



Mission in Motion

Health & Wellness Newsletter
November 2014 – Diabetes

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Are Appearances Deceiving You?

The truth about undetected diabetes

Diabetes is the sixth leading cause of death in the United States. Yet close to a third of the 17 million adults affected by the disease may not know they have it. Many people first learn they have diabetes through blood tests for other conditions or during routine physical exams. Left undetected and untreated, diabetes can do irreversible damage to your eyes, kidneys and other major organs.

There are two types of diabetes, Type 1 and Type 2. Type 1 diabetes also known as insulin-dependent diabetes mellitus (IDDM), usually develops before age 30. Type 2 diabetes is the most common form of diabetes and usually occurs after age 40 and in overweight people. Each type has several symptoms, but symptoms common to both types include excessive thirst and frequent urination. Physicians don't usually screen for diabetes during routine visits, so you should make your physician aware of any symptoms or risk factors you may have. If you are at risk for diabetes, have a fasting blood glucose test starting at age 45. If test results are normal, repeat the test every three years.

Defending against diabetes

You may need medication to control your blood sugar level. But even with medication, the right diet and regular exercise are vital to managing diabetes. Unfortunately, there is no cure for the disease, but there are steps you can take to help prevent it, or gain tighter control of your blood sugar levels if you have diabetes. Some preventive or self management steps include:

- Eating right
- Maintaining a healthy weight
- Getting plenty of exercise
- Knowing your risk factors

By practicing a healthy lifestyle and having your blood sugar tested on a regular basis, you can protect your health against diabetes.

Stop Diabetes In Its Tracks

Before people develop type 2 diabetes, they almost always have pre-diabetes—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. More than 54 million people in the United States have this condition.

If you have pre-diabetes, you can prevent the development of diabetes by:

- Engaging in just 30 minutes of daily moderate physical activity
- Making healthy food choices
- Reducing your body weight by five to 10 percent

Source: American Diabetes Association

Source: American Diabetes Association

Making Healthy Food Choices

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. But a few basic tips have weathered the fad diets, and have withstood the test of time.

Diabetes Superfoods

Ever see the top 10 lists for foods everyone should eat to superpower your diet? Ever wonder which will mesh with your diabetes meal plan? Wonder no more. Your list of the top 10 diabetes superfoods has arrived.

As with all foods, you need to work the diabetes superfoods into your individualized meal plan in appropriate portions.

All of the foods in our list have a low glycemic index or GI and provide key nutrients that are lacking in the typical western diet such as:

-  Calcium
-  Potassium
-  Fiber
-  Magnesium
-  Vitamins A (as carotenoids), C, and E.

There isn't research that clearly points to supplementation, so always think first about getting your nutrients from foods. Below is our list of superfoods to include in your diet.

Beans

Whether you prefer kidney, pinto, navy, or black beans, you can't find better nutrition than that provided by beans. They are very high in fiber, giving you about 1/3 of your daily requirement in just a ½ cup, and are also good sources of magnesium and potassium.

They are considered starchy vegetables, but ½ cup provides as much protein as an ounce of meat without the saturated fat. To save time you can use canned beans, but be sure to drain and rinse them to get rid of as much sodium as possible.

Dark Green Leafy Vegetables

Spinach, collards, kale – these powerhouse foods are so low in calories and carbohydrate. You can't eat too much.

Citrus Fruit

Grapefruit, oranges, lemons and limes, pick your favorites and get part of your daily dose of soluble fiber and vitamin C.

Sweet Potatoes

A starchy vegetable packed full of vitamin A and fiber. Try this in place of regular potatoes for a lower GI alternative

Berries

Which are your favorites: blueberries, strawberries, or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.

Tomatoes

An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, iron, vitamin E.

Fish High in Omega-3 Fatty Acids

Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don't count in your goal of 6-9 ounces of fish per week.

Whole Grains

It's the germ and bran of the whole grain you're after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate.

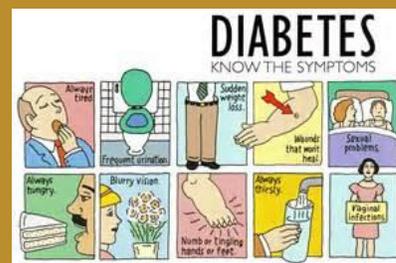
Nuts

An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.

Fat-free Milk and Yogurt

Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Some of the above list can be tough on the budget depending on the season and where you live. Look for lower cost options such as fruit and vegetables in season or frozen or canned fish.



Source: American Cancer Society

Taking control of your diabetes



Make Diabetes Prevention Your Intention

You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and calorie intake, losing a little weight, cutting out tobacco products, lowering blood pressure and cholesterol levels can enhance your health. To help lower your risk of diabetes:

- 🍷 Make a plan to change behavior.
- 🍷 Decide exactly what you will do and when you will do it.
- 🍷 Plan what you need to get ready.
- 🍷 Think about what might prevent you from reaching your goals.
- 🍷 If you smoke, enroll in a smoking cessation program.
- 🍷 Find family and friends who will support and encourage you.
- 🍷 Decide how you will reward yourself when you do what you have planned.

Source: The National Institute of Diabetes and Digestive and Kidney Diseases

Take Control Of Your Diabetes

- 🍷 **Test your blood sugar daily.** Write down the results. Regular testing helps ensure your treatment plan is working.
- 🍷 **Eat right.** Choose foods and recipes with less sugar, less fat and low sodium. Eat meals that are high in fruits, vegetables and whole grain.
- 🍷 **Stay active.** You can walk, bike, swim or hike. Everyone is different, so check with your physician to see if you should have any limits in your exercise program.
- 🍷 **Take prescribed medicines as directed.** Ask your health care provider if other medication that you may be taking, either prescribed or over the counter, will interfere with your diabetes medication.

Taking control of your diabetes may help you with problems such as: kidney disease, high blood pressure, vision and circulation.

These tips are intended as general information only. Please consult your physician for specific advice.

Source: American Diabetes Association



November Health & Wellness Seminar: Diabetes

Date: 11/20/2014 - Thursday

Time: 2:30 p.m.

Location: Council Chambers

Speaker: To be Announced

Raffle: Subway Gift Card

Health & Wellness Seminars

****RAFFLE****

Each month we will be conducting a raffle. Must be present to win.

*If you have a subject or topic that you would like more information on, feel free to make your request to HR.

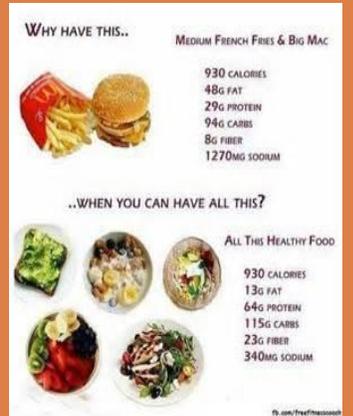
Strawberry Chia Smoothie

Ingredients:

- ¾ cup of skim milk
- 4 tsp. chia seeds
- 1 cup fresh strawberries
- 1 tbsp. strawberry fruit spread, or to taste
- 2 tsp. orange zest
- ½ tsp. chopped fresh ginger
- ½ tsp. vanilla extract

Directions:

1. In a blender, place milk and chia seeds and let sit while measuring remaining ingredients.
2. Add, strawberries, preserves, orange zest, ginger and vanilla to the blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute. Pour smoothie into a tall glass and serve immediately.



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Mission In Motion
 Our mission is to promote health awareness and to encourage healthy lifestyles