

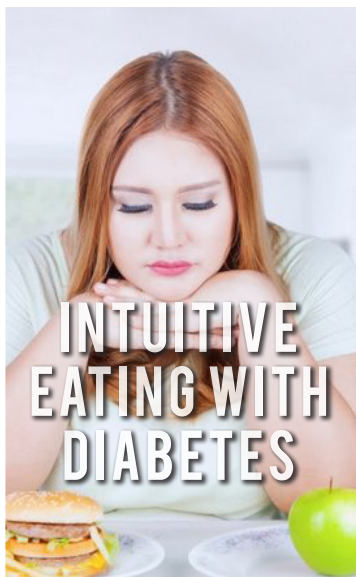


S U M M E R 2 0 1 8

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Current Events:

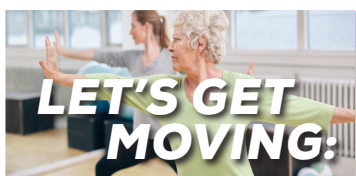
Have you heard about all the free classes offered at TCFHT DEP?



Intuitive eating with Diabetes: A 7-week mindfulness course for people living with diabetes. This course is perfect for you if you:

- Have a good understanding of nutrition recommendations for diabetes but have a difficult time implementing them
- Are an emotional eater
- Are feeling overwhelmed with your diabetes management
- Have tried every type of diet and would like to try a different approach
- Feel restricted by your diabetes
- Would like to connect and share your experience with other individuals living with diabetes
- Would like to eat "normally" while managing diabetes

This course uses mindfulness meditation as a base to consider eating in a different way from simply learning nutrition facts. You will explore hunger, fullness and satisfaction and how to eat without feeling guilty. Ultimately in this course you will learn how to maintain a balance between mental health and physical health. We are open for fall 2018 registration.



Learn more about the health benefits of physical activity and exercise.
Attend 4 free fitness classes at the Miles Nadal JCC (Spadina and Bloor).



Break through the confusion of label reading and grocery shopping with this interactive group and grocery store tour.



A fun and interactive way to learn more about foot care for diabetes by using virtual props and open communication. You will also receive a brief, individualized foot assessment and sensory exam with a Diabetes Nurse Educator.

These classes are only for clients of the Diabetes Education Program.

If you are currently living with prediabetes or diabetes and would like to sign up for one of these programs please call 416-204-1256 x 0 to register.

DIABETES Q&A:

What you don't know CAN hurt you: Why regular blood tests are an important part of diabetes management.

What is diabetes?

Diabetes is a common disease that occurs when your blood glucose is too high. Glucose is a sugar molecule (this is why blood sugar and blood glucose are often used interchangeably). Your body uses glucose for energy. It gets this energy by breaking down certain foods into glucose. The glucose then travels through your blood into your cells where it is used for energy. When you have diabetes, your body has trouble bringing the glucose from the blood into the cells. The glucose stays in your blood longer resulting in high blood glucose (diabetes).

What is a Hemoglobin A1c?

An A1c is a blood test that reflects your average blood sugar readings over the previous 3 months. It measures the percentage of hemoglobin molecules in your red blood cells that have glucose attached to them. Glucose naturally sticks to hemoglobin in red blood cells. When blood glucose is high, more hemoglobin molecules have glucose attached to them. Glucose stays on the red blood cell for the life of the red blood cell (120 days). This is why the A1c blood test represents an average three-month glucose level.

Why should I test my A1c?

There are usually no symptoms of high blood glucose so it can be difficult to know whether or not you are living with diabetes. By testing your A1c it can let you know if you have high blood glucose (diabetes). This test can also tell let you know if you are at higher risk for developing preventable complications related to high blood glucose. Once you have this information your doctor can refer you to the diabetes education program. In this program you will be provided with some tools to help you prevent or delay the development of diabetes and to help prevent the complications associated with high blood glucose.

Who should get A1c tested?

Everyone who has been diagnosed with diabetes should check their A1c every 3-6 months. Although there are many complications related to having high blood glucose for a long period of time, these complications can be prevented or reduced by keeping your blood glucose in target range. Knowing your A1c level can help you, your doctor and your diabetes team determine your best management options.

If you are not living with diabetes it may still be a good idea to get tested. If you are over the age of 40 you are at risk for type 2 diabetes and should test your blood glucose every 3 years.

If you have risk factors that increase the likelihood of developing diabetes, you should be tested more frequently and can start testing before the age of 40. Some of the risk factors include:

- Having a family history of diabetes
- Being a member of the following populations: African, Arab, Asian, Hispanic, Indigenous, or South Asian
- Being previously diagnosed with pre diabetes or gestational diabetes

Bottom line: The earlier you are diagnosed, the sooner you can take action to stay well.

If you have any questions or are interested in more information about diabetes call 416-204-1256 to speak to someone from the TCFHT Diabetes Education Program.



Healthy Eating:

THE LOW-DOWN ON LEGUMES

Legumes like beans, lentils and peas can be a great part of a healthy diet. They are known for their high protein content which keeps us fuller for longer and helps maintain muscle mass. However, legumes are different from other protein sources like meat or fish because they also contain some carbohydrates.

One of the benefits of the combination of protein and carbohydrates found in legumes is that a large portion of these carbohydrates are fibre. Fibre is a type of carbohydrate that our bodies cannot absorb. For example, half a cup of chickpeas contains approximately 23g of carbohydrates. Since 8g of this is fibre and will not be absorbed, this actually makes it 15g of “net carbohydrates”. In other words, only 15 grams of this carbohydrate will affect your blood sugar levels. These 15 grams of net carbs are in the form of starches, which your body digests into glucose and therefore will raise your blood sugar levels.

Foods that are rich in fibre, like legumes, are great because they take longer for our bodies to digest. This means they increase our blood sugar levels much more slowly, which prevents spikes in blood sugars, and sustains our energy levels for longer. The fibre found in legumes also has many other benefits aside from improving our blood sugar levels, including:

- Helps us feel fuller, for longer
- Keeps us regular, and improves bowel health
- Decreases cholesterol levels

If you're watching your blood sugar levels and eat legumes (like black beans, kidney beans, lentils, chickpeas, edamame, etc.) in large amounts, you may need to reduce the amount of other starches or grains you consume during a meal. This includes foods such as rice, pasta or bread. Consuming too many carbohydrates at once can cause our blood sugar levels to increase higher than we need them to.

For example:

Let's say a typical dinner you like is 4 ounces of chicken (or any meat), with 1 cup of cooked rice and 2 cups of cooked vegetables. This is a balanced meal that contains 45 grams of carbs from the 1 cup of rice; the chicken (your protein source) adds 0 carbs to the meal. Now let's say you wanted to make this into a vegetarian meal by having chickpea curry for the protein instead of chicken. If you have 1 cup of chickpea curry instead of the chicken, the chickpeas will add 25 grams of net carbs to your meal. If you had the same 1 cup of rice with this new meal, you would be up to 77 grams of net carbs, which might cause high blood sugars for some people. To fix this, simply reduce the rice portion to ½ cup cooked and have the 1 cup of chickpeas, for a new total of 47 grams of carbs. Now you get all the health benefits of the chickpeas in a well-balanced vegetarian meal that won't raise your blood sugars too much!

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Active Living:

EXPLORING TORONTO EDITION:

TORONTO ISLAND

The next few newsletters will feature a series of Staying Active articles where we will explore an area of Toronto that makes staying active enjoyable. We will start with a detailed look at one of Toronto's most iconic walking and cycling locations: Toronto Island.

"The Island" is a great place to spend a half-day or entire day exploring. There is enough to see and do here to keep you happy and active several days a year, for many years.

The most affordable way to get to the island is by ferry, which leaves from the Jack Layton Ferry Terminal. The terminal is just south of the Bay and Queens Quay intersection. This is just a short walk from Union Station, or for a even shorter walk you can take the streetcar one stop from Union Station to the Queens Quay Ferry Docks stop. The Bay bus also takes you directly to the Ferry Docks stop. Parking on or near Queens Quay will likely cost you \$20 or more for the day and is often full on nice days. Round-trip ferry tickets are \$7.71 for adults, \$5.05 for students and seniors. Visit <http://www.torontoisland.com/ferry.php> or call 416-392-8193 for more details on the ferry, including earliest and latest departure and return trips.

The island is kind of crescent shaped and has 3 drop-off points for the ferry. From West to East, the drop-off points are Hanlan's Point, Centre Island, and Ward's Island.



Below are some of the estimate travel times for walking and cycling between these various ferry drop-off points.

From	To	Distance	Walking Time	Steps	Cycling Time
Hanlan's Point Ferry Dock	Ward's Island Ferry Dock	5.6 km	70 mins	7400	20 mins
Hanlan's Point Ferry Dock	Centre Island Ferry Dock	4.1 km	50 mins	5400	15 mins
Ward's Island Ferry Dock	Centre Island Ferry Dock	3.2 km	40 mins	4200	10 mins
* From and To locations can be reversed, with nearly identical distances and times. ** Walking, cycling and step counts are estimates only, and vary greatly per person.					

These travel distances and times assuming you are walking directly between ferry dock points. This is fine of course, but there are many interesting things on the island that might motivate you to extend your trip. Head over to www.torontoisland.com/map.php to view and/or print a map with over 40 points of interests, including a hedge maze, an amusement park, a disc golf course, yacht and canoe clubs, a farm, and a (possibly haunted) lighthouse. We do not recommend trying to see everything in a single trip!

There are a few places to buy food and refreshments on the island, but you might want to pack some snacks. Definitely bring plenty of water, sunscreen,

a hat, supportive shoes, and check the weather before you leave. Picnic tables and tree-dotted fields are common, so bring a whole picnic meal if you like. There are also a few small beaches for swimming or tanning, including some clothing-optional beaches.

Cycling on the island is great. No cars! You can bring your own bike on the ferry for no extra charge, and the Queens Quay bike lanes (officially part of the Martin Goodman trail) run from Etobicoke all the way to The Beaches, so it is easy to ride right to the ferry terminal from almost anywhere in the city. Or if you prefer, you can rent bikes on the island, about 15 minutes walk from the Centre Island Ferry drop-off (see www.torontoisland.com/bike_rental.php for more details). The bike paths on the island are paved and level, suitable for all skill levels and ages.

For the more experienced and adventurous, you can even rent a kayak or canoe from some retailers on Queens Quay and paddle around and to the Toronto Islands.

Get out there and enjoy our city and keep an eye out for future editions of the Explore Toronto series!

Diabetes 101:

TRAVELLING WITH DIABETES

Diabetes should not keep you away from any of your adventures. However, as with any trip, preparation is key. Careful planning can help manage any bumps and prevent unnecessary stress while traveling. For example, did you know that if you're taking insulin you may need to adjust the

dose and timing as you change time zones? If managing your diabetes with insulin, you should book an appointment with your diabetes educator or physician to get your personalized travel plan. Be sure to bring your trip itinerary to your appointment.

HERE ARE SOME GENERAL GUIDELINES TO GET YOU STARTED:

- If it has been a while, consider getting a medical check-up from your healthcare provider before you leave
- Bring a current list of medications with you (your pharmacy can provide a printed list)
- Get any required vaccinations at least 4 weeks before you leave to deal with any possible side effects
- Get a letter from your healthcare provider or diabetes educator stating you have diabetes and need to use insulin, insulin needles and glucometer lancet (if applicable)
- Bring glucose (sugar) tablets with you in case of low blood sugar (hypoglycemia) while traveling
- Bring 2-3 times the amount of medication or insulin you need in case of loss, breakage or if plans change
- If you use a glucometer, be sure to bring it with you so you can monitor your blood glucose levels
- Take identification that explains your condition in case you are unable to give instructions yourself. Consider getting a MedicAlert® bracelet or wallet card that indicates you have diabetes. For more info, contact the Canadian MedicAlert Foundation at www.medicalert.ca
- Research information on local medical facilities, local food and drinking water
- If taking insulin **DO NOT** put it in your checked luggage! Insulin is temperature-sensitive and may freeze in baggage compartments. Any insulin that freezes may not be effective. Carry it with you in an insulated bag or thermos.
- Keep your medication, meal and snack times as regular as possible. Bring extra snacks with you in case flights or meals are delayed or insufficient.
- **Travel Health Insurance:** Some insurance plans do not cover diabetes. Diabetes Canada partners with Ingle Insurance to offer travel insurance. Contact the DC main office at 416-363-3373 or 1-800 BANTING (226-8464) for more information.
- Try to get active when you can: walk around the terminal, move your ankles in circles or raise your legs when in your seat to improve circulation. Walk up and down the aisles occasionally.

References:

www.diabetes.ca/diabetes-and-you/healthy-living-resources/general-tips/travel-tips-for-people-with-diabetes
www.diabetes.ca/diabetes-and-you/know-your-rights/air-travel-your-right



If you're planning on being very active during your adventures you may need to decrease your diabetes medications, so be sure to talk to your diabetes educator or physician before you go.



RECIPE:

CHICKPEA & BLACK BEAN BURGERS:

The perfect meat alternative for BBQ season

Tips

- Prepare burgers earlier in the day and refrigerate until ready to cook.
- Leftovers: lay flat and freeze in a ziplock bag

Prep Time: 15 min | Cook Time: 15 min | Ready in: 30 min

Makes: 9 burgers

- 19 oz can black beans, rinsed & drained
- 19 oz can chickpeas, rinsed & drained
- 3-4 garlic cloves, minced
- 3/4 red onion, minced
- 1 green or yellow bell pepper, minced
- 2 eggs, beaten
- 5 tbsp plain flour or 1/2 cup white or whole wheat bread crumbs
- 1 1/2 tbsp ground cumin
- 1 1/2 tbsp chili powder
- 1/2 tsp pepper
- 1/4 tsp salt
- 2 tsp vegetable oil
- Whole wheat burger buns
- Toppings (optional): red onion, tomato, lettuce

1. Place the rinsed and drained beans in a bowl. Blot them with a paper towel to remove any moisture (if it's too wet, the burgers won't hold together as well). Mash well with fork or hands.
2. Finely mince the garlic, red onion and pepper. Place in a bowl and remove any excess moisture with a paper towel.
3. Add the ground cumin, chili powder, salt and pepper to the mashed bean mixture. Stir to combine. Add in the garlic, red onion and pepper mixture. Combine.
4. **BBQ:** 4-5 minutes each side on an oiled grill.
Bake: 375 degrees F on lightly oiled baking sheet for 10 minutes each side.
Fry/Grill Pan: lightly oiled, 4-5 minutes each side.

Refrigerate leftovers for up to 5-7 days or freeze for up to 6 months!

ADAPTED FROM: [HTTPS://TASTESBETTERFROMSCRATCH.COM/THE-BEST-BLACK-BEAN-BURGER](https://tastesbetterfromscratch.com/the-best-black-bean-burger)

HTTP://WWW.GENIUSKITCHEN.COM/RECIPE/CHICKPEA-BURGER-338863

PHOTO CREDIT: [HTTP://WWW.CHATELAINE.COM/RECIPE/DINNER/BLACK-BEAN-AND-TOFU-BURGERS](http://www.chatelaine.com/recipe/dinner/black-bean-and-tofu-burgers)

REFERENCE: [HTTP://WWW.UNLOCKFOOD.CA/EN/ARTICLES/BUDGET/ALL-ABOUT-BEANS.ASPX](http://www.unlockfood.ca/en/articles/budget/all-about-beans.aspx)

Nutritional information:

(per burger, without bun or toppings)

184 calories

3.2g fat

9g protein

28g carbohydrates

9g fibre

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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