



# Where Do I Get It? Nutrition

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## Dining with Diabetes Program at Rising Star Baptist Church in September 2018

Rising Star Baptist Church will host the Dining with Diabetes Program on Thursday evenings from 6:30 - 7:45 p.m. in September. The program is a 4 series class with a follow-up class 3 months after the fourth series.

The objectives of the program includes the following:

- Increase knowledge about healthy foods
- Present healthy versions of familiar foods
- Demonstrate new cooking techniques
- Provide taste testing of new recipes
- Provide basic information regarding diabetes and nutrition, and
- Provide opportunities for sharing and learning from one another and from diabetes health professionals

The topics that will be discussed includes the following:

- Lesson 1: What is Diabetes?
- Lesson 2: Carbohydrates and Sweeteners
- Lesson 3: Fats and Sodium
- Lesson 4: Vitamins, Minerals, and Fiber

Handouts will be given out during the lessons. Evaluation forms will be given out at the beginning of the lessons and at the end. Hope to see you at the Dining with Diabetes Series.

If you are interested in having this program presented to you and your group, please contact Cynthia Clifton at 985-497-3261 or [cclifton@agcenter.lsu.edu](mailto:cclifton@agcenter.lsu.edu).

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## Nutrition Blog

### Growing Pains – Children Get Diabetes Too!

Did you know that medications that help manage blood glucose in adults with prediabetes and type 2 diabetes does not work as well in children? Approximately 91 overweight or obese people ranging from ages 10 to 19 having prediabetes or type 2 diabetes took either months of daily insulin glargine injections followed by nine months of daily metformin pills, or just daily metformin for a year. There was not a significant difference between those who took insulin and metformin and those who took only the metformin.

Healthful eating and physical activity continue to be extremely important for avoiding long-term health problems.

Children who hang out with their friends are more likely to grow up to be healthier than those who spend more time along or with family members. Over a 20 year period, the parents of children were asked about their children's health. The parents reported that the children that spent more time with their friends than family, had lower blood pressure and lower body mass index (BMI).

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## Healthy Recipe

### Baked Acorn Squash

**Ingredients:**

1 medium acorn squash  
2 tsp. honey  
¼ tsp. nutmeg  
¼ tsp. cinnamon  
¼ tsp. cloves  
1 Tbsp. reduced-fat margarine

**Instructions:**

1. Heat the oven to 350 degrees F. Cut the squash lengthwise and remove the seeds and fibers. Place the squash in a baking dish, skin side down. Pour ½ inch of water into the dish to cover the bottoms of the squash.
2. Drizzle the squash with the honey and sprinkle with the nutmeg, cinnamon, and cloves. Melt the margarine, and pour it over the entire squash. Bake, covered, for 20 minutes. Uncover and bake for another 10 minutes, until brown. The squash should be tender when touched with a fork.
3. Cut each squash in half and serve while hot.

**Nutrition Facts:**

Calories: 70 per servings  
Carbohydrate: 15 grams  
Fat: 1.5 grams  
Saturated Fat: 0.4 grams  
Cholesterol: 0 milligrams  
Sodium: 25 milligrams  
Potassium 360 milligrams  
Dietary Fiber: 4 gram

If interested in attending, please contact Cynthia Clifton at 985-497-3261 or [cclifton@agcenter.lsu.edu](mailto:cclifton@agcenter.lsu.edu) .

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## Diabetes Workshop at Rising Star Baptist Church Men's Health Fair on Saturday, August 25, 2018

On August 25, 2018, Rising Star Baptist Church hosted a Men's Health Fair on Diabetes. Twelve men attended the workshop and asked many questions. Dr. Montague was also a guest speaker to talk about colon cancer, pancreas, erectile dysfunction, and high blood pressure.

The participants had a lot of questions about diabetes, heart disease, and high blood pressure.

If you would like to participate in any of these nutrition workshops, please call Cynthia Clifton at 985-497-3261.

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## Diabetes Workshop at St. James Catholic Church on Saturday, September 22, 2018

A Diabetes Workshop was conducted at St. James Catholic Church on Saturday, September 22, 2018. There were eight in attendance and a lot of good questions were asked. Most of the participants reported that they did not know some of the information that was presented to them. They were informed to write down questions and ask their doctors for answers. A lot of the participants did not know what was good foods that they should eat, and the foods that they should avoid. They learned about sugar and sugar substitutes, fruits with natural sugars, rice, pasta and bread as to how much they should eat at each meal. They learned that exercise helps to lower the blood sugar along with a proper, healthy lifestyle change.

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It was a fun day of learning how to care for our self and others with diabetes. A follow-up workshop was requested by the participants.

If you are interested in scheduling a Diabetes Workshop for you or your community, please call Cynthia Clifton at 985-497-3261 or email at [cclifton@agcenter.lsu.edu](mailto:cclifton@agcenter.lsu.edu) .

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