



Current Events:

Intuitive Eating with Diabetes: A new free 5-week mindfulness course

Ever wish you could just eat normally? Do you feel like diabetes is getting in the way? You are not alone. If you are struggling with diabetes management and your relationship with food, consider signing up for our new 5-week course. In this course you will learn to:

- Create a healthy relationship with food mind and body
- Get in touch with your body's signals of hunger, fullness and satisfaction
- Practice mindful meditation and relaxation exercises
- Gain strategies to cope with anxiety, depression, fear and guilt around managing diabetes

Classes start in September.

Call 416-204-1256 x 0 for more information or to register



Active Living:

ACTIVE COMMUTING

AS THE DAYS ARE GETTING LONGER AND WARMER, IT CAN BE THE PERFECT TIME TO ADD SOME PHYSICAL ACTIVITY INTO YOUR DAY! HOW TO STAY ACTIVE ON YOUR WAY TO WORK:

- **Live relatively close to work?** Skip public transit this spring and walk, run, or bike to work.
- Park a couple blocks away from work, or get off the subway early and walk the last couple blocks to work or your appointments.
- Getting a couple minutes of physical activity in before work can boost your mood and your energy levels!
- Find the stairs and use them as often as you can!
- For bike paths, Google "TO Cycling Map"

Diabetes Canada (Formerly the Canadian Diabetes Association) recommends that adults at-risk for or living with diabetes participate in a minimum of 150 minutes of moderate to vigorous intensity aerobic exercise every week.

Set SMART goals for yourself! **SMART** goals are **S**pecific, **M**easurable, **A**ction-oriented, **R**ealistic and **T**ime bound. Setting SMART goals can help you reach your larger goals over time. That's why they're time bound! Set yourself a period of time that you want to maintain that goal for, and then reassess and challenge yourself with your next goal.

Did you know your iPhone tracks your steps in the Health App? Check out how many steps you usually do and try to make a SMART goal around that! Remember the recommended steps per day is 10,000.

Healthy Eating:

VEGETARIAN DIETS AND TYPE 2 DIABETES

Canadians of all ages and cultural backgrounds follow vegetarian diets. Low-fat vegetarian diets that include a variety of fruits and vegetables, legumes, nuts, seeds and whole grains can be beneficial for people living with Type 2 Diabetes. Low-fat vegetarian diets, in addition to current medication, can improve glycemic control and cholesterol (including triglycerides and LDL-cholesterol) more than conventional diets.

Why are vegetarian diets healthful?

They are filled with fibre! Vegetarian diets are rich in both soluble and insoluble fibres.

Soluble Fibre

- This is the soft fibre that can be found in foods like eggplant, okra, oats, beans and barley
- **Why we love it:** Soluble fibre slows down how fast your stomach empties, keeping you full for longer, and delaying the absorption of sugar in the small intestine, which helps control blood sugar and can further reduce cholesterol levels.

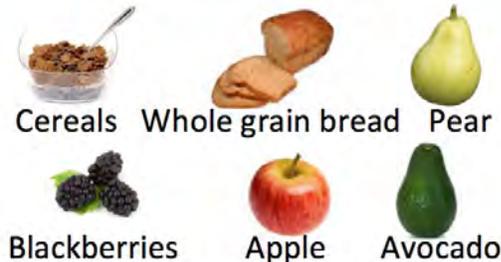
Insoluble Fibre

- This is bulky or rough fibre that is found in foods like whole grain breads and cereals, fruits and vegetables
- **Why we love it:** Insoluble fibre bulks up our food, making us feel full faster, and can help prevent constipation and some cancers.

Soluble Fibre



Insoluble Fibre



They include heart-healthy meat alternatives. Meat alternatives, especially when replacing animal products high in saturated fats, like red meats and deli meats, can be beneficial for your health.

- Vegetarian diets are rich in pulses (like beans, chickpeas and lentils). Studies have found that diets high in pulses can lower fasting blood sugar levels and A1C.
- Vegetarian diets are also rich in soy products like tofu, soy beverages, tempeh, or soy nuts. Guidelines suggest that soy products help lower cholesterol.

Diabetes Q&A:



"I'm planning a camping trip. What steps should I take to make sure my blood sugar levels stay in check?"

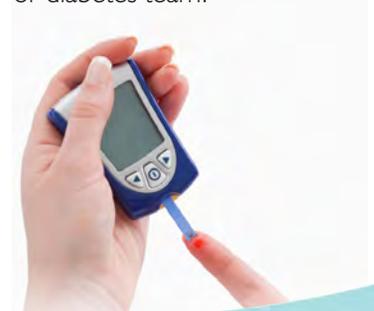
Remember that it's always best to go camping and hiking with others. If you use insulin, you should teach your travel companions when and how to use Glucagon*. If you're planning on being very active during your adventures into the Canadian wilderness, you may need to decrease your diabetes medications, so be sure to talk to your diabetes educator or physician before you go.

CAMPING CHECKLIST

- ✓ Extra supply of insulin (and needles) or pills for diabetes
- ✓ Keep insulin away from direct sunlight or extreme temperatures.
- ✓ Keep extra insulin in your cooler
- ✓ Remember to bring a sharps container for your needles.
- ✓ Blood glucose meter and logbook
- ✓ Fast-acting sugar tablets or juice boxes (15g carb) to treat low blood sugars if needed
- ✓ Remember to recheck your blood sugars after 15 minutes
- ✓ Snacks to cover delayed meals such as cheese and crackers or fruit and nuts
- ✓ Sunblock and Insect repellent
- ✓ Bottled water
- ✓ Comfortable walking shoes
- ✓ Your glucagon emergency kit (if you use insulin)*
- ✓ Written documentation on your diabetes treatment plan, including a list of your medications and how to use them, and the telephone numbers of your doctor and diabetes educator

***Glucagon:** Glucagon is a hormone naturally made in our bodies. It is the opposite of insulin. So if your blood sugars are low, your body releases glucagon to quickly bring your blood sugar levels back up. A glucagon emergency kit can be used to treat low blood sugar levels if you use insulin. For more information about glucagon, speak to your doctor or diabetes team.

For more information see: Diabetes.ca: Travelling and DM





ANXIETY AND DIABETES

Living with diabetes takes emotional strength. It's tough. You're likely faced with added stressors, like the fear of hypoglycemia or the complications related to poorly managed diabetes, but that won't stop you from living a long, happy, and healthy life.

The Behavioral Diabetes Institute explains that it's important to confront these fears, and fight them with knowledge. Your diabetes education team is here to talk to you about any fears, questions or concerns you may have. You can ask us about the real odds of you developing complications and what you can do to reduce these odds.

Sometimes you may also feel anxious and have anxiety related to your diabetes. That's normal. But it's important to know how to deal with stress in the moment because anxiety disorders can lead to poor blood sugar control.

Decrease anxiety in the moment...

- Take a deep breath
- Understand that you are anxious, and accept it.
- Try focussing on your breath -- breath in for a count of 4, pause for 4, breath out for 4, and pause again for 4, and repeat.
- Take a one minute vacation -- envision yourself on the beach with the scent of the sea washing over you with the warm summer breeze.
- Use a relaxing app -- try searching the app store for 'meditation' to find helpful apps like 'Calm' or 'Stop, Breath, Think'.
- Need more support? *Call your diabetes team.*

Keep an eye out for the signs and symptoms of an anxiety disorder.

- Difficulty controlling your worries
- Restlessness or feeling on edge
- Fatigue, or trouble falling or staying asleep
- Difficulty concentrating or easily distracted
- Irritability and impatience
- Muscle tension or headaches
- Excessive sweating or shortness of breath
- Stomach ache or diarrhea

If you notice any combination of the above signs and symptoms, talk to your Diabetes team.

References: <http://www.diabetes.ca/diabetes-and-you/complications/anxiety> BehavioralDiabetes.org

Recipe

Warm Lentil and Roasted Vegetable Salad

I love warm salads because you can throw so many great foods into them! When I'm making this recipe, I like to try and use up some leftovers. If I've got leftover rice or quinoa from last night, or sauteed greens, I'll throw that into the salad. This salad has a delicious balance of protein packed lentils with nutritious greens and whole grains. With a zingy balsamic-Dijon dressing and pomegranate seeds, this salad is perfect for spring.

Serves: 4 - 6 **Portion size:** about 1 cup



Ingredients:

- 1 can, or 2 cups, cooked black and or green lentils, drained and rinsed
- 2 cups chopped kale, or beet greens
- 1 clove of garlic, minced
- Olive oil
- 1 summer squash or yellow zucchini
- 1 beet, cut into bite size pieces
- ½ cups sliced mushrooms
- ½ red onion, sliced
- ½ cup cooked whole grains (quinoa, black or brown rice, sorghum or barley), prepared as per package instructions

Salad Dressing

- 2 tbsp olive oil
- 2 tsp fig balsamic or balsamic vinegar
- 1 tbsp dijon mustard
- salt and freshly ground pepper, to taste
- ½ pomegranate, seeds removed, optional

Preparation:

1. Roast vegetables in oven at 400 degrees Fahrenheit.
 - a. Peel, then cut beets in 1 ½ inch chunks. (Small beets can be halved, medium ones cut in quarters, and large beets cut in eighths.)
 - Place the cut **beets** on a baking sheet and toss with the olive oil, salt, and pepper. Roast for 35 to 40 minutes.
 - Toss mushrooms and zucchini in olive oil, salt and pepper.
 - After **20 minutes**, flip beets with a spatula, add **mushrooms, red onion** and **summer squash**.
 - Continue baking beets with mushrooms, onion and summer squash for another **20 minutes**, stirring/ slipping after another 10 minutes until all vegetables are tender.
2. In a pan, on medium heat, add approximately 2 tsp olive oil and garlic. Let simmer for a couple of minutes until fragrant. Add **kale** or beet greens and saute until tender, about 5-7 minutes.
3. Prepare **salad dressing**: In a jar combine all ingredients. Shake and taste for seasoning. Add salt and pepper as desired.
4. Once all components are prepared. Combine lentils, roasted vegetables, cooked grains and greens in a serving bowl. Toss with half of the salad dressing, add more as needed. Sprinkle with pomegranate seeds and serve warm.

Each 1 cup serving contains approximately 15g of carbohydrate, 3g of fiber, and 6g of protein.

Adapted from jannetteshealthyliving.com

<http://jannetteshealthyliving.com/lentil-kale-whole-grain-beet-winter-squash-mushroom-salad/>

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Taddle Creek

Want to contribute to the next edition of the DEP Newsletter?

Send in your favorite recipe or tell us your story about how you manage your diabetes!

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