



Choice Quarterly Newsletter Volume 2, Issue 3

Fall 2014

Communal Health of Interacting Couples Study

Dear CHOICE Participants:

Inside this issue:

Mindful Eating Tip	1
Recipe	2
Diabetes Resource	2
Exercise Tip	3
CHOICE Staff Contact Information	3

We are two years into our study. We have recruited 90 couples so far, and hope to find another 110 couples over the next two years.

If you know of anyone who has been recently diagnosed with diabetes (last 3 years), please let them know

about our study. We would greatly appreciate it.

Shaquille has been contacting some of you for brief phone interviews — 18 months after we originally contacted you. Thank you for being part of our study!

Maybe we will see some of you on November 8th at the Diabetes Expo. It is being held at the David L. Lawrence Convention Center downtown. Enjoy the rest of the summer and fall.

Vicki Helgeson

Mindful Eating Tip

You have all probably heard that watching television is associated with weight gain.

One reason is because you are doing something that is not active instead of doing something that is active. But here is another interesting reason that I know will hit home with some of you. You eat more sitting in front of the television than sitting at the kitchen table. Why? Because you are paying attention to the television and not paying attention to what you are eating! So you just keep eating and eating – until maybe you get to the bottom of the bowl or the bag?

The same holds for reading a book or listening to music. If your mind is on something else while you are eating, you are “mindlessly” eating and you eat more. We eat less when we are focused on eating.



Recipe: Spinach and Mushroom Quesadilla (can be Gluten-Free!)

Eating balanced meals and managing blood sugar are crucial aspects of taking care of your diabetes. Luckily, there are many ways to prepare nutritious meals that also taste delicious!

This spinach and mushroom quesadilla is a healthy and tasty alternative to the average cheese quesadilla – it is lower in fat and cholesterol, and also packed with whole grains, protein, and fiber!



Recipe and Image Source:

<http://www.diabetes.org/mfa-recipes/recipes/2014-3-spinach-and-mushroom.html>

Directions:

-Mix the two types of shredded cheese together.

-Heat olive oil in non-stick pan. Add in mushrooms and spinach, and sauté until the spinach begins to wilt. Add garlic and sauté for another 30 seconds, and then remove the mixture.

-Spray pan with cooking spray, then add one tortilla. Spread ¼ of the vegetable mixture on one side of the tortilla. Add ¼ cup of the cheese mixture to the vegetables, and fold the tortilla in half.

-Cook the tortilla for one to two minutes, then flip over and cook for another one to two minutes, until it is golden brown.

-Repeat directions to make the rest of the tortillas.

Prep Time: 10 Minutes

Ingredients:

1 tablespoon olive oil

2 cups white mushrooms, diced

4 cups fresh baby spinach

1 clove of garlic, minced

Cooking spray

½ cup reduced-fat, mozzarella cheese, shredded

½ cup fat free shredded mozzarella cheese

4 gluten-free whole-grain tortillas

Nutrition:

-Serving Size: 1 Quesadilla

290 Calories, 35 grams carbohydrates, 13 grams protein, 11 grams fat, 2.3 grams saturated fat, 1 gram sugar, 5 grams fiber, 10 mg cholesterol, 610 milligrams sodium, 630 mg potassium.

Smart Contacts for Diabetes

The Pittsburgh area's Step Out: Walk to Stop Diabetes is taking place this fall! Come to the North Shore near Heinz Field for music, family activities, and a walk that raises money for the American Diabetes Association. This 3-mile walk is the perfect way to get in some exercise while making a positive impact on the lives of those affected by diabetes. Here's more information:

Date: Sunday, October 5, 2014

Location: North Shore Park (next to Heinz Field)

Time: Registration opens at 8 A.M. and the walk begins at 9:15 A.M.

For more information, visit the website http://stepout.diabetes.org/site/TR?fr_id=9853&pg=entry

STEP OUT | **WALK**
TO STOP DIABETES®

 American Diabetes Association.

Exercise Tip: Let's Try Yoga!

Downward Facing Dog 	Big Toe Pose 	Triangle Pose 	Western Intense Pose 	Hero Posture 
Half Lord of the Fishes 	Marichyasana A 	Marichyasana C 	Fish Pose 	Corpse Pose 

In order to properly control diabetes, exercise is a necessity! However, exercising can be stressful and cause significant strain on the body. Why would anyone want to exercise if it is constantly a stressful, burdensome, and inconvenient task? Here is a way to make exercise fun and relaxing! The solution is Yoga! Below are 10 simple poses that will help relieve stress and relax the body! Now remember, it is okay to go at your own pace! Practice makes perfect!

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