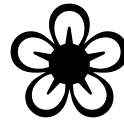


PREVENTING DIABETES



A Publication of the Diabetes Awareness and Prevention Project Native Council of Prince Edward Island Vol. 4 Issue 1 Winter 2007

Editor: Brenda Bradford, Wellness
Coordinator
Contributors: Kim Gallant, Project
Coordinator; Trudy MacNeil, Dietitian

Council members during February and March and are \$4 per session for non-members, so bring a friend or two. Not only is Line Dancing lots of fun, it's great exercise!!! If you have any questions, phone Brenda at 621-0193 or Kim at 892-5314.

Greetings!

This is the eleventh issue of our newsletter and we hope you take a few minutes to read about the project and the prevention of diabetes.

We have lots of activities this winter. The Fitness Club will kick off in February with Line Dancing; and Cooking Classes will be held in Queens and East Prince. Other activities include a Workshop on Diabetes, Wellness Sessions, the Health Club, the Food Co-op, and Kim's home visits. And don't forget to stop by the Resource Centre at the Native Council to talk to Kim and check out the books, videos and handouts. Contact Kim Gallant at 892-5314 Extension 234 or Brenda Bradford at 621-0193 if you want to take part in any of these activities.

We would like to hear from you. Do you have any comments or questions about the newsletter? Is there anything you would like to know about diabetes prevention? Or any questions about nutrition, health, fitness and healthy lifestyle? Send in your questions and we will do our best to answer them for you.

Brenda Bradford

Winter Schedule of Events

Fitness Club

The Fitness Club is a new activity for anyone who wants to get and stay in shape. We met with Native Council members in Queens and East Prince to find out what kinds of exercise programs they wanted, and both groups said Line Dancing. So Line Dancing it is!!! And it starts in Charlottetown on Wednesday, February 14 from 7-8:30 pm at the Garden Home, 310 North River Road. Classes are free for Native

Healthy Food Co-op

Did you know that our food co-op is the best deal in town? Even with the produce freeze in California! If you compare our prices to the grocery stores you will see that some items are one-half and most are at least one-quarter the store price. This is because we buy fresh fruit and vegetables in bulk at wholesale prices, repackage and sell them at cost. The Food Co-op is for all Native Council members. Here are the prices for February 2007:

Apples	15¢ per pound
Bananas	55¢ per pound
Broccoli	\$1.25 per pound
Cabbage	15¢ per pound
Carrots	15¢ per pound
Onions	50¢ per pound
Oranges	30¢ each
Potatoes	10¢ per pound
Turnip	15¢ per pound

Weekly orders have to be phoned in on or before Friday and picked up at the Native Council the following Monday between noon and 2:00 p.m. If you forget to place an order, you can stop by and see if we have anything left over. Joyce Gallant, Patsy Thomas and I are there every Monday until 2:00 p.m. Sincere thanks to Joyce and Patsy for their help, and it is really great to have Patsy back!!! To place your order, phone Brenda at 621-0193 or the Native Council.

Cooking Classes

A cooking class will be held at the Native Council office on Friday February 23 at 9:00 a.m. We will learn how to cook traditional foods, including moose meat, wild rice, blueberries (for dessert) and bannock. So join us and bring along a friend. Another cooking class is planned for 9:00 a.m. on March 23 at the Native Council.

We had a great cooking class with Kim in Freetown on Thursday, February 8 where we learned how to make Bannock and Indian Tacos. Delicious! Recipes are on the last page of the newsletter.

Wellness Sessions

Wellness Sessions are underway in Queens and East Prince regions, and we plan to expand to Kings and West Prince in the spring. The next session in Queens is on Friday, Feb 16, when Shayne will talk about Hepatitis. Trudy will talk about hydration on Friday, Feb 23 and detox diets on Friday, March 2. The last session for March is on Friday, the 23rd. The next East Prince Wellness session will be held at Sharon's in Borden on Thursday, March 8, when Trudy will talk about fat and sugar content in foods.

Health Club

The Health Club involves a one-on-one session with our Dietitian, Trudy, who will help you set and meet your own health goals. The next dates for the Health Club are Feb 23, March 2, and March 23. The first Health Club will meet in East Prince on March 8.

Diabetes Workshop

Saturday, March 31 is the day to mark in your calendars so you won't forget to attend a workshop on Diabetes at the Native Council. We are partnering with AWA for this event. Learn more about diabetes and bring a friend or two!!!

That's it for February and March!!!

Brenda Bradford

10 Tips to Get Your Daily Fibre

As everyone knows fibre is important in your daily diet and Canadians are only averaging about half the recommended amount of fibre we need each day. Try using these 10 simple tips each day to help you reach your fibre goal

1. Scan for Bran: Look for "bran", "whole grain" and "whole wheat" on products and ingredient labels. These ingredients can help boost fibre intake. (½ cup/125 ml fibre = 14g fibre)
2. Grab the Whole Food: Munch on a Whole piece of fruit, in place of drinking a glass of juice. You'll get the nutrients and the fibre too. (1 medium orange = 2g fibre)
3. Savour the Skins: Eat fruit and vegetables with the skin, which helps to bump up the fibre, plus it provides and a bonus of other nutrients (1 medium baked potato with skin on = 4g fibre)
4. Screen for Beans: Replace your typical side dishes with high fibre dried peas and beans, such as kidney, pinto, lentils or black-eyed peas. These fibre-packed legumes make it easier to meet daily fibre goals. (½ cup canned red kidney beans = 9g fibre)
5. Go nuts: Jazz up salads, vegetables, snacks and desserts with almonds, sunflower seeds or soy nuts. Nuts and seeds add fibre and crunch to foods. (¼ cup/60ml roasted almonds = 4g fibre)
6. Be Berry Wild: Choose raspberries, blackberries and others to add variety to your cereals. These berries have twice the fibre of many other fruit selections. (½ cup/125ml fresh raspberries = 4g fibre)
7. Bring on the Brown: Use brown rice instead of white. Switch to whole wheat pasta, whole wheat flour, whole wheat breads and whole grain crackers instead of regular white versions. (½ cup/125 ml brown rice = 2g fibre)
8. Skip the Chips: Select snacks that are a source of fibre. Instead of potato chips, go for low fat popcorn, whole grain pretzels or oven crisped whole wheat pita triangles. (2 cups/500ml popcorn = 3 g fibre)
9. Drink up: Water is a healthy beverage choice—especially as you up the fibre. Your body needs more fluid to help process the added fibre you eat. Aim for 8, 8oz/250ml servings of fluid per day, with a focus on water.
10. Sneak in Some fibre1*: Mix fibre1* into your favourite side dishes, or use it to top yogurt, soup, salads or your favourite breakfast cereal. Even a small amount of fibre 1* makes a difference. (¼ cup/60ml fibre1* for sprinkling = 7g fibre).

Kim Gallant

New Years Resolutions

Tis the season for new beginnings. Isn't it funny how we can be so motivated to make healthy lifestyle changes in January, but by the time February rolls around, there is no motivation left to be found!! If this sounds like you, I have some things for you to try.

- 1) Most importantly, when choosing a New Years Resolution, make sure it is practical and realistic. For example, do not resolve to losing 75 lbs this year or to running an hour a day!! Don't get me wrong, these are great goals, but if you are starting from scratch, then these goals may be a little overwhelming!!
- 2) Define your resolution with very specific goals. For example: My resolution is to get in better shape and I will accomplish this by eating out only 1 time every 2 weeks and by walking a minimum of 15 minutes each day.
- 3) Make a commitment to yourself. Don't let yourself get off track. Hold yourself accountable!! If you eat that burger, commit to walking an extra 20 minutes to compensate. This means you're making an effort to burn off the extra calories. You may think twice the next time you have a craving for that burger!!
- 4) Avoid negative criticism. That includes the negative criticism that you say to yourself. Often we are much harder on ourselves than others ever would be. If you veer off track, just get yourself back on. Don't waste your time making excuses for what happened, just jump back into things.

Remember to make the commitment to yourself and stick to it. You're worth it!!!

Trudy MacNeil

Healthier Hot Cocoa

2 cups Skim Milk
8 pkg Splenda
3 Tbsp Powdered Cocoa

Place milk in small saucepan. Mix contents of splenda and Cocoa powder in small bowl. Add to milk and whisk well. Simmer 4-5 minutes over medium-low heat until steaming. Pour mixture into 2 serving cups. Garnish with whipped topping (Nutri- whip) and sprinkle with ground cinnamon.

Nutrients per serving:

Serving size = 8 fluid ounces
Total Calories: 100 kcal
Total Fat: 0 g
Total Carbohydrate: 15 g
Dietary Fibre: 3 g
Protein: 10 g

Low Fat Bran Muffins

1/4 cup Unsweetened Applesauce
1 Egg
1 1/2 cup Low Fat Buttermilk
3 Tbsp Canola Oil
2 tsp Vanilla Extract
1/4 cup Skim Milk Powder
3/4 cup Splenda
1 cup Wheat Bran (divided)
1 1/2 cup All purpose Flour
1 1/2 tsp Baking Soda
1 tsp Ground Cinnamon
2 Tbsp Flaxseeds
2 Tbsp Dried Currants or Raisins

Preheat oven to 350 degrees F. Oil or line muffin pans with paper baking cups. Blend applesauce, egg, buttermilk, oil, vanilla, skim milk powder and splenda in a large mixing bowl using a whisk. Leave 2 Tbsp wheat bran for topping muffins. Add remaining wheat bran, flour, baking soda and cinnamon to applesauce mixture and mix well. Mix in flaxseeds and raisins. Fill muffin cups with batter. Top each cup with sprinkle of wheat bran. Bake 20-25 minutes or until toothpick inserted in centre comes out clean.

Yields 12 muffins.

Nutrients per serving:

Serving size = 1 muffin
Total Calories: 150 kcal
Total Fat: 5 g
Total Carbohydrate: 21 g
Dietary Fibre: 3 g
Protein: 5 g

Trudy MacNeil

ACTIVE LIVING: A WAY OF LIFE

Active living is a way of life in which physical activity is valued and is integrated into daily living. There are lots of reasons why people are not as physically active as they could be:

- ✓ Lack of energy
- ✓ Lack of motivation
- ✓ Feeling ill at ease
- ✓ Long-term illness or injury
- ✓ Fear of injury
- ✓ Lack of available facilities
- ✓ Perceived excessive cost of programs
- ✓ Lack of skill
- ✓ Lack of time
- ✓ Lack of a partner to share being active
- ✓ Lack of a safe place to be active.

People can make their own decisions about the physical activities that will take place within their daily routines. Active living is different for each person. Health Canada recommends that older adults try to build up to a total of 30 to 60 minutes of moderate physical activity most days of the week. Physical activity results in physical, mental and spiritual benefits.

Physical benefits of regular activity include:

- Improved fitness
- Improved quality of life
- Better physical health
- More energy
- Stronger muscles and bones
- Better posture and balance
- Independent living in later life
- Better management of Type 2 Diabetes
- Lowered risk of getting Type 2 Diabetes.

Mental benefits of regular physical activity:

- Better mental health
- Reduced stress
- Improved concentration
- Enjoyment
- Relationship development (people will like being around you more)
- Feeling a part of a social group.

Spiritual benefits of regular physical activity:

- Feeling of inner peace.

PHYSICAL ACTIVITY AND HEALTH

Physical activity makes you look better and feel better. This is because regular physical activity will get rid of the flab or fat in your muscles.

When you start to exercise, it is important to start slowly – 10 to 20 minutes of physical activity every day or every other day. If your muscles are a bit sore, that is a sign that they are repairing themselves and building strength for the next time you exercise. Unlike other kinds of soreness, this is not a bad sign. The following 8 exercises can be done at home. If done regularly, these exercises will improve your health a lot.

1) Walking – Start with walking on the spot for 2 minutes, progress to 5 minutes. Walk briskly around your home for 5 minutes. Keep

increasing the time you spend walking or use a pedometer to keep track of how many steps you take in a day. Some people aim to walk 10,000 steps a day, which is about 3 miles or 5 kilometres. Remember – walking is one of the most valuable exercises of all!!!

2) Wall Push-ups – Place your hands on a wall at shoulder height with your feet flat on the floor about 2 ½ feet from the wall. Keeping your legs straight and not bending at the waist, bend your arms so your head almost touches the wall. Start with 5 repetitions and progress to 15.

3) Rising up on Toes – Stand facing a counter, chair or sink and rest your hands lightly on the surface. Rise up on your toes and hold, lower slowly to the starting position. While standing on one leg with the other bent, rise up on your toes and hold, lower slowly to the starting position. Slowly complete 5 repetitions and progress to 15. Do the same with the other leg. Slowly complete 5 repetitions with both legs and then with each leg and progress to 15.

4) Rising from a Chair – Using a firm chair with arms, plant feet firmly on the floor, hands on the arms of the chair, stand up. Start with 5 reps and progress to 15. Then do the same exercise without using the arms of the chair.

5) Leg Lifts – Holding lightly to a firm surface with one hand, raise the leg on the free side (with the knee straight) to the front and down again for 5 repetitions. Lift the leg to the side and down again for 5 reps, face the surface and raise the leg backwards and down for 5 reps. Be sure to do the same for both legs, working up to 15 reps.

6) Reaching – Stand with feet a comfortable distance apart. With one arm reach up as far as you can. Begin with 5 repetitions and progress to 15. Do the same stretch with your other arm and then with both arms.

7) Standing Stretch – Stand behind and hold gently to the back of a firm chair. Leave one foot close to the chair and move the other leg a couple of feet backwards. Straighten the knee of the back leg and slightly bend the knee of the front one – hold for 10 seconds with each leg. Progress to 30 seconds.

8) Seated stretch – Sit on a firm, straight-backed chair. With one foot on the floor, stretch the other foot straight out and rest it on a footstool. Hold for 10 seconds with the other leg. Progress

to 30 seconds. Then do it without the footstool.

Keeping a record of physical activity can be a big help. Mark on a calendar each time you do these exercises. Another way to help encourage yourself is to repeat a positive statement, such as "I am active every day," or "I am willing to change my life to be healthier." Or make up your own positive statement.

Brenda Bradford

Here are some nice easy recipes from Kim that take only four ingredients or less...

Mushroom-Garlic Pork Chops

1 Tbsp Vegetable Oil
4 Pork chops ½ inch thick (about 1 pound)
1 can (10 ¾ ounce) Campbell's Condensed
Cream of Mushroom with Roasted
Garlic Soup
½ cup Milk

Heat oil in medium skillet over medium high heat. Add chops and cook 10 minutes or until browned. Add soup and milk. Heat to a boil. Cover and cook over low heat 5 minutes or until chops are no longer pink.
Serves 4.

Creamy Vegetables in Pastry Shells

Bake Time 30 minutes
Prep/cook time 15 minutes
1 Package (10 ounces) Frozen Puff Pastry
Shells (Pepperidge Farm)
1 can (10 ounces) Campbells
Condensed Cream of Mushroom
Soup (98% fat free)
1/3 cup milk or water
1 bag (16 ounces) frozen vegetables
combination (broccoli,
cauliflower, carrots) cooked and
drained.

Bake pastry shells according to package directions. Mix soup and milk in medium saucepan over medium heat. Heat through. Divide vegetables among pastry shells. Spoon sauce over vegetables and pastry shells.
Serves 6.

And now for Indian Tacos and Bannock!

Bannock

4 cups flour
4 tsp baking powder
1 tsp salt
4 Tbsp oil

Mix ingredients and add water until you have a doughy consistency. Knead approximately 10 minutes.

Grease and heat a frying pan. Form the dough into cakes (sort of like tortillas or pancakes) about ½ inch thick and dust lightly with flour. Or you can make one large cake sized to fit the pan. Place the bannock in the frying pan and wiggle the pan every so often to keep the bannock from sticking. Once a bottom crust has formed and the dough has hardened enough to hold together, turn them. Cooking takes 12-15 minutes.

Indian Tacos

3 cups flour
2 tsp baking powder
1 tsp salt
1 cup water
cut up lettuce
diced tomatoes
½ lb lean ground beef
1 can kidney beans (optional)
salsa sauce
sour cream
grated cheddar cheese

In a bowl mix the flour, baking powder and salt together. Add water to mixture.

Heat ½ cup of oil in a frying pan and make round balls from the dough mixture. Use a rolling pin to flatten it out. Fry in oil for one minute, turn over and fry the other side.

Brown the ground beef and drain fat. Add the salsa and kidney beans.

Top the fried bread with the cooked ground beef mixture, sour cream, grated cheese, and chopped lettuce and tomatoes.

Kim Gallant