

FEBRUARY 2021

# DIABETES CLINIC NEWSLETTER

A monthly newsletter by University of Illinois Extension  
Serving Livingston, McLean & Woodford Counties



## Take Diabetes to Heart

What is Heart Disease?

Heart disease, also known as cardiovascular disease, includes a variety of diseases that affect the heart or blood vessels. A person is at higher risk for developing heart disease if they have certain medical conditions, including high blood pressure, high blood cholesterol, diabetes, or obesity.

The American Heart Association considers diabetes to be one of the seven major controllable risk factors for cardiovascular disease. The other six factors include smoking, high LDL or "bad" cholesterol, low HDL or "good" cholesterol, high blood pressure, physical inactivity, obesity, and uncontrolled stress. A healthful diet, exercise, and diabetes management can help reduce the risk of cardiovascular disease. Read on to learn some tips on healthy eating to help reduce the risk of heart disease.



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# Distinguishing Fats

Fats can impact the health of your heart and arteries in a positive or negative way, depending on the types of fat you eat.

Fat plays an important role in our body, but we often eat too much of it and choose foods with the types of fat that have a negative impact on our health. If a person eats 2,000 calories a day, they should consume 44 to 77 grams of fat.

When cooking or eating a food with fat, choose healthier types of fat like **monounsaturated** fat or **polyunsaturated** fat. These fats can help reduce LDL cholesterol, improve glucose metabolism, and lower cardiovascular disease risk.

## Sources of monounsaturated fat:

- Olive oil
- Canola oil
- Vegetable oil
- Nuts and seeds
- Avocados

## Sources of polyunsaturated fat:

- Corn oil
- Cottonseed oil
- Soybean oil
- Flax Seed
- Walnuts
- Salad dressing



**Saturated fat** should be limited in the diet. Aim to keep saturated fat intake <7% of daily calories. On a 2,000-calorie diet, this is about 16 grams of saturated fat. Saturated fat can raise total cholesterol and LDL cholesterol. LDL cholesterol is bad because it can cause atherosclerosis, a buildup of fatty deposits or plaque in the walls of the arteries.

Saturated fats are usually solid at room temperature and are found in animal products.

## Saturated fat is present in:

- Meat
- Milk
- Cheese
- Butter
- Lard
- Palm oil
- Coconut oil

## Decrease saturated fat intake by:

- Choosing fish or skinless poultry products.
- Draining fat when cooking.
- Use olive, canola, or vegetable oils for cooking instead of butter, shortening, or lard.



Avoid **trans fat**. Trans fat is made from partially hydrogenated oils to make food shelf stable. It is found in many processed foods, fried foods, crackers, chips, margarine, cookies, and cakes. Trans fat increases the risk for heart disease and stroke by raising total cholesterol and LDL cholesterol while lowering HDL cholesterol.

# Understanding Salt and Sodium

Dietary Guidelines for Americans limits sodium to 2,300 mg/day. Some studies suggest sodium restriction to 1,500 mg/day in people with diabetes.

Did you know **salt** and **sodium** are not the same things? Salt is made from sodium chloride, so anything that has salt has sodium. Table salt is about 40% sodium and 60% chloride. One teaspoon of salt = 2,300 mg of sodium.

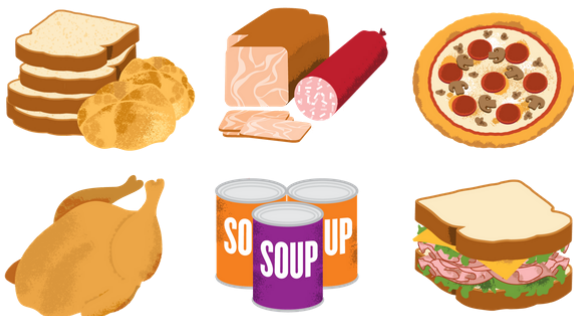


Eating less salt can help decrease high blood pressure. Reducing blood pressure may lower the risk of heart disease, stroke, congestive heart failure, and kidney damage.

There are a few ways to reduce salt in your diet:

- Eat less processed food. This includes fast food, snack food, restaurant food, and canned food.
- Look for foods that say "no salt added" or "reduced sodium."
- Use less salt during cooking and at the table.
- Flavor foods with herbs and spices.

Watch out for sneaky sodium in breads, rolls, processed meat, cheese, soup, sandwiches, and pizza.



# Pay Attention to Added Sugar

The American Heart Association recommends <6 teaspoons of added sugar for women and <9 teaspoons of added sugar for men.



Sugars and syrups are put in foods during preparation, processing, or added at the table. Be aware of added sugar in soft drinks, candy, cakes, cookies, pies, fruit drinks, desserts, and other grains.

According to American Dietetic Association, adults may be able to better manage weight when sugary foods and beverages are replaced with a sugar substitute. The American Diabetes Association, American Heart Association, and National Cancer Institute recognize sugar substitutes as safe.

## Examples of Sugar Substitutes:

- Sweet N Low (Saccharin)
- Splenda (Sucralose)
- Equal (Aspartame)
- Truvia (Erythritol and Stevia Leaf Extract)

# Comprehending Cholesterol

High cholesterol is a risk factor for heart disease.

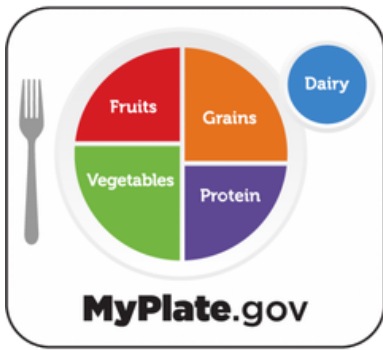
Total blood cholesterol should be <200 mg/dl. HDL is the "good" cholesterol and LDL is the "bad" cholesterol.

Cholesterol comes from two sources.

1. Your body naturally makes cholesterol in your liver to be used for cell membranes, hormones, and vitamin D production.
2. Cholesterol can come from the foods you eat. It is found in animal products including eggs, cheese, meat, poultry, fish, and dairy products.

# Heart Healthy Tips

A heart healthy diet can help lower your risk of heart disease and stroke.



1. **Make at least half your grains whole.** Whole grains contain fiber that may help lower LDL cholesterol and stabilize blood sugar. Try whole wheat bread, barley, rye, buckwheat, corn, quinoa, millet, amaranth, brown or wild rice, sorghum, and oats.
2. **Eat a variety of vegetables.** Vegetables are an important source of vitamins and minerals.
3. **Select whole fruits.** Fruits provide essential nutrients such as fiber, vitamin C, potassium, and folate.
4. **Pick lean sources of protein.** Try poultry without skin, seafood, lean cuts of red meat, unsalted nuts and seeds, dried beans and lentils, or soy proteins, such as tofu or tempeh.
5. **Choose low-fat or fat-free dairy products or fortified soy versions.** Dairy products are the main source of calcium for most Americans. Calcium helps maintain bone strength.
6. **Participate in physical activity.** Choose movements you enjoy to maintain a consistent exercise practice.

# Mediterranean Diet

Research shows the Mediterranean eating style is effective in reducing the risk of cardiovascular disease and overall mortality.

The Mediterranean diet is based on the traditional eating habits of people living in the countries that border the Mediterranean Sea. Research shows that a Mediterranean eating style can help reduce blood pressure, total blood cholesterol, triglycerides, and inflammation. This eating style may help people with diabetes by reducing blood sugar levels and decreasing insulin resistance.

Mediterranean style eating focuses on plant-based foods. This eating style is high in fruits, vegetables, whole grains, olive oil, legumes, nuts, seeds, herbs, and spices. Fish or seafood is recommended twice a week. Poultry and dairy should be eaten in moderate portions. Red meats and sweets are consumed less often.



# Healthy Food Choices Begin with the Nutrition Facts Label

Reading nutrition labels can contribute to healthier food choices. The nutrition facts label can be used to compare food products at the store. Remember, the front of the box may make good claims, but the back of the box tells the full truth.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The blue section represents the serving size and how many total servings are in the package. If you eat more than 1 serving, the rest of the numbers on the label need to be adjusted. Packaged food usually contains more than 1 serving.

**How many servings are in this container?**

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The pink section represents the calories. Calories are a measure of how much energy you get from 1 serving of the food.

**How many calories are in the container?**

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The yellow section represents the nutrients. Pay close attention to saturated fat, trans fat, cholesterol, sodium, and added sugar.

**Locate the grams or milligrams of saturated fat, trans fat, and cholesterol on the label:**

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The purple section represents the Daily Value. The percentage is based off of a 2,000 calorie diet. As a general rule of thumb, foods with 5% or less in the Daily Value column indicate that it is low in that nutrient, foods that have 20% or greater are high in that nutrient.

**Is the food in the container high or low in sodium?**

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Sources: American Heart Association, American Diabetes Association, Nutrition Care Manual, & MyPlate

## Questions?

Contact Jenna Smith, Nutrition & Wellness Educator and Registered Dietitian, at 309-663-8306 or jesmith6@illinois.edu.

# Lemon Pepper Salmon



Yield: 2 servings

2 frozen salmon fillets, thawed  
1 Tablespoon olive oil  
1/4 teaspoon black pepper  
1 teaspoon minced garlic or 2 garlic cloves  
1/4 teaspoon dried thyme  
1/4 teaspoon dried parsley  
1 lemon

Instructions:

1. Wash hands with soap and water.
2. Preheat oven to 400°F and lightly grease a baking sheet. Place salmon fillets on the baking sheet and add the pepper.
3. Stir together olive oil, garlic, thyme, parsley, and juice from 1/2 the lemon. Rub the mixture on the salmon fillets. Slice the other 1/2 of lemon and place on top of the salmon.
4. Bake for 15-18 minutes. Salmon is done when internal temperature reaches 145°F and flakes with a fork.

**Nutrition Facts** (per serving): 222 calories, 12 grams fat, 380 milligrams sodium, 4 grams carbohydrate, 1 grams fiber, 10 grams protein

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