

March's Topic: Today's Top Nutrition



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

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Healthy Eating for Anyone, Especially Diabetics

The American Diabetes Association recommends weight loss for patients that are overweight or obese who have diabetes or are at risk for diabetes. Although physical activity and behavior modification are important components of weight loss, patients can also try diets that are either low-carbohydrate, low-fat calorie restricted, or Mediterranean in style.

Studies have shown that low-fat, low-carbohydrate, and Mediterranean style eating patterns have resulted in similar weight loss results after 1 to 2 years of follow-up. A study that was conducted in Spain showed that the Mediterranean dietary pattern reduced the incidence of diabetes by 52% compared with the low-fat control group, even though the patients did not lose weight. In a different study that looked at patients who already had Diabetes, the Mediterranean style eating pattern had the greatest weight loss of about 13 pounds and reduced the A1C by 1.2%.

Not only has the Mediterranean-style eating pattern been shown to lower the risk of Diabetes and help with weight loss, it has also been shown to improve cardiovascular risk factors such as cholesterol and blood pressure.

Some of the foods that are included in the Mediterranean style eating pattern are fruits, vegetables, nuts, and seeds. There should be an emphasis on seasonally fresh and local grown foods and very few processed foods. Desserts should consist of fresh fruits; sugars or honey should be limited to special occasions. Olive oil is the main source of dietary fats, and dairy products such as cheese and yogurt should be eaten in low to moderate amounts. Eggs should be limited to fewer than 4 a week, and red meat should be consumed in low amounts as well.

The Mediterranean Diet Food Pyramid

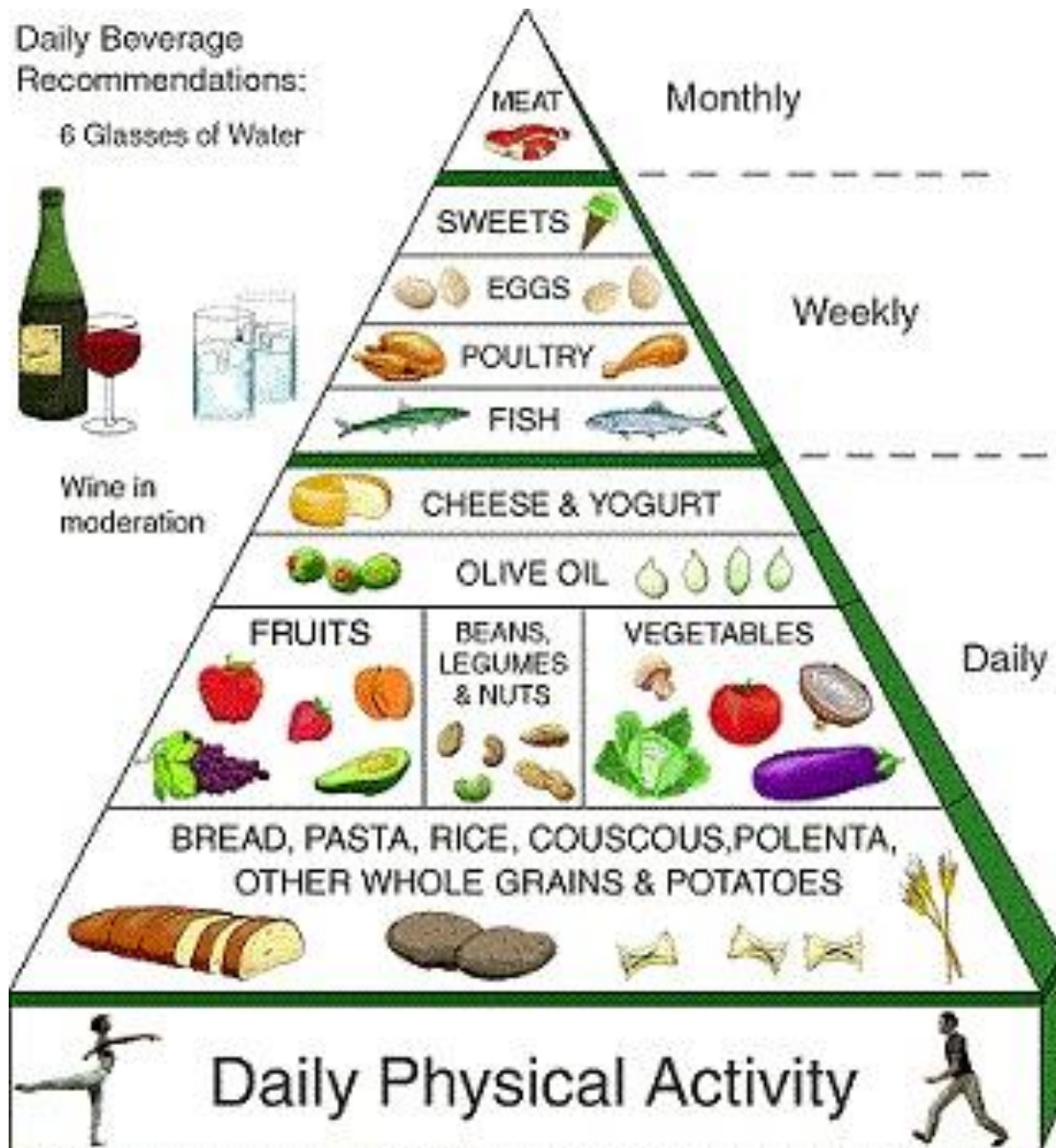


Image from: <http://www.healthrelatedinfos.com/wp-content/uploads/2010/08/Mediterranean-Diet1.gif>

Nutrition Diet Comparison:

DASH Diet (Dietary Approaches to Stop Hypertension)	Mediterranean Diet
<ul style="list-style-type: none"> • Diet rich in plant based foods can help lower blood pressure within 2 weeks and help aid in weight loss • Set caloric intake with specific recommendations for number of servings including the following: <ul style="list-style-type: none"> ○ 2-3 servings fats and oils ○ <5 servings of sweets per week ○ poultry, red meat, nuts, etc. ○ 4-5 servings fruits ○ 4-5 servings vegetables ○ 4-5 servings nuts, seeds, beans per week ○ 2-3 servings low to no-fat dairy ○ 2 servings or less of lean meat, poultry, or fish • Key element → dietary sodium restriction of 1500-2400 mg/day <ul style="list-style-type: none"> ○ Restriction level based on other comorbid disease states i.e. HTN + Diabetes • Eggs are not typically a part of the DASH diet • Reduced sugar containing beverages 	<ul style="list-style-type: none"> • Diet rich in plant based foods and monounsaturated fats (Ex: Olive Oil) is associated with cardiac health, longevity, and weight loss if used in moderation • Promotes fresh, seasonal, and healthy foods that are not processed • General verbiage for servings using portion control are not specific and use food pyramid basis (see previous page) • Allows for moderate amounts of dairy vs. only low/no fat dairy • Use of eggs from chicken, duck, and quail are promoted for a high quality of protein < 4 times weekly • Allows for optional red wine used in moderation • Promotes alternatives like using olive oil instead of butter and herbs and spices vs. salt for flavor
Low Fat Diet	Low Carb Diet
<ul style="list-style-type: none"> • Promotes fruits, vegetables, whole grain starches • Promotes lean protein • Promotes low fat dairy • Total Fat intake should be less than 30% of total caloric intake • Saturated fats should be less than 10% 	<ul style="list-style-type: none"> • Promotes high protein (meat, eggs, cheese), fats (oil, butter), and non-starchy vegetables • Sugar containing foods (whole wheat, pasta, or rice) are usually avoided • Amount of fruits and starchy vegetables depends on diet plan

Mediterranean Diet Example Menu Options:

Breakfast:	Lunch:	Dinner:	Snack:
<ul style="list-style-type: none"> • Toast with olive oil spread, fresh fruit, and low-fat Greek yogurt • Oatmeal with almonds and skim milk 	<ul style="list-style-type: none"> • Salad of raw veggies and chickpeas served over romaine lettuce with olive oil dressing • Minestrone soup with crusty whole wheat bread 	<ul style="list-style-type: none"> • Grilled fish or chicken with brown rice and broccoli • Vegetable lasagna made with olive oil and low-fat cheese 	<ul style="list-style-type: none"> • Hummus with whole grain crackers • Fruit and nuts

References:

- ❖ American Diabetes Association. Standards of Medical Care in Diabetes--2013. Diabetes Care [Internet]. 2012 Dec 20 [cited 2014 Feb 12];36(Supplement_1):S11–S66. Available from: http://care.diabetesjournals.org/content/36/Supplement_1/S11.full
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APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of November rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management