesterol and protect your heart. Saturated and trans fat can raise your blood cholesterol and increase your risk of heart disease. The cholesterol in food may also increase your blood cholesterol

Fat is calorie dense. Per gram it has more than twice the calories of carbohydrate or protein. Although some types of fats, such as mono and polyunsaturated fats provide your body with healthy fats, it is still important to pay attention to the overall number of calories that you consume to maintain a healthy weight.

Recipe...

Ravioli Minestrone

1 package (7 ounces) refrigerated 3-cheese ravioli or 1 package (9 ounces) reduced-fat 4-cheese ravioli.

- 2 teaspoons olive oil
- 2 carrots, chopped
- 1 stalk celery, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 6 cups water
- 1 can (about 15 ounces) chickpeas, rinsed and drained
- 1 can (about 14 ounces) diced tomatoes
- 3 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 medium zucchini, cut in half lengthwise and sliced (about 2 cups)
- 1 package (10 ounces) baby spinach

1. Cook ravioli according to package directions, omitting any salt or fat. Drain; keep warm.
2. Meanwhile, heat oil in Dutch oven over medium-high heat. Add carrots, celery, onion and garlic; cook, stirring occasionally, about 5 minutes or until vegetables are softened.
3. Stir in water, chickpeas, tomatoes, tomato paste, basil, oregano, salt and pepper. Bring to a boil; reduce heat and simmer 15 minutes or until vegetables are tender. Add zucchini; cook 5 minutes. Stir in spinach; cook 2 minutes or just until spinach wilts. Stir in ravioli.

Makes 7 servings (1 to 1-1/2 cups per serving)

Dietary Exchanges:

2 starch, 1 meal, ½ fat

Calories 213, **Total Fat** 6g, **Saturated Fat** 3g, **Protein** 8g, **Carbohydrate** 33g, **Cholesterol** 19mg, **Dietary Fiber** 6g, **Sodium** 516mg

Sodium

Sodium does not affect blood glucose levels. However, many people eat much more sodium than they need. Table salt is very high in sodium. You might hear people use “sodium” in lieu of “table salt,” or vice versa. With many foods you can taste how salty they are, such as pickles or bacon. But there is also hidden salt in many foods, like cheeses, salad dressings, canned soups and other packaged foods. Reading labels can help you compare the sodium in different foods. You can also try using herbs and spices in your cooking instead of adding salt. Adults should aim for less than 2300 mg per day. If you have high blood pressure, it may be helpful to eat less.

Total Carbohydrate

If you are carbohydrate counting, the food label can provide you with the information you need for meal planning. Look at the grams of total carbohydrate, rather than the grams of sugar. Total carbohydrate on the label includes sugar, complex carbohydrate, and fiber. If you look only at the sugar number, you may end up excluding nutritious foods such as fruits and milks thinking they are too high in sugar. You might also over eat foods such as cereals and grains that have no natural or added sugar, but do contain a lot of carbohydrate.

The grams of sugar and fiber are counted as part of the grams of total carbohydrate.

Fiber

Fiber is part of plant foods that is not digested – or for some types, only partially digested. Dried beans such as kidney or pinto beans, fruits, vegetables and grains are all good sources of fiber. The recommendation is to eat 25-30 grams of fiber per day. People with diabetes need the same amount of fiber as everyone else for good health.

(Taken from the American Diabetes Association)

**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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