



Diabetes Life Lines

The New Dietary Guidelines for Americans and What They Mean for Diabetes

The 2015 Dietary Guidelines for Americans are out! The Guidelines are written by nutrition science experts. They tell us what to eat and how much, and come out every 5 years. The new Guidelines tell us to focus on healthy eating patterns that include plenty of fruits, vegetables, whole grains, and low fat dairy and moderate amounts of lean meats, poultry and fish, and heart healthy oils, like olive oils and other non-tropical vegetable oils. The new Guidelines also tell us to limit added sugars, saturated fat, and salt. For people with diabetes, this information agrees with everything you've ever learned about healthy eating for healthy blood sugar. One thing that is different in the 2015 Guidelines is what they say about cholesterol. Read on to find out.

For a long time, the Guidelines told Americans to eat no more than 300 milligrams of cholesterol each day. Cholesterol is found in foods that come from animals, like meat, milk and dairy foods, and eggs. Scientists thought that eating more cholesterol put more cholesterol in your blood and caused heart disease. Too much cholesterol in your blood still seems to have a part in heart disease, but scientists don't think that 300 milligrams per day is a magic number that we should all be trying to stay under. So, the 2015 Guidelines do not set a limit on how much cholesterol we should eat. Instead, the Guidelines focus on eating more of some healthier foods and less salt, sugar, and certain kinds of fat. This change might leave you thinking nutrition experts don't know what they are doing.

When ideas that have been around for a long time change, people may wonder if nutrition experts are really experts! What's going on? You see, science depends on people working to find evidence about how things work. As the experts find more clues (evidence), their ability to see the big picture gets better. A murder mystery movie is a good example of how new clues can change ideas. Sometimes, the movie will make you think a certain person did the crime. As the detectives find more clues, you learn that all the signs point to another person! At any time during the movie, adding up the clues might make you think a different person is the criminal. It is not until the final piece of the murder mystery falls into place that exactly the right person is charged with the crime! Science is the same way.

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For a long time, cholesterol was thought to be an important criminal in heart disease. Because of new clues, scientists now know that Saturated Fat is the likely crime leader in heart disease and cholesterol in our food is a less important player in the crime ring.

The Guidelines point out that removing the limit on cholesterol does not mean that cholesterol is not important. Instead, they suggest that if you focus on eating plenty of whole grains, vegetables, and fruits while choosing lower fat meats and low-fat and fat-free dairy foods then you should not have to worry about counting cholesterol. **While this might be true for many people, people with diabetes should talk to their doctor about what is best.** You see, there is some research that suggests that people with diabetes may respond differently to the cholesterol in their food than people without diabetes. So, while some Americans might be able to start eating eggs and shrimp to their healthy heart's delight, people with diabetes may not be so lucky. Once again, this shows us the importance of seeing your doctor regularly and sharing with him or her about all of your health problems.

So, talk to your doctor about what is right for you, particularly with regard to cholesterol. As for the rest of the Dietary Guidelines, they are for you too! Most of us don't get enough vegetables and eat too much sodium, added sugar, and saturated fat. So get your greens and beans and try to limit the unhealthy empty calories in sodas, cookies, and cakes. And talk to your doctor about how many eggs per week are right for you!

Getting the Exercise You Need with Physical Limitations

Regular exercise is an important part of managing your diabetes. Regular exercise can help control blood sugar by helping your body use insulin. Exercise can also help your heart pump blood and deliver oxygen to your brain and body, and help you stay a healthy weight or lose weight if you are overweight. Still, when you have pain, problems moving, or nerve issues with diabetes, getting enough exercise can be difficult. A recent study found that more than 30% of people with diabetes had problems walking, climbing stairs, and standing^{1,2}. More than 40% of people said they had trouble with stooping, bending or kneeling^{1,2}. These problems seem to get worse with older age². Many times, problems moving and pain go hand-in-hand. But, with diseases like arthritis, moving more can actually help manage pain. Losing weight has also been shown to help people move easier and decrease pain with knee arthritis³.

The American Diabetes Association and the American College of Sports Medicine recommend that people with diabetes get at least 150 minutes per week of exercise⁴. That's about 30 minutes, 5 days per week. They also recommend that people with diabetes do four types of exercise training⁴:

- Aerobic exercise – exercises that cause you to breathe harder; examples include walking, riding a bicycle, or dancing. Should be done at least 3 days per week
- Strength training – exercises that stress your muscles; examples include lifting free weights, or doing exercises that use your own body weight, like wall-pushups or standing up out of your chair, sitting back down, and standing up again. Should be done 2 to 3 days per week.

- Flexibility – stretching your muscles; may help decrease risk of injury. Should be done daily.
- Balance training – helps you feel steady on your feet; may reduce your risk of falls; examples include, walking heel to toe in a straight line, balancing on one foot at a time. Should be done daily.

If you have pain or physical limitations, you may need to start small with exercise. Ideas for exercise if you have pain or physical limitations include water aerobics and chair exercises. When we move in the water, we feel lighter than when we are on land. Chair exercises can be a great way to get your heart rate up without having to stress your lower body. Many senior centers offer chair exercise classes.

If you are over 65, you may qualify for SilverSneakers® Fitness Programs, which can help you pay for a membership to local gyms, such as the YMCA that might have pools for water aerobics. Many gyms that work with SilverSneakers® also offer classes just for older adults. You can find out if SilverSneakers® is offered in your area by calling toll-free 1-866-584-7389 or going to www.silversneakers.com.

No matter your age or how long it has been since you were diagnosed with diabetes, you will want to talk to your doctor before starting an exercise program. Remember, because exercise helps your body use insulin, your blood sugar can change during and after exercise. It will be important to check your blood sugar regularly, and your doctor may wish to make changes to your medications. Also, he or she may be able to help you find an exercise professional in your area that can create a program that's right for you. Adding an extra lap around the block doesn't require a trip to your doctor. But when you are ready to really get moving, you should talk to your doctor first.

Exercise might seem like one more thing on your to do list, but it can actually really help you physically and mentally. A trained exercise specialist can help you adjust regular exercises to decrease pain and adapt to physical limitations. Over time, exercise may actually help reduce pain and make moving easier. Start by talking to your doctor! The benefits are waiting for you!

1. Centers for Disease Control and Prevention. Age-adjusted Percentage of Adults With Diagnosed Diabetes Reporting Mobility Limitation, By Task, United States, 1997–2011. 2013. http://www.cdc.gov/diabetes/statistics/mobility/health_status/fig1.htm. Accessed Feb 29, 2016.
2. Kemmis, K. Exercise with diabetes and physical limitations. *On the Cutting Edge: Diabetes care and education*. Vol 36, No 6.
3. Miller GD, Nicklas BJ, Loeser RF. Inflammatory biomarkers and physical function in older, obese adults with knee pain and self-reported osteoarthritis after intensive weight-loss therapy. *Journal of the American Geriatrics Society* 2008;56(4):644-51. doi: 10.1111/j.1532-5415.2007.01636.x.
4. Colberg SR, Sigal RJ, Fernhall B, et al. Exercise and Type 2 Diabetes: The American College of Sports Medicine and the American Diabetes Association: joint position statement. *Diabetes Care*. 2010;33(12):e147-e167. doi:10.2337/dc10-9990.

Roasted Root Vegetables

Makes: 4 servings

A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese



Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Nutrition Information:

Total Calories 260	Total Fat 15g	Saturated Fat 2g	Protein 5g
Carbohydrates 30g	Dietary Fiber 6g	Sodium 150 mg	

Source:

USDA Mixing Bowl: Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes

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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 an Extension Nutrition and Health Specialist and other health professionals from the University of Georgia. This newsletter brings you the latest information on diabetes self-management, healthy recipes and news about important diabetes-related events.

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

Yours truly,

County Extension Agent

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