

Winter 2007

Boost your Fibre

Okay, so fibre may not be as glamorous as Dr. Atkins diet, but including some fibre in your diet can do some major things for your health. It is an essential nutrient. Fibre does far more than make you move. (If you know what I mean).

So what is dietary fibre? It is the part of a plant that we cannot digest. Most fruits and vegetables and whole grain products contain fibre. Dietary fibre is either soluble or insoluble. There are benefits to both.

Soluble fibre: Helps make the contents of the digestive tract gummier. It absorbs the cholesterol so helps to lower your blood cholesterol. Soluble fibres delay stomach emptying, so the glucose does not enter the blood stream as quickly. As a result the post-meal blood sugar may be lower. Sources of soluble fibres include: products containing psyllium, oat bran, legumes (dried peas and beans), pectin containing foods such as apples, and some vegetables like peas, carrots and broccoli.

Insoluble fibre: Makes stools weigh more, speeding up how quickly they pass through the intestine. It acts like a sponge to absorb many times its weight in water, swelling up and helping to promote regular bowel movements, relieving constipation. Insoluble fibre is found in wheat bran and whole grains and in the skins of many fruits and vegetables. Bowel diseases such as diverticular disease, inflammatory bowel disease or irritable bowel syndrome are now more often treated with a high fibre diet.

The other benefit of fibre is that it helps to make you feel fuller so that you will tend to eat less. This may help with weight loss. Diets high in fibre may also help to prevent colon cancer.

Let's get back to the cholesterol.

Research has shown that eating 5 – 10 grams of soluble fibre each day can lower the LDL cholesterol (the bad cholesterol) by 3 – 5%. That with other lifestyle changes can make a difference. The following are examples of foods containing 1.5 – 3 g of soluble fibre:

- 1 orange
- 1 apple
- 1 cup of carrots
- ½ cup peas
- 1 cup oatmeal
- ½ cup kidney beans or other legumes
- 1/3 cup All- Bran Buds (in the green box)
- 1 cup Kellogg's All-Bran Guardian (see page 2)

How much fibre do you need? The following outlines how much fibre adults should be aiming for.

AGE	SEX	FIBRE(GRAMS)
19-50	Male	38
	Female	25
51 and older	Male	30
	Female	21



How to get more fibre

- Choose a cereal with at least 4 grams of fibre per serving
- Use whole grain breads
- Have whole grain pasta and brown rice
- Add legumes to your soups, salads and pastas
- Add barley to your stews
- Leave the skins on potatoes when you bake, mash or boil them
- Have vegetables and fruits for snacks and have them at every meal

Tips to Maintain New Year's Resolutions

Resolutions carried out successfully not only act as short-term goals to success but also help in improving life and overcoming those habits, which we ourselves do not like.

Set your Goal – pick a safe, attainable goal with clear direction and a realistic time frame. Don't set resolutions whose success is based upon factors beyond your control.

Don't make too many resolutions – Pick one that is most important to YOU!

Do set resolutions based upon YOUR own wishes, desires, goals and dreams and not those of society or those persons close to you. A resolution is bound to fail if it isn't from your heart.

Do use the buddy system – Rely on your friends and family to support you in your resolution. Social support can be a great strength of motivation.

Take baby steps and plan intermediate goals if it helps you maintain control. Achieving these smaller goals also gives you a sense of accomplishment and motivation for the bigger goal.

Do plan a reward for yourself when the resolution – or intermediate goals – are met.

Use "self-talk" that is positive and on track by consciously designing supportive statements that begin with words such as "I am", "I can", "I will" and "I intend." These words build confidence, motivation and reinforce your intentions.



New Cholesterol Guidelines

If you are at high risk for heart disease the LDL "bad cholesterol" target has been lowered from 2.5 mmol/L to 2.0 mmol/L. Those at high risk includes people that have:

- Already had heart disease (angina, previous heart attack, bypass surgery, peripheral artery disease);
- Most people with diabetes;
- And others that have significant risk factors.

Talk to your doctor or Prairie Health Matters staff to find out what your risk level is and how you can lower your cholesterol levels.

Autopen 24

Lantus (insulin glargine) is now available in cartridge format. The cartridges contain 300 units of insulin and come in a package of five (5) cartridges. The new pen made just for these Lantus cartridges is called the Autopen 24 (the "24" is for the 24 hours that Lantus lasts when injected).

There are 2 versions of the pen.

- The green pen dials up to a maximum of 21 units in 1 unit steps.
- The blue pen dials up to 42 units in 2 unit steps.

As with all insulin pens, the Autopen 24 needs to be primed when the needle is attached before each injection to ensure that the correct dosage is received. The Autopen 24 does not dial back if the dose selector is set to a higher dosage than is required. The incorrect dose must be fully expelled and then dial up the correct dose. The Autopen 24 comes with two adapters for those who have difficulty turning the dose selector to the desired dose and for the injection release button.

To learn more about the Autopen 24, contact Prairie Health Matters at 571-8357.

On the Grocery Shelf

Kellogg's All-Bran Guardian is a new cereal that has recently hit the grocery shelves. It has 6 grams of fibre in one cup with half of it being soluble. It contains whole oat flour, whole wheat flour and psyllium seed husk. It has a maple brown sugar flavour (hmmm...tasty) and you could eat it as a cereal with milk or munch on it as a snack. One cup contains 28 grams of carbohydrate but remember those of you with diabetes and are counting grams of carbohydrate you can subtract the fibre from the carbohydrate. So this cereal gives you 22 grams of available carbohydrate which is in line with most other cereals.



The long awaited **Splenda Brown Sugar Blend** has hit the shelves. It is being promoted as having half the calories of brown sugar and that you should be using half as much as you would of the sugar. If a recipe calls for 1 cup of sugar it is suggested to use 1/2 cup of Splenda Brown Sugar Blend.

Remember this product does contain 2 grams of carbohydrate per one-half teaspoon. If you use too much, it will affect your blood sugar.



Recipes



Garden of Eatin'

This mouthwatering vegetable medley is so tasty!

Medium red potatoes (unpeeled, cut into 1 inch cubes)	6
Whole medium mushrooms	3 cups
Carrots medium, peeled, coarsely chopped	2
Zucchini medium, cut into bite-size chunks	2
Red onion medium, cut into rings	1
Red bell pepper, cut into bite sized chunks	1
Yellow bell pepper, cut into bite sized chunks	1
Garlic cloves minced	2
Olive oil	1 tbsp
Rosemary, fresh or dried	1 tbsp
Oregano, fresh, chopped (or one tsp dried)	1 tbsp
Vinegar, balsamic	1 tbsp
Salt and black pepper (each)	1/4 tsp
Cheese (feta, light) crumbled	1/2 cup

- Spray a large roasting pan with non-stick spray. Add vegetables, garlic, oil and herbs. Mix well. Roast, uncovered at 425 for 30 minutes. Stir once or twice during cooking time.
- Turn on the broiler and broil vegetables for about 5 minutes, until edges start to brown.
- Remove vegetables from oven and transfer to a serving bowl.
- Toss with vinegar, salt and pepper. Sprinkle crumbled feta over top. Serve warm.

Makes 8 servings

Source: *Crazy Plates: Janet and Greta Podleski*



Per serving	
Calories	146
Fat	3.3 g
Protein	5.3 g
Carbohydrates	25.7 g
Fibre	4.2 g
Sodium	256 mg



Grilled Vegetable and Couscous Salad

Introduce yourself to couscous with this recipe

Zucchini, small	2
Eggplant	1
Pepper red and yellow	1 each
Red onion	1
Olive oil	1/4 cup
Black olives coarsely chopped	1/4 cup
Couscous whole wheat	1 cup

Dressing:

Olive oil	1/4 cup
White wine vinegar	1 tbsp
Plum tomato, finely diced	1
Garlic cloves, minced	2
Thyme, oregano and basil (each)	1 tsp
Pepper	1/2 tsp

Dressing: In small bowl, whisk together oil, vinegar, tomato, garlic, thyme, oregano, basil and pepper.

Slice zucchini and eggplant into 1/2 inch thick slices. Cut red and yellow peppers into quarters; discard seeds and membranes. Cut onion crosswise into 1/2 inch thick slices.

Brush vegetables all over with oil.

Place vegetables on greased grill over medium-high heat. Cook, turning often, for 7-10 minutes or until eggplant, zucchini and onion are soft but not charred and peppers are tender-crisp.

Cut into generous bite-size pieces and place in large bowl; toss with dressing and black olives.

Meanwhile, in small saucepan, bring 1-1/4 cups (300mL) water to boil; stir in couscous.

Remove from heat; cover and let stand for 5 minutes. Fluff couscous with fork and add to bowl; toss to combine.

Makes 10 servings

Per serving	
Calories	151
Fat	6.0 g
Protein	3.6 g
Carbohydrate	21.4 g
Fiber	1.8 g
Sodium	30 mg



What is macular degeneration?

Macular degeneration is a condition of the eye where your most sensitive area of vision, the macula, loses some or all of its function. It is a very common problem.

There are two forms of the disease, 'dry' and 'wet'.

- The 'dry' state is the more common and least threatening of the two forms. In the 'dry' state waste products (drusen) from the macular cells accumulate below the macula. Patients will notice a small decrease in vision.

To prevent progression from the 'dry' into the 'wet' state vitamins such as Vitalux or Occuvite are recommended. A diet rich in leafy green vegetables such as spinach, kale or broccoli may benefit patients. Smokers or recent ex smokers should avoid using vitamins containing Beta-carotene as it has been found to increase the risk of lung cancer. Please see your optometrist to see which vitamin is right for you.

- The 'wet' stage is the more sight threatening of the two. In the 'wet' stage, blood vessels grow underneath the macula and begin to leak. Patients will notice a drastic decrease in vision. Their world will look distorted. Referral to a retinal specialist is required, where more testing will be done with the intent to try to stop the advancement of the disease. Typically, laser therapy is required to stop the leaking.

A drug Visudyne sometimes will be used in combination with the laser treatment. Avastin and Lucentis are two newer medications that are being used to treat the 'wet' state with positive results.

Risk factors for developing macular degeneration are:

1. Smoking
2. Age (>60)
3. UV light exposure
4. Circulation problems
5. Family members with the condition

If you have any of the risk factors or have any questions about macular degeneration please arrange to see your eye health professional for an examination.

Dr. D. Papegnies
"Total Eye Care"

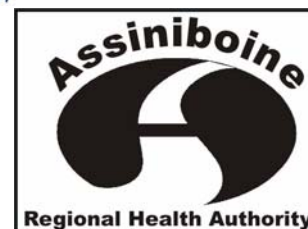
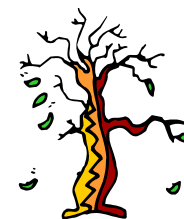


Wellness Newsbeat is a newsletter designed to inform clients of Prairie Health Matters of current diabetes and heart health information.

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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