

Diabetes Newsletter



1600 North Second Street

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The Salting of America Diabetes Forecast, April 2010, pg 27

What would happen if Americans followed doctor's orders to eat less salt? To find out, researchers created a computer simulation of a United States where every lowered salt intake just a bit. A reduction of 3 grams of salt (1,200 mg of sodium) per day –that's half a teaspoon–was found to save as much as \$24 billion a year in health care costs and avert heart disease, heart attacks, strokes, and death in hundreds of thousands of people. The authors concluded that a successful nationwide public-health campaign to reduce dietary salt would, mainly by lowering Americans' blood pressure, be just as beneficial as strategies targeting smoking, obesity, or cholesterol levels. In January, New York City launched a campaign to reduce salt in packaged and restaurant food by 25 percent.

(Source: New England Journal of Medicine, published online Jan. 20, 2010)

What You Can Do: About 75 percent of daily sodium intake comes from processed foods. Making these switches can help you cut down on salt.

Salty

Pickle
Canned tuna*
Parmesan cheese
Soy sauce
Turkey Sausage
Ketchup

Healthy

Cucumber
Tuna Steak
Lower-fat mozzarella
Ginger
Ground turkey
Fresh Salsa

Miscounting Calories

You can't believe everything you read, even when it's that official-looking nutrition panel on the side of packaged foods. A small study in Boston showed that the real calorie count on a selection of frozen meals was an average of 8 percent higher than the labeling indicated. More troubling, the study focused on foods claiming to be healthy alternatives, with less than 500 calories per serving. At restaurants, the disparity was even worse, with foods an average 18 percent higher in calories than the restaurants claimed. Yet these differences are still within the 20 percent variation allowed by the Food and Drug Administration.

(Source: Journal of the American Dietetic Association, January 2010)

Clinton Support Group

TOPIC

Peripheral Arterial Disease

DATE

Thursday,
May 13, 2010

TIME

10:30—11:30 a.m.

PLACE

GVMH Medical Plaza Classroom

Presented By:

Jamie Ketterman, RN, BSN, CDE

Warsaw Support Group

We will not be hosting a support group in Warsaw for a while due to lack of attendance. The plan is to come a couple times a year for some updates and special presentations. Call if you have any questions.



Serves: 8

Ingredients

8 oz ziti pasta - tube shape (3 cups uncooked)
1/2 lb extra lean ground beef or ground turkey (7% fat)
3 cups spaghetti sauce (less than 4 g fat per 4 oz)
2 cups low-fat cottage cheese
2 Tbsps grated Parmesan cheese
1/4 cup egg substitute (equal to 1 egg)
1 tsp dried parsley
1/4 tsp garlic powder

Preparation

Preheat oven to 350 degrees. Cook ziti according to package directions, omitting salt and oil. Drain and set aside.

Meanwhile, crumble meat in a large skillet sprayed with nonstick cooking spray.

Sauté until meat is cooked, stirring frequently. Add spaghetti sauce.

Combine cottage cheese, Parmesan cheese, egg substitute, parsley, and garlic powder and mix thoroughly. Add ziti and mix well.

Spread 1 cup of spaghetti sauce mixture in bottom of 9" x 13" pan that has been sprayed with nonstick cooking spray.

Spoon ziti and cheese mixture into lasagna pan. Pour remaining sauce over ziti and cheese.

Cover with aluminum foil and bake 30 minutes.

Nutrition Information

Exchange/Choices: 1 1/2 starch, 1 vegetable, 2 lean meat

Calories: 231 g, Total Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 20 mg, Sodium: 587 mg,

Total Carbohydrate: 30 g, Dietary Fiber: 2 g, Sugars: 9 g, Protein: 19 g,

Italian Baked Ziti

This simple casserole resembles lasagna without all of the layering.

For this recipe, and for dozens of other Association-approved recipes, purchase *Quick & Healthy Recipes & Ideas, 2nd ed.* from the American Diabetes Association online store.