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Deskercise!

- An Apple a Day: Stretch your arms up, one at a time, as high as you can, as if reaching to pick an apple out of a tree. Repeat 10 times, alternating sides.
- Hamstring Curls: Stand at the side of a chair with your left hand holding the chair for balance. Grab your right foot with your right hand (or grab your pants if you cannot reach your foot). Using your hand, pull your foot toward your buttocks and hold for 10-15 seconds. Your knee should be pointing isolating the pressure on your shoulders.
- For more deskercise, visit: <http://uclivingwell.ucop.edu/deskercise>

Remember to consult your doctor before you begin any exercise program.

Workplace Wellness

At ARC of Ocean County

Volume 1, Issue 9

Focus: Diabetes

Focus on Diabetes

According to the American Diabetes Association 23.6 million children and adults in the United States have the disease, which is the result of the body's inability to produce or properly use insulin. The direct causes of diabetes are currently a mystery, though genetics and environmental factors (obesity and lack of exercise) definitely play a role in its development. Throughout the stages of diabetes wellness is important, but brand new research suggests that it may be more important immediately after diagnosis. According to *HealthDay* reporter Amanda Gardner, new research published in the August 2008 edition of the journal *Diabetes Care* found that

"Newly diagnosed type 2 diabetics who lose weight soon after their diagnosis gain better control of their blood pressure and blood sugar, a benefit that lasts even if they regain that weight." In addition to maintaining blood sugar and blood pressure, weight loss also keeps cholesterol levels at a healthy level. Maintenance of these factors is critical to avoid long-term complications of diabetes such as blindness, heart disease, kidney failure, amputations and even death. The research on weight loss and diabetes is new, but the



results affirm what has been understood for ages: good health and the return to wellness begin with a healthy body weight.

Sources:
American Diabetes Association Online.
Gardner, Amanda.
"Weight-Loss After Diabetes Diagnosis Offers Big Benefits." *Health-Finder News Source.* 2008.

Some diabetics think that because fruit is a healthy food, they can eat as much as they'd like. This is a myth! Fruits are high in vitamins and fiber, but they are also high in carbohydrates. So talk to your dietician about how much fruit you should eat and how often you should eat it.

Assess your Diabetes Risk

Diabetes can go undetected because the symptoms often seem harmless:

- Frequent Urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue

-Irritability
-Blurry Vision
If you are experiencing these problems, see your doctor before complications of diabetes have the chance to develop.

Take the online diabetes risk test at
<https://www.diabetes.org>

Diabetes-Healthy Recipe



Flounder with Parmesan Crust

Simple preparations such as this Parmesan crust are ideal for flounder, and keep fat low! Serve with asparagus with Dijon sauce and saffron rice.

Makes 6 servings

6 flounder of sole fillets, thawed

1/3 cup plain low-fat yogurt

2 tbsp grated parmesan cheese

1 tbsp Dijon mustard

1 tbsp fresh lemon juice

1 1/2 tsp drained prepared horseradish

1. Preheat the broiler and prepare the broiler pan with nonstick pan spray. Arrange the fish on the broiler pan.

2. In a small bowl, combine the yogurt, parmesan, mustard, lemon juice and horseradish. Spread mixture over both sides of fillets.

3. Broil about 8 inches from the heat, turning once, for about 6 minutes, or until the fish flakes easily with a fork.

Exchanges: 3 meat very lean

Nutrition Information: Per Serving: 122 calories; 2 g fat; 62 mg cholesterol; 166 mg sodium; 1 g carbohydrate; 1 g sugar; 23 g protein

For more diabetes recipes, visit the American Diabetes Association at <http://vgs.diabetes.org/recipe/index.jsp>

Top Web Sites for additional information!

www.getmovinggethealthynj.rutgers.edu The Get Moving Get Healthy NJ initiative offers information and resource links related to diabetes.

www.nhlbi.nih.gov The National Heart Lung and Blood Institute provides key points and information on living with diabetes.

www.cdc.gov/diabetes/consumer/

[index.htm](#) The Centers for Disease Control has a *Diabetes & Me* web page with links and resources.

www.cdc.gov/diabetes/consumer/prevent.htm Looking for information about preventing diabetes? This site answers your questions about prediabetes.

Family and Community Health Sciences at Rutgers Cooperative Extension

Not everyone with diabetes has the same meal plan or the same nutrition goals. Work with your health care team to identify what will work best for you!

Family and Community Health Sciences faculty work to improve the quality of life of people of all ages. We educate people to minimize or prevent family, work, and consumer problems. We focus on making life better in the areas of food, nutrition, health and wellness. We

Healthy Habits at Home

Choose low-fat menu items when Eating Out!

Appetizers

- Tomato juice, soup (not cream-based)
- Raw (not marinated) vegetables, skip the dip
- Fresh fruit
- Fresh, steamed seafood

Eggs

- Poached, boiled

Salads

- Tossed vegetable, lettuce, sliced tomato, cucumber
- Cottage cheese (with meal plan)
- Salads with low-calorie dressing, lemon juice or vinegar

Breads

- Whole-grain rolls or crackers, biscuits, tortillas or breads

Potatoes and Substitutes

- Baked, boiled, or steamed potatoes
- Plain rice or noodles

Fats

- Diet margarine, low-calorie salad dressing, low-fat sour cream or yogurt

Vegetables

- Raw, stewed, steamed or boiled

Meat, Poultry, Fish

- Roasted, baked, broiled or grilled poultry, fish or seafood
- Lean meats with fat trimmed
- Dishes with gravy or sauce on the side

Desserts

- Fresh fruit or fruit juice
- Fat-free or low-fat yogurt
- One scoop of ice cream (work with dietician to fit this into your meal plan)

Beverages

- Coffee, tea
- Low-fat milk
- Sugar-free soda

We also provide education in the areas of food safety, food allergies and environmental health. We provide unbiased, research-based information and strategies to help you enjoy life and strengthen your community.