

## Council of Athabaskan Tribal Governments Diabetes Program

February 2017



### FEBRUARY IS HEART HEALTH MONTH

#### Diabetes and Heart Health - What's the Connection?

Valentine's Day isn't the only thing going on in February. It's also American Heart Month. Many people are not aware of the close connection between diabetes and heart disease, but heart disease is actually one of the most common complications of diabetes. It's so common that having diabetes actually doubles your risk for heart attack or stroke.

The question is – what can you do about it?

To start, you should work with your doctor to monitor your ABC's (A1C, blood pressure, and cholesterol levels) and keep them in your target range. Your physician can help you set target ranges for your A1C, blood pressure, and cholesterol that will work for you. Making healthy lifestyle choices is essential to reach and stay in those target ranges. What you eat can have a great impact on all three of these.

#### - Challenges in Dietary Change

The mainstream North American diet promotes obesity, insulin resistance and cardiovascular disease. At the same time, we must acknowledge that purported heart-healthy diets of recent years present their own problems:

Ultra-low-fat diets may worsen omega-3 fatty acid deficiency and because high glycemic load carbs are often substituted for fat, they may fail to lower glycemic load which in turn may raise triglycerides and even LDL cholesterol levels.

Ultra-low-carbohydrate diets may be high in unhealthy fats and low in protective phytonutrients and micronutrients

Calorie-restricted diets are not sustainable, may include processed foods and may

## Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have minerals, protein, whole grains and other nutrients but are lower in calories. They may help you [control your weight](#), cholesterol and blood pressure.

## Eat an overall healthy dietary pattern that emphasizes:

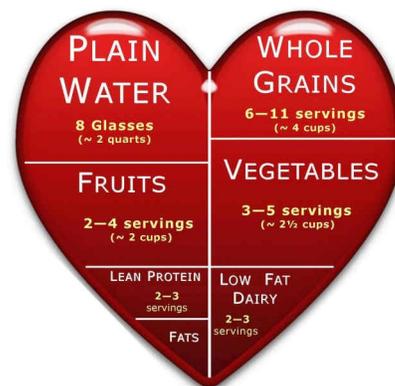
a variety of [fruits and vegetables](#),  
[whole grains](#),

- low-fat dairy products,

skinless [poultry and fish](#)

nuts and [legumes](#)

[non-tropical vegetable oils](#)



Limit saturated fat, *trans* fat, sodium, red meat, [sweets and sugar-sweetened beverages](#). If you choose to eat red meat, compare labels and select the leanest cuts available.

One of the diets that fits this pattern is the DASH ([Dietary Approaches to Stop Hypertension](#)) eating plan. Most healthy eating patterns can be adapted based on calorie requirements and personal and cultural food preferences.

## Eat less of the nutrient-poor foods.

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy. Limit foods and beverages high in calories but low in nutrients. Also limit the amount of [saturated fat](#), [trans fat](#) and [sodium](#) you eat. [Read Nutrition Facts labels](#) carefully — the Nutrition Facts panel tells you the amount of healthy and unhealthy nutrients in a food or beverage.

As you make daily food choices, base your eating pattern on these recommendations:



Eat a variety of [fresh, frozen and canned vegetables and fruits](#) without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.

Choose fiber-rich [whole grains](#) for most grain servings.

Choose [poultry and fish](#) without skin and prepare them [in healthy ways](#) without added saturated and *trans* fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.

Eat a variety of fish at least twice a week, especially [fish containing omega-3 fatty acids](#) (for example, salmon, trout and herring).



- Select fat-free (skim) and low-fat (1%) dairy products.

Avoid foods containing partially hydrogenated vegetable oils to reduce [trans fat](#) in your diet.

- Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.



Cut back on beverages and foods with [added sugars](#).

Choose foods with less sodium and prepare foods with little or no salt. To lower [blood pressure](#), aim to eat no more than 2,400 milligrams of [sodium](#) per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even [reducing sodium intake](#) by 1,000 mg per day can benefit blood pressure.

If you drink [alcohol](#), drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

Follow the American Heart Association recommendations when you eat out, and keep an eye on your [portion sizes](#).



eat

**Also, don't smoke tobacco — and avoid secondhand smoke.**

## Jellied Moose Nose

### Ingredients

- 1 Upper jawbone of a moose
- 1 Onion; sliced
- 1 Garlic clove
- 1 Tbs Mixed pickling spice
- 1 tsp Salt
- 1/2 tsp Pepper
- 1/4 cup Vinegar

### Directions

1. Cut the upper jaw bone of the moose, just below the eyes.
2. Place in a large kettle of scalding water and boil for 45 minutes. Remove and chill in cold water.
3. Pull out all the hairs – these will have been loosened by the boiling and should come out easily (like plucking a duck). Wash thoroughly until no hairs remain. Place the nose in a kettle and cover with fresh water. Add onion, garlic, spices and vinegar.
4. Bring to a boil, then reduce heat and simmer until the meat is tender. Let cool overnight in the liquid. When cool, take the meat out of the broth, and remove and discard the bones and the cartilage. You will have two kinds of meat – white meat from the bulb of the nose and thin strips of dark meat from along the bones and jowls.
5. Slice the meat thinly and alternate layers of white and dark meat in a loaf pan. Reheat the broth to boiling, then pour the broth over the meat in the loaf pan.
6. Let cool until jelly has set. Slice and serve cold.

