

April 2016 Newsletter

Sports that burn up the calories

The top five calorie-killers include cross-country skiing, step, skipping, running and boxing. Personal trainers recommend two to three 45-minute sessions a week in order to see results.



1. Cross-country skiing, 974 calories per hour, uphill Skiing works muscles in the lower body hard (quads, calves, glutes). Muscular activity increases with speed, which can explain that burning thigh feeling often associated with the sport. Skiing also strengthens abdominal muscles, as well as the back, shoulders and arms.

2. Step, 876 calories per hour A step aerobics class is a full-body workout, since arms are also included in the dance-style moves. During longer sessions (between 30 and 45 minutes), the body burns sugars then dips into fat reserves as a source of fuel. Step is great for slimming down waistlines and strengthening muscles.



3. Skipping, 800 to 850 calories per hour Jumping rope is an excellent cardio exercise for improving physical fitness, bringing benefits to the whole cardiovascular system. Skipping can aid weight loss, and it's a great way to tone up arms and calves quickly.



4. Running, 600 to 800 calories per hour Running is one of the best sports out there for burning calories and losing weight. An all-round workout, running boosts cardiovascular fitness and strengthens back and abdominal muscles, as well as the lower limbs, working both the legs and the buttocks.



5. Boxing, 600 to 800 calories per hour Boxing is a punch-packed sport that hits hard in the body's energy reserves. This activity is available at loads of gyms and sports clubs for a workout combining speed and technique. Boxing works the arms, abdominal muscles and legs. **Source:** Metro Canada (Tuesday March 8, 2016)



Healthy snack ideas for people with type 2 diabetes – Small Snacks

If you have type 2 diabetes, a snack can help you manage your blood glucose levels. If your Registered Dietitian suggests that a small snack fits into your diabetes meal plan, you'll find many healthy ideas below.

What is a healthy snack? - Your snack choices should be based on the four food groups in Canada's Food Guide. The amount of carbohydrate in your snack is very important since carbohydrate-rich foods make the biggest difference to blood glucose levels. Smaller snacks should have about 15 grams of carbohydrate. This is the amount found in one slice of bread or one small apple. **Here's a good rule to remember when choosing carbohydrate-rich foods:** Choose more vegetables, fruit, legumes and whole grains like oats, barley, brown rice and whole wheat. Choose fewer products that are made from sugar, white flour and white rice.

The smaller snacks listed below have about 15 grams of carbohydrate each. They each have 85-150 calories.

Mid-day snacks

- 1 slice whole grain bread w/ 2 tsp peanut butter
- 1 small orange and ¾ cup edamame
- 1 cup latte, cappuccino, unsweetened cocoa or chai tea made w/skim milk
- 1 cup cantaloupe w/ ½ cup low fat cottage cheese
- 15 baby carrots w/ 2 tbsp hummus

On-the-go snacks

- 2 whole grain rye crispbread crackers
- 1 single-serve unsweetened applesauce sprinkled w/1 tbsp slivered almonds
- Low-fat whole grain granola bar (with no chocolate or marshmallows)
- 1 cup fortified soy beverage in a tetra pack (or "drink box")
- 2 brown rice cakes
- Trail mix: 2 tbsp raisins 1 tbsp and unsalted nuts

Evening snacks

- 1 cup strawberries w/ ½ cup skim milk
- 1 ounce low-fat cheese and 4 whole-grain crackers
- 1 cup blueberries
- ¾ cup sugar-free, low-fat plain yogurt or vegetable raita
- 3 cups air-popped popcorn
- 1 cup skim w/ with 2 small low-fat cookies (arrowroot or graham crackers)
- 1 slice whole grain bread w/ ¼ can tuna and 1 tsp light mayonnaise

Source: <http://www.eatrightontario.ca/en/Articles/Diabetes/Diabetes-and-Healthy-Eating/Healthy-snack-ideas-for-people-with-type-2-diabete-en.asp#f.VuifM-lrLcs>



Seated V's: Start sitting with your bum at the edge of the seat (no wheels please), your upper body leaning back 45 degrees, and your elbows supported on the arms of chair. Maintaining total body control, pull your knees into your body, then slowly extend your legs parallel to floor. **Results:** Concentrates on the core muscles and isometrically engages the tricep muscles

World Health Day 2016: Beat Diabetes – April 7th

Background - In 2008, an estimated 347 million people in the world had diabetes and the prevalence is growing, particularly in low- and middle-income countries.

In 2012, the disease was the direct cause of some 1.5 million deaths, with more than 80% of those occurring in low- and middle-income countries. WHO projects that diabetes will be the 7th leading cause of death by 2030.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin, a hormone that regulates blood sugar, gives us the energy that we need to live. If it cannot get into the cells to be burned as energy, sugar builds up to harmful levels in the blood.

There are 2 main forms of the diabetes. People with type 1 diabetes typically make none of their own insulin and therefore require insulin injections to survive. People with type 2 diabetes, the form that comprises some 90% of cases, usually produce their own insulin, but not enough or they are unable to use it properly. People with type 2 diabetes are typically overweight and sedentary, 2 conditions that raise a person's insulin needs.

Over time, high blood sugar can seriously compromise every major organ system in the body, causing heart attacks, strokes, nerve damage, kidney failure, blindness, impotence and infections that can lead to amputations.

Source: <http://www.who.int/campaigns/world-health-day/2016/event/en/>





Artichoke-Scrambled Eggs Benedict - 4 servings

Roasted artichoke bottoms stand in for English muffins in this quick yet elegant supper. Substitute roasted mushrooms for the pancetta for a vegetarian option. Serve with roasted new potatoes or a tossed salad.

Ingredients

- * 8 canned artichoke bottoms, (1 1/2 cans), rinsed (see Shopping Tip)
- * 4 tsp. extra-virgin olive oil, divided
- * 3 tsp. chopped fresh oregano, divided, plus 4 sprigs for garnish
- * 1/3 cup chopped pancetta
- * 2 tbsp. reduced-fat mayonnaise
- * 2 tbsp. nonfat plain yogurt
- * 2 tsp. lemon juice
- * 1 tsp. water
- * 6 large eggs
- * 4 large egg whites
- * 2 tbsp. reduced-fat cream cheese
- * 1/4 tsp. salt

Preparation

Preheat oven to 425°F.

Toss artichoke bottoms with 2 teaspoons oil and 2 teaspoons oregano. Place them top-side down on half of a large baking sheet. Spread pancetta in an even layer on the other half. Roast until the artichokes are just beginning to brown and the pancetta is crispy, 12 to 14 minutes.

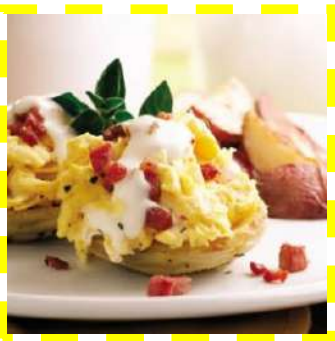
Meanwhile, whisk mayonnaise, yogurt, lemon juice and water in a small bowl until smooth. Beat eggs and egg whites in a large bowl. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the eggs and cook, folding and stirring frequently with a heatproof rubber spatula until almost set, about 2 minutes. Remove from the heat and fold in cream cheese, the remaining 1 teaspoon oregano and salt.

To serve, divide the artichoke bottoms among 4 plates. Top each artichoke with equal portions scrambled egg, crispy pancetta and creamy lemon sauce. Garnish with oregano sprigs, if desired.


Nutrition Per serving: 282 Calories; 19g Fat; 6g Sat; 7g Mono; 333mg Cholesterol; 9g Carbs; 17g Protein; 3g Fiber; 737mg Sodium; 171mg Potassium

Shopping tip: Artichoke bottoms can be purchased in 14-ounce cans—found near other canned vegetables. If unavailable, substitute two 14-ounce cans rinsed and halved artichoke hearts.


Source: http://www.eatingwell.com/recipes/artichoke_scrambled_eggs_benedict.html



CARROTS



» **SERVING SIZE**




ONE medium  **SIZE CARROT**

» **CALORIES: 25 G** » **SUGARS: 6 G**

» **FAT: 0 G** » **PROTEIN: < 1 G**

» **FIBER: < 2 G**

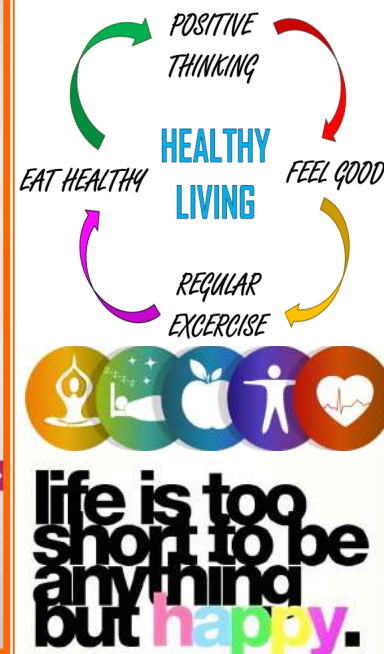
» **CURIOSITY...**

- » **REGULAR consumption** * **HELPS PREVENT cardiovascular DISEASES AND cancer** 
- » **EXCELLENT to** * **IMPROVE AND MAINTAIN THE visual SYSTEM** 
- » **GOOD content** * **OF POTASSIUM AND MANGANESE WHICH ARE BENEFICIAL FOR heart HEALTH** 
- » **GLYCEMIC index** * **low IF EATEN raw**

http://blog.diabetv.com/health-benefits-of-carrot/



Creating Community
Changing Lives



Simple Eco-Friendly Tips for a Happy, Healthy Earth Day

Eat organic: Organic crops are grown without the use of pesticides, synthetic fertilizers, genetically modified organisms, or ionizing radiation. Choosing organic foods is a great way to boost your health and the health of the planet.

Make dinner at home: Cooking your own meals and eating at home takes the guess work out of whether you're eating organic foods, plus it reduces consumption of packaging.

Go green as you clean: Most commercial cleaning products contain toxins that are not only harmful to your health, but they are damaging our environment. Switch to natural ingredients such as, white vinegar, baking soda, and lemon juice for a fresh, clean home.

Bring your own bag: Shopping with reusable bags made from canvas, cloth or nylon instead of paper or plastic is a simple way to reduce pollution and shrink your environmental impact.

Switch to cold water: Did you know that almost 90% of energy consumed by the washing machine is from heating water? By simply washing your clothes in cold water you'll save energy and money. **Source:** <http://www.wellnesstoday.com/nutrition/simple-eco-friendly-tips-for-a-happy-healthy-earth-day>

