

Announcements

The Fitness Room will be reopening soon!

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

For the immediate future, priority will be given to our program patients with diabetes and they will be receiving a phone call from us within the next few weeks

We have implemented additional protocols for utilizing the fitness room, including COVID-19 screenings

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.

At that time, we will again call participants

We thank you for your patience



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



Enniskó:wa/March 2021

Tsitewatakari:tat—Let's Get Healthy Program
Diabetes Center for Excellence
66 Margaret Terrance Memorial Way
Akwesasne, NY 13655
518-358-9667

March is Nutrition Month

What is Nutrition Month?

National Nutrition Month is an annual education and informational campaign created by the Academy of Nutrition and Dietetics. This campaign focuses on the importance of making informed food choices and developing sound eating and physical habits.

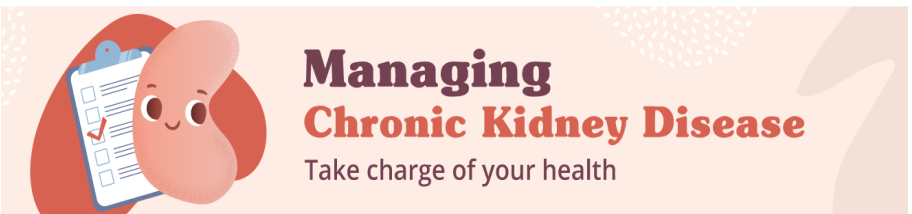
March is also National Kidney Month

What is Kidney Month?

March is National Kidney Month. This is a time to raise awareness about your kidneys and what you can do to keep them healthy.

Kidney Facts:

- Native Americans are 50% more likely to have kidney failure compared to Caucasians.
- Uncontrolled high blood pressure and uncontrolled diabetes are two of the leading causes to kidney failure.



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MEAL PREP

WHAT IS IT AND HOW DOES IT HELP?

Meal prepping is the concept of having whole meals or dishes ready ahead of time. Having pre-prepared meals on hand can aid with portion control and help reach nutrition goals. If your meals are made ahead of time, then you’re more likely to avoid unhealthy options such as fast food restaurants and tv dinners if you are pressed for time and in a rush. There’s also different ways to meal prep that doesn’t include giving up a whole day to cook dishes for the week to come.

Ways to meal prep:

- **Make-ahead meals:** Full meals cooked in advance which can be refrigerated and reheated at mealtimes. This is particularly handy for dinnertime meals.
- **Batch cooking:** Making large batches of a specific recipe, then splitting it into individual portions to be frozen and eaten over the next few months. These make for popular warm lunch or dinner options.
- **Individually portioned meals:** Preparing fresh meals and portioning them into individual grab-and-go portions to be refrigerated and eaten over the next few days. This is particularly handy for quick lunches.
- **Ready-to-cook ingredients:** Prepping the ingredients required for specific meals ahead of time as a way to cut down on cooking time in the kitchen.

Picking the Right Storage Containers:

- **Airtight containers for ready-to-cook ingredients:** Washable, reusable food grade silicone baggies and stainless steel containers are great for keeping ingredients crisp and foods fresh.
- **BPA-free microwavable containers:** These are both convenient and better for your health. Pyrex glassware or collapsible silicone containers are some good options.
- **Freezer-safe containers:** These will limit freezer burn and nutrient losses. Wide-mouth mason jars are ideal, as long as you leave at least 1 inch (2.5 cm) of headspace so food can expand as it freezes.
- **Leak-proof, compartmentalized containers:** These are great for lunches or meals which require ingredients to be mixed at the last minute.
- **Stackable or similarly shaped containers** will help optimize the space in your refrigerator, freezer or workbag.



Resource: <https://www.healthline.com/nutrition/how-to-meal-prep#choosing-meals>

Slow Cooker Wild Rice Vegetable Soup

Ingredients

- ☐ 1 medium onion *(chopped)*
- ☐ 1 cup wild rice or wild rice blend (uncooked) *(the cook time listed on the package should be about 45 minutes, rinsed and drained)*
- ☐ 1 medium butternut squash *(peeled, seeded and cut into ¾-inch pieces (about 4 cups))*
- ☐ 15 ounce can white beans *(I used cannellini, rinsed and drained)*
- ☐ 4 ribs celery *(chopped)*
- ☐ ½ teaspoon dried oregano
- ☐ ½ teaspoon dried thyme
- ☐ ½ teaspoon garlic powder
- ☐ ½ teaspoon salt
- ☐ 1/8 teaspoon black pepper
- ☐ 1 bay leaf
- ☐ 6 cups low sodium vegetable broth
- ☐ 6 cups chopped kale *(or fresh spinach, optional)*



 Prep Time	15 mins
 Cook Time	6 hrs
 Total Time	6 hrs 15 mins
 Servings	<input type="text" value="8"/> servings
 Calories	214kcal

Instructions

1. Add all ingredients to the slow cooker except for the broth and kale.
2. Pour the broth into the slow cooker, and gently stir to combine.
3. Cook on low setting for about 6 hours, or on high setting for about 3 ½ hours, until the rice is cooked and tender. As all slow cookers vary, cooking time may be different in your slow cooker compared to mine. Near the end of the cook time, check to see if the rice is done. Once the rice is tender, the soup has cooked long enough.
4. Remove the bay leaf.
5. Stir kale into soup. Serve.

Nutrition Facts

Calories: 214 kcal	Sugar: 4g
Carbohydrates: 45g	Vitamin A: 15370IU
Protein: 10g	Vitamin C: 81mg
Sodium: 879mg	Calcium: 169mg
Potassium: 928mg	Iron: 3.5mg

How to help your kidneys stay healthy:

Make healthy food choices:

- Cook with a mix of spices rather than salt.
- Try baking or broiling meat, chicken, and fish instead of frying.
- Read food labels. Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Stop smoking

Manage diabetes, high blood pressure, and heart disease

- Be careful about the daily use of over-the-counter pain medications. Regular daily use of medications such as Ibuprofen or Naproxen can damage your kidneys.
- Keep your blood pressure below 140/90 by taking your medications, limiting salt, drinking enough water, etc.
- Keep blood sugar levels close to your and your providers goal. Check your blood sugar throughout the day so you know where you are at.

Make physical activity part of your routine.

- Be active for thirty minutes or more on most days. This can include anything from walking to riding a bike.

What do your kidneys do?

- Help remove waste and excess fluid
- Filter your blood to keep some of the compounds while removing others
- Control the production of red blood cells
- Release hormones that regulate blood pressure
- Make vitamins that control growth

How can you check your kidney function?

- A blood test called GFR (glomerular filtration rate), checks how well your kidneys are filtering your blood.
- A urine test checks for Albumin. Albumin is a protein that is found in the urine if the kidneys are damaged.

Meal Prep Tips

- Keep a Consistent Schedule
Meal prepping works best when you stick to a regular schedule. Knowing exactly when you’ll shop for groceries and prep your meals will help you form a good routine.
- Pick the Right Combinations of Recipes
To save time, select recipes requiring different cooking methods. Having too many recipes requiring the same appliance — the oven, for instance — will limit the number of dishes you can prepare at once.
- Organize Your Prep and Cook Times
To best organize your prep and cook times, start with the recipe requiring the longest cook time. This is often the soup or oven meal. Once that meal is underway, focus on the rest. For extra time savings, double-check the ingredients for all recipes before starting. This way, if two recipes require diced onions or julienned peppers, you’ll be able to chop the total quantity at once. Using automated gadgets such as a rice cooker or slow cooker can further streamline your workflow.
- Make a Shopping List
Limiting grocery shopping to once per week and making use of a grocery delivery service are two additional ways to spend less time shopping. To half the time you spend in the grocery store, keep a detailed grocery list organized by supermarket departments.

Egg and Veggie Casserole

- Ingredients**
- Nonstick cooking spray
 - 2 TBSP Olive Oil
 - 1 small onion, diced
 - 2 cloves garlic, minced
 - 4 tomatoes, chopped and seeded
 - 1 C spinach
 - 12 Egg whites
 - 4 oz. fresh mozzarella
 - 1/2 C fresh basil
 - 1/2 C fresh parsley
 - 1 sprig rosemary
 - Salt & pepper to taste



- Nutrition Facts**
- 8 servings
 - Calories: 120
 - Total Fat: 6g
 - Cholesterol: less than 5 mg
 - Sodium: 190 mg
 - Total Carbohydrate: 7g
 - Dietary Fiber: 2g
 - Total Sugars: 4g
 - Protein: 10g
 - Potassium: 460mg

- Instructions**
- Preheat oven to 350 degrees.
 - Prep a large casserole dish with nonstick cooking spray.
 - Heath olive oil in heavy frying pan and add garlic and onion. Cook until onion is soft, stirring constantly.
 - Add the zucchini and sauté for another 1-2 minutes.
 - Add the chopped tomatoes and the spinach, cooking for 2 minutes, then add the basil, parsley, and rosemary. Continue cooking until the herbs and spinach are wilted.
 - Combine egg whites, cooked vegetables, and cheese in a bowl. Add salt and pepper if desired.
 - Pout the mixture into the casserole and bake for 40-45 minutes, or until the frittata is set. Let cool, then cut into 8 equal sized slices.

How to Read a Food Label

Steps:

1. Start with the serving size

This tells you the serving size as well as the number of servings in the package

The Nutrition Facts applies to the serving size, so if the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients than what is listed on the label.

2. Keep in mind the Total Calories

3. Let the Percent Daily Values be a guide

This will help you to evaluate how a food fits into your daily meal plan

Low is 5 % or less. Aim for low in saturated fat, trans fat, cholesterol and sodium.

High is 20 % or more. Aim high in vitamins, minerals and fiber.

Nutrition Facts

6 servings per container

Serving Size 1 cup (110g)

Amount per 1 cup

Calories

250

% DV*	
11%	Total Fat 7g
16%	Saturated Fat 3g
	Trans Fat 0g
2%	Cholesterol 4mg
13%	Sodium 300mg
10%	Total Carbs 30g
14%	Dietary Fiber 3g
	Sugars 2g
	Added Sugars 0g
	Protein 5g
7%	Vitamin A 1mcg
15%	Vitamin C 2mcg
20%	Calcium 4mg
32%	Iron 5mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	55g	75g
Saturated Fat	Less than	10g	12g
Cholesterol	Less than	1,500mg	1,700mg
Total Carbohydrate		250mg	300mg
Dietary Fiber		22mg	31mg

4. Get enough vitamins, minerals, and fiber

Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.

5. Consider the additional nutrients

You know about calories, but it also is important to know about the additional nutrients on the Nutrition Facts label.

When the Nutrition Facts label says a food contains “0 g” of trans fat, but includes “partially hydrogenated oil” in the ingredient list, it means the food contains some trans fat, but less than 0.5 grams per serving. So, if you eat more than one serving, you could end up eating too much trans fat.

“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.” - Julia Child

Smart Ways to Make Physical Activity Part of Your Day

1. For adults, the recommendation is 150 minutes or more of moderate-intensity physical activity each week.
2. This could be as simple as brisk walking for 25 minutes six days per week. Another option would be to walk briskly for only 15 minutes at a time, but twice a day for five days.
3. Being more active can be as simple as taking the stairs instead of the elevator, parking further away, walking or riding a bicycle to the store.
4. Don’t forget to include cleaning the house or doing yard work as physical activity.
5. Plan ways to gradually increase your physical activity. This could involve setting reminders to move more throughout the day or by scheduling times to be active during the week.
6. Think about the best time for physical activity. Some people prefer to be active in the morning, whereas others dedicate time midday or after school or work.
7. In order to stay fit and active, find activities that you enjoy.

Maintain Your Motivation

It's easy to start an exercise routine once you've decided it's time for a change, but keeping it up is a challenge for many people. Hitting a roadblock or two is normal, but by planning ahead, you can overcome it. There are bound to be days when you have a bad work out or don't get to exercise at all. When this happens, the most important thing is to accept it, turn any negative thoughts into positive thoughts and plan to get back at it tomorrow.

Track Your Activity

Stay on track with your routine by keeping a record of the activity that you do. It can help keep you more accountable for times that you do not make time for activity and times that you could have done more. A record or log will also help you see patterns so you can adjust your routine to work better for you.

Mix Up Your Routine

By mixing up your routine with activities you enjoy, you’ll have more fun and you’ll stay active longer. It will also help you work different muscles.

Let's say you are getting tired of walking every day. For a change of pace, you could try a group class once a week instead. Another day, you could do a brisk walk or bike ride with a friend to mix it up even more. By varying your activities and how hard you’re working out, you can also lower your risk of injury.

Find an Exercise Buddy

Having an exercise buddy or a group to work out with can be a real motivator. If you have regular planned activities with a group or even just one other person, it helps hold you accountable and get you moving. Plus it can make working out more fun.

Do What You Enjoy

Choosing activities that you enjoy, fit into your schedule and are within your budget will also help you stick with it. Select a few things that keep you moving (aerobic exercise like walking or swimming) and a few that help you build muscles (like using weight machines or walking with light weights). Be prepared—choose a few activities you can do outside and a few you can do inside when the weather is bad.

