



Where Do I Get It? Nutrition

151 East 3rd St • P. O. Box 250, Edgard, LA 70049 • (985)497-3261 • (985)497-3409 fax

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Contact Us

Cynthia Clifton at
CClifton@agcenter.lsu.edu
Facebook @ Sjhp or (985)
497-3261

lsuagcenter.com

Preparing for a workout so you won't go low because of my diabetes

The best way to prepare for a workout so that you won't go low is to eat a small snack containing carb and doing a blood glucose check before starting your workout. This will keep your workout effective and safe.

Did you know that exercise is a powerful tool in management of diabetes and the prevention of diabetes complications? Exercising allows your muscles to use the glucose during your workout, which in turn, lowers your blood glucose levels, which keeps your blood level working for hours after the exercising has stopped. So, let's get a good workout without going low because of diabetes.

Nutrition Blog

Fast walking may help you live longer

HEY! Let's pick up the pace! Did you know that fast walking may help you live a lot longer? Researchers polled 50,225 middle-aged walkers, asking them to rate their speed as they walk as slow, average, fairly brisk, or fast. Over 7 percent had diabetes. After polling the walkers in different activity, including length and frequency of the walks, it was found that the walkers who said that they walked at an average pace or faster were up to 24 percent less likely to die of a heart attack over the walkers who walked slow pace. If you are able to move up your pace just a little faster, it may just help you live longer.

Healthy Recipe

Mixed Greens with Bacon, Cranberries and Walnuts

Ingredients:

Salad

2 slices bacon, cut into 1-inch pieces

¼ cup chopped walnuts

1 (10-oz) bag spring lettuce mix

6 oz broccoli slaw mix

2 Tbs. dried cranberries

Dressing

2 Tbsp balsamic vinegar

½ tsp Dijon mustard

1 Tbsp honey or 2 packs artificial sweetener

2 ½ Tbsp olive oil

Instructions:

1. In a medium skillet, cook the bacon over medium-high heat until done. Place the bacon on a paper towel and set aside.
2. Put the walnuts in a small nonstick skillet and cook over low heat until they begin to brown, about 4 minutes.
3. Add the bacon, walnuts, lettuce, broccoli slaw, and cranberries to a salad bowl and mix.
4. In a small bowl, whisk together the dressing ingredients. Pour the dressing over the salad, toss to coat, and serve.

Nutrition Facts:

Calories: 170

Total Fat: 13g (Sat. Fat 1.9g)

Total Carbohydrate: 12 grams (Fiber 3g, Sugars 8g)

Protein: 5g

Phosphorus: 80 milligrams

Cholesterol: 5 milligrams

Sodium: 150 milligrams

Potassium 280 milligrams

Choices: Carbohydrate 0.5, Nonstarchy Vegetables 1, Fat 2.5

Mediterranean-Style Heart-Healthy Eating At Any Age

Did you know that your diet matters at every stage of life? A Mediterranean-Style diet can help improve your heart health if you are at risk of cardiovascular disease. Eating a low-fat diet provides lean protein and lots of grains, fruits and vegetables to help you trim away the pounds. With the Mediterranean-Style diet your grocery list should look like this: fruits and vegetables (fresh, frozen or canned), healthy oils (nuts, fish), more whole grains (brown rice, oatmeal), lower-fat dairy skim or 1% milk), lean protein (lean meat or poultry, beans), less processed foods (packaged goods, added sugars), less sugar and more spices instead of salt.

Heart Questions to Ask Your Doctor

Many times we go to see our doctor and we have questions, but we don't ask them. Why? Here are some starter questions that you can begin with:

- Do I need any kind of cardiovascular screening tests? What will the test tell me?
 - What is my 10-year cardiovascular risk of a heart attack or stroke?
 - Should I be eating a special diet?
 - What can I do to lose weight?
 - How can I quit smoking?
 - When should I schedule my next appointment?
 - What caused this condition?
 - What can I do on my own to improve my condition?
 - Is it safe for me to exercise?
 - What does this medication do for me?
 - What are the potential side effects I should watch for, and what should I do if they occur?
 - Is it ok to take medication with over-the-counter drugs?
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