

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA



## Recently Diagnosed?

Receiving a diabetes diagnosis is very sobering and can be scary. Fortunately, there are several things you can do to manage this condition and lower your blood sugar.

If you've been recently diagnosed it's critical to learn where you're at and where you need to be. To gain a clear understanding of your type 2 diabetes diagnosis you should ask your doctor or healthcare professional some key questions including:

- What tests were used? How was I diagnosed?
- What is my goal blood sugar range?
- Should I take any medications? Why was I prescribed this medication?
- What lifestyle habits should I change or follow?

Your doctor and/or healthcare team will be able to answer these key questions and give you more information about your diagnosis so you can be empowered to make the best choices on a daily basis.

# YOUR DIET & DIABETES

## THE PREVENTION CONNECTION

With close to 29 million U.S. adults living with type 2 diabetes and a staggering 86 million in danger of being diagnosed, the need to start making healthy choices is more critical than ever. Our everyday behaviors can determine if we develop this serious condition or not. Data from the Nurses' Health Study suggests that 90% of type 2 diabetes can be attributed to lifestyle choices including excess weight, lack of exercise, a less-than-healthy diet, smoking, and excessive alcohol use. And a more recent study published in *PLoS Medicine* indicates that diet, in particular, may play a key role in diabetes prevention. The study followed more than 200,000 people over a 20-year period and found that:

» People who chose diets that were predominately of plant-based foods developed type 2 diabetes 20% less often than the rest of the study subjects.

- » For those with the very healthiest plant-based diets (including fruits, vegetables, nuts, beans, and whole grains), the reduction in type 2 diabetes was 34%.
- » Those who made less healthy choices (such as sugar-sweetened beverages and refined grains) developed type 2 diabetes 16% more often than the rest.

It's important to note that you can follow a healthy diet all your life and still develop diabetes. And not everyone who chooses an animal-based diet that is high in refined sugars will develop diabetes. However, the data does show that healthy dietary choices play a strong role in diabetes prevention.



### WHAT YOU CAN START DOING TODAY

You can start making healthier diet choices this very minute and it's not as hard as you may think! Try by incorporating as many of these strategies as you can:

**Include at least one fruit or veggie at every meal.** Fill up half your plate with fruits and vegetables. They are rich in dietary fiber, antioxidants and vitamins and minerals.

**Swap refined carbs for whole grains.** There is convincing evidence that diets rich in whole grains protect

against diabetes, whereas diets rich in refined carbohydrates (white bread, crackers, chips, etc.) lead to increased risk. Brown rice, quinoa, oats and bulgur are all excellent sources of whole grains.

**Reduce your intake of saturated fat, sodium and added sugar.** Try reducing

your consumption of processed foods to reduce the amount of added sugars and sodium you eat.



These two dressings are quick, healthy and tasty ways to season your salads!

## Curry Vinaigrette

- 1/4 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tsp curry powder
- 2 tsp Grey Poupon "Harvest Course Ground" mustard
- 1 Tbsp jelly/ jam of choice, marmalade, or honey

### DIRECTIONS

Combine all ingredients in a jar and shake to combine. Alternatively, whisk together in a bowl. Store in an airtight container for up to two weeks in the fridge.

**SERVES:** 6-8



## Balsamic Vinaigrette

- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar or any vinegar of choice
- 2 cloves garlic, minced
- 1 Tbsp Grey Poupon "Harvest Course Ground" mustard
- A pinch of sugar

### DIRECTIONS

Combine all ingredients in a jar and shake to combine. Alternatively, whisk together in a bowl. Store in an airtight container for up to two weeks in the fridge.

**SERVES:** 4-6



**Dr. Ann**  
WELLNESS

With formal training in nutrition and medicine, plus hands-on experience as a mother of four and family physician, Dr. Ann is a unique nutrition expert for the real world.

The whole food ingredients found in Dr. Ann's recipes are the right foods for health and vitality. Nutritional excellence naturally follows.

For more, visit [DrAnnWellness.com](http://DrAnnWellness.com).

# Wa Wa Woom for Vinegar



Through the ages, vinegar has been credited as a remedy for several conditions and illnesses from the flu to indigestion to getting rid of warts. Now, intriguing new science suggests that it may be of particular benefit on the weight control front. Past studies have already shown that it slows the glycemic response (rise in blood glucose) when consumed with carbohydrate-rich foods. In other words, combining vinegar with carbs can help you feel fuller for longer. More recently, research published in the *Journal of Agricultural and Food Chemistry* revealed that vinegar suppressed body fat accumulation in lab rats fed a high-fat, high calorie diet. Japanese researchers in this study found that vinegar's acetic acid may turn on certain

proteins that stimulate the oxidation (burning) of fat.

## **INCORPORATING VINEGAR INTO YOUR DIET**

One of the best and healthiest ways you can incorporate vinegar into your diet is by using it as a dressing (combined with oil and herbs) on your salad and veggies (2 quick and healthy dressing recipes are included in the previous article). Here are five science-backed benefits to start this habit:

- Having a salad and veggies before or with your meal will likely reduce your caloric intake (salad and veggies are full of fiber and will help you feel fuller faster).

- The fat in the dressing's oil delays stomach emptying (which boosts satiety).
- The oleic acid in the olive oil triggers a quick and robust release of the appetite suppressive hormone CCK.
- The vinegar can help prevent carbohydrates from being fully digested and raising your blood sugar (the glycemic response).
- The vinegar may even turn on our fat-burning machinery!

## **WHAT SHOULD I LOOK FOR?**

There are several varieties of vinegar, but the most common that you'll find include

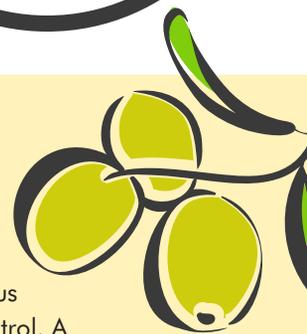
balsamic, apple cider and rice wine. When choosing a vinegar, take a look at the ingredient label for some indicators of quality or lack thereof. There is no need for extracts, sugars, colorings, artificial colorings or preservatives in vinegar. Vinegars with these added ingredients are generally masking a lesser quality vinegar.

### *What is Vinegar made of?*

Vinegar is a liquid consisting of about 5–20% acetic acid, water, and other trace chemicals, which may include flavorings. The acetic acid is produced by the fermentation of ethanol by acetic acid bacteria.

## **SUPER STAR FOOD OF THE MONTH: *Olive Oil***

Extra virgin olive oil is one of the healthiest oils available and science gives us additional reason to make this delicious fat a regular guest at mealtime, namely better appetite control. A study published in *Gastroenterology* found that oleic acid, the primary fatty acid found in olive oil, delayed stomach emptying (i.e. kept study subjects fuller longer) more effectively than the fatty acid that predominates in vegetable oils. Additionally, the oleic acid led to an earlier and more dramatic increase in the hormones CCK and PYY – both "power players" in reining in appetite.

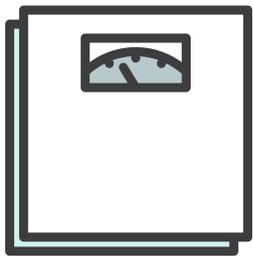




**REMEMBER**

TALK WITH YOUR DOCTOR IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH.

# 16 Diet-Free Ways to ELIMINATE HOLIDAY WEIGHT GAIN



Studies have shown that the average American gains **1 to 2 pounds** during the holiday season. If those lbs. aren't lost, they can add up year after year.

**1. Talk more, eat less.** If you're at a holiday party focus on socializing, rather than the food. You'll likely get more enjoyment out of the gathering that way, and you'll save a lot of calories!

**2. Don't fall into the "sweat pant trap."**

At least not 24/7. When you're wearing loose, comfy clothing you're more apt to grab that pint of ice cream or chips. When you're focused on making yourself look and

feel good, you are more mindful about overindulging and stuffing yourself silly.

**3. Place your leftovers in the freezer, not the fridge.**

It's simply way too easy to open up a container of leftover mashed potatoes or pumpkin pie when it's sitting front and center in the fridge. Place leftovers in the freezer so it takes more effort to dig back in.

**4. Get on the scale a few times a week.**

It's a simple and easy way to ensure you stay on track.

**5. Try to exercise in the morning.**

It can help you from making unhealthy choices. A study published in the journal *Medicine and Science in Sports and Exercise* found that when women worked out in the morning they not only moved more the rest of the day, but they also responded less to pictures

of tempting food compared with the days they didn't do a morning workout.

**6. Add one indulgent item to your plate**—fill the rest with healthier options. This way you won't feel deprived.

**7. Find a friend who can keep you on track.** Ask a friend to act as your “enforcer” during the holiday season. Give them authority to check in on your choices, give advice and keep you accountable. We all seem to have friends who like to do this!

**8. Reconsider weight loss goals.** Losing weight during the holidays is tough, and you may feel miserable, deprived and discouraged as a result. It may be better to focus on maintaining and not gaining this holiday season.

**9. Drink a glass of water and then evaluate if you're truly hungry.** Dehydration symptoms can mimic the feeling of hunger.

**10. Choose smaller plates and cups.** Less on your plate means less calories. This doesn't count of course if you go back for seconds and thirds!

**11. Be prepared for “bad days”.** Even with the best plans and intentions, overindulging happens. When it does, forgive yourself and start new the next day. No need to feel guilty or dwell on it.

**12. Create new traditions that include activity.** Every bit of movement helps when it comes to staying healthy and trim. So, create new holiday traditions that incorporate activities like walking (instead of driving) to see holiday lights, ice skating or hiking through snowy woods.

**13. Add protein to the plate.** Holiday meals are typically rich in carbs (think potatoes, stuffing, chips, breads, etc). Make sure you're including healthy protein like chicken, turkey or salmon to your plate—it will help you feel full and satisfied.

**14. Keep in mind that a taste here and a taste there adds up.** If you're cooking or at a lot of holiday parties, frequent taste testing can quickly add up. Be mindful, and set aside time to eat, as opposed to constant tasting and grazing.

**15. Forgo the holiday treat and cookie exchanges.** You'll likely end up with dozens of irresistible and calorie-packed cookies. Give your baked goods away as gifts, and take any holiday candy to work or another party.

**16. Make time to relax and for your favorite activities.** Stress can be a major cause of emotional eating and

overindulging during the holidays, so take at least 30 minutes a day to relax and do the activities that help manage your stress levels.



**What's in that casserole?**

Some common holiday dishes may sound healthy, but you should proceed with caution: Green bean casserole is full of sodium due to the condensed cream of mushroom soup and fried onions. One serving contains at least **230 calories** and about **500 milligrams of sodium**.



# TUMMY Talk

What to do when pesky & embarrassing stomach conditions arise



Most people really don't like to talk about certain tummy troubles. To be fair, admitting that you have diarrhea or bad gas at work or some other public place would probably be a little (or a lot) embarrassing. Fortunately, a good amount of stomach problems are temporary and harmless. Here's what you need to know and what you can do if you're struck with one of these common (but often not talked about) tummy conditions.



## TUMMY TROUBLE: Diarrhea

Diarrhea happens to everyone. In fact, most adults will experience it several times a year. The condition occurs when there's an infection in the intestinal tract, which can be caused by a variety of bacterial, viral or parasitic organisms. Infection is spread through contaminated food or drinking-water, or from person-to-person as a result of poor hygiene. Diarrhea can also be caused by medications or even stress.

### WHAT YOU CAN DO

In most cases, diarrhea will subside in a few hours or a day. If you're suffering from diarrhea:

**Hydrate.** When you have diarrhea you can quickly lose fluids. Take frequent, small sips of water until your bout subsides. You also lose essential salts in your body when you have this condition, so having a few salty snacks like pretzels or crackers can help replace lost sodium.

**Avoid spicy foods:** They can further irritate an upset stomach. You'll also want to avoid highly acidic foods like citrus fruits as well as alcohol and caffeine until all your symptoms have disappeared.

Consider an over-the-counter anti-diarrheal medicine if you have a severe case or if you have to be in a public place or are travelling.

Keep in mind that you can help prevent diarrhea by washing your hands frequently.



## TUMMY TROUBLE: Gassiness

Practically no one likes to admit they've passed gas, but the truth of the matter is that most of us pass gas anywhere from 13 to 21 times a day! Gas can be caused by swallowing too much air and/or bacteria in the gut that helps digest food. Gas can cause discomfort and cramping, and can ultimately be a source of embarrassment if you "let one slip" in public.

### WHAT YOU CAN DO

**Try drinking through a straw.** It can help ensure you swallow less air. Avoiding chewing gum and hard candy can also help you from swallowing excess air that causes gassiness.

**Identify your triggers.** Many high fiber foods can cause gas. Of course, you don't want to cut down on healthy fruits, vegetables and beans and legumes. Instead, try to keep track of what causes you to feel bloated and

gassy. Maybe it's a combination of foods that causes gas or the amount you're eating. Tracking how your body responds is a great first step. If you know eating broccoli causes gas for you, maybe you can hold off until dinner as opposed to having it at lunch when you're around co-workers.



## TUMMY TROUBLE: Bloating

Aside from making your middle appear larger, bloating can be downright uncomfortable. Bloating often arises from overeating, eating too fast and/or constipation.

### WHAT YOU CAN DO

**Eat smaller portions.** Overeating is probably the most common cause of bloating. Smaller portions should help eliminate bloating and discomfort.

**Reduce or eliminate fried and greasy foods.** Fried, fatty foods can make you feel uncomfortably stuffed. Additionally, many greasy foods, including fried chips and meats are high in sodium. Sodium-rich foods can cause or worsen bloating associated with water retention.

**Take your time when eating.** Eating too fast can cause you to overeat and thus feel bloated and uncomfortable after a meal. It can take up to 20 minutes for your brain to tell your stomach it's full. Take your time with each bite and eat at a table and not at your desk or in front of the TV where you'll be distracted and not fully focused on eating.

# BURN CALORIES ALL DAY LONG!



Working out regularly (about 30 minutes most days of the week) is important to your health, but how active you are throughout the rest of your day may be just as critical. Research published in the *Annals of Internal Medicine* found that the benefits of exercise can be blunted if you spend most of the rest of your day sitting.

Luckily, being active throughout the day isn't as hard as you probably think. Here are eight tried and true strategies that will help you incorporate calorie-burning movements into your day (you may already be doing a lot of these things without even realizing it!)

## 8 SIMPLE WAYS TO MOVE YOUR BODY MORE DURING THE DAY

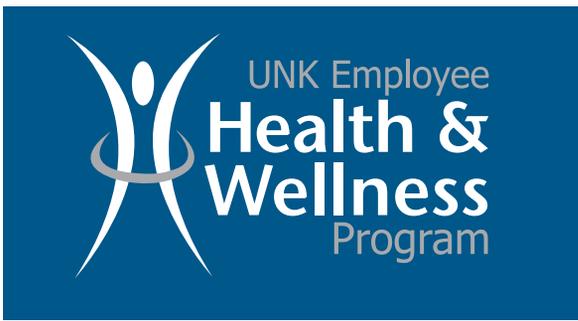
- 1. Take 5 minutes and walk as fast as you can.** Almost everyone can spare 5 minutes for a quick walk (you can simply walk the hallways at work or go around the block). Pick up your pace and try to go as fast as you can for these 5 minutes. A faster-paced walk will burn more calories, build your leg muscles, and is great cardio exercise for your heart and lungs.
- 2. Remember that more errands and chores = more movement.** Experts note that the exercise you get when you're cleaning the kitchen, doing laundry or grocery shopping bumps up your calorie burn. So take on those chores with a smile—not only will you have a clean house but you'll get healthier while doing it!
- 3. Stand up and stretch every hour.** Simply raising your arms over your head and touching your toes (or as close as you can get to your toes) is enough to get blood flowing and increase circulation.
- 4. Do air squats during commercial breaks.** Yes, you can still watch TV and get some movement in. Do as many squats as you can until your show comes back on (you'll get a workout from this—try it!).

- 5. Make a homemade dinner.** Not only will you likely save calories with a home cooked meal, but you'll also burn more calories by preparing it. Chopping veggies and preparing the meats and sides requires considerable energy.
- 6. Do calf-raises while brushing your teeth.** Rise up on the balls of your feet and then lower yourself down again. You've now gotten in a mini workout before even heading out the door!
- 7. Flex your abs while you sit.** Believe it or not, you can work your body even while sitting. Tighten your abs as much as you can while you're seated. Try to engage them for 30 seconds or more. This is a great way to build your core strength and burn some calories.
- 8. Fidget.** Whether you're sitting or standing, the pure act of tapping your feet, moving your fingers or pacing burns many more calories than being still.

## FAST FACTS ON SITTING

Data and research overwhelmingly show that prolonged sitting is detrimental to your health. Here are some key facts:

- A recent study conducted in England at the University of Leicester shows that prolonged sitting is linked to a greater risk of death from all causes, but the strongest link is to diabetes.
- Excessive sitting has a negative impact on your body's metabolic system.
- Research reveals that a sedentary lifestyle increases the risk of cardiovascular disease. Some cardiologists have even stated that sitting most of the day is about as harmful and places you at about the same risk of heart disease as smoking.
- Global studies show, on average, we sit 7.7 hours a day, and some results estimate people sit up to 15 hours a day.



**90**  
PERCENT

Data from the Nurses' Health Study suggests that 90 percent of type 2 diabetes can be attributed to lifestyle choices including excess weight, lack of exercise, a less-than-healthy diet, smoking, and excess alcohol use.



**1-2**  
POUNDS

Studies have shown that the average American gains 1 to 2 pounds during the holiday season. If those lbs. aren't lost, they can add up year after year.



**7.7**  
HOURS

Global studies show, on average, we sit 7.7 hours a day, and some results estimate people sit up to 15 hours a day.



## DIABETES: *Did You Know?*

- » According to the Centers for Disease Control and Prevention, 29.1 million Americans, or 9.3% of the population, has diabetes.
- » Of these 29.1 million 8.1 million are undiagnosed.
- » Research suggests that 1 out of 3 adults has prediabetes. Of this group, 9 out of 10 don't know they have it. People with prediabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. Other names for prediabetes are impaired glucose tolerance and impaired fasting glucose.
- » More than 20% of health care spending is for people with diagnosed diabetes.
- » Diabetes remains the 7<sup>th</sup> leading cause of death in the US.

## WHAT'S IN A NUMBER?



**230**  
CALORIES

One serving of the holiday favorite green bean casserole contains at least 230 calories and about 500 milligrams of sodium.

**160**  
CALORIES

By making just a few tiny tweaks like swapping lower fat cream and low sodium condensed soup you can cut your green bean casserole dish down to about 160 calories and 348 mg sodium. You won't even be able to taste the difference!

