

Your Nutrition News

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TEN Ways to Save \$\$\$ at the Grocery Store

It looks like high grocery and gas prices are here for a while. To help cut expenses, you've probably already made a few changes. Try these 10 ideas to help you keep your budget.

1. Eat dinner out less/cook more at home.

Keep track of how much you spend out. Then save that money by cooking more at home. While your grocery bill will go up some, it will be a lot less than the cost of eating out.

2. Grocery shop once a week. The more often you shop, the more often you spend money. You may need to make an extra trip when you run out of milk, or to pick up a really good special. Otherwise limit shopping times.

3. Plan your weekly menus. People who don't plan, grocery shop more often. Plan menus, and make a grocery list. Include meals for leftovers and brown bag lunches. Keep your pantry stocked and fill in as you run low, once weekly.

4. Brown bag your lunch. Keep track of how much you spend on lunches out, coffee, trips to the vending machine, etc. You'll see how quickly it adds up. You can save by taking leftovers, or taking a sandwich and fruit for lunch.

5. Use fresh produce in season. Seasonal produce is usually cheaper because it abundant. Take advantage of your favorites in season.

6. Shop a variety of stores. Don't burn your grocery savings by driving all over town! Know the cost of items you repeatedly buy, know the cheapest store to get them, and do your main shopping there. Go online, check out the local area store specials, and pick them up on the way home from work or when you're already running errands. Limit purchases to that special *only*. Know which stores offer ½ price sales on food soon to expire, and then use quickly or freeze.

7. Buy in bulk. Single serving packs may be convenient, but at a real cost. Buy larger packages, and make your own snack packs using zip

lock bags. Joining clubs such as Sam's, Costco or shopping at the commissary, may save you real money. Make sure you have a *list, stick to your budget* and *don't impulse-buy*.

8. Use coupons, if they help. Sometimes you can save lots of money this way. Beware of coupons that say "buy 2-3 and get one free," if you only need one of that item. Make sure even when using a coupon, you don't pay more than what you usually would for your regular brand.

9. Adjust your meals at home. Save the cost of meats by having vegetarian meals, soup/sandwich/fruit meals, and plan leftovers each week.

10. Drink...water. Have you ever paid \$1.99 for a glass of tea or soda in a restaurant? You pay that or less for a *2-liter* beverage at the grocery store! A family of 4 can save \$8-10 by switching to water when eating out. Use individual cans or bottled beverages only when you **MUST** have a portable beverage. Otherwise have a glass of water with ice from the tap or your fridge!

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Diabetes ... Made Easy

There are 17.9 million children and adults in the United States diagnosed with diabetes. Unfortunately, there are over 5.7 million people that have diabetes or insulin problems, but are undiagnosed. Symptoms of diabetes include:

- Frequent urination
- Constant thirst
- Unusual weight loss
- Feeling weak or tired
- Blurred vision
- Tingling or numbness in hands or feet
- Cuts or bruises that heal slowly
- Frequent infections like yeast, urinary tract, or boils or fungus
- Difficult erection in men
- Vaginal dryness in women
- Extreme hunger
- Nausea and vomiting

Diabetes is a disease where your body doesn't produce or use insulin properly. Insulin is a hormone that converts food, especially sugar, starches and carbohydrates, into energy. If you have diabetes, your blood sugar goes up too high. That can lead to other serious health problems, too.

The cause of diabetes is unclear, but genetics, obesity and lack of exercise may play a role. There are different types of diabetes, and other insulin health concerns.

Type I Diabetes

Type I diabetes results when the body no longer makes insulin, resulting in the need for insulin shots daily. 5-10% of Americans with diabetes have Type I. This type used to be called "juvenile" diabetes because it was seen only in children. It is now seen in some adults as well.

Type 2 Diabetes

Type 2 diabetes may occur when the body doesn't use insulin properly, due to "insulin resistance." It may also occur due

to a deficiency in insulin. This type of diabetes used to be called adult onset because it occurred only in adults. Now, children are developing Type 2 Diabetes because of obesity and lack of activity. Most Americans with diabetes have Type 2.

Gestational Diabetes

This type of diabetes occurs during pregnancy. 4% of all pregnant women are affected with this type of diabetes, and includes women who have never had diabetes before. Because of this, all pregnant women are screened for gestational diabetes at 28 weeks. This type of diabetes usually goes away after pregnancy. However, there is 2 out of 3 chance that the woman would have gestational diabetes in future pregnancies. There is also an increased risk for developing type 2 diabetes in later life, if their weight remains high.

Pre-Diabetes

Pre-diabetes is diagnosed when a person's blood sugar levels are higher than normal, but not high enough for a diagnosis of Type 2 Diabetes. Pre-Diabetes is also called Impaired Glucose Tolerance, or Impaired Fasting Glucose. If not treated, it can develop into Type 2 Diabetes. But the good news is that people with pre-diabetes can *prevent* or *delay* the development of Type 2 Diabetes through lifestyle changes such as weight loss and exercise.

Polycystic Ovarian Syndrome (PCOS)

PCOS is a syndrome which includes a large group of symptoms in women affecting reproductive and hormonal health. Often the symptoms include elevated insulin levels or insulin resistance and can lead to diabetes.

Diagnosis

The diagnosis of any of these health concerns can easily be made by your doctor or health care provider with simple lab tests. If you feel you have any of the symptoms above, call your doctor and set up and appointment today!

Complications

It is important to diagnose and treat blood sugar issues to prevent health complications. Uncontrolled or untreated high blood sugars can lead to many health issues. Diabetes affects every organ group in the body.

Heart. Over time, high blood sugar can damage the blood vessels of the heart. Diabetes increases the risk for heart attacks and strokes. Heart disease is the *major cause* of death for people with diabetes.

Eyes. Over time, high blood sugar can damage the blood vessels in the eyes. This can lead to an increased risk for cataracts, glaucoma, and lead to diabetic retinopathy and finally, blindness.

Kidneys. Over time, high blood sugar can damage the kidneys. Initially it can lead to reduced kidney function, and could lead to dialysis, and eventually, a transplant.

Nerve damage. Over time, high blood sugar can lead to decreased circulation and blood flow to the nerves, especially in the hands and feet. Also known as neuropathy, it can be very painful. It can also lead foot ulcers if feet are not properly cared for.

Treatment for Diabetes and Insulin Resistance

While diabetes cannot be cured, *the good news is that it can be successfully treated.* Once a diagnosis is confirmed, there are steps you can take to keep it in control. First, speak with your doctor or health care provider to determine the best medical treatment. There are new treatments available, and together you can decide if you need insulin, oral pills or other type of treatment. Second, there are lifestyle changes you can make to control your blood sugar.

Lifestyle Changes for a Healthy Blood Sugar

Exercise

Regular exercise can help your body respond to its own insulin better, and can lower your blood sugar. It could reduce the amount of medication you need to treat diabetes, or even eliminate the need for medication. Exercise burns calories, so it can help you lose weight. It can improve your circulation, lower blood pressure, lower cholesterol and reduce your risk of heart attacks.

How much exercise you do depends on your goal. If you do not need to lose weight, 30 minutes 3-5 times a week is a good place to start. If weight loss is a goal, start out with 30 minutes, and work up to 60 minutes per session, at least 5 days per week. If you are a couch potato now, start out slowly with 10 minutes. Make sure you wear the appropriate shoes, and that they fit correctly.

Weight Loss

If you are overweight, losing weight will help improve your insulin response. Losing as little as 5-10% of your current weight may be enough to lower your blood sugar, and change or reduce medications. Do the math: if you weigh 150 #, 5% would be just 7.5 #; 10 % would be 15 #. That's an easier way to look at weight loss, especially if you need to lose a lot of weight. *Start now with those 7.5 #!*

Healthy Food Choices & Carbohydrates

There are many confusing ideas about what a person should eat to control blood sugar! *The main way to control blood sugar is to balance carbohydrates, NOT avoid them.* Carbohydrate containing foods include milk, yogurt, fruits, starchy vegetables, breads and grains. Individuals needing to lose weight should consume no more than 45 grams of carbohydrate per meals/15 per snack. Individuals, who do not need to lose weight, may consume up to 60 grams per meals/15 per snack. These are examples of the carbohydrate content of some foods:

Carbohydrate Content of Select Foods:

1 serving below = 15 grams carbohydrate

1 slice bread
 ½ hamburger bun
 ¾ cup dry cereal
 ½ cup cooked cereal
 ½ cup cooked pasta
 1/3 cup cooked rice
 ½ cup peas
 5 small crackers
 1 cup milk
 4 ounces juice
 1 small fruit

All individuals with diabetes, spouses, or family members can benefit from nutrition counseling or a nutrition class to help them understand this concept. VCU Women's Health Care offers both individual nutrition counseling for diabetes, and a group nutrition class: "Diabetic Dining Made Easy." For more information on how to register for these services, please see page 6. *Individuals who utilize these services will receive one week of Diabetes Diet menus, **FREE** during their session. These menus will not be available to the general public!*

Diabetic Dining Made Easy

One week of menus to get you started!

Designed by Mary-Jo Sawyer, RD

These menus include healthy choices for individuals with diabetes, pre-diabetes, glucose intolerance, insulin resistance, and Polycystic Ovarian Syndrome (PCOS). The menus are less likely to make your blood sugar go up too high, since they are balanced in carbohydrate, and include all food groups.

As a Registered Dietitian, I feel that individuals lose weight best if they select and enjoy their own food choices. But clients continue to ask for menus. So here's the compromise: 7 breakfast menus, 7 lunch menus, 7 dinner menus, and 20 snacks ideas to get you started. Soon, you'll become more comfortable with planning your own meals and menus.

Sample Dinner Menu:

"Fried" Cajun Fish*, 1 serving *(Recipe provided)
 Ore Ida® potatoes O'Brien, 1 cup cooked
 2 tsp olive oil for cooking
 1 cup cooked greens or spinach
 Tossed Salad
 2 TBSP low fat dressing

Dinner provides:

~ 412 calories/19 gm fat/38 gm carbohydrate

Healthy Recipes

These recipes are delicious, heart healthy and fit into any eating plan. Carbohydrate content is listed so you can see how that recipe fits into your diabetes meal plan.

"Fried" Cajun Catfish

From the *Eaters Choice Cookbook*, which is part of the Choose to Lose Weight Loss Program®, www.choicediets.com

1 TBSP olive oil
 ½ tsp basil
 ½ tsp oregano
 ½ tsp thyme
 ¼ tsp fresh pepper
 ¼ tsp cayenne
 ½ tsp onion powder
 ½ tsp paprika
 4 TBSP cornmeal
 4, 4 ounce catfish fillets, or other fish

Preheat oven to 400°F. Drizzle baking sheet with olive oil. In a small bowl, combine herbs, seasonings, and cornmeal. Spread over a plate large enough to hold a fillet. Roll fillets one by one in spice mixture until well covered and place in one layer on baking sheet. Bake for 15-20 minutes until fillets are golden brown and flake easily.

Makes 4 servings. Per serving: 157 calories, 7.5 gm fat, 20 gm protein, 8 gm carbohydrate.

Microwave Pork Chop and Cabbage

From Diabetic Cooking™, Vol. 1, No 31, January/February 2004. For More recipes, visit www.diabeticcooking.com

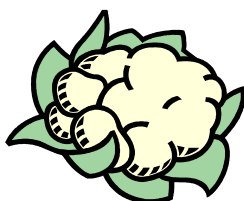
3 cups, ready to use slaw mix
 ½ cup dried apples
 4 (3 ounces each) boneless pork chops
 1 tsp caraway seeds
 14.5 ounce can of reduced sodium beef broth
 2 tsp honey
 Pinch of cinnamon

Lightly coat 8 x 8" microwavable glass baking dish with non stick cooking spray. Place 1½ cups slaw mix in baking dish. Sprinkle ¼ cup of the dried apples over the slaw. Place chops on top of the apples. Repeat for second layer. Sprinkle with caraway seeds.

Pour broth over meat and vegetables. Cover with waxed paper and microwave on HIGH for 30 minutes. Check for doneness earlier as microwave power varies. Remove dish from the microwave and let set for 5 minutes.

Serve each chop topped with the cabbage and apple mixture. Drizzle each with ½ tsp honey and top with a pinch of cinnamon.

Makes 4 servings of 3 ounces of meat and ½ cup vegetables. Per serving: 186 calories, 5 gm fat, 22 gm protein, 14 gm carbohydrate, 3 gm fiber, 120 mg sodium.



Mashed Potatoes and Cauliflower www.diabeticcooking.com

12 ounces baking potatoes, peeled and cut into ½" cubes (about 2½ cups)
1¼ pounds cauliflower, cut into 1" pieces (about 4 ½ cups)
1/3 cup reduced fat sour cream
1 TBSP chives
½ tsp salt
¼ tsp black pepper

Combine cauliflower and potatoes in large saucepan. Cover with water, and bring to a boil. Reduce heat and simmer for 10-12 minutes or until vegetables are tender. Drain. Add sour cream, chives, salt and pepper. Using potato masher, mash until blended.

Makes about 6, ½ cup servings. Per serving: 83 calories, 2 gm fat, 4 gm protein, 16 gm carbohydrate, 3 gm fiber, 233 mg sodium.

Crunchy Asian Salad

This is a "healthified" version of a high fat favorite! Find this and other healthy recipes at www.eatbetteramerica.com/recipes



Dressing:

1/3 cup canola oil
1/3 cup rice vinegar
3 TBSP sugar
¾ tsp salt
½ tsp pepper

Salad:

1 (3 oz.) package of ramen noodle soup (discard seasoning pack)
1 (16 oz) bag coleslaw mix (shredded cabbage and carrots)
8 medium green onions, sliced (1/2 cup)
½ cup sliced almonds (2 oz.)
1 medium red bell pepper, cut into 1 x 1/8" inch strips
2 seedless oranges, peeled, coarsely chopped (1½ cups)
2 cups coarsely chopped fresh baby spinach leaves

In a large bowl, beat dressing ingredients with wire whisk until sugar dissolves and mixture is well blended.

Break up ramen noodles in bag before opening. Discard seasoning pack. Add noodles and all salad ingredients except oranges and spinach to dressing. Toss to mix well. Stir in oranges and spinach. Serve immediately or refrigerate up to 8 hours.

Makes 15 servings, 2/3 cup each. Per serving: 110 calories, 7 gm fat, 1 gm protein, 9 gm carbohydrate, 2 gm fiber, 150 mg sodium, 40 mg calcium.

Dear (Food) Diary...

A recent scientific study showed that people who wrote down what they ate lost twice as much weight as those who didn't. Part of this may be due to the fact that people are finally paying attention to what they eat. Also they may choose not to eat a certain naughty food so they won't have to write it down on their food record!

The results of this study came as no surprise to Registered Dietitians, as we have been using that technique successfully for years. VCU Women's Health Care at Stony Point offers two ways a food record can be reviewed for help with weight loss:

1- Individual Nutrition Counseling

Our Registered Dietitian will meet with clients individually to assess current eating habits. Based on her findings, she will provide detailed diet instructions with individual nutrition plans. Upon follow-up she will check client progress using such techniques as diet history and review of client's food records.

The first session is one hour, and follow-up sessions ½ hour. While some insurance plans cover this service, please consult your plan to determine coverage. *Otherwise, payment is expected at time of service. (Call 327-8830 to check current prices)* Call our main number at [560-8950](tel:560-8950) to schedule an appointment for this service.

2- The "Choose to Lose®" 8-week weight loss program.

Food records are provided with the class materials and are reviewed weekly by the Registered Dietitian. Call [560-8955](tel:560-8955) to register. The fee for this 8-week program is \$175.00 per person (regular program) or \$200.00 per person (PLUS program that includes one-hour nutrition consult)

Fall Nutrition Classes

September

9/8/08: Diabetic Dining Made Easy- Monday evening, 7:00 – 9:00 p.m.

9/17/08: Diabetic Dining Made Easy- Wednesday morning, 9:30 a.m. – 11:30 a.m.

9/22/08: Lean 'N Easy Cholesterol Lowering Diet Class- Monday evening, 7:00 – 9:00 p.m.

9/23/08: Lean 'N Easy Cholesterol Lowering Diet Class- Tuesday morning, 9:30 – 11:30 am

9/29/08: Choose to Lose Healthy Eating and 8-week Weight Loss Program: 7:00 – 9:00 p.m. Monday evenings for 8 weeks 9/29 – 11/17 (Choose to Lose is offered again in January)

October

10/01/08: Diabetic Dining Made Easy- Wednesday morning, 9:30 a.m. – 11:30 a.m.

10/14/08: Lean 'N Easy Cholesterol Lowering Diet Class- Tues. morning, 9:30 – 11:30 a.m.

November

11/05/08: Diabetic Dining Made Easy- Wednesday morning, 9:30 a.m. – 11:30 a.m.

11/18/08: Lean 'N Easy Cholesterol Lowering Diet Class- Tues. morning, 9:30 – 11:30 a.m.

December

12/03/08: Diabetic Dining Made Easy- Wednesday morning, 9:30 a.m. – 11:30 a.m.

\$\$\$\$ Class Fees for all classes but Choose to Lose® are \$35.00 per person, per class. For more information, contact Mary-Jo Sawyer, RD at msawyer@mcvh-vcu.edu, or 327-8830. To register, call 560-8955.

For previous issues of "Your Nutrition News" visit:

http://www.womenshealth.vcu.edu/clinical_services/health_education.html