



Paris
Community
Hospital
Family
Medical
Center

Superfoods for diabetes

staying
healthy

September 2017

Best foods have low glycemic index

When it comes to living with diabetes, a proper diet is important for feeling healthy and avoiding complications.

An important aspect of any diabetic diet is consistency. To maintain blood sugar levels, people with diabetes should not skip meals, try to eat around the same time each day, and pay attention to food labels.

While there is no standard diet for diabetes, the American Diabetes Association (ADA) recommends a list of 10 “diabetes superfoods” that can be worked into an individualized meal plan in appropriate portions. These superfoods are for anyone seeking healthy food choices, not just those with diabetes.

All of foods listed below contain key nutrients, such as calcium, potassium, fiber, magnesium, and vitamins A, C, and E. They also have a low glycemic index (GI) of 55 or less. GI measures how a carbohydrate-containing food raises blood

glucose. A food with a high GI (70 or more) raises blood glucose more than a food with a low or medium (56-69) GI.

Beans—Kidney, pinto, navy, and black beans are high in fiber and good sources of magnesium and potassium. Beans provide as much protein as an ounce of meat without the saturated fat.

Dark green leafy vegetables—Spinach, kale, and broccoli are low in calories and carbohydrates.

Citrus fruit—Grapefruit, oranges, lemons, and limes contain soluble fiber and vitamin C.

Sweet potatoes—Packed full of vitamin A and fiber, sweet potatoes have a lower glycemic index than white potatoes.

Berries—Blueberries, strawberries, and others are packed with antioxidants, vitamins, and fiber.

Tomatoes—Tomatoes contain vitamin C, iron, and vitamin E, regardless if they are pureed, raw, or in a sauce.

Fish—Rich in protein, fish has many health benefits. It can

help reduce body-wide inflammation, which can lead to and worsen diabetes and weight problems.

Whole grains—Eating whole grains has been shown to reduce the risk of type 2 diabetes and inflammatory diseases.

Nuts—Nuts provide healthy fats, magnesium, and fiber.

Fat-free milk and yogurt—These are a good source of calcium and vitamin D.

In addition to the ADA’s list, Erin Palinski-Wade, a best-selling author and internationally recognized nutrition and fitness expert, lists dark chocolate as a “best superfood” for diabetes. Chocolate is rich in flavonoids, which have been shown to reduce insulin resistance, improve insulin sensitivity, drop insulin levels and fasting blood glucose, and curb cravings.

As a registered dietitian and certified diabetes educator, Palinski-Wade lists other diabetes superfoods, including, steel cut oats, walnuts, quinoa, olive oil, and cinnamon.



Kara Wilcoxon, MS, RDN, LDN

Kara Wilcoxon, a registered dietitian and nutritionist, is the nutritional services manager at PCH/FMC.

In the Paris Family Medical Center, she provides nutritional counseling to patients who are referred to her by healthcare providers. She also provides individual nutrition counseling by appointment. At the hospital, she performs rounding activities where she visits patients and conducts follow-up visits regarding their diet and nutrition needs.

Kara has a bachelor’s of science degree in family and consumer sciences with an emphasis in dietetics from Eastern Illinois University (EIU). She also has a master’s degree in nutrition and dietetics from EIU.

Kara is a member of the Academy of Nutrition and Dietetics and president-elect of the Eastern Illinois Academy of Nutrition and Dietetics. She also is a member of Bee Well of Edgar County.

Kara is originally from Rantoul and currently resides in Charleston.



Is coconut oil healthy?

Does coconut oil really have health benefits? The answer may be in how it is used.

Coconut oil has been shown to have health benefits when used *on* the body, but not so much when put *into* the body.

Coconut oil has been widely touted for its positive effects on health, such as slowing aging, reducing cardiovascular disease, protecting against arthritis and diabetes, and even accelerating weight loss. Such claims prompted the American Heart Association (AMA) to issue an advisory, which recommends against ingesting coconut oil.

The AMA's advisory was based on an analysis of more than 100 published research studies dating as far back

as the 1950s. The studies reaffirmed that saturated fats raise LDL, or "bad" cholesterol. Tropical vegetable oils, such as coconut oil, contain high levels of saturated fats. Coconut oil in particular contains more saturated fat than lard.

The AMA noted the benefits of replacing saturated fats, such as coconut oil, with healthier, polyunsaturated fats. These include olive oil, canola oil, peanut oil, and sesame oil. The AMA also points to a recent study that showed 72 percent of the public, compared with 37 percent of nutritionists, called coconut oil "healthy."

The Mayo Clinic states that coconut does not lead to significant weight loss or improved body mass index (BMI), which uses a height-to-weight ratio to measure body fat. Instead, it recommends a healthy diet with exercise for successful, long-term weight loss.

Coconut oil, however, often is praised for its positive effects on skin and hair, acting

as a powerful moisturizer and conditioner.

According to the Livestrong Foundation, virgin coconut oil is good for dry, flaky skin. A hot coconut oil treatment can give hair a lasting shine. Coconut oil also can help lessen the appearance of dark, under-eye circles. It contains vitamin E, an antioxidant, which can help delay the occurrence of wrinkles.

Coconut oil is useful in other ways, too. It can be used to remove stubborn eye makeup, tame frizzy hair, clear up cold sores, and function as a deodorant or lip balm.

A study published by the National Institutes of Health showed that coconut oil, combined with anise spray (a Mediterranean plant of the parsley family) to be a more effective anti-lice treatment than permethrin lotion, a commonly prescribed lice treatment. While 82 percent of study subjects had success with the coconut/anise mixture, only 42 percent of the permethrin users experienced relief from lice.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs September & October

Monthly Health Screenings

September 6; October 5

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 4228.

PCH/FMC Movie Night

September 16

Join us for this free community appreciation event sponsored at dusk at Twin Lakes Park. Free popcorn and drinks will be available. The Disney movie *Moana* (PG) will be shown.

Medical Weight Loss Seminar

September 19; October 17

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Free Adult CPR/AED Class

October 11

This free, non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED). The class takes

place from 8 am to 1 pm in Conference Room D. To register, email Somer Nagrodski at SNagrodski@pchfmc.com or call 217-465-2606, Ext. 4320. When calling, leave your name and you will be registered.

Adult Wellness Fair

October 14

This free event will take place from 9am to 1pm in the Paris Family Medical Center. Modeled after the recent Back to School Bang, professional healthcare staff and area vendors will provide interactive wellness education, information pertinent to healthy aging, a "live" Stay Strong, Live Long exercise class, and more. A shot clinic will also be available from 9am to noon. Normal co-pay or co-insurance apply.

Volunteers' Chocolate Sale

October 25 & 26

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Paris Family Medical Center.

Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.