



Healthy Focus



Super Foods that Fight Diabetes

Beans Kidney, pinto, navy, black, and other types of beans are rich in nutrients and high in fiber.

Dark, leafy green vegetables Spinach, kale and other dark, leafy vegetables are nutrient dense.

Citrus Fruits Oranges, grapefruit and other citrus fruits are rich in vitamin C, which helps fight against diabetes.

Sweet Potatoes These are high in vitamin A and fiber. They are low in glycemic index, so they do not raise your blood sugar levels.

Berries Whole, unsweetened blueberries, raspberries, strawberries and other berries are full of antioxidants, vitamins and fiber.

Tomatoes These are full of vitamin C, iron and vitamin E. They help to combat a variety of diseases.

Fish high in omega 3 fatty acids Salmon and albacore tuna are high in omega 3 fatty acids that help both heart health and diabetes.

Whole grains Oatmeal and whole grain breads are high in fiber and contain many nutrients.

Fat-Free Milk or Yogurt These dairy foods provide the calcium and Vitamin D your body needs.

Source: USA Today



Tips for Fighting Type 2 Diabetes

Know Your Numbers. Your health care provider can send you for a blood test to screen for diabetes. For type 2 diabetes, this is done with a fasting blood glucose test every three years for individuals over 40 years of age. The criteria for a diagnosis of diabetes are two separated fasting blood glucose (FBG) readings of 7.0 mmol/L or greater.

Get Moving. The association between obesity and type 2 diabetes is well established. Fat cells secrete a number of biological products that impair the body's ability to use sugar, therefore interfering with insulin production from the pancreas. Try to get between 30-60 minutes of physical activity each day.

Increase Fiber Intake. The average person should be consuming between 22 and 38 grams of fiber each day, yet many of us consume about half that number, or less. People who consume low amounts of fiber are at an increased risk for developing diabetes because fiber helps to lower glucose levels, decrease appetite, and increase satiety. Here are some great foods that contain high amounts of fiber:

- Whole grain breads
- Brown rice
- Oatmeal or bran-based cereals
- Green leafy vegetables
- Legumes such as kidney, garbanzo, lentil and black beans

Avoid Diet Drinks and Foods. Recently published studies have found that using "diet" foods, which contain artificial sweeteners, have a higher risk of developing obesity and risk for diabetes.

Eliminate Bad Carbohydrates. Foods that contain refined white sugar and white flour have been stripped of nutritional value. These foods have contributed to the dramatic increase in obesity and diabetes over the past few decades. Try to consume foods with whole grains and stick to food items that have been sweetened naturally with fruit juices or raw cane sugar.

Contact your health care provider if you think you may have diabetes or want to know more about your health status.

Source: Center for Disease Control and Prevention

Did You Know?

Nearly 30 million children and adults in the United States have diabetes.

+ Healthy Eating Tips for a healthier Thanksgiving Day

Thanksgiving is almost here! The air is cooler, the colors are vibrant, and our plates are full, both with busy schedules and hearty fall fare. For many people, the holiday season brings more than joy, it can also bring unwanted pounds. Whether it's your mom's special casserole or grandmother's double fudge dessert, it can be tough to pass up those favorite holiday foods you only taste once a year. So, what can you do to avoid weight gain and still celebrate the season? These tips can help.

Get off to a good start. Don't go to the Thanksgiving table hungry. Snack on healthy, filling foods the day of the big event. You'll be less tempted by high-calorie options if your stomach isn't growling. Don't skip meals, especially breakfast. If you do, you'll be more likely to overeat.

Sign up for a Holiday 5K. Thanksgiving is one of the most popular days to have a 5K. These runs are often called "Turkey Trots" or "Gobble Runs" and can be fun for the whole family. Look into family fun walks and 5K's in your area. This is a great way to get the day started off right and motivate you to make healthier choices.

Drink water. It's easy to confuse hunger with thirst. If you're going to someone else's house for Thanksgiving, ask for a glass of water once you arrive to help you feel full and avoid overindulging. Don't head straight for the food, make a point of greeting friends or introducing yourself to new people.

Watch your portion sizes. You don't need to fill your plate with every dish on the table. Sample small portions of your favorites and enjoy the indulgence without feeling guilty. It may help to use a small appetizer or dessert sized plate and fill it first with healthy choices. Leave just a little space for a small sample of whatever unhealthy treat you're craving, but eat that last, after you've filled up on the more nutritious options.

Eat your veggies first. Fill half of your plate with vegetables. They tend to be low in calories and packed with nutrients. Just go lightly on high-calorie vegetable dishes covered in cheese or heavy sauces.

Go easy on the alcohol. Not only are alcoholic beverages loaded with calories, drinking them tends to weaken your resolve to eat better. However, if you do decide to indulge, avoid heavy holiday drinks, and stick with light beer or a glass of wine instead. Remember to secure a designated driver.

Take a post-dinner walk. Don't head straight to the couch and zone out watching football. Lace up your sneakers and head outside. Spend time with your family while burning off calories.

Remember, a few indulgences won't wreck your diet. Just try to keep these tips in mind along the way!

Source: Cancer.org

Protect Yourself Against Identity Theft

According to the U.S. Department of Justice, each year approximately 11.5 million people fall victim to identity fraud. Identity fraud is when someone takes personal information belonging to you and uses it without authority. Financial information is easier to gain access to than you think—by going through your mail, your internet account, a lost wallet or unaccompanied purse to name a few. After a person has personally identifiable information they can obtain false drivers licenses, birth certificates, passports, credit cards, etc.

Prevention Tips

There are a variety of steps you can take to protect yourself and lessen the chance of becoming a victim of identity fraud. Unfortunately, there is no guarantee against becoming a victim of financial or criminal



identity fraud. The best you can do is to learn about the exposures, change your habits to reduce the exposures, and know what steps to take in the event you become a victim. Using credit monitoring tools, reviewing your credit reports, and securing identity insurance products that provide financial protection and assistance when you become a victim of identity fraud are each valuable additions to your personal protection practices.

- Report a lost or stolen credit card. As soon as you notice your credit card is missing, cancel your card immediately with the credit card company. You can also report any fraudulent charges to the credit bureaus Equifax, Experian, and TransUnion.
- Obtain credit reports. You should review your credit report at least once a year. Under the Fair and Accurate Credit Transactions Act, you may obtain one free credit report from each bureau once a year.
- Protect your Social Security number (SSN). Never keep your Social Security card with you on a daily basis. And, refrain from giving it out to people who don't need it. For example, the law limits the authority to collect your SSN strictly to income or revenue producing entities, you're your employer or the Internal Revenue Service (IRS). This means landlords, merchants, etc. do not have a legal right to ask for your SSN.

Source: identifyfraud.com