

Wellness News Beat

Prairie Health Matters Diabetes and Heart Health

SPRING 2006

Caffeine, Coffee, Chromium and Cinnamon

We are bombarded with media claims about what helps diabetes. For example, caffeine, coffee, chromium and cinnamon have all been in the headlines. What is the science behind the claims?

Caffeine/Coffee

At least two earlier scientific studies showed that taking in caffeine equal to 2-3 cups of coffee causes poorer blood sugar control. It seemed that for people who are at risk of diabetes, consuming caffeine resulted in insulin not working as well.



Two later studies looked at the result of coffee drinking on the people who get type 2 diabetes. These findings showed that long-term heavy coffee drinkers were less likely to develop diabetes. However, decaffeinated coffee did not have the same effect. It was found that the higher the amount of caffeine, the lower the risk for diabetes!

Coffee contains magnesium, niacin, potassium and the antioxidant tocopherol (antioxidants are heart healthy). The jury is still out as to what ingredient is protective against type 2 diabetes.

Bottom line: Coffee has been cleared from nearly all health charges and may even be beneficial. Whether it will prevent type 2 diabetes or help with better blood sugar control remains to be seen. Daily recommended amount is no more than 4 cups a day.



Chromium

Chromium, a mineral, helps us use carbohydrates and fats. It also helps cells respond to insulin. Chromium is found in vegetables, whole grains and nuts. The studies on chromium's relationship to diabetes have had mixed results.

Bottom line: Supplements are only needed if you have a chromium deficiency. Some supplements may be dangerous. Chromium is easily found in food; the best and safest way to get chromium.

Cinnamon

Cinnamon's effect on blood sugar was found by accident. A study on the effects of food on blood sugars showed that apple pie was not having the expected effect. The helpful ingredient was cinnamon!

Further studies showed that adding cinnamon resulted in lower blood sugars and cholesterol in persons with type 2 diabetes. The study used 1/2 tsp, 1 1/2 tsp or 3 tsp with benefits shown in all groups.

Bottom line: Cinnamon seems to lower blood sugars and cholesterol. Adding cinnamon to your diet will not add calories (unless you are eating it with apple pie!). Use a cinnamon stick in your tea or add it to your whole-wheat cereal.



Last word : These claims suggest an improvement in blood sugar control. The best way to find out if they make a difference is to try them (food, not supplements). Test your blood sugar. See if there is an improvement when you include specific foods, minerals or spices in your diet. This way you will find out the effect on **your** blood sugar!

Levemir

Levemir (detemir), another long-acting basal insulin analogue, is now available to assist with type 1 or type 2 adult diabetes maintenance of blood glucose control. Like Lantus (another long-acting insulin analogue), Levemir does not have a peak and has less hypoglycemia over night. It's effect can last up to 24 hours depending on dosage. That is, a small dosage may require you to have two injections, as its effect will only last up to about 14 hours. Therefore, Levemir can be used as a once a day or twice a day injection for blood glucose control.

The advantage of using Levemir appears to be that there is less weight gain (type 2) and either weight loss or small weight gain (type 1) than with NPH. It also has less fluctuation in the blood glucose results, that is, you are more likely to have a similar fasting blood glucose everyday.

Levemir is a clear insulin and cannot be mixed with other insulins for injection. While in use, Levemir penfills can be kept at room temperature for up to 42 days. The unopened penfill cartridges should be stored between 2-8° C and protected from light.

Unlike Lantus, Levemir is only available in penfill cartridges to be used with an insulin pen injector, Novolin-Pen 4. Each Levemir penfill carton contains 5 cartridges at a cost ranges from \$124.88 to \$133.49. This is higher as compared to a carton of NPH ranging from \$37.99-\$41.99. Levemir is not claimable on Pharmacare.

If you think this may be the insulin for you, you must see your doctor to make any change in your insulin.

The Grocery Shelf

The low-down on new & sometimes improved items at your grocery store.

- Tenderflake Non-hydrogenated Lard: 2 tsp contains 10 gm of fat, of which 4.1 gm is saturated + trans fat. Which means... **this lard is still not a heart healthy choice!** Remember, you're looking for a margarine, lard, butter or oil to have 25% or less of it's fat from saturated + trans fat → and Tenderflake non hydrogenated lard has 41% of it's fat from the artery clogging saturated + trans fat. Baking with a soft non-hydrogenated margarine or a liquid vegetable oil is still your best bet.

- Cardivia Danone Yogurt – A source of omega 3 fat! Each 113 gm serving of yogurt contains approximately 0.3 gm of omega 3 fat. Of this, 0.062 gm is in the form of EPA + DHA. For those of you with heart disease, 1 gm of EPA + DHA daily may be beneficial in preventing further damage. Although this yogurt provides you with a start, consuming fatty fish will get you there faster -- only 3 oz of canned sockeye salmon has 1.2 gm of EPA + DHA!

- Egg Creations – a cholesterol free, fat free liquid egg product, which comes pre-seasoned for your convenience. A 50 ml serving even contains 1 gm of fiber! Found in the egg section of your grocery store, in cheese & chives or garden veggio flavor, Egg Creations are an excellent alternative!

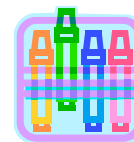
- Lifestyle Fruit Crème Peek Freans – Trans fat free & lower in fat than the regular version, these cookies are also diabetes friendly! Sweetened with maltitol, 2 cookies make about 25% less blood sugar than the regular fruit crème variety.

Novolin-Pen 4

Novo Nordisk Canada has a new insulin pen injector to be used with a penfill 3 ml cartridge and NovoFine 6 mm and 8 mm disposable needles. It is available in silver and blue. This allows you to have a different colour Novolin-Pen 4 for each type of insulin you use.

Following are some of the improved features in the Novolin-Pen 4:

1. Magnified display window that allows you to see the numbers better;
2. Less thumb pressure is needed to press the dose-button in delivering the insulin;
3. When you press the dose button completely in to inject the insulin, you will hear a 'click' at the end that tells you the selected amount of insulin has been delivered.



**If you are interested in learning more about Levemir or the Novolin-Pen 4, please contact:
Prairie Health Matters at 571-8357**

Recipes

Fusilli and fruit salad

This is a refreshing side dish

Fusilli (spiral pasta)	1 1/2 cups
Pineapple tidbits, drained	14 oz can
Whole mandarin orange segments	10 oz can
Halved red or green grapes	1 cup
Diced, unpeeled red apples	1 cup
Yogurt cheese or lower-fat thick yogurt	1/2 cup
Frozen orange juice concentrate, thawed	2 tbsp
Small banana, sliced	1

1. In a pot of boiling water, cook pasta until tender but firm; drain. Rinse under cold water; drain. Transfer to a large bowl. Add pineapple, oranges, grapes and apples.
2. In a separate bowl, stir together yogurt cheese and orange juice concentrate. Pour over pasta mixture; toss gently. Chill. Stir in sliced banana just before serving.

To make one cup yogurt cheese:

Use 2 cups of plain low-fat yogurt (balkan-style, not stirred, made without gelatin). Line a sieve with a double thickness of paper towel or cheesecloth. Pour yogurt into the sieve and place over a bowl. Cover well with plastic wrap and refrigerate for at least two hours. Discard liquid and keep in an airtight container in the refrigerator for up to a week.

Makes 6 cups (12 servings)



*Source: Dietitians of Canada, Great Food Fast
Bev Callaghan RD, Lynn Roblin RD*

Per 1/2 cup serving	
Calories	99
Protein	2.8 g
Fat	0.7 g
Carbohydrate	21.6 g
Dietary fiber	1.3 g
Sodium	11 mg

Skewer always on my mind

Lime and cilantro marinated salmon skewers

Marinade

Freshly squeezed lime juice	1/4 cup
Minced fresh cilantro	2 tbsp
Sodium reduced soy sauce	1 tbsp
Honey mustard	1 tbsp
Barbeque sauce or ketchup	1 tbsp
Grated lime zest	1 tsp
Minced garlic	1 tsp
Cumin, ground coriander, salt and freshly ground pepper (each)	1/4 tsp


Boneless, skinless salmon fillets cut into chunks	1 1/2 lbs
12 inch metal skewers	4

1. Combine all marinade ingredients in a small bowl. Mix well.
2. Place salmon chunks in a large, heavy-duty, resealable plastic bag. Add marinade and seal bag. Turn bag several times to coat salmon with marinade. Marinate in refrigerator for 30 minutes.
3. Meanwhile, preheat grill or broiler to high setting. Remove salmon from marinade (reserve marinade) and thread pieces onto skewers. Coat grill rack or boiler pan with cooking spray or brush lightly with oil. Grill or broil salmon for 3 to 4 minutes per side, brushing often with reserved marinade. Salmon should be just slightly pink in the center. Be careful not to overcook the salmon or it will be dry. Serve hot.

Makes 4 servings

Hint: Skip the salt and it will reduce sodium by 144 mg

Source: Eat, Shrink and Be Merry, Janet and Greta Podleski 2005

Per serving		
Calories	264	
Protein	34 g	
Fat	10.9 g	
Saturated Fat	1.7 g	
Carbohydrate	5 g	
Fiber	0.3 g	
Sodium	429 mg	
Cholesterol	94 mg	

Ask the expert

Question: What is strength training?

Answer:

It involves lifting weights such as barbells, working out on weight machines, or working against other forms of resistance. You can start with something you have at home such as a soup can. It takes very little time. Most of the benefit comes from two to four 15 – 20 minute sessions a week.

What does it do?

- It burns calories, which helps you shed body fat. A half-hour workout, on average, burns 200 calories.
- It builds muscle and muscle burns calories. Strong muscles help prevent falls and preserves independence and self-confidence.
- It increases bone density, which will help prevent bone fractures.
- It reduces blood pressure, blood cholesterol levels, blood sugar levels, clothing size and improves daily physical functioning.

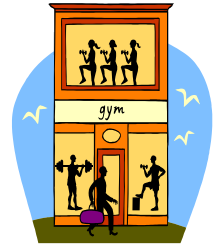


Who should strength train?

Everyone!

It's never too late to get started. Even frail older people or those suffering from chronic conditions should strength train. People who engage only in aerobic exercise such as brisk walking, cycling, swimming and running can further benefit from weight training. If you are 35 years or older or have any health problems, ask your doctor before you start.

The easiest and safest way to learn strength training is at a gym, local Y or health club. A trained fitness instructor will teach you the proper technique to prevent injuries. Once you know how to strength train safely, you can do it in the comfort of your own home.



Resource UC Berkley Wellness Letter May 2004

Questions

- T F Strength training can help with weight control by shedding pounds or being trimmer and fitter.
- T F Lifting weights is only for the young and fit.
- T F To get any benefit from strength training, you have to spend at least 45 minutes lifting weights five days a week.

Answers: T, F, F

Wellness Newsbeat is a newsletter designed to inform clients of Prairie Health Matters of current diabetes and heart health information.

Wellness Newsbeat is published in the fall, winter and spring. We would welcome any suggestions for further items. Send your thoughts or comments to:

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