



LIVING WELL WITH DIABETES

Anderson County Health Department

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Being Heart Smart with Diabetes

Heart health is especially important for people with diabetes because diabetes increases a person's risk for heart disease and stroke. Follow the tips below for heart-healthy meals any time.

Fight High Blood Pressure

As many as two-thirds of adults with diabetes also have high blood pressure. For many people, especially those with diabetes, eating salty foods may lead to high blood pressure. Here are some ways to limit salt intake:

- ⇒ **Cut back on high-sodium foods** such as frozen dinners, boxed mixes, canned foods, salad dressings, soy sauce, lunch meat, sausage, processed cheese, seasoning packets, chips, and pretzels.
- ⇒ **Use flavorful herbs and spices or salt-free seasoning blends** instead of salt.

Keep an Eye on Cholesterol and Triglycerides

Research has shown that most people with diabetes have at least one lipid abnormality, such as high LDL (bad cholesterol), low HDL (good chole-

sterol), or high triglycerides. To keep your numbers on target:

- ⇒ **Avoid saturated fats** found in bacon, butter, chocolate, coconut, poultry skin, high-fat dairy products, high-fat meat, meat drippings, and lard.
- ⇒ **Decrease trans fats** common in stick margarine, shortening, and packaged products like crackers, cookies, and pastries made with hydrogenated or partially hydrogenated oil.
- ⇒ **Choose healthy fats** found in olive and canola oils.
- ⇒ **Limit high cholesterol foods** like egg yolks, high-fat dairy products, and high-fat meat products.
- ⇒ **Go for high fiber foods** like oatmeal, dried beans, lentils, whole wheat bread, fruits, and vegetables.
- ⇒ **Substitute fish high in omega-3 fatty acids for meat that is high in saturated fat** such as salmon, lake trout, and albacore tuna.

Reprinted from: www.tasteofhome.com/Healthy/Special-Diets/Diabetic/Being-Heart-Smart-with-Diabetes

Go Nuts for Heart Health!

You don't have to feel bad about filling up on nuts. Some studies show that eating a small handful of nuts can be as beneficial as cholesterol-lowering drugs when it comes to heart disease. And in 2003, the FDA approved a claim that eating nuts in moderation as part of a diet low in saturated fats and cholesterol may reduce the risk of heart disease. They're low in saturated fat and high in "good" monounsaturated and polyunsaturated fats. They're also high in fiber and Vitamin E, as well as antioxidants, which can protect against heart disease.



Reprinted from: www.tasteofhome.com/Healthy/Special-Diets/Heart-Health/We-are-Nuts-for-Heart-Health

Spill the Heart Healthy Beans!

Looking for a powerhouse food with heart smarts? You'll find it with beans! Dried beans are a good source of protein and iron; they're naturally cholesterol-free and low in fat and sodium; and they even contain calcium. As if that wasn't enough, they're also high in fiber and folate. Because beans contain both soluble and insoluble fiber, they can help decrease cholesterol and maintain a healthy digestive track, so they're a wise choice for heart-healthy eating. They're also a very economical source of protein. Get ready for a delicious and hearty dish you can feel good about!



Reprinted from: www.tasteofhome.com/Healthy/Special-Diets/Heart-Health/Spilling-the-Heart-Healthy-Beans



ANDERSON COUNTY
HEALTH DEPARTMENT

ANDERSON COUNTY HEALTH DEPARTMENT
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FOR MORE INFORMATION ABOUT THE
DIABETES SUPPORT GROUP PLEASE
CONTACT:

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THE ANDERSON COUNTY DIABETES SUPPORT
GROUP WILL MEET

MONDAY, FEBRUARY 6 AT 7:00PM

IN THE COMMUNITY ROOM OF THE
ANDERSON COUNTY HEALTH DEPARTMENT.

Postmaster, please deliver to:

Important Dates in February

2 - Groundhog Day

14 - Valentine's Day

18 - President's Day

Health Department Programs in February

4 - Diabetes Support Group, 7-8pm

5, 7, 12, 14, 19, 21, 26, 28 - Body Recall, 9:30
-10:30am

7, 14, 21, 28 - Cooper-Clayton Smoking
Cessation Class, 5-6pm

6, 13, 20, 27 - Taking Ownership of Your
Diabetes, 9:30-11am @ Extension Office



Recipe of the Month

Individual Three Cheese & Vegetable Quiches

6 servings; 1 quiche per serving

Ingredients

- cooking spray
- 1 tsp olive oil
- 1 cup chopped broccoli florets
- 1/2 cup shredded carrot
- 1/2 cup shredded zucchini
- 2 med. green onions, thinly sliced
- 1 1/2 cups eggs substitute
- 1/2 cup fat-free half-and-half
- 1/2 tsp dried oregano, crumbled
- 1/8 tsp pepper
- 2 tbsp shredded or grated parmesan cheese

- 1/4 cup shredded low-fat cheddar cheese
- 1/4 cup shredded part-skim mozzarella cheese

Directions

1. Preheat oven to 350°F. Lightly spray a 6 cup muffin pan with cooking spray.
2. Heat a medium skillet over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the broccoli, carrot, zucchini, and green onions for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Spoon into the muffin cups.
3. In a medium bowl, whisk together the remaining ingredients and ladle into the muffin cups.
4. Bake for 25 to 28 minutes, or until a cake tester or wooden toothpick inserted in the center comes out clean. Transfer muffin pan to cooking rack, and allow to cool for 10 minutes. Use a thin spatula or flat knife to loosen the sides of the quiches. Serve warm. Enjoy!



Nutrition Facts:

Calories: 91
 Total Fat: 1.5g
 Sodium: 245mg
 Carbs: 7g
 Cholesterol: 5mg
 Protein: 11g