MAY 2023

MOUNT CARMEL

A Member of Trinity Health

DIABETES ONE DAY AT A TIME

INSIDE THIS ISSUE

Feed your healthy gut bacteria

By Jackie Haskins, RDN, LD, CDCES

Our gut bacteria are also known as our microbiome. Gut bacteria weigh about three pounds, the same weight as our brain. We host about one hundred trillion gut bacterial and fungal cells. They outnumber our ten million human cells by 10 to 1.

Our microbiome plays a vital role in our health.
Studies suggest having a variety of healthy gut bacteria improves health.

Having Healthy gut bacteria:

- Replaces harmful bacteria that may cause disease
- Helps your digestive system work better
- Helps keep the immune system strong.
  Seventy percent of our immune cells are located in the gut.
- Blocks harmful bacteria from entering the body
- Helps absorb nutrients
- Produces vitamins

Unfortunately, over the last 30 years, the diversity and number of healthy bacteria has declined while unhealthy bacteria have increased. This rise of unhealthy gut bacteria mirrors the increase in obesity, diabetes, and inflammatory diseases.

Factors that can increase unhealthy gut bacteria:

- Increased intake of processed foods
- Decreased intake of fruits and vegetables
- Decreased fiber intake
- Increased sugar intake
- Overuse of antibiotics
- Increased use of antimicrobial products
- More cesarean section births
- Less breast-fed babies

Feed your healthy gut bacteria *(continued)*

Nutrition plays a key role in supporting our healthy microbiome. Eating a wide variety of whole foods can provide the right nutrients to nourish your gut bacteria.

Eat your way to a healthier gut by choosing foods that are:

- High in fiber, including whole grains, fruits, vegetables, and nuts. Aim for 25-30 grams of fiber daily.
- Rich with probiotics. Probiotics are living bacteria that add healthy bacteria to your gut. Choose yogurt labeled with "live or active cultures" or kefir (fermented milk). Try fermented foods like sauerkraut, kimchi, miso soup and kombucha.
- High in prebiotics. Prebiotics are specific plant fibers that feed our healthy gut bacteria. Enjoy foods high in prebiotics like onions, kale, brussels sprouts, dandelion greens, artichokes, potatoes, beans, root vegetables, garlic, chicory root, citrus fruit, berries, and bananas.
- Rich in omega-3 fatty acid. Eat more fatty fish like salmon, sardines, albacore tuna, herring, anchovies, mackerel, and trout.
- High in omega-6 fatty acid. Choose avocados, nuts, seeds, and vegetable oils (not palm or coconut oil).

Looking for an eating plan to feed your healthy microbiome and help manage your blood sugar?

The Mediterranean diet is a great nutrition plan to feed your healthy gut. This plan can also help you manage blood sugar, weight, and reduce your risk of heart and vascular disease. The Mediterranean way of eating includes eight basic recommendations:

1. Eat more vegetables.
2. Eat less meat and smaller portions of meat.
3. Enjoy Greek or plain yogurt. Eat smaller amounts of cheese.
4. Eat seafood at least twice a week. Choose fatty fish more often.
5. Eat a vegetarian meal once a week and eventually twice a week.
6. Use healthy fat in daily meals. Choose extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocadoes.
7. Eat whole grains. Choose breads made from whole grains. Try barley, bulgur, farro and brown, black, or red rice.
8. Eat fresh fruit for dessert. Save small portions of sweets for a special treat or celebration.

Research recommends a diverse healthy microbiome to boost your immune system and improve overall health. The food we eat impacts the health and variety of our gut bacteria. Healthy nutrition changes can affect gut bacteria within 24 hours, so start feeding your healthy gut bacteria today for a healthier microbiome tomorrow.

References: https://www.gutmicrobiotaforhealth.com/
oldwayspt.org/traditional-diets/mediterranean-diet

Sheet Pan Salmon and Asparagus

This delicious, one pan, easy-clean-up meal is packed with heart- and gut-healthy Omega 3 fatty acids and prebiotics.

INGREDIENTS

- **Nonstick cooking spray**
- **4 (4-oz) skinless salmon fillets**
- **¼ cup coarse Dijon mustard**
- **1 Tbsp honey**
- **1 medium onion, thinly sliced**
- **1 pound of asparagus, ends trimmed**
- **1 Tbsp olive oil**
- **½ tsp black pepper**

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Coat a baking sheet with cooking spray. Place the sliced onion in the middle of the baking sheet. Place salmon fillets on top of the onion slices, and place the asparagus around the salmon.
3. In a small bowl, whisk together the mustard, olive oil, honey, and pepper. Spread the mustard mixture on top of the salmon fillets and drizzle any extra on the asparagus.
4. Bake 20 minutes. Serve each salmon fillet with asparagus and the onions on top of the salmon.

NUTRITION FACTS PER SERVING:

Serves 4

Calories 260, Carbohydrate 22g, Fiber 3 g, Protein 25 g, Saturated Fat 2.4g, Cholesterol 60 mg, Sodium 440 mg

Source: www.diabetesfoodhub.org

7-Day 30 Plant Foods Challenge

By Cathy Maurer, MS, RDN, LD and Nancy Miller, RDN, LD

The American Gut Study, the largest published study to date of the human microbiome, found that people regularly eating more than 30 different types of plant foods each week (fruits, vegetables, grains, legumes, nuts, and seeds) had a significantly more diverse microbiome than those eating 10 or fewer different plant foods.

So if you're looking for a fun and healthy eating challenge, here's a list of high-fiber plant foods that can improve your gut health. See how many you can eat in a 7-day period. The goal is 30 in one week.

Here's how to get started:

1. Pick a 7-day period.
2. Use the chart to mark off a food when you eat it.
3. Each food item only counts once in the week, even if you eat it many times. For example, if you eat oats 3 mornings a week, you can only count it once. Add new fruits or nuts each time to increase your plant food intake.
4. Include a plant food at every meal.
5. Consider trying a new fruit or vegetable this week.
6. Swap out chips and cookies for nuts and fruits.
7. You may eat other plant foods that are not on the list. Add your own. If the food comes from a plant and is not overly processed, it counts.

Good Luck and Good Health!

CALENDAR OF EVENTS

Enjoy the following events

IN PERSON DIABETES SUPPORT GROUPS

These fun, informal sessions are for people coping with diabetes. Friends and family welcome. Call **614-546-4582** to learn more.

Mount Carmel St. Ann's
MAY 24, JUN 28, AUG 23 | 6:30 – 8:00 p.m.

Mount Carmel East
MAY 22, JUN 26 | 6:30 – 8:00 p.m.

Mount Carmel Grove City
MAY 30, JUN 27, AUG 29 | 6:30 – 8:00 p.m.

DIABETES 101 These free classes cover diabetes basics, like blood sugar monitoring, medications, nutrition, physical activity, and weight management. Call **614-546-4582** to register.

Mount Carmel East
JUN 5 | 5:30 – 6:30 p.m.

Suggested Web Sites:

» American Diabetes Association
» CDC-Centers for Disease Control and Prevention
» National Institutes of Health
» Diabetes Advocates
» USDA Center for Nutrition Policy and Promotion
» diaTribe
» Mount Carmel Healthy Living Center

30 Plant foods per week:

Vegetables

- ☐ Alfalfa Sprouts
- ☐ Artichoke
- ☐ Asparagus
- ☐ Bamboo Shoots
- ☐ Bean Sprouts
- ☐ Beets
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Broccolini
- ☐ Brussels Sprouts
- ☐ Cabbage, Green
- ☐ Cabbage, Red
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Cucumbers
- ☐ Fennel
- ☐ Green Beans
- ☐ Green Onions
- ☐ Greens, Collard
- ☐ Greens, Mustard
- ☐ Greens, Turnip
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Okra
- ☐ Olives
- ☐ Onions
- ☐ Parsnips
- ☐ Peas
- ☐ Peas, Sugar Snap
- ☐ Peas, Snow
- ☐ Peppers
- ☐ Potatoes, Sweet
- ☐ Potatoes, White
- ☐ Pumpkin
- ☐ Radicchio
- ☐ Rhubarb
- ☐ Rutabaga
- ☐ Spinach
- ☐ Squash
- ☐ Tomatillo
- ☐ Tomatoes
- ☐ Turnips
- ☐ Water Chestnuts
- ☐ Yellow Squash
- ☐ Zucchini

Fruits

- ☐ Apple
- ☐ Apricot
- ☐ Avocado
- ☐ Banana
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Cherries
- ☐ Cranberries
- ☐ Dates
- ☐ Figs
- ☐ Grapefruit
- ☐ Grapes
- ☐ Honeydew Melon
- ☐ Kiwifruit
- ☐ Lemon
- ☐ Lime
- ☐ Mandarin Orange
- ☐ Mango
- ☐ Nectarine
- ☐ Orange
- ☐ Papaya
- ☐ Peach
- ☐ Pear
- ☐ Pineapple
- ☐ Plantain
- ☐ Plum
- ☐ Pomegranate
- ☐ Starfruit
- ☐ Strawberries
- ☐ Tangerine
- ☐ Watermelon

Pulses

- ☐ Black Beans
- ☐ Black-eyed Peas
- ☐ Cannellini Beans
- ☐ Fava Beans
- ☐ Garbanzo Beans (Chickpeas)
- ☐ Great Northern Beans
- ☐ Kidney Beans
- ☐ Lentils (Brown, Green, Red)
- ☐ Lima Beans
- ☐ Navy Beans
- ☐ Peanuts
- ☐ Pinto Beans
- ☐ Red Beans
- ☐ Soybeans
- ☐ Split Peas (Green, Yellow)

Grains

- ☐ Barley
- ☐ Buckwheat
- ☐ Corn
- ☐ Farro
- ☐ Millet
- ☐ Oats
- ☐ Quinoa
- ☐ Rice
- ☐ Rye
- ☐ Sorghum
- ☐ Spelt
- ☐ Wheat
- ☐ Wild Rice

Nuts and Seed

- ☐ Almond
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Chia seeds
- ☐ Coconut
- ☐ Flaxseeds
- ☐ Hazelnuts
- ☐ Hemp Seeds
- ☐ Macadamia Nuts
- ☐ Pine Nuts
- ☐ Pistachios
- ☐ Pumpkin Seeds (Pepitas)
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Walnuts

How a Continuous Glucose Monitor (CGM) collects data and thoughts on getting one

By Fred Maggiore, a member of Mount Carmel Saint Ann's diabetes support group

Many in the diabetic treatment community consider CGMs to be the single most effective tool in a Person with Diabetes' (PWDs) diabetes self-management plan. That's because the data collected by a CGM can give insights into what affects your blood sugar readings.

CGMs test and report your blood sugar status every 5 minutes, day in, day out, 24/7/365. It doesn't matter if you're awake, asleep, showering, swimming, skydiving, or riding a roller coaster. CGMs are on the job recording your information.

While non-invasive CGMs are being tested for effectiveness, the CGMs currently available contain four key components:

1. **Sensor** – This tests the interstitial fluid via a tiny cannula that is inserted in the skin. This cannula is smaller than a piece of hair from your head.
2. **Transmitter** – This sends the information from the sensor via wireless communication (usually Bluetooth) to a receiver.
3. **Receiver** – This can be a device supplied by the manufacturer, smart phone, smart watch, tablet, or personal computer. It allows you to view your blood sugar anytime.
4. **Database** – The CGM manufacturer's cloud database is where the real magic happens. CGMs send all the 288 readings a day to the database. This mass of data enables the statistical analysis of your blood sugar levels.

The Food and Drug Administration (FDA) classifies CGMs as medical devices. Currently, the FDA has approved Dexcom, Abbott, Medtronic, and Eversense CGMs.

All CGMs perform the same basic function, but each one is slightly different. Consider these things when deciding what you need, want and what insurance will cover.

- The Dexcom, Libre, and Guardian are all wearable. They stick to the outside of the skin much like a Band-Aid. A quick office procedure is required to implant the Eversense under the skin of the upper arm.
- The Guardian works with the Medtronic line of insulin pumps.
- Some of the Libre CGMs are a "flash glucose monitor." The receiver or smart phone must be manually swiped over the sensor to get a reading. The new Freestyle Libre 3 does not require a swipe.
- All CGMs are prescription items. Not all insurance providers will support all the variations of CGMs. Contact your insurance company to see which CGMs are covered by your plan, then work with your health care team to see which CGM may work best for you.

Once you've secured a CGM, a member of your health care team can show you where to wear it, how to insert it, help set it up, troubleshoot issues, and make sure the CGM data is captured. Or you may be able to read the instructions that are enclosed with the device or watch the CGM company's YouTube videos to learn how to use it. Use whatever tools help you learn best including observations, lectures, videos or manuals. Make sure you know how to verify that the CGM is collecting information. If something goes wrong, the manufacturer's customer service department is always available. Work with your health care team to get comfortable using your CGM.

Once you're up and running, the CGM will record a lot of detailed data on how your sugar behaves when you're awake, asleep, eating, and active. The data collected can give you and your health care team insight into what affects your blood sugar readings leading to better blood sugar management.

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For questions or more information on scheduling an individual appointment or a group class, please call **614-546-4582**.