

Enniskó:wa/March 2022

Tsitewatakari:tat—Let's Get Healthy Program
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March is National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits

Diabetes Alert Day is March 22

Diabetes Alert Day is observed annually on the fourth Tuesday in March as a one-day “wake-up call” to inform the public about the seriousness of diabetes. The American Diabetes Association (ADA) created Alert Day as an awareness program in 1986.

March is National Kidney Month

Diabetes is the leading cause of kidney disease. National Kidney Month is a reminder to give our kidneys a check up. One in three Americans are at high risk for kidney disease because of diabetes, high blood pressure, or family history of kidney failure. In addition, 30 million Americans already have kidney disease, and many of them are not aware of it because symptoms usually don't show until the disease has progressed. Learn more about caring for your kidneys at www.kidney.org



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Nutrition

Eating Right Doesn't Have to be Complicated

Simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started:

- Emphasize fruit, vegetables, whole grains and low-fat dairy products
- Include lean meats, poultry, fish, beans, eggs and nuts
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars

Make Your Calories Count: Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients your body needs. A nutrient rich snack would be a fresh apple instead of a 100 calorie pack of Oreos. Making smart food choices can help you stay healthy and manage your weight.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh or frozen. Eat more dark green leafy vegetables such as spinach and kale, and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish and beans, for example, black beans. Choose whole grains, like oatmeal, whole grain bread, quinoa or wild rice.

Know Your Fats

Look for foods low in saturated and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check food labels for total fat and saturated fat.

Heart Healthy Foods For the WHOLE family

Fiber is great for heart health because it can bind with bad cholesterol and remove it from the body. Foods high in dietary fiber include whole grains, vegetables and fruit. To increase your fiber intake from foods, include more plant-based sources of protein such as beans and peas, choose whole-grains whenever possible and make half your plate fruits and vegetables at each meal.

Choosing heart healthy fats, specifically unsaturated fats, can also give heart health a boost. The unsaturated fats from foods such as nuts, olives, avocados and fatty fish can help increase good cholesterol levels. On the other hand, foods high in saturated fat should be limited, such as high-fat cuts of meat, butter and full-fat dairy products.

Trans fat, also known as partially-hydrogenated oil, should be avoided.

Next time you are at the grocery store, pick up some of these heart-healthy items:

- Beans, peas and lentils
- Fruits and vegetables (fresh, frozen or canned without salt or added sugars)
- Salmon, tuna, sardines and mackerel
- Whole-grain breads, high-fiber cereals and pasta, brown rice, barley
- Nuts such as almonds, walnuts, pecans and unsalted pistachios



Diabetes Alert Day

American Diabetes Association Diabetes Alert Day[®], is a wake-up call to inform the American public about the seriousness of diabetes, particularly when diabetes is left undiagnosed or untreated.

Diabetes affects approximately 9.4 percent of the U.S. population. American Indian/Alaska Native adults are almost three times more likely than non-Hispanic white adults to be diagnosed with diabetes. It's also estimated that 1 in every 4 persons with diabetes are unaware that they have the disease.

If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active.

Preventing Type 2 Diabetes

Perhaps you have learned that you have a high chance of developing type 2 diabetes, the most common type of diabetes. You might be overweight or have a parent, brother, or sister with type 2 diabetes. Maybe you had gestational diabetes, which is diabetes that develops during pregnancy. These are just a few examples of factors that can raise your chances of developing type 2 diabetes.

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. Prediabetes also can cause health problems. The good news is that type 2 diabetes can be delayed or even prevented. The longer you have diabetes, the more likely you are to develop health problems, so delaying diabetes by even a few years will benefit your health. You can help prevent or delay type 2 diabetes by losing a modest amount of weight by following a reduced-calorie eating plan and being physically active most days of the week.

How can I lower my chances of developing type 2 diabetes?

Research such as the Diabetes Prevention Program shows that you can do a lot to reduce your chances of developing type 2 diabetes. Here are some things you can change to lower your risk:

- Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.
- Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.
- Eat healthy foods most of the time. Eat smaller portions to reduce the amount of calories you eat each day and help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.

Most often, your best chance for preventing type 2 diabetes is to make lifestyle changes that work for you long term.

Participate in Diabetes Alert Day and take the
American Diabetes Association's Type 2 Diabetes Risk Test:
[Risk Test | ADA \(diabetes.org\)](https://diabetes.org/risk-test)

Diabetes and Kidney Health

Diabetes and Chronic Kidney Disease

If you have diabetes, ask your doctor about kidney disease.

Chronic kidney disease (CKD) often develops slowly and with few symptoms. Many people don't realize they have CKD until it's advanced and they need dialysis (a treatment that filters the blood) or a kidney transplant to survive.

If you have diabetes, get your kidneys checked regularly, which is done by your doctor with simple blood and urine tests. Regular testing is your best chance for identifying CKD early if you do develop it. Early treatment is most effective and can help prevent additional health problems.

CKD is common in people with diabetes. Approximately 1 in 3 adults with diabetes has CKD. Both type 1 and type 2 diabetes can cause kidney disease.

How Diabetes Causes Kidney Disease

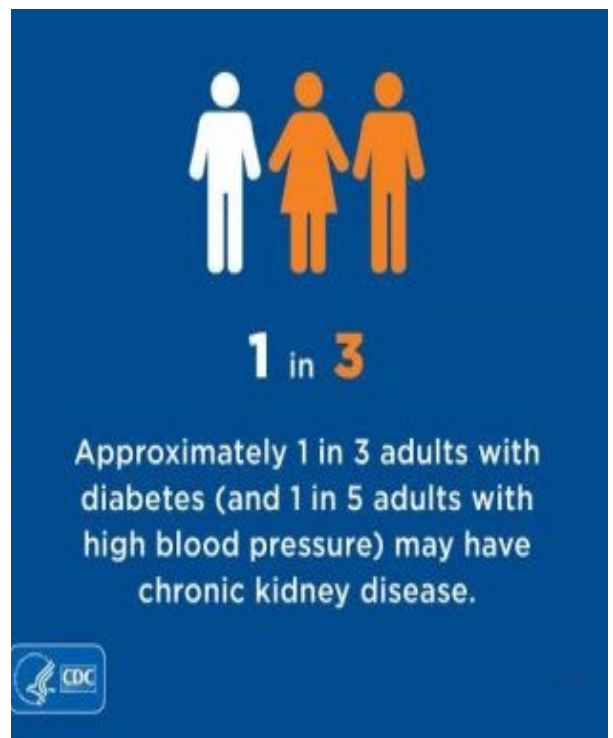
Each kidney is made up of millions of tiny filters called nephrons. Over time, high blood sugar from diabetes can damage blood vessels in the kidneys as well as nephrons so they don't work as well as they should. Many people with diabetes also develop high blood pressure, which can damage kidneys too.

CKD takes a long time to develop and usually doesn't have any signs or symptoms in the early stages. You won't know you have CKD unless your doctor checks you for it.

Tips To Keep Your Kidneys Healthy

You can help keep your kidneys healthy by managing your blood sugar, blood pressure, and cholesterol levels. This is also very important for your heart and blood vessels—high blood sugar, blood pressure, and cholesterol levels are all risk factors for heart disease and stroke.

- Keep your blood sugar levels in your target range as much as possible
- Get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions. Talk to your doctor about how often is right for you
- Check your blood pressure regularly and keep it below 140/90 mm/Hg (or the target your doctor sets). Talk to your doctor about medicines and other ways to lower your blood pressure
- Stay in your target cholesterol range
- Eat foods lower in sodium
- Eat more fruits and vegetables
- Be physically active
- Take your medicines as directed



Fitness

Diet or exercise: Does one matter more?

According to the Mayo Clinic Staff, both are essential. Diet has a stronger effect on weight loss than physical activity does; physical activity, including exercise, has a stronger effect in preventing weight regain after weight loss. Weight loss through diet without physical activity, especially in older people, can increase frailty because of age-related losses in bone density and muscle mass. Adding aerobic and resistance training to a weight-loss program helps counter the loss of bone and muscle.

For most healthy adults, the U.S. Department of Health and Human Services recommends these exercise guidelines.

Aerobic activity: Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.

Strength Training: Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Moderate aerobic exercise includes activities such as brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running and aerobic dancing. Strength training can include use of weight machines, your own body weight, and resistance tubing such as rock climbing.

As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight,

What is Mobility? – The ability to move or be moved freely and easily

3 Types of Mobility-Preserving Exercises: The type of exercise you perform is just as important as getting the right amount of exercise. To prevent injury and preserve mobility, the following is recommended:

Stretching: Stretching helps improve blood flow to the muscles, helps improve recovery, and increases mobility of the muscles and tendons.

Strengthening: Strength training (most commonly performed using your body weight, free weights, or weight machines) helps preserve muscle mass. A strengthening program for the upper and lower parts of our bodies (the arms and legs), as well as the core (the abdominal muscles and the nearby stabilizing and lower back muscles). These muscle groups are important in general mobility, and must be strengthened to avoid injury.

Calming: Calming exercises such as yoga, meditation, or tai-chi, help to relax the muscles, body, and mind, and also to balance and rid the fatigue, strain, and inflammation that may be accumulated throughout the day.

Benefits of Mobility Exercises:

- Improved flexibility
- Increased range of motion for increased strength potential
- More muscle activation
- Decreased risk of injury
- Decreases soreness and joint pain
- Prolong quality of life
- Arthritic symptoms reduced or eliminated
- Prolong independent living as you age

Recipes

Sheet Pan Dinner - Chicken & Vegetables

Ingredients:

- 1 lb. chicken tenders, boneless skinless
- 2 large zucchini, cut into half moon chunks
- 1 large bell pepper, seeded and cut into chunks
- 1 red onion, outer layer removed, cut into wedges
- 1 cup cherry or grape tomatoes, rinsed and patted dry

Marinade:

- ¼ cup extra virgin olive oil
- 3 TBSP lemon juice
- 1 clove garlic, minced
- 2 tsp dried oregano
- 2 tsp dried basil
- 1 tsp ground black pepper



Directions:

Preheat the oven to 425F. Chop vegetables and put them in a large bowl, add chicken tenders. In another bowl, whisk together the marinade ingredients until well combined. Pour marinade over the chicken and vegetables and mix until well combined. On a large baking sheet, arrange the chicken and vegetables in a single layer. Bake for 20 minutes, until the chicken is cooked thorough (165F.) and the vegetables are tender. Serve immediately, with cooked quinoa or wild rice, and squeeze extra lemon over the top.

What's the deal with protein?

Protein is a macronutrient that helps provide a sense of satiety or fullness. Typically, Americans eat two to three times more protein than what is required each day.

General Recommendation:

180 pound person = approximately 65 grams of protein per day.

It's important to distribute protein evenly throughout the day for a feeling of fullness and to help maintain muscle mass. It is suggested that each meal includes about 20 grams of protein and snacks include about 5 grams of protein.

Easy Ways to Add Protein to Snacks; Roasted chickpeas, Greek yogurt with berries, cottage cheese and fruit, low fat cheese and whole grain crackers, natural peanut butter/almond butter on an apple or banana.

Amount of Protein in Common Foods:

- Chicken Breast (3 oz.) 24 g
- Peanut Butter (2 TBSP) 8 g
- Low Fat Cheese (1 oz.) 7 g
- Greek yogurt (8 oz.) 23 g
- Whole egg (1 large) 6 g
- Lentils (1/4 C) 13 g
- Almonds (1 oz.) 6 g
- Quinoa (1/4 C dry) 6 g

Easy Ways to Add Protein to Meals:

- Natural peanut butter with oatmeal
- Hummus in place of salad dressing
- Quinoa as a whole grain side dish
- Cooked lentils and wild rice as a side dish
- Chicken breast, fish or tofu as an entrée
- Kidney, white or black beans added to a soup

Recipes

Meal Prep Burrito Bowls

Chicken:

1 1/4 lbs. boneless skinless chicken breasts
1/4 C olive oil
1/3 C lime juice
1 tsp honey
1/4 tsp ground cumin
2 cloves garlic, minced
1/4 C water

For Cilantro lime rice:

3 C cooked brown rice
(or you can use quinoa)
1/3 C chopped cilantro leaves
1 lime, juiced

Remaining bowl ingredients:

1 15oz. can of black beans;

**Directions:**

Prepare marinade, pour lime juice, olive oil and water into a large re-sealable bag. Add garlic, honey, cumin, smoked paprika, onion powder and chili powder. Seal bag and shake to combine. Add the chicken to the marinade, seal and place in fridge—marinate at least 30 minutes and up to 8 hours. Preheat grill, a grill pan or skillet over med/high heat. Add the chicken and cook for 5-6 minutes on each side until cooked through. Chop the cooked chicken in to bite size pieces. Place rice or quinoa in a large bowl; add the cilantro, lime juice; toss to coat the rice evenly. Divide the rice/quinoa between 4 meal prep containers. Arrange the chicken, beans, corn and salsa on top. Cover and store in the refrigerator until ready to serve.

Diabetes and Making Healthy Food Choices

For most people newly diagnosed with diabetes, it's difficult to know what and how to eat. The easiest way to understand and follow healthy food choices is by using the plate method. This is the idea that you can have a variety of foods at each meal if they are portioned properly and provide balance to your meal.

Whole grains and starchy vegetables:

1/4 of your plate should be whole grains or starchy vegetables or a combination of the two. Whole grains include; whole grain bread, cereal, pasta or crackers, wild or brown rice, barley, quinoa, millet, wheat berries, oats. Starchy vegetables include: corn, winter squash, green peas, pumpkin, parsnips.

Protein:

1/4 of your plate should be lean protein. This can be from plant or animal sources. Protein foods include; chicken, fish, wild game, eggs, beans/legumes/lentils, nuts/seeds, soy products, reduced fat cheese, Greek yogurt

Non Starchy Vegetables:

1/2 your plate should be filled with non starchy vegetables. They can be cooked or raw and should vary in color, the more colorful your plate is the more nutrients it contains.

Fruit:

When choosing fruit it is best to choose whole fruits in place of fruit juices or dried fruits. Fruit can be part of a healthy meal plan if eaten in proper portion size. A portion of fruit is 1 small piece about the size of a tennis ball, 1/2 cup cut up fruit, 3/4 cup of melon.

Dairy:

Dairy is a good way to get calcium and protein into our meals and snacks. One thing many don't realize is that 1 cup of milk has the same amount of carbohydrates as a slice of bread or a serving of fruit. Be sure to plan for those carbs and choose low fat dairy.

Healthy Fats:

Fat is necessary for our health, and choosing healthy fats can reduce your risk for heart disease. It is true that all fats are high in calories so limit portion size. Healthy fats include: avocados, nuts/seeds, olives, olive oil, canola oil, sesame seed oil.

Announcements

The Fitness Room has reopened!

If you are interested in utilizing the Medical Fitness Program
(formerly called Move for Health)

please call Heather Garrow at: (518) 358-9667 to see if you are eligible.

Due to COVID-19 safety measures, we have reduced participant capacity.
We have also reduced the number of fitness classes. At this time, we cannot offer
community classes

If we find our staff and participants are safe and the number of community
COVID-19 cases decline, we can eventually add more time slots and/or increase
the fitness room capacity and we hope to do that soon.

Niá:wen for your patience



**Working
Together Today
to Build a
Better Tomorrow**