



W I N T E R 2 0 2 0

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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.

Cycling for Diabetes

It is common knowledge among individuals living with diabetes that exercise is a key component in managing your blood sugars with lifestyle. Individuals living with type 2 diabetes should strive to complete at least 150 minutes of moderate-to vigorous-intensity aerobic exercise each week ⁽¹⁾. An important element for incorporating physical activity into your life is picking something that realistically fits into your daily routine. This is where cycling comes in! Cycling is a very versatile form of aerobic exercise, you can use it as transportation,

you can go for recreational rides outdoors in the nice weather, or you can cycle indoors at a gym on a stationary bike in a class of people. The adaptability of this aerobic form of exercise makes it notable in the management of Type 2 diabetes. Research from Denmark indicates that those who routinely biked were less likely to develop type 2 diabetes ⁽²⁾. Over the 5 year study those who started riding a bike on a regular basis had a 20 percent lower risk for type 2 diabetes than those who didn't routinely cycle ⁽²⁾.

TYPES OF CYCLING		
MOUNTAIN BIKING		Mountain biking provides a good workout and a good adrenaline rush.
COMMUTER BIKING /ROAD BIKING		Whether you have your own bike or take advantage of Toronto's bike share this form of transportation is good for your blood sugars and the environment.
TANDEM BIKING		Dating back to the late 1800's, the tandem bike was developed to be ridden by more than one person at a time.
BMX		BMX occurs off-road. BMX races are sprints where bikers navigate a dirt course of jumps and banked corners.
STATIONARY BIKE		This method of indoor biking can be great for the winter months. Not to mention compared to some other types of cardio equipment, a stationary bicycle puts less stress on your joints, while still providing an excellent aerobic workout.

As you can see, biking is very versatile and can be used as; a form of transportation, recreation, a sport, or exercise. Additionally, with the majority of these methods of biking it can either be done individually or in a group depending on your personal preference.

How biking Helps your Blood Sugars

It is well established that a physically active lifestyle is associated with a lower incidence of type 2 diabetes. Evidence suggests that cycling was directly associated with a reduced risk of type 2 diabetes ⁽³⁾. Physical activity helps you burn off the extra glucose in your system and makes your cells more sensitive to the insulin in your body. That means the insulin can work more effectively. However, a large portion of the effect of physical activity in decreasing insulin resistance and this effect may last only a few days ⁽³⁾. Thus, the consistency of an individual's activity throughout the years is crucial.

How long should you cycle for?

We know the recommended minimum for aerobic exercise is 150 minutes of moderate to vigorous intensity per week. So what does that look like in terms of biking to achieve this minimum?

✓20 minutes 7 days a week ✓30 minutes 5 days a week ✓40 minutes 4 days per week

So maybe consider taking a 'brake' from your screen time and ride your way into optimal blood glucose control!

References

- (1) Diabetes Canada. (n.d.). Physical activity. Retrieved from <https://www.diabetes.ca/managing-my-diabetes/tools---resources/physical-activity>
- (2) Rasmussen, M. G., Grøntved, A., Blond, K., Overvad, K., Tjønnelund, A., Jensen, M. K., & Østergaard, L. (2016). Associations between recreational and commuter cycling, changes in cycling, and type 2 diabetes risk: a cohort study of Danish men and women. *PLoS medicine*, 13 (7).
- (3) Ansari, R. M. (2009). Effect of physical activity and obesity on type 2 diabetes in a middle-aged population. *Journal of environmental and public health*, 2009.



LOCAL PRODUCE IN THE WINTER

When we think of eating local, the abundance of summertime produce and warm sunny farmers markets usually comes to mind. But eating locally doesn't just have to be restricted to the summertime. This article will discuss eating local in the cool Canadian winter months including; what seasonal produce there is, the benefits of eating locally, where to buy it, and how to incorporate it into a recipe. You may be thinking to yourself, what could possibly grow in the barren months between December and February? But you'll be pleasantly surprised to find out that there is a variety of produce that can be grown right here at home in the great white north! Some of these brave fruits and vegetables that are capable of baring the cold temperature include sweet potato, winter squash, onions, beets, carrots, mushrooms, cabbages, kale, apples, rhubarb, garlic, leeks, parsnips, and rutabaga⁽¹⁾. I know there are some of us that prefer staying cozy indoors in the winter, and there are some fruits and vegetables that would agree! In Ontario you can find strawberries, cucumber, lettuce, peppers, and tomatoes all huddled into cozy greenhouses to grow in the winter months⁽¹⁾.

There are several benefits to shopping local, including high nutritional value and flavour as local produce is typically given more time to ripen before being picked, this may boost its nutritional value in some cases. Certain foods are better at maintaining their nutritional content even when shipped at long distances, including carrots and apples. Other produce does not do as well, including broccoli and tomatoes⁽²⁾. In addition, buying local food helps to build food communities and support farmers while enhancing the local economy⁽²⁾. Also, buying local produce minimizes environmental impacts from transporting and storing food, reducing overall greenhouse gas emissions and the impact on the environment⁽²⁾. So where can we get these glorious local goodies in Toronto?

See the table on the following page for opening hours and locations.



LOCAL PRODUCE IN THE WINTER

FARMERS MARKETS	Hours of Operation	Location
St. Lawrence Farmers' Market	Saturdays: 5:00am – 5:00pm	93 Front St E, Toronto
Soraurens Farmers' Market	Mondays: 3:00pm – 7:00pm	50 Wabash Ave, Toronto
Evergreen Brick Works Farmers' Market	Saturdays: 9:00am – 1:00pm	550 Bayview Ave, Toronto
The Stop Farmers' Market	Saturdays: 8:00am – 12:30pm	601 Christie St, Toronto
Dufferin Grove Framers'	Thursday: 3:00pm – 7:00pm	875 Dufferin St, Toronto
STORES		
Fresh From the Farm	Monday-Friday: 10:00am – 7:00pm Saturday: 9:00am – 5:00pm	350 Donlands Ave, Toronto
The Big Carrot Community Market	Monday – Friday: 9:00am – 9:00pm Saturday/Sunday: 9:00am – 8:00pm	348 Danforth Avenue, Toronto OR, 215 Southwood Dr. Toronto
Raise the Root	Mon-Thur: 10:00am – 8:00pm Friday: 10:00am – 7:00pm Sat-Sun: 10:00am – 6:00pm	1164 Queen St, East, Toronto

Okay so life is busy, you're on board with the eat local concept but farmer's markets are not your style. Do not worry, all hope is not lost! You can likely find local foods at your grocery store you already shop at. Look for the Foodland Ontario symbol on your produce or ask an employee to point you in the right direction. Another option available is to look into a produce delivery box, for \$15 you can have produce delivered directly from farms to your front door in Toronto. These providers include Foodshare, Fresh City Farms, Mama Earth, Plan B Organic Farms, The Stubborn Farmer etc.) Incorporating seasonal foods can be a great opportunity to try new foods and recipes. Please see this month's recipe for some inspiration for your next lusciously local meal.

References

- (1) Availability guide. (2019, January 14). Retrieved from <https://www.ontario.ca/foodland/page/availability-guide>
 (2) Matys, M. (2016, December 16). Benefits of eating local. Retrieved from <http://health.sunnybrook.ca/food-nutrition/benefits-eating-local/>





How does diabetes affect my feet?

Poor blood sugar control over an extended period of time can lead to nerve damage ⁽¹⁾. This can result in individuals losing feeling in their feet. When that occurs, it can be hard to notice blisters, sores, calluses, or cuts on their feet. Diabetes can reduce the amount of blood flow to your feet. Numbness and less blood flow in the feet can slow the time it takes for sores to heal and can result in foot problems ⁽¹⁾.

In extreme cases if gone undiagnosed this can result in the amputation of toes, feet, or legs ⁽¹⁾. However, several studies have suggested that programs for preventive foot care and a multidisciplinary treatment can reduce the amputation rate by more than 50 percent. ⁽²⁾

How do I care for my feet as an individual living with diabetes?

- ✓ Inspect your feet daily, including the bottoms, for cuts, blisters, redness, swelling ⁽¹⁾ or nail problems ⁽¹⁾
- ✓ Regularly moisturize your feet to avoid itching or cracking ⁽¹⁾
- ✓ Wear fresh socks each day ⁽¹⁾
- ✓ Get periodic foot exams ⁽¹⁾

A step a day keeps the foot problems away

- ✓ Keep the blood flowing to your feet by moving your toes and ankles for a few minutes several times a day ⁽¹⁾
- ✓ Shake out your shoes and feel for objects inside before wearing them ⁽¹⁾
- ✓ Exercising and maintaining healthy blood sugar levels reduces the chances of nerve cell damage related to poorly managed blood sugars ⁽¹⁾

Tips for safe strolling

- ✓ Don't wear tight, elastic or thick, bulky socks ⁽¹⁾
- ✓ Don't let your feet get wet in snow or rain ⁽¹⁾
- ✓ Don't walk barefoot (even at home) to prevent scratches or cuts ⁽¹⁾

References

(1) Diabetes Canada. (n.d.). Foot care: A step toward good health. Retrieved from <https://guidelines.diabetes.ca/docs/patient-resources/foot-care.pdf>

(2) Larsson, J., & Apelqvist, J. (1995). Towards less amputations in diabetic patients: incidence, causes, cost, treatment, and prevention—a review. *Acta Orthopaedica Scandinavica*, 66(2), 181-192.



To eat intuitively is to “make food choices without experiencing guilt or an ethical dilemma, honours hunger, respects fullness, and enjoying the pleasure of eating.”⁽¹⁾ Intuitive eating is associated with several benefits including; improved cholesterol levels, lower stress, increased energy, improved mental health, reduced disordered eating occurrences, improved body-awareness, enhanced self-esteem, and improved reports of happiness⁽²⁾.

Intuitive eating principles suggest that the secret

to managing your diabetes is through learning to celebrate food and its incredible ability to nourish you. When thinking about how you have been taught to manage your diabetes in the past, the idea of celebration and freedom surrounding food may sound counter-intuitive⁽³⁾. However, individuals living with diabetes can also benefit from using their internal wisdom to guide their decisions surrounding food and eating⁽³⁾. Here are some ideas for places to get started for our eager intuitive eaters out there.

1. Get Curious Without Judgement: Observe how food impacts your blood sugar objectively, without getting mad at yourself.⁽²⁾ This active experimentation promotes informed decision-making in the future.

2. Recognize your needs & Incorporate Satisfaction: We have physical, emotional, and mental needs when it comes to food but as humans we also look for satisfaction in what we eat. Just by recognizing that as a human you have needs and require satisfaction when it comes to food, you are already thinking like an intuitive eater. The satisfying choice doesn't always include a biological need, but that doesn't mean we have to avoid it completely. Intuitive eating principles suggest that we avoid thinking in terms of good foods (that we should eat all the time) and bad foods (that we should restrict from our diets)⁽³⁾ No foods should be completely restricted. After all, for individuals with diabetes, candy or fruit juice that are usually classified as “forbidden” could be lifesaving in the case of low blood sugar. No foods are inherently good or bad.⁽²⁾

3. Observe your Hunger and Satiety Cues: Begin to take notice of what foods makes you feel full. What does that sensation feel like in your body? What does the sensation of hunger manifest in your body? Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is.⁽⁴⁾

Don't let your diabetes stop you from feeling like you can't mend your relationship with food and your body.⁽³⁾ Still curious about intuitive eating? Talk to your Registered Dietitian at your next scheduled appointment with Taddle Creek's Diabetes Education Program.

References

- (1) Tribole, E., & Resch, E. (1995). *Intuitive eating: a recovery book for the chronic dieter: rediscover the pleasures of eating and rebuild your body image.*
- (2) Bennett, K. (2020, January 2). Intuitive Eating: 8 Evidence-Based Health Benefits. Retrieved from <https://www.stephaniedodier.com/intuitive-eating-benefits>
- (3) Hartley, R. (2019, November 11). Intuitive Eating for Diabetes: Part 1. Retrieved from <https://www.rachaelhartleynutrition.com/blog/intuitive-eating-for-diabetes>
- (4) Lindsay. (2019, December 6). Three Tips for Intuitive Eating with Diabetes. Retrieved from <https://nutritioninstincts.com/three-tips-for-intuitive-eating-with-diabetes>

Parisian Inspired

Pork Tenderloin, Carrot Potato Mash, and Caramelized Cabbage

Created by: Chef Thomas Bontinck & Dietetic Intern Sarah Hunt

INGREDIENTS

Pork & Jus

- 1 pork tenderloin
- 2 tablespoons vegetable oil, plus more as needed
- pinch of salt
- 1 branch of Thyme
- 1 branch of Rosemary
- 2 cups of beef broth

Mash

- 200g (3 med carrots) peeled and cut into 1cm chunks
- 650g (4 med Potato) peeled and cut into rough cubes
- 60ml (1/4 cup) Milk
- 20g (1 tbsp) Butter

Caramelized Cabbage

- ½ of 2lb green cabbage
- 4 tablespoons unsalted butter
- Salt and freshly ground black pepper to taste

DIRECTIONS

1. Heat oven to 425 degrees F.
2. Cut the half cabbage into 4 wedges and place into a large oiled pan with a teaspoon of butter until browned. Season with salt.
3. Add 1 cup of water stirring occasionally until cooked (20 mins)
4. Place the carrot and potatoes in a large saucepan. Cover with water and bring to the boil. Cover and simmer until very tender (20 mins)
5. Heat butter in small pot on medium-high heat. With thyme and rosemary.
6. Add diced onions to small pot (4 minutes).
7. Add garlic to small pot (3 minutes).
8. Add beef broth to the small pot and simmer until thickened.
9. Pat pork dry with paper towels and then rub with one tablespoon of the oil and 1 ½ teaspoons of salt.
10. Heat a tablespoon of oil in a heavy-bottomed oven-safe skillet over medium heat. When the oil is hot and the pork tenderloins and cook, occasionally turning, until evenly browned all over (12 minutes will not be cooked through).
11. Roast in the oven (10 to 15 minutes an internal temperature of 150-degrees F).
12. Drain the potato and carrots and return to the pan.
13. In a small saucepan, melt the butter and milk together. Add to the potato and carrots and mash until smooth.
14. Plate all ingredients and enjoy!

References

- <https://www.inspiredtaste.net/21117/perfect-roasted-pork-tenderloin-recipe-with-apples/>
- <https://www.healthylittlefoodies.com/potato-and-carrot-mash/>
- <https://recipes.oregonlive.com/recipes/caramelized-cabbage>

