

Newsletter

W I N T E R 2 0 1 9

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CURRENT EVENTS

Taddle Creek Family Health Team's Diabetes Education Program offers a variety of FREE Diabetes programs and services.

FIND THE ONE THAT'S RIGHT FOR YOU:

GROUP CLASSES:

- Diabetes Do It Yourself
- Let's Talk Diabetes
- Your Path to Prevention
- Intuitive Eating with Diabetes
- Supermarket Safari
- Let's Get Moving: Diabetes Exercise Workshop
- Happy Feet – Diabetes Group

ONE ON ONE SERVICES:

You can also visit a Diabetes Nurse Educator and/or Dietitian to get reliable diabetes-related education including: starting and managing insulin, glucose meter training, healthy eating and physical activity information, reviewing diabetes medications, foot exams, blood pressure, and assistance with quitting smoking.

Please visit the Taddle Creek Family Health Team Diabetes page or call **(416) 204-1256** for more information, including dates and how to register for sessions. You can also check out page 12-13 of [The Taddler Newsletter Winter 2019 Edition](#) for a list of descriptions, dates and times of the different sessions available.

Why Do We Eat?

There are many reasons why people eat. In this article, we explore why we make the food choices we make and provide tips on how to become more aware of our food choices.

1. HABIT

Humans are creatures of habit, and eating is no exception. If you eat at 12 pm every day, you get used to eating at 12 pm. On the other hand, if you skip meals all the time, that also becomes a habit. It is normal to eat out of habit but it's good to be aware of this.

TIP: You may find it helpful to be aware of when you are eating out of habit versus hunger. For one day, try to eat only when you are hungry, regardless of what time it is. Are you eating any differently than you usually do?

2. CONVENIENCE

Food is convenient and widely-available. If food is right in front of you and requires minimal effort to get, you are much more likely to eat it.

TIPS:

- Make healthy food convenient for you. Try batch preparing your meals by preparing a lot of food at once and storing it in the fridge for the week, or the freezer. You can also prepare "fun-sized" snacks to put in the fridge. For example, put some baby carrots and hummus, cut apples and peanut butter, cheese and bread, or yogurt and fruit in small containers, ready to grab and go.

- Buy food like chips and chocolate in single (not bulk or multi-pack) quantities, when you really want them.

Have you ever eaten food just because it was convenient even though you weren't really hungry?

3. SOCIAL REASONS

We eat in social situations and food can be a reason to get together. Our eating behaviors around others are affected by cultural and social norms, social expectations, and environmental cues. This may sometimes lead us to eat unconsciously.

TIPS:

- Sometimes we can get distracted when we eat in social situations. Remember to check-in with your hunger by asking yourself, "How do I feel right now?"

- When you eat out, still try to follow the balanced plate recommendations and fill $\frac{1}{2}$ of your plate with vegetables, $\frac{1}{4}$ with starches, and $\frac{1}{4}$ with protein.

- Don't skip meals, go over-hungry, or try to compensate when you go out to eat. You should still aim for three meals a day.

How do you eat differently when you are with other people compared to when you are alone?

4. COST

The price of food can affect what we buy and therefore, what we eat. We may opt for the cheaper stores and brands, look for coupons, buy fruits in season, or go out of our way for free food.

TIPS:

- You may be surprised to find that preparing your own meals can be very affordable – oftentimes more so than eating out over the long-run. Try it yourself!

- If you identify as someone who eats food because it's free, try checking-in with your hunger and ask yourself if you really want it.

How would you eat differently if price wasn't a factor?

5. TASTE

Eating can be a great pleasure in life. The taste of food no doubt affects what we decide to eat. What we find tasty is affected by many factors, including smell, texture, mouthfeel, appearance, and even the sound of food.

TIPS:

- To really taste and experience the act of eating, try sitting down and eating with no distractions – remember you can't do two conscious things at once.

- Really look at the food you are about to eat and as you eat it. Notice the texture, color, and appearance.

- Chew your food slowly and try chewing more times before swallowing. Notice how the food feels as it's broken down and mixed together in your mouth.

- Try eating while pinching your nose so you don't smell the food. What does it taste like? This will give you an idea of how much the smell of a food affects its taste.

Halfway through a meal, ask yourself, "Does the food still taste as good as when I started eating?"

How to use SMART Goals

Diabetes Canada recommends getting 150 minutes of aerobic physical activity and at least 2 sessions of resistance exercise each week.

This may sound like a lot right now, but there's a goal setting strategy that can help you out called SMART goals.

SMART goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-Bound.

1 SPECIFIC

Be crystal clear about exactly what you want to achieve.

Example: I will be able to do bodyweight push ups with proper form.

2 MEASURABLE

Make sure you can track your progress.

Example: I will be able to do 10 bodyweight push ups with proper form without stopping.

3 ATTAINABLE

Make sure the goal is something you can actually achieve!

A bad example: I will be able to do 10 weighted pull ups with perfect form without stopping. Unless you are a seasoned athlete, it is unlikely you will be able to achieve this!

4 RELEVANT

Make sure the goal is something you find important to you.

Example: Don't do something for someone else. The goal should be for you!

5 TIME-BOUND

Set a date to achieve the goal by - this helps to keep you accountable.

Example: Within two months, I will be able to do 10 bodyweight push ups with proper form.

Other examples:

- *Within two weeks, I will start to swim at the local pool every Sunday afternoon.*
- *Within the next month, I will establish a habit of getting up and stretching or walking for 30 seconds after periods of sitting for more than 30 minutes.*
- *Within the next three months, I will meet the diabetes physical activity guidelines to get 150 minutes of aerobic physical activity and two sessions of resistance exercise per week.*

Those are just examples, but the best SMART goal is the one that's tailored to you. What is one thing you can work towards within the next few weeks or months?

HOW DO I STICK TO IT? It is likely that sooner or later, you may have trouble sticking to your SMART goal. Some days you may not feel like it, or something may happen that you feel gives you permission to skip that day. Here are some tips to overcome any barriers you may face:

- Try to get better at the activity. We usually like things we are good at. You may not improve every day, but over months (or years) of doing it and challenging yourself, you will see noticeable progress.
- Set yourself up for success. Pack or lay out your gym clothes the day before, rather than doing it last minute.
- Make it easier for yourself. For example, choose a gym that's convenient and close to you. Make it fit your lifestyle rather than the other way around, because if you have to exert energy into it every single time, that makes it much harder to accomplish on days when your willpower and motivation is low.
- Reward yourself. For example, buy yourself a new piece of workout clothing every month.
- Hold yourself accountable. Maybe that's getting a workout buddy, walking with other people, or telling others about your SMART goal.
- Write out your goal and stick it somewhere you frequent often, such as your laptop, fridge, mirror, or wall. This serves as a physical reminder of your SMART goal.
- Realize that on some days, you are just not going to exercise. And that's okay. In the grand scheme of things, one session (or a few) won't derail you from success. Don't beat yourself up over it. Realize that and get back on when you are ready. One of the key factors to achieving goals is long-term consistency. As long as you are consistent in the long-term, a day or two won't make or break it.

Here is a detailed list of beginner resistance exercises and resistance band exercises with pictures and instructions to help you get started. You can do this all from home!

www.diabetes.ca/getmedia/48f2bfd9-8d67-41a9-a5aa-4b93507898fa/resistance-exercise-intro-2.pdf.aspx
www.diabetes.ca/getmedia/0a646e26-9e1c-4769-975f-51876edf6ecd/resistance-band-exercises-2.pdf.aspx

References:

Diabetes Canada: <http://guidelines.diabetes.ca/cpg/chapter10>

<https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/exercise/resistance-exercises-plan>

**NOW IT'S YOUR
TURN - WHAT IS
ONE GOAL YOU
WANT TO ACHIEVE
THIS YEAR? MAKE
IT SMART AND SET
YOURSELF UP FOR
SUCCESS!**

Different Types of Diabetes

Whether you are living with diabetes or you know a loved one who is, it may be helpful to understand the different types of diabetes.

In order to understand diabetes, it's important to understand how the body breaks down foods into sugar and uses the sugar for energy. Imagine that you just ate a slice of bread. Shortly after eating, your body breaks down the carbohydrates in the bread into simple sugars. These sugars go into your blood, and your blood sugar levels rise. Your body releases a hormone called insulin in order to normalize your blood sugar levels. Insulin does this by shuttling these sugars from your blood into your cells for use as energy or to store as fat. This causes your blood sugar levels to go back down.

Now I will provide an overview of four different types of diabetes.

TYPE 1 DIABETES

Type 1 diabetes occurs when your body can no longer make insulin, or makes very little of it, because your immune cells attack the cells that make insulin. The body no longer makes insulin. As a result, sugar stays in the blood and builds up, rather than being used for energy by your cells. This leads to high blood sugar levels.

People with type 1 diabetes are given insulin injections in order to bring their blood sugar levels back down. Consuming meals on a regular basis that contain a consistent amount of carbohydrates also helps.

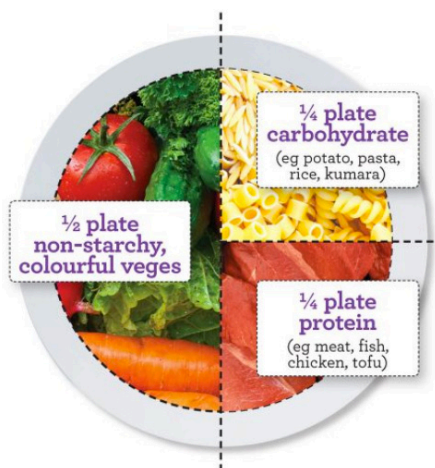
About 10% of diabetes cases are people living with type 1 diabetes. Type 1 diabetes usually happens in childhood or adolescence but can also occur in adulthood.

TYPE 2 DIABETES

Type 2 diabetes occurs when the body cannot effectively use the insulin that it makes. The body becomes resistant to insulin. Eventually, the body may also produce less insulin over time. In both cases, the same thing happens: sugar builds up in the blood rather than being used for energy.

Sometimes type 2 diabetes can be managed through diet and physical activity. This may involve following the balanced plate meal pattern, filling $\frac{1}{2}$ of your plate with vegetables, $\frac{1}{4}$ with starches and $\frac{1}{4}$ with proteins. Increasing aerobic and anaerobic physical activity may also help. Type 2 diabetes can also be managed with medications and/or insulin. People often require a combination of treatments.

Type 2 diabetes accounts for about 90% of diabetes cases and often develops in adulthood, though there is increasing incidence in younger people.



PREDIABETES

Prediabetes happens when blood sugar levels are higher than normal, but they are not high enough to be classified as type 2 diabetes. Prediabetes can be managed through one's diet and participating in physical activity. Having prediabetes increases your risk for developing type 2 diabetes.

GESTATIONAL DIABETES

Gestational diabetes is a temporary form of diabetes that happens to women when they are pregnant. About 3-20% of pregnant women develop gestational diabetes. Having gestational diabetes during pregnancy may increase the risk for type 2 diabetes for both the mother and the child later on in life.

If you or anyone you know has diabetes, the Diabetes Education Program can help to improve the condition and reduce associated risks.

Can I eat sugar if I have diabetes?

Short answer: Yes. Moderate amounts of sugars can be safely consumed by people with diabetes and those at risk.

Explanation: There is a common misconception that people with diabetes can't eat sugar. Sugar is found naturally in some foods, including fruit, milk, and honey. Sugar can also be added to foods as a sweetener, as in snacks, yogurt, juice, and chocolate milk.

Sugar is a type of carbohydrate. Foods that contain carbohydrates include fruit, vegetables, rice, bread, pasta, and other grains. All carbohydrates in foods eventually get broken down into glucose in the body. Glucose is the simplest form of carbohydrate and is the primary energy source for the body. Once ingested, sugar eventually gets broken down into glucose, just like any other carbohydrate.

It is difficult to avoid sugar completely, and it's not necessary! Sugar is simply a type of carbohydrate. It affects the body in the same way as other carbohydrates, and our bodies need carbohydrates to function. In a typical meal, the reason it is recommended to eat protein and vegetables along with the starches or carbohydrates is because it helps to slow down how fast the carbohydrates are absorbed by the body. That way, the influx of carbohydrates can better match your body's ability to use it. On a similar note, if you eat something sugary, such as dessert, it is recommended to eat it after a meal (containing protein and vegetables) to slow down how fast the sugar is absorbed by your body, as opposed to eating it alone.



There is no need to cut out sugar; sugar can be consumed in moderate amounts by people with or at risk for diabetes. However, it would help to be aware of "hidden sugars" or foods that contain large amounts of sugars that you may not be aware of. The best way to know for sure is to look at the nutrition facts table to see how much sugar the food contains.

For example, one can of soft drink contains approximately 40 grams (10 teaspoons) of sugar. Limit the consumption of sugar-sweetened beverages and drink water instead. Sugar-sweetened beverages include soda, pop, energy drinks, fruit punch, lemonade, chocolate milk, and sweetened tea and coffee. Other foods with relatively large amounts of sugars that you may not be aware of include granola, granola bars, energy bars, cereals, flavored yogurt, canned fruits, dried fruit, fruit snacks and store-bought smoothies. Be sure to check the nutrition facts table of these foods, and you can also shop around for a variety or brand with less added sugar.

TIP: Even if you don't directly see the word "sugar" in the ingredients list of a food, there are other terms that mean the same thing as sugar:

Brown sugar Maltodextrin	Brown rice syrup Dextrose	Lactose Honey	Sucrose Barley malt
Icing sugar	High fructose corn syrup	Glucose	Maltose
Agave syrup	Fructose	Fruit juice concentrates	Molasses

References:

Diabetes Canada:

<https://www.diabetes.ca/about-cda/public-policy-position-statements/sugars>

<https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/sugar-sweeteners>

Avocado Toast

Total time: 5 minutes

Servings: 1

This classic recipe is really simple and healthy. Here's all you need:

- 1 ripe avocado
- 2 slices of whole grain bread
- Squeeze of lemon juice
- Dash of salt and pepper

Steps:

1. Toast the bread until just golden brown.
2. Slice the avocado in half, remove and discard the pit, and use a spoon to remove the avocado from the skin.
3. Place the avocado flesh into a medium bowl and mash it with a fork to the desired consistency.
4. Season the mashed avocado with a squeeze of lemon juice and salt and pepper as desired.
5. Spread the mashed avocado on top of the toast.
6. Add optional toppings on top of the avocado, if desired. See below for some ideas, but you can add any other topping(s) you desire.
7. Enjoy!

Ideas for optional toppings:

- Tomatoes, sliced or diced
- Grape tomatoes, chopped in half
- Hard-boiled egg, peeled and sliced
- Cooked egg, sunny side up
- Scrambled egg, seasoned
- Strawberries and coconut
- Cooked chickpeas, seasoned
- Smoked Salmon
- Thinly-chopped slices of raw red onion
- Thinly-chopped slices of radish
- Turkey slices
- Cooked shrimp
- Sweet potatoes
- Almonds
- Sautéed mushrooms



References:
Adapted from: <https://whatsgabycooking.com/avocado-toast-5-ways/>