

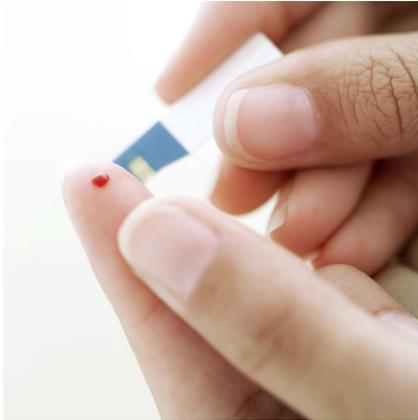
Smart Choices

Nutrition News for Seniors

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Preventing Type 2 Diabetes

As you get older, your risk for type 2 diabetes increases. The good news is that you can take small steps to prevent or delay the onset of the disease. Simple things such as losing a modest amount of weight (10 to 14 pounds for a 200-pound person) by moving more and making healthy food choices can really make a big difference in your health.



Following a low-fat, reduced calorie meal plan that includes healthy foods can also help you prevent type 2 diabetes. Make it a goal to reduce the amount of food you eat to help with weight loss.

tain a lot of fat as well as sugar. You may want to share large portions when eating out. Easy changes such as having fruit as a snack rather than cookies or chips, choosing water to drink, and eating breakfast every day can really make an impact.

Remember to ask your doctor if you are at risk for type 2 diabetes and let them know you want to be more active. If you have limited physical ability, ask them which activities will be safe for you. Make healthy food choices and reduce the amount you eat. Make it a goal to be active and lose a modest amount of weight if needed. You can make simple lifestyle changes in order to prevent or delay diabetes. Take your first step today!

Physical activity can improve your strength, flexibility, and balance as well as help reduce your risk for diabetes. If you have been inactive, set small goals to start, and add a little more activity each day until you reach at least 30 minutes a day five days a week. Walking is a great way to be active. Be sure you have proper walking shoes and walk in safe places. Seek out an indoor place to walk such as a shopping mall for days when the weather is bad. To take more steps, park the car farther away from stores, movie theaters, or your office.

Choose healthy foods such as:

- Whole grain foods such as whole wheat bread, crackers, and cereals, and brown rice, oatmeal, and barley.
- A variety of colorful fruits and vegetables.
- Small portions of heart-healthy fats such as nuts, seeds, and vegetable oils.
- Low fat or skim milk, yogurt, and cheese.

Visualize serving sizes to help you reduce your portions. For example, a three ounce serving of meat, poultry, or fish is about the size of a deck of cards. Choose fish and lean meat and poultry without the skin and that has been baked or broiled instead of fried. You can also reduce your calorie intake by limiting sweets and desserts. They usually con-

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Enjoy your food, but eat less.

Tangy Fruit Salad

12 servings of ¼ cup each

Ingredients:

2 tablespoons instant sugar-free vanilla pudding mix
1 cup light vanilla yogurt
1 (15 ounce) can pineapple chunks, in juice, drained
1 (11-ounce) can mandarin oranges, in juice, drained
1 cup grapes
2 medium bananas, sliced

Directions:

1. Combine pudding mix and yogurt. Stir well.
2. Drain fruit and mix together in medium bowl.
3. Fold yogurt mixture into fruit.
4. Cover and refrigerate. Serve when chilled.

Calories: 67; Total fat: 0 g; Saturated fat: 0 g; Cholesterol: <1 mg; Sodium: 19 mg ; Total carbohydrate: 16 g; Dietary fiber: 1 g; Protein: 1 g

Source: National Heart, Lung, and Blood Institute, *Heart Healthy Home Cooking African American Style*



Ways to Prevent Diabetes

Reduce Portion Sizes:

- Keep meat, poultry, and fish portions to about 3 ounces (size of a deck of cards).
- Try to eat meals and snacks at regular times every day.
- Make sure you eat breakfast every day.
- When eating out, split an entrée with a friend.
- Drink a glass of water 10 minutes before your meal to take the edge off hunger.
- Eat slowly.

Move More Each Day:

- Dance away.
- Take stairs when you can.
- March in place while you watch TV.
- Park as far away as possible.
- Check out a physical activity DVD from the library.

Make Healthy Food Choices:

- Snack on veggies and fruits.
- Cook with a mix of spices instead of salt.
- Always keep a healthy snack with you.
- Work your way down from whole milk to lower fat versions.

What's the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons. Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper.

This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPU or visit www.dss.state.la.us.



In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPU (1-888-524-3578). Visit our website: www.lsuagcenter.com

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