

It's National Nutrition Month!

Alas, National Nutrition Month is here again. If you are unaware of what this means, let me explain. National Nutrition Month is a nutrition education and information campaign sponsored every March by the Academy of Nutrition and Dietetics. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



For March 2023, the theme is "Fuel for the Future." This means that nutrition and lifestyle choices should be made to not only maintain good blood glucose control, but to improve and promote optimal health and well-being for life. "You are what you eat" definitely does hold some truth, for what you feed your body with will either build up or break down your health and body overall. For example, sticking to a typical "ketogenic" diet will help to promote optimal blood glucose control since it means eating very few carbohydrates. However, this diet tends to be high in saturated fats and sodium, and low in antioxidants and essential vitamins and minerals. Therefore, following this diet can actually increase the risk for having a heart attack, stroke, and certain cancers.

As you can see, it is important to focus on nourishing the body with the goal of living a long and healthy life. You can have diabetes and maintain good blood glucose control while consuming nutrient-rich, healthy foods.



Many individuals do not realize that the foods most rich in the essential vitamins, minerals, and antioxidants that our bodies need to thrive are also rich in carbs! These foods are not your enemy, but instead are your friend! So, let's discuss how YOU can provide your body the fuel it needs to function at its best and keep you living healthy.

The key to successfully fueling your body for optimal health and well-being is to keep your diet full of variety. Different colors of a fruit and vegetable contributes to different health benefits. So, try and consume multiple colors on a daily or weekly basis. Variety also means sources of protein, fat, and grains. You want to try and consume protein on a daily basis from different sources, such as seafood, poultry, beef, pork, and plants. This will help you protect your heart in the long run. With fats, you want to consume more heart-healthy fats (listed on the next page) than you do saturated fats. A good rule of thumb is to consume only 5-7 grams of saturated fat per day, which is one serving. Keep the rest of your fats unsaturated. A nutrition facts label will tell you the grams of each type of fat, helping you with your selections at the store. Grains differ, so it is imperative to consume different types. Oats, whole wheat breads and pastas, corn tortillas, brown and wild rice, quinoa and couscous are all great options for a healthy diet!



ANNOUNCEMENT!

The FDA has just approved a new SGLT-2 Inhibitor for use in the treatment of Type 2 diabetes! The medication is called bexagliflozin (*Brenzavvy*) and it has shown some promising results:

- Lowers A1c by 0.6% to 1.0% at a dose of 20 mg per day
- Decreases body weight
- Lowers blood pressure

Some important information about Brenzavvy:

- If you do have chronic kidney disease and a GFR of 30 or less, this medication may not be appropriate for you
- This medication potentially increases your risk of having a lower extremity amputation
- The most common side effect reported was genital infections





5 TIPS FOR FUELING YOUR BODY

1. At some meals during the week, swap out land animal protein sources for *seafood or plant-based protein*. For example, if you are used to eating animal meat at every meal, try having seafood for two of your meals. An easy meal to prepare is 3-5 oz of baked or grilled fish with 1/3 cup of brown or white rice, and 1 cup of cooked vegetables.
2. *Whole grains and fiber* provide the body with sustainable fuel, keeping you more energized and alert. Stick with 100% whole grain or 100% whole wheat products, such as breads, pastas, muffins, English muffins and bagels. Also, incorporate into your diet fresh fruit over fruit juices, potatoes with the skin left on, and beans to ensure you are consuming enough fiber.
3. Opt for *heart-healthy fats*. Fat is an important nutrient, for it allows us to absorb vitamins D, E, A, and K, and slows the breakdown of glucose, preventing our blood glucose levels from spiking. Therefore, choosing the right types of fats will do your body good! These fats include nuts, seeds, olives, and oils including avocado, olive, canola, peanut, sesame, and sunflower.
4. *Fruits and vegetables* are the MAIN staple foods for fueling a healthy body. They contain essential vitamins and minerals, antioxidants, polyphenols, fiber, and other anti-inflammatory and anti-cancer properties. You can eat them raw or cooked and should strive to incorporate them into every meal!
5. *Water, water, water!* The key to keeping your kidneys healthy and to keeping your blood pressure and blood glucose in better control is to remain adequately hydrated every day. Dehydration can lead to long-term, avoidable complications. Your water goal every day should be 64 oz (8 glasses). If water is not your thing, feel free to add a water enhancer, such as Crystal Lite, or drink sparkling water. The sparkling water should be naturally sweetened. You can drink other beverages, such as coffee and tea, but those do not count towards your WATER needs.



Chicken, Veggie & Wild Rice Soup

(Let's nourish our bodies!)

Ingredients:

- 2 Tbsp olive oil
- 1 large onion, chopped
- 3 medium carrots, chopped
- 3 medium stalks celery, chopped
- 8 oz mushrooms, chopped
- 3/4 tsp salt
- 1/4 tsp pepper
- 2 Tbsp all-purpose flour
- 4 C low-sodium chicken broth
- 2 C water
- 1 C wild rice
- 2 1/2 C shredded chicken
- 2 C skim milk
- 1 Tbsp lemon juice
- 1/2 tsp dried thyme



Directions:

- Heat oil in a large pot over medium-high heat. Add onion, carrots, celery, mushrooms, salt, and pepper. Cook, stirring occasionally, until the vegetables are softened, about 6 minutes.
- Sprinkle flour over the vegetables; cook, stirring, until the vegetables are coated and beginning to brown, about 1 minute. Add low-sodium chicken broth and water. Cook, scraping up any browned bits, for 1 minute.
- Add wild rice and bring to a boil. Cover, reduce heat to maintain a simmer, and cook, stirring occasionally, for 40 minutes or until rice is tender.
- Add shredded chicken, milk, lemon juice, and thyme. Cook, stirring, until warmed through.
- Serve and enjoy!

Makes four servings (1 serving = 2 carbohydrate servings)

Nutrition Facts per 1 3/4 Cup: **296 calories | 34 g carbohydrate | 4 g fiber | 3 g fat | 24 g protein**