



# Nutrition & You

EMPOWERING OUR COMMUNITY TOWARDS BETTER HEALTH

Issue 6, November 2016

## Nutrition News: Diabetes Awareness Month Site: National Institute of Health

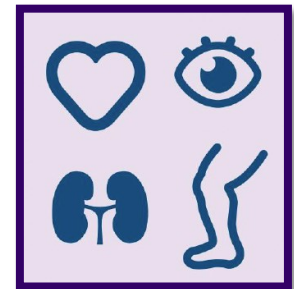
November is Diabetes Awareness Month. This year, the National Institute of Health is focusing on “the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation.”

Approximately 1 in 11 adults have diabetes. That’s 29.1 million Americans of which 8.1 million are undiagnosed. Furthermore, 86 million Americans have prediabetes.

Are you at risk for developing diabetes? You may if you...

- ◆ Are overweight or obese
- ◆ Are 45 years or older
- ◆ Have a family history of diabetes
- ◆ Have abnormal cholesterol levels
- ◆ Fairly inactive
- ◆ Have a dirty appearance around the neck and armpits

**If you are concerned that you are at risk or if you are experiencing symptoms of high blood sugar, one of our Dietitians or Providers can help you decide which steps to take in improving your health.**



Common symptoms of diabetes:

- ▶ Frequent urination
- ▶ Very thirsty
- ▶ Very hungry
- ▶ Extreme fatigue
- ▶ Blurry vision
- ▶ Slow healing wounds
- ▶ Weight loss
- ▶ Tingling/pain in hands & feet

## Dietitian’s Dish: Sloppy Janes Site: American Diabetes Association

- Nonstick cooking spray
- 1 medium onion, diced
- 1 medium red bell pepper, diced
- 1 clove garlic, minced
- 1 lb lean ground turkey (93% or better)
- 1 tablespoon tomato paste
- 2 tablespoons Dijon mustard
- 1 tablespoon hot sauce
- 2 cups crushed tomatoes
- 1 tablespoon honey
- 1/2 teaspoon black pepper
- 8 whole wheat buns



▶ Add cooking spray to skillet over medium-high heat. Add onion, bell pepper, and garlic and sauté for 5 minutes, stirring frequently. Add turkey and cook 5-7 minutes, stirring frequently until turkey is just cooked through. Add tomato paste, mustard, hot sauce, tomatoes, honey, and pepper. Bring to a simmer for 5 minutes, stirring frequently.

1 bun with 1/2 cup turkey mixture has 31 grams of carbs and 5 grams of fiber.

# November's Healthy Hero: Young Smith, Jr.

"The last few years have been a constant battle to lose weight. I was feeling tired and sluggish all the time and although I didn't like the feeling, I just considered it a part of growing older. About 14 months ago I began having some health issues and found that my cholesterol and triglycerides were high and my blood sugar levels were above normal as well. My BMI categorized me as obese. I started meeting with the dietitians at PHCC for nutrition education and I learned how to make food choices that were best for my body. After my first visit, I was excited to learn that with proper diet and exercise I could correct my health issues. Years of bad habits had caught up with me. This was the starting point in my transformation to a healthier me.

Imagine my surprise when just a few short weeks later I noticed I had more energy and was feeling much better overall. I soon began losing a few pounds. I found a walking track near my home and started walking a mile every day with an eventual goal of 10,000 steps per day. I was eating more fruits and vegetables and enjoying them. I started drinking more water. After a few months of this I noticed my clothing fitted looser. A lot looser! I noticed I was also getting stronger and along with the lost weight I was motivated to set new goals which I undertook with gusto. With each goal I accomplished I became more confident in myself. When I didn't meet my goals, I was still encouraged by the progress I had already made. I decided that slow and steady would win the race. I continued to lose weight and remember how excited I was to discover one morning that I could bend over and tie my shoes and touch my toes again!

I am definitely a new person now. I feel that my healthy eating habits have evolved into a permanent lifestyle change. With my energy that I now have I find that I can keep up with the grandkids. I've become a regular at the walking track. My daily walks at the park are now 3 mile runs several times a week. I change my speeds, distances and routes to keep things interesting. I've found apps for my phone that keep a log of my workouts. These apps along with listening to music or podcasts through earbuds makes it more enjoyable for me. On the rare times that I miss my visits to the track I find myself anxious to get back. These days I find that my mind is a lot clearer and my stress levels are lower. I have no trouble staying focused and my quality of life has vastly improved!

I have lost 50 pounds and 10 inches from my waist! I know that with the confidence I now possess along with my new attitude toward diet, health, and fitness that I will meet this goal and reach my ideal weight and keep it off. Proper diet and exercise are indeed the keys to good health."



## Please "Romaine" calm. The Dietitian is in!

Primary Healthcare Centers provides nutrition education counseling services for our patients.

Individualized nutrition counseling is available for a variety of conditions and lifestyle changes, including:

- Weight Management
- High Cholesterol
- Crohn's Disease
- Overweight
- Diabetes
- High Blood Pressure
- GERD
- Renal Disease

**Provider referral is required.**

**If you are interested in an appointment with the Dietitian or any of our Providers, contact the PHCC center closest to you.**

### Meet with one of our Registered Dietitians!

#### What can a Dietitian do for you?

- ✓ Identify ways to eat better to improve health
- ✓ Answer questions about confusing nutrition issues in the media
- ✓ Provide recipes, meal plans, and snack ideas
- ✓ Promote positive lifestyle choices



Primary  
Healthcare  
Centers

Trenton office: 706-956-2665  
Tunnel Hill at Tiger Creek Elementary: 706-516-1814  
Rossville office: 706-866-5520  
Cedartown office: 678-246-5174  
Summerville office: 706-907-0932  
LaFayette at Gilbert Elementary School: 706-620-4494