
Diabetes Life Lines



A newsletter from your County Extension Office
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New Dietary Guidelines - What's New for You?

“Eat more fruits and vegetables” is high on the list from the new dietary guidelines issued by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. Dietary Guidelines for Americans are updated every five years to provide Americans with advice based on current knowledge of nutrition and physical activity and their effect on health. Because about two-thirds of Americans are overweight, the guidelines emphasize weight control, physical activity and eating healthy food that's low in calories and high in nutrients - and that's exactly what's recommended for people with diabetes.

Some key points this year for a reference 2,000 calorie diet for adults include:

Eat More Fruits and Vegetables

- 2 cups of fruit and 2 1/2 cups of vegetables each day (about 4-5 servings of each)
- Emphasis on variety including dark green and orange vegetables, and legumes several times a week

Eat More Whole Grains

- 3 or more 1-ounce servings each day or at least 1/2 the grains from whole grains like oatmeal, brown rice, and whole wheat bread

Use Less Salt and High-Sodium Foods

- Less than 2300 mg (about 1 teaspoon salt) sodium each day (less than 1500 mg sodium for people who may be more salt-sensitive including those with hypertension, middle-aged and older adults, and blacks) -- this amount includes sodium added to food during processing
- More foods with potassium, like fruits and vegetables, to help blunt the effect of salt on blood pressure



Eat the Right Type of Fat

- Less fats and oils high in saturated fats or trans fats (found in processed foods like crackers, snack foods, fried foods, and baked goods)
- Most fats from polyunsaturated or monounsaturated fats like fish, nuts, and vegetable oils

Get Plenty of Physical Activity

- Moderate-intensity activities like brisk walking (3-4 miles an hour) on most days for:
 - at least 30 minutes for most adults
 - 60 minutes for weight loss and to prevent weight gain
 - 60-90 minutes to sustain weight loss

Get Nutrients Primarily from Foods Rather than Supplements

Supplements or fortified foods are recommended in the following cases:

- Vitamin B12 for people over age 50
- Vitamin D for older adults, people with dark skin, and

people who don't get enough sunlight

Later this year a replacement for the current food pyramid is expected to be released, based on the new Dietary Guidelines. Keep in mind that the Dietary Guidelines for Americans do not take the place of individualized meal plans for people with chronic diseases like diabetes. If you have questions about how to incorporate some of the new guidelines into your meal plan, discuss them with a registered dietitian.

Weight Gain - Is Slow Metabolism or Inactivity to Blame?

Excess weight is the main cause of the alarming increase in type 2 diabetes in America, affecting adults and children of all ages. We know that to lose weight, you either must burn more calories or eat less. How much energy you burn each day depends on three things:

1. the energy you burn at rest (resting metabolism)
2. the energy you burn to digest and metabolize your food
3. the amount of energy you burn during physical activity

Many people blame their weight gain on "slow" metabolism. But, actually only 1-2% of overweight

people have a lower than normal rate of metabolism, meaning they burn fewer calories at rest than normal. It would be convenient if we could just take a pill to increase our metabolism while we're at rest. But, despite the claims that some supplements boost metabolism, your resting metabolism is not going to change much.

What about the amount of energy it takes to digest your food? Believe it or not, it's only a myth that



eating grapefruit burns more calories than it contains. The only way you're going to burn more calories digesting your food is to eat more -

and obviously, that is not the answer.

So, that leaves getting more physical activity as the only way to increase the amount of energy you burn each day. If you're fairly inactive, physical activity probably only accounts for only about 20% of the energy you burn each day. Increasing your physical activity by at least 30 minutes a day will go a long way in helping you toward your weight goal. So, even if you feel you're fairly active at work or at home, try to add 30 minutes a day to what you're currently

doing. You can divide your exercise into 2 or 3 sessions a day if you find it difficult to do it all at one time or can't seem to set aside one 30-minute block of time.

Aerobic activities like walking, cycling, and swimming are the best types of exercise to help you expend more calories to help you lose weight. Aerobic activities use the large muscles of the body in a continuous, rhythmic motion that allows you to burn the most calories.

Weight training is important to strengthen and tone your muscles, but it is not the most effective way to lose weight. Studies show that it takes a lot more than 30 minutes a day of weight training alone to lose weight. Try combining weight training with aerobic exercise.

Remember, to lose weight or prevent weight gain, you must balance out the calories you take in with the calories you burn. Eating less and exercising more is the best way to accomplish your goal.

Your Stomach is More Than Just a Food Pouch

You're familiar with the effect of insulin on your blood glucose control, but did you know that hormones produced in your stomach and intestines also affect your diabetes?

You usually think of your stomach primarily as a passageway through which food enters your body and where food gets digested. But, in recent years, researchers have found that some hormones, called incretins, produced in your stomach and intestines, play a role in blood glucose control and affect your appetite.

Two hormones produced in the intestines help regulate blood glucose levels by causing insulin to be released



when food enters your stomach.

One of these, known as GLP-1, also signals your liver to stop making glucose, increases your sensitivity to insulin, and reduces your

appetite and the amount of food you eat. It not only helps with blood glucose control, but also with weight control. Researchers are interested in whether people with type 2 diabetes produce less of these hormones or are resistant to these hormones. At this time, drugs that mimic the action of GLP-1 are being developed for use in type 2 diabetes.

Ghrelin is a hormone produced mainly in the stomach that has been found to be responsible for increasing hunger at mealtime. When you eat, you become less hungry because

nutrients in your food cause ghrelin levels to decrease. When you lose a significant amount of weight, these hormone levels increase to prevent you from losing too much weight. One of the most common types of surgery for obesity bypasses the area of the stomach where most of this hormone is produced. Typically, after weight loss, ghrelin levels would increase to compensate for the loss in weight. But, when researchers tested these people to try to find out why they were so successful at losing weight and keeping it off, they found low levels of ghrelin. This would decrease appetite, and might explain one of the reasons for their weight loss success.

Ghrelin has also been shown to decrease insulin secretion and insulin action. It is hoped that the discovery of ghrelin will help researchers eventually to develop a drug that will help to lower ghrelin levels and therefore control weight and perhaps blood glucose levels without the surgery.

We still have a lot to learn about how various hormones in our bodies work in relation to food intake and diabetes control. With more knowledge, we hope to have more options to help improve blood glucose control.

Recipe Corner

Vegetable Burritos

This is a healthier, but tasty version of traditional burritos.

4 whole-wheat burritos (7-8 inches)	1 cup canned black beans
1 tablespoon olive oil	(rinsed and drained), mashed slightly
2 cloves garlic, minced	1 tablespoon chili powder
1 yellow onion, minced	2 teaspoons cumin
1 red pepper, diced	1 teaspoon chopped cilantro
1 cup yellow corn, cooked (off the cob or frozen)	Your favorite salsa

1. Heat the tortillas by wrapping them in foil and warming them in a 300 degree oven. Or put the tortillas in a stack with a paper towel between each tortilla. Then microwave on high for about 30 seconds.
2. To prepare the filling: Heat the oil in a large skillet or wok. Add the garlic, onion, and red pepper and sauté for 2 minutes. Add the chili powder, cumin, and cilantro. Cook an additional 1 minute.
3. To assemble: Spoon some of the bean-corn mixture on one end of each tortilla. Fold in the two sides of the tortilla and then carefully roll the tortilla to encase the filling. Serve with salsa.

Makes 4 servings

Carbohydrate choices: 3 1/2 Exchanges: 3 starch, 1 vegetable, 1 fat

Calories: 308 Carbohydrate: 53 grams Fat: 7 grams Sodium: 313 milligrams

Fiber: 9 grams Cholesterol: 0 milligrams

Recipe used with permission from The American Diabetes Association's *The Diabetes Food & Nutrition Bible*. 2001

Suggested Menu

<u>Menu Item</u>	<u>Exchanges</u>	<u>Carbohydrate</u>
1 serving <i>Vegetable Burritos</i> *	3 starch, 1 vegetable, 1 fat	53 grams
Tossed green salad	free	†
1 tablespoon cilantro vinaigrette dressing	1 fat	†
1 kiwi fruit	1 fruit	15 grams

* This issue's featured recipe

† insignificant

Note: Portions may need to be adjusted for your meal plan

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Dear Friend,

Diabetes Life Lines is a bi-monthly publication sent to you by your local county Extension agent.

It is written by Food and Nutrition Specialists at the University of Georgia, College of Family and Consumer Sciences. This newsletter brings you the latest information on diabetes, nutrition, the diabetic exchange system, recipes, and important events.

If you would like more information, please contact your local county Extension office.

Yours truly,

County Extension Agent

Janine Freeman, Principal Writer

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