

Diabetes Corner Gazette

For Community Outreach Workers

Vol. 3, No. 3

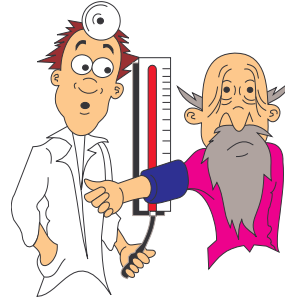
Change is in the Air with New Targets for Good Health

Fun With Food

New Sodium Guidelines to lower and manage BP

Guidelines for healthy Blood pressure and for Sodium in the diet have changed.

- Target blood pressure for people with diabetes is 130/80
- Blood pressure for best health outcomes is 120/80 or less
- Make sure your clients know their target blood pressure goals.



The old guidelines for sodium intake (salt) were 2400 mg a day. That's the amount found in one teaspoon of salt. The new guidelines are:

- Ages 19-50: 1500 mg a day
 - Ages 51-70: 1300 mg a day
 - Ages 71 and older: 1200 mg a day
- (Report from U.S. Government Institute of Medicine)

Help your clients eat less sodium by avoiding these high sodium foods:

- Fast food and restaurant meals (a Big Mac has 1050 mg of sodium, and that's without the fries!).
- Soups (a cup of typical soup has at least 850 mg sodium)
- Pickles and pickled foods (one large dill pickle: 928 mg sodium)
- Jerky (450 mg sodium in one ounce serving)
- Processed foods like chips and Hamburger Helper (1/5 serving of Hamburger Helper made with hamburger is 1027 mg sodium)

Share some suggestions of how to limit sodium in the diet:

- Prepare more meals at home using herbs and non-salt seasonings to flavor them.
- Look for low sodium soups at the market.
- Cook a batch of baked tortilla chips and "baked fries" seasoning them with red chile powder, garlic and even vinegar, in a support group or class.
- Snack on lime and lemon quarters without the salt!
- Encourage clients to grow their own herbs in home gardens or pots, and cook with them.

Use It Or Lose It

Fitness is one of the most valuable practices in lowering cholesterol, blood pressure and blood sugar levels. A fit and overweight person is much better off than someone who is overweight and does not exercise.



The new targets based on 2004 ADA Clinical Practice Recommendations are:

- Total Cholesterol: less than 200 mg/dl, but preferably as close to 150 mg/dl as possible
- LDL or "bad" cholesterol: less than 100 mg/dl
- HDL or "good" cholesterol: greater than 50 mg/dl
- Triglycerides: less than 150 mg/dl
- A1c between 6-7% based on individual safety factors

Encourage clients to begin or improve their exercise program now!

- Check out any new exercise plan with a medical provider
- Help clients make a plan and set a date to start within the next week!
- Assist clients with all three components of a good exercise program: aerobic activity, strength training, and flexibility (stretching).



The Medicine Chest:

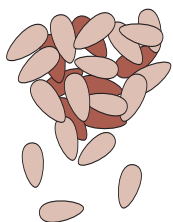


Potassium balances the effects of sodium and helps to control blood pressure. Food is the best source and the new dietary recommendation for Potassium is 4700 mg/day.

Encourage clients to include foods such as these in their diets.

Good Sources of dietary potassium:

- Spinach, cooked, 1 cup: 840 mg
- Potato, cooked with skin: 800 mg
- Broccoli, cooked, 1 cup: 460 mg
- Squash, winter, 1/2 cup: 450 mg
- Tomato, medium: 290 mg
- Almonds, 1 oz.: 210 mg



(Source: UC Berkeley Wellness Letter, May 2004)

If you have kidney failure, talk to your doctor before eating potassium rich foods.

Taking Your Emotional Temperature

(Checking in Every Day)

One of the most important lessons from traditional cultures (around the world) is the practice of a quiet time of thought and contemplation every day. Those times of quiet ritual bring physical, mental and spiritual balance, which is the foundation of health.

Share these examples of ways to return to this important practice in daily life:

- Prayer
- Meditation
- Walking quietly in nature
- Working with plants and the earth
- Practicing traditional rituals to welcome the new day/or release the end of the day
- Listening to, or making music that heals the spirit
- Writing and drawing in a journal



Check with clients to see if they do practice a time of quiet each day, and encourage them to do so.

What's New?

The Real Story on the "Carb Friendly Craze"

Assist clients with reading labels and menus and looking for "total carbohydrates" as they figure carbs for their meal plans. Net carbs is a real term defined by total carbs per serving minus the grams of fiber per serving. All other terms such as "impact carbs" are made up and mean nothing.

DASH DIET

Ask the dietitian or diabetes educator at your clinic to get a copy of the DASH (Dietary Approaches to Stop Hypertension) diet to share with your clients. You can also download the diet from <http://www.nih.gov>- type DASH in the search bar and then click on the picture on the right side of the page. It is an excellent approach that emphasizes fruits and vegetables, low fat dairy, and foods high in potassium, which can play a role in improving health for all adults.



This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2004.

