

Diabetes Newsletter



1600 North Second Street

June 1, 2009

Volume 18, Issue 6

ADA Touts Its New List of Diabetes “Superfoods”

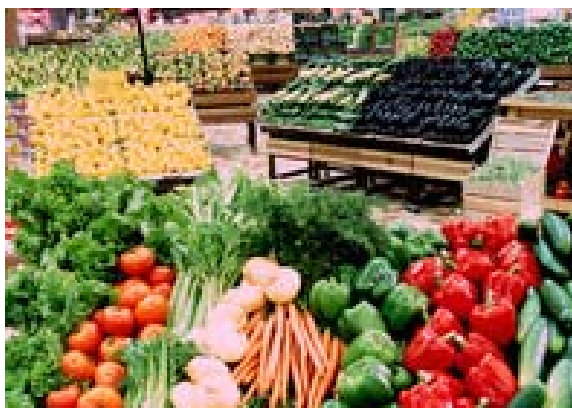
May 5, 2009 Information was obtained from DiabetesHealth Professional E-Newsletter, Issue 179, May 11, 2009

The ADA says superfoods contain nutrients and vitamins that Western diets typically lack, such as calcium, potassium, fiber, magnesium, and vitamins A, C, and E.

The American Diabetes Association has released a list of "superfoods" it says "have necessary nutrients for good diabetes management, including fiber, potassium, healthy fats, magnesium and antioxidants."

The superfoods list includes:

- Beans
- Dark green leafy vegetables
- Citrus fruit
- Sweet potatoes
- Berries
- Tomatoes
- Fish with omega-3 fatty acids
- Whole grains
- Nuts
- Fat-free milk and yogurt



According to the ADA, the foods have a low glycemic index, which means that the body metabolizes them more slowly than other foods, allowing for greater blood sugar control. The association also says the food group contains nutrients and vitamins that Western diets typically lack, such as calcium, potassium, fiber, magnesium, and vitamins A, C, and E.

Low-Carb Puffy Orange Pancakes

Recipe from DiabetesHealth E-Newsletter, Issue 176, April 27, 2009

Lenore Teresa Bartsell January 2005

Ingredients & Methods

Makes 2 servings

½ tablespoon unsalted butter	Pinch of salt
Grated zest of one orange	¼ cup 1% milk
Juice of one orange	Ground cinnamon
1/8 cup all-purpose unbleached white flour	2 large eggs

Method:

1. Preheat the oven to 450 degrees.
2. Melt the butter in a large cast-iron skillet over medium heat. Make sure that the melted butter covers the sides and bottom of the skillet. Don't let the butter burn.
3. In a blender, combine the milk, egg and egg whites, flour, and salt. Blend until just well combined. Add the grated orange rind and stir into the batter. Leaving room for another pancake, pour half the batter into the heated skillet to form one pancake and use the rest of the batter to make a second pancake.
4. Put the skillet into the preheated oven and bake for about 12 minutes, until the pancakes are puffed and golden brown. Remove the pan from the oven and sprinkle the pancakes with cinnamon. Pour the orange juice over the pancakes and serve.

Nutrition at a Glance, per serving (1 pancake)

Calories 140
 Fat 9g
 Saturated fat 3.5g
 Cholesterol 220mg
 Sodium 105mg
 Carbohydrate 8g
 Fiber 0g
 Protein 8g

Suggestions:

If you don't have a large cast-iron skillet, use any skillet that is oven-proof.

Zest the orange first, and then juice it.

Serving Suggestion:

For a lower-fat version, try spraying the pan with nonstick butter-flavored cooking spray.

Clinton Support Group

TOPIC
Keeping our eyes healthy
DATE
Thursday, June 11, 2009
TIME
10:30—11:30 a.m.
PLACE
GVMH Medical Plaza Classroom
Presented By:
Jamie Ketterman, RN, BSN, CDE

Windsor Support Group

TOPIC
Diabetes and Chronic Kidney Disease: What is the Connection?
DATE
Tuesday, June 16, 2009
Note Date Change!
TIME
11:30 am—12:30 p.m.
PLACE
Windsor GVMH Medical Clinic Rehab Gym
Presented By:
Sharon Bunnell, BSN, RN, CNN
Sharon will be discussing kidney disease and the link to diabetes. This will be a great presentation so I hope you can make it.