

Yummy Recipe

PACKED LUNCH MENU
 Red Bean Salad with Feta and Peppers
 Whole Wheat Pita Bread
 Tangerine or Pear

Brassica vegetables include cabbage, broccoli, cauliflower, turnips and rutabaga, collard greens, kale, kohlrabi, bok choy and brussels sprouts.

Some studies have suggested that consumption of these vegetables may reduce the risk of certain cancers.

PER SERVING	
Calories	165
g total fat	7
g saturated fat	3
g fibre	7
GOOD: Riboflavin	
EXCELLENT: Vitamin C	
g protein	8
g carbohydrate	19
mg cholesterol	17
mg sodium	455
mg potassium	394

RED BEAN SALAD WITH FETA AND PEPPERS

My aim for this recipe was to create an easy-to-make, nutrient-packed dish that would keep for a few days in the refrigerator and still taste terrific. I picked the beans because of their fibre, protein and iron content; red pepper for Vitamin C; cabbage for Vitamin C, fibre and because it is a brassica vegetable; feta cheese for protein, calcium and because it is a lower fat cheese than many.

Serve this salad for lunch with whole wheat bread—it's perfect for a packed lunch or for a quick supper with a soup, sandwich or omelette. (Pictured opposite page 59.)

1	can (19 oz/540 mL) kidney beans	1
1	sweet red pepper, chopped	1
2 cups	finely chopped cabbage	500 mL
2	green onions, chopped	2
4 oz	feta cheese,* cubed (1 cup/250 mL)	125 g
1/4 cup	chopped fresh parsley	50 mL
1	clove garlic, minced	1
2 tbsp	lemon juice	25 mL
1 tbsp	vegetable oil	15 mL

Drain kidney beans and rinse under cold water. In salad bowl, combine beans, red pepper, cabbage, onions, cheese, parsley, garlic, lemon juice and oil; toss to mix. Cover and refrigerate for up to 3 days.

Makes 6 servings, 1 cup (250 mL) each.

*Or part-skim mozzarella

*Source: Light Hearted Everyday Cooking
 by: Ade Lindsay*

SWEET SUCCESS NEWSLETTER

Diabetes Care and Research Program

Spring 2019

Welcome to our clinic newsletter, dedicated to all things diabetes! From tips and tricks and new recipes to education and the latest news in research.

Sweet Success is designed to help you be informed to better manage your diabetes. The newsletter is published quarterly and includes updates from all of your healthcare providers. We hope you enjoy Sweet Success as much as we do!

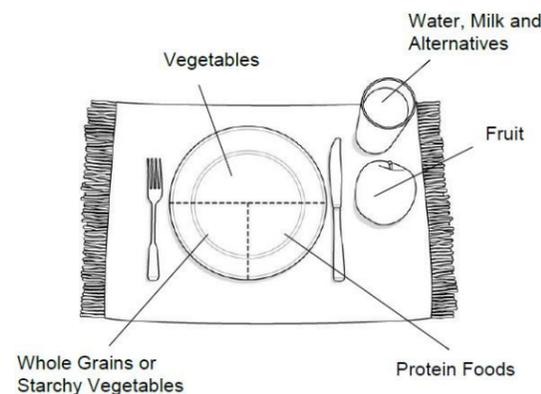


Chew On This

Five Heart Healthy Tips

By including some of these heart healthy tips in your everyday life, you can contribute to improving your overall health and decreasing your risk of heart disease and stroke:

- 1) **Choose heart healthy fats**
 - Healthy fats found in vegetable/olive oils, nuts, seeds, avocados and fish.
- 2) **Eat Fibre more**
 - Fibre helps to lower bad cholesterol in our blood and slows down how quickly food is digested, helping you to feel full longer.
 - Great sources of fibre include beans, lentils, fruits, vegetables, and oatmeal.
- 3) **Reduce salt and sodium intake**
 - Remove the salt shaker from the table
 - Make food from scratch rather than buying convenience and processed foods.
 - Use spices to add flavor to food rather than salt.
- 4) **Choose to drink water more often than pop and juice**
 - If you prefer flavored beverages, try adding MiO or crystal light to your water.
 - Add fresh fruit to your water such as lemon, lime or a variety of berries.
- 5) **Follow the healthy plate model at meals**
 - Fill $\frac{1}{2}$ of your plate with vegetables. Try to include two different colours of vegetables on your plate to get a variety of vitamins and minerals (example: broccoli and carrots)!
 - Fill $\frac{1}{4}$ of your plate with whole grains or starchy vegetables such as potatoes, pasta or rice.
 - Fill $\frac{1}{4}$ of your plate with protein such as lentils, beans, chicken and fish.
 - Include a glass of milk, soy beverage or water and a piece of fruit at each meal.



Clinic Reminders

Remember to account for changes in traffic, the dreaded parking garage, and leave plenty of time to check-in for your appointment.

Being on time helps us maximize your appointment and also helps to ensure you're getting your needs met. We don't want to have to reschedule your appointment if you're too late!

Volunteer Opportunities

Patient and Family Advisors at HHS...

- Come from a variety of diverse backgrounds and experiences
- Share their stories about their health care experiences
- Bring their perspective to decision making tables
- Participate on committees and project teams
- Create and review educational and informational materials
- Help us improve the quality and safety of the care we provide

If this is something you think you'd like to be part of **apply** today

By phone: 905-521-2100 ext. 75240

By email: patientexperience@hhsc.ca

Research Opportunities

- Are you newly diagnosed with Type 2 Diabetes within the last 5 years? Sign up for the remission study.
- Do you have a history of cardiac and kidney issues? There is an opportunity available to you.

Feel free to contact any one of the Research Staff for more information:

(Ada/Tracy: 905-521-2100 ext. 22205 or 22166)

Upcoming Classes

1. **Living Well with Diabetes** - Topics include; testing your blood sugar, diabetes medications, activity level, treating low blood sugars, caring for your feet, healthy eating.
2. **Eating Well with Diabetes** - Topics include; different food groups, how to plan meals, how to read food labels, carb counting
3. **Let's Move with Diabetes** – Join our weekly exercise class with our Kinesiologist and exercise with others with diabetes in a safe and inviting environment.
4. **Transition Orientation** - Information for young adults making the move from pediatric to adult care.
5. **Pump Selection** - Information session to help you learn about insulin pumps and continuous glucose monitoring systems.
6. **Insulin and Carbohydrate Counting** – Dietitians will help you practice counting the carbohydrates in your food.
7. **NEW: Shake it Up** – A program for people with type 2 diabetes who want to take charge of their diabetes. Shake it Up will help you identify and overcome obstacles that get in the way of making healthy choices. Each meeting combines a light exercise and group discussion.
8. **NEW: Driving Change – Self Management Workshop** – If you take insulin for your diabetes and want to learn more about managing patterns in blood sugar this is for you! This workshop focuses on managing diabetes individual to your needs, including how to gather blood sugar data, identifying patterns, making appropriate changes and goal-setting. This class includes a follow-up phone call with your provider to check-in on your progress.

* IF YOU ARE ON A PUMP – THIS COUNTS AS ONE OF YOUR QUARTERLY VISITS*



For more information about any of these FREE educational classes, please contact your Diabetes Healthcare Provider.



Nurse's Corner

Keeping you and the road safe

You and many others rely on the roads and cars as a way of transportation. It is very important for everyone's safety to be responsible and stay alert while driving.

The Ontario Ministry of Transportation states:

- Blood sugar must be over 5.0 mmol/L to drive
- Commercial drivers: your blood sugar must be over 6.0 mmol/L to drive

There is a risk of a low blood sugar if you are on insulin or certain oral medications.

Before driving:

1. Test your blood sugar before driving AND every 4 hours when driving long distances.
2. Carry a fast-acting carbohydrate such as juice or glucose tablets, your meter, and a starchy non-perishable snack such as arrowroot cookies, soda crackers or a granola bar with you.
3. If your blood sugar is between 4.0 and 5.0, you **MUST** have a carbohydrate snack such as cookies, crackers or a granola bar. Do not drive for at least 45-60 minutes.
4. If your blood sugar is below 4.0, treat with 15g of fast acting carbohydrate and wait 60 minutes before driving.
5. Always re-check your blood sugar before driving.

When driving, if you think your blood sugar is low:

1. Immediately pull off the road safely.
2. Remove your keys from the ignition
3. Test your blood sugar and treat if it is low (under 4.0 mmol/L)
4. Recheck blood sugar in 15 minutes.



Driving guidelines will be reviewed at your clinic visits with your healthcare providers.

Find your Stride

Building exercise into your routine:

We all know that exercise has many benefits for our health including improved glucose control, decreased risk for cardiovascular disease, improved bone and joint health and improved mental health. So why then with so many known benefits to regular exercise is it so difficult to participate?

The following are steps to help build an exercise routine and to help you stick with it.

1. Start by **goal setting**. Determine what your reasons or motives are to exercise, what results are you hoping for? When creating goals follow the **SMART phrase**; **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**imely to create achievable and individual goals.
2. What exercises will you do? Determine the type of **exercises you enjoy**, what is available to you, what do you have time for? Will you join a fitness class, a gym, do home exercise, attend a pool or walking track, how about the trails? Be creative and find out what you enjoy.
3. **Schedule the exercise** into your life. When life is busy it is important to mark it in your calendar. One strategy might be to schedule your exercise week by week to work around your other commitments.
4. **No one ever said it was going to be easy**. It is important to be realistic about your goal and understand that building a routine, especially an exercise routine will have its challenges.
5. **Even 10 minutes counts**. When time is tight exercise for 10-15 minutes still has benefit and can keep you in your routine. Try adding 10 minute bouts of exercise throughout your week on lunch breaks, commercial breaks or watching kids at extracurricular practice.
6. **Progression is key**. When starting a new exercise routine it is important to progress the intensity and amount of exercise gradually as your fitness level improves. The saying "Go big or go home" is not always successful for exercise programs.
7. **Variety!** Change up your routine, exercise choices or environment to reduce the risk of boredom. It is also beneficial for your physical health to change the muscles being exercised and their movement patterns.
8. **Support and accountability**. It can be helpful to have a support person to exercise with. It can be fun and create an accountability partner as well.
9. **Do not leave more than 3 days between exercise**. It is easier to stay on track when you don't leave more than 3 days between exercise sessions. The longer break you have the harder it can be to resume routine.
10. **Get back on track**. When your routine doesn't go as planned get back on track as soon as possible. It is normal for our routines to be disrupted by life from time to time. The important part is that we are able to get back on track as soon as we can. You may need to lessen your progression if it has been more than 1- 2 weeks without exercise.

Stress Less

Mental Health Resources

Managing Diabetes can be difficult enough without having extra stressors in your life. Whether you are feeling sad, anxious or just do not know where to turn there is help in the community for you. You are not alone. Mental health concerns are common and can make managing diabetes challenging. Contact the following programs for more information.

- Canadian Mental Health Association – Hamilton Branch
 - Tel: 905-521-0090
 - <https://cmhahamilton.ca>
- St. Joseph's Healthcare
 - Offers a wide variety of services including Anxiety Treatment and Research Clinic, Mood Disorder, Eating Disorder programs and others.
 - <http://www.stjoes.ca/hospital-services/mental-health-additions-services>
- Hamilton Mental Health Outreach/IntAc
 - Tel: 905-528-0683
 - <http://www.hamiltonmentalhealthoutreach.ca/>
- Catholic Family Services
 - Tel: 905-527-3823
 - <http://www.cfshw.com/>
- COAST Hamilton – Adults and Seniors
 - Tel: 905-972-8338 (24 hour Crisis Line)
 - <http://coasthamilton.ca>

Online resources

- Big White Wall
 - Big White Wall is an online mental health and wellbeing service which is safe, anonymous and free to Ontario residents. . The site is available 24 hours a day, 7 days a week, 365 days per year
 - www.bigwhitewall.ca
- BEACON
 - The BEACON program provides unlimited access to a therapist for up to 12 weeks and to online BEACON resources for 1 year- all for one time cost of \$500
 - www.mindbeacon.com click on "Start My Assessment"

