



Current Events:



Clothesline is a fundraising program from the Canadian Diabetes Association (CDA). Donated items are sold through Value Villages across the country, and 100% of the proceeds go toward funding CDA education, research, programs, services and advocacy efforts.

In July, the CDA issued a "3-lb challenge", encouraging Canadians to clean out their closets and de-clutter their lives while supporting a good cause. Their new mobile app, available in the iTunes store (and soon on Google Play), allows you to challenge friends, keep track of your donations and locate a **Clothesline** donation box.

They accept gently used clothing, furniture, electronics and housewares (dishes, linens and towels).

There are several easy ways to donate, including scheduling a pickup by phone or online form, or by finding a **Clothesline** location closest to you. To find out more, visit: www.diabetes.ca/how-you-can-help/clothesline

Soleful Caring

In partnership with the **Clothesline** program Myles Goodwyn, of the Canadian rock band April Wine, is asking for footwear donations for his charity Soleful Caring. Goodwyn is living with diabetes and recognizes the risk of complications associated with it, and the importance of proper foot care. Footwear will be donated to **Clothesline** as well as homeless shelters across the country. To donate, drop your gently used footwear off at any **Clothesline** box location or schedule a pickup.

Healthy Eating: Better burgers

Summer is synonymous with patio weather and outdoor BBQs. The burger is definitely a BBQ staple, but not every burger is created equally! *Here are some tips for making a healthier burger:*

- Swap out the ground beef for a leaner meat like ground turkey or chicken, which are lower in saturated fat.
- Veggie burgers with a lentil, legume or grain base are another way to cut down on saturated fat and increase fibre. They also make the dish more affordable (see recipe in this issue).
- Try to keep your patty size to 4-oz portions, around the size of your palm.
- Use whole grain buns. You can hollow out the inside of the bun or use ½ a bun to cut down on starch intake (especially if you are planning to have corn on the cob, potato salad, dessert or other forms of starch at the same meal)
- Grilled vegetables like zucchini, mushrooms and peppers make tasty burger toppings. Other options include lettuce or other greens, avocado, tomato, or onion. Use ketchup, relish and mayo in moderation; these tend to be high in sugar, salt and fat.

If you're buying ready-made burgers, here are a few tips to help decide which to choose:

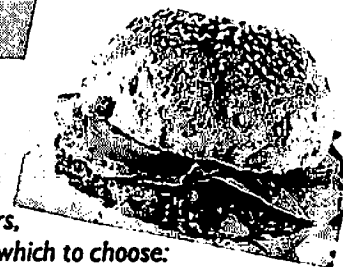
- Read the label: the first ingredient should be protein (either beef, chicken, fish or soy).
- Choose a burger with less sodium: less than 200 mg of sodium per patty is ideal, but between 200-400 mg per patty is a good choice
- Keep size in mind: meats and alternatives portions should be around the size and thickness of your palm.

References:

www.hc-sc.gc.ca/fn-an/alt_formats/pdf/label-etiquet/nutrition/cons/fact-fiche-eng.pdf

www.diabetes.ca/publications-newsletters/diabetes-dialogue/diabetes-dialogue-archive/diabetes-dialogue-summer-2013/on-the-shelf/burger-time

www.diabetes.org/mfa-recipes/tips/2014-06/build-a-better-burger.html



Active living: Regular physical activity

Make it part of your routine!

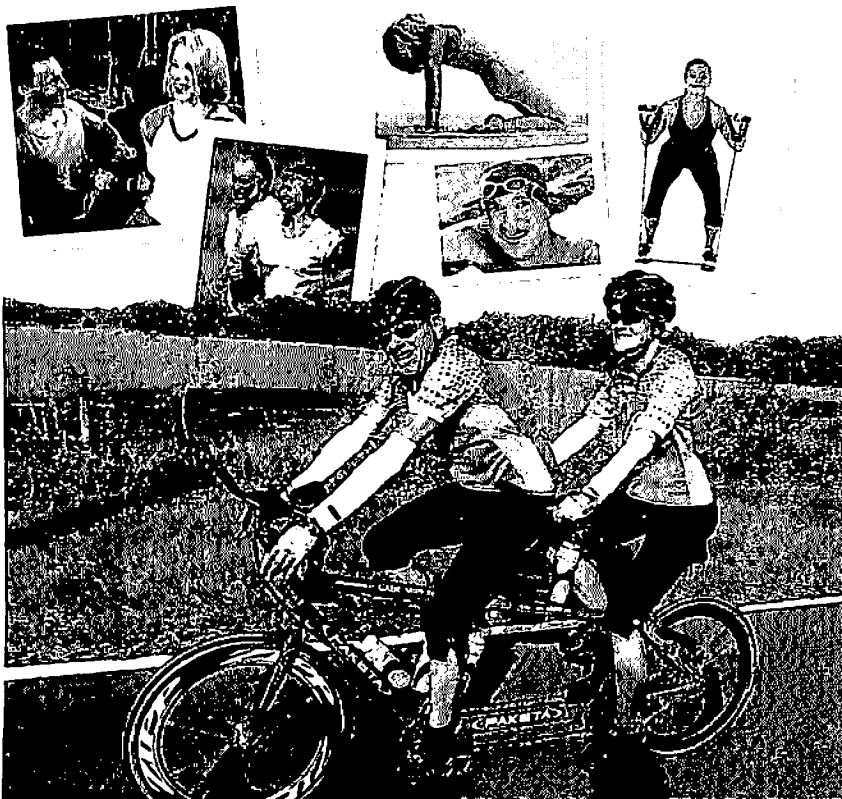
Physical activity has many benefits. It can help you achieve a healthy weight, relieve stress, prevent injury, lower blood sugar levels and even improve how sensitive your cells are to insulin!

- **Aerobic activities** use large muscle groups and provide a workout for the heart and lungs. Examples are walking, jogging, biking, dancing and swimming.
Recommendation: 150 minutes of moderate to vigorous activity per week (or 30 minutes per day. Splitting the 30 minutes into smaller intervals of time, such as 10 minutes 3 times per day, is also effective). With moderate to vigorous activity, you should be breathing faster and deeper, yet be able to have a conversation (the "talk test").
- **Resistance activities** strengthen your muscles. Examples are weight training with weights/resistance bands, or exercises that use your body weight such as push ups and squats. **Recommendation:** 8-10 exercises, 2-3 times per week.
- **Flexibility activities** lower your risk of injury and increase range of motion. Examples include yoga, Tai Chi and stretching. **Recommendation:** daily.

You'll notice that a lot of these activities involve things that do not require a gym membership or expensive equipment. Set small, achievable goals to gradually add more physical activity into your life. Try not to stay seated for long periods of time--take a stretch break at work or during commercial breaks while watching TV. Add some activity to your weekends while doing things you enjoy--walk to the park, museum or shops, visit a public swimming pool or play a sport you like.

References: www.centre4activeliving.ca/media/filer_public/a1/87/a18776ab-ec85-4ffa-96de-a6254c8fb815/k-goals.pdf

www.centre4activeliving.ca/media/filer_public/10/54/10549829-d2c6-4e83-add7-a84750e26f8e/h-diabetes.pdf



Diabetes 101:

MANAGING STRESS

Stress is "a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances" (Oxford Dictionary). When you experience stress, your body reacts as if it is under attack. Stress will increase your heart rate, breathing rate and blood pressure to increase oxygen in the blood. Your liver releases sugar so that you have enough energy to respond to the "threat".

These things are helpful if our bodies are faced with an immediate threat (for example, if you had to run away from something dangerous). Most of the time, we experience a type of long term or chronic stress (for example, a situation with a family member or co-worker). This type of stress can be very harmful to your body as it continues for a longer period of time. For people with diabetes, elevated blood sugar and blood pressure are especially dangerous given an increased risk of heart disease. Chronic stress can also affect your mood, eating habits, desire to be physically active and relationships.

Here are some strategies for managing stress:

1. **Exercise:** especially if enjoyable, can reduce stress and anxiety. It can also result in more restful sleep and improve energy levels.
2. **Coping strategies:** e.g. meditation and journaling. There are many mobile apps and websites that can help you begin (*Calm, Insight Timer, Stop Breathe Think, etc.*).
3. **Social support:** through family, friends, and often, through connections with others who are living with diabetes. The group sessions offered at Taddle Creek DEP offer this type of social support.
4. **Sleep:** having regular and adequate sleep is important for managing stress; sleep deprivation can have negative consequences, including lowering your tolerance for dealing with stressful experiences.
5. **Develop routines** for managing diabetes care to minimize the stress related to the disease. Your diabetes educator can help with this.
6. **Fun:** do something you like -- laugh!
7. **Seek professional help:** sometimes stressful situations become too difficult to manage on our own; in these instances, seeking help from a counselor could help to ease the burden of managing stress on your own. Talk to your health care team for more info.


References: www.oxforddictionaries.com/definition/english/stress

www.diabetes.ca/diabetes-and-you/healthy-living-resources/heart-health/stress-management-high-blood-pressure

Diabetes Q&A:

Should I use Natural Health Products to manage my diabetes?

ANSWER: You may decide to use supplements as another form of therapy for your diabetes. There is a common misconception that because Natural Health Products (NHPs) and supplements are marketed as "natural", that they are effective and safe regardless of their ingredients or dose. This is not always the case. These products, like prescribed drugs, have the potential to cause side effects if not taken properly. Some NHPs can even lower the effect of prescription drugs. At this time the Canadian Diabetes Association does not recommend the use of NHPs for improving glycemic control, because it is unclear whether they are effective or completely safe for use. Some NHPs have been shown to be effective at lowering A1C (by $\leq 0.5\%$) in research studies. These results are promising, but because these studies were small, more research is needed before they can be recommended (*Note: A1C is the 3-month blood sugar average*). If you have questions about a specific supplement, talk to your pharmacist, primary care provider or diabetes educator.



References: (<http://guidelines.diabetes.ca/browse/Chapter21>
www.hc-sc.gc.ca/ezproxy.lib.ryerson.ca/tl-vs/alt_formats/pacrb-dgapcr/pdf/yt-vs/med/nat-prod-eng.pdf)

Recipe BEAN AND VEGGIE BURGERS

Ingredients:

- 1 tbsp. olive oil
- ½ onion, coarsely chopped
- ½ fresh chili, chopped
- Coarse salt (pinch)
- 2 cups of kidney beans, drained and rinsed (preferably low or no sodium, if canned)
- 1 cup of cooked rice (preferably parboiled or brown rice)
- ½ cup shredded carrot
- ½ cup finely chopped broccoli
- 2 tbsp. peeled, fresh ginger
- 2 tbsp. fresh cilantro (or herb of your choice)
- 1 tbsp. canola oil

STEPS:

1. Heat olive oil in a pot over medium heat. Add onion and chili and a small pinch of salt. Cook until the onion is soft, stirring occasionally (~ 5 minutes).
2. Pulse kidney beans in a food processor with 1 cup of rice. If you don't have a processor or blender, this can be done with a fork! Once this has reached a coarse, mashed consistency, stir in the carrots, broccoli ginger, cilantro and onions.
3. Form 4 burger patties. Heat canola oil in a large skillet and cook patties until they are golden and crisp. Alternatively, these can be baked in the oven (~10-15 minutes at 350 F, until golden brown). Serve with a side of your favourite salad or grilled vegetables, on a whole grain bun with your favourite condiments (see Healthy Eating section for tips).

Adapted from: "Bean and vegetable sliders" (2013).

Meatless: More than 200 of the very best vegetarian recipes. New York: Clarkson Potter.

Nutrition Info, per 1 patty:

233 calories,
9.1 g fat (of which 1.3 g saturated fat),
2.8 mg cholesterol,
33.5 g carbohydrates,
4.9 g fiber, 6.4 g protein



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!

Taddle Creek Diabetes Education Program
790 Bay Street, Suite 508, Box 65
Toronto, ON M5G 1N8
416-204-1256

Bryndis Blondal, Dietetic Intern
Shivon Sanduja, RD, CDE
Ramona D'Mello, RN, CDE