



Choice Quarterly Newsletter Volume 1, Issue 1

Spring 2013

Communal Health of Interacting Couples Study

Update from Dr. Helgeson

Welcome to the CHOICE study, and welcome to the first newsletter! We greatly appreciate your participation in this study. So far, we have 36 couples enrolled in the study. We hope to have 200 couples in the study by the end of 4

years, so we are right on target. Every few months, we will send you a newsletter to let you know how the study is going and to provide you with some information that is connected with diabetes. We will offer exercise tips, recipes, mindful eating tips,

and diabetes resources. If there is something you would like to see in this newsletter, feel free to let us know!

We hope that you enjoy the study and the newsletter! Happy Spring!

Exercise Tips

1. Always wear proper fitting shoes when you exercise or go out for a walk.

A person with diabetes is more prone to foot infections because of circulation issues, so if you wear shoes that cause blisters or other injuries, they could develop into a serious infection. Make sure to always check your feet after walking to make sure that your shoes are not causing any injuries.

2. Be more active in everyday life.

Try adding exercise in activities that you already do, such as park a little further from your destination, or take the stairs instead of the elevator at work. These extra steps will add up before you know it!

3. Check with your doctor before beginning any exercise routine.

ADA doctors report that some kinds of exercise may not be suitable for many people with diabetes that have heart

problems and other medical issues.

Sources: eHow, Oprah

Inside this issue:

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

Fun Exercise: Hula Hooping!

Take a nostalgia trip back to your childhood as you exercise and improve your muscle tone! According to the American Council on Exercise, hula hooping can actually burn as many calories per minute as step aerobics, brisk walking, and even boot camp! It can help tone your abs, back, arms and legs while improving bal-

ance and flexibility. Just by swinging your hips, you can work almost every part of your body. According to the American Council on Exercise, hula hooping can burn up to 200 calories every 30 minutes. A weighted hula hoop would help burn even more calories - approximately 400 calories every 30 minutes! It's also easy to

hula hoop at your own leisure, such as while watch your favorite television show. Who knew exercising could be this fun?

Recipe: Chocolate Chip Banana Bread

It's time to stop feeling overwhelmed. Living with diabetes doesn't mean you have to feel restricted in your food. There are a variety of meals and snacks that you can easily enjoy without having to worry! Here, we have a recipe to make Chocolate Chip Banana Bread – delicious *and* healthy!

Serves 16; serving size: 1 (1/2-in) slice

Ingredients

1 cup all-purpose flour
1 cup whole wheat flour
1/2 cup granular no-calorie sweetener
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
2 cups mashed ripe banana (about 4 medium bananas)
1/2 cup miniature chocolate chips
1/2 cup unsweetened applesauce
1/3 cup canola oil
1/4 cup low-fat buttermilk
1 large egg
1 tsp vanilla extract

Preparation

1. Preheat the oven to 350°F. Coat an 8 x 4-in loaf pan with cooking spray. Set aside. Combine the all-purpose flour, whole wheat flour, no-calorie sweetener, baking powder, baking soda, and salt in a large bowl and whisk to mix well.
2. Combine the banana, applesauce, chocolate chips, oil, buttermilk, egg, and vanilla in a medium bowl and stir to mix well. Add the banana mixture to the flour mixture and stir just until moistened.
3. Spoon the batter into prepared pan, smooth the top, and bake for 45 to 50 minutes or until a wooden toothpick inserted in the center of loaf comes out clean.
4. Cool the bread in the pan on a wire rack for 10 minutes. Remove from the pan and cool completely on a wire rack before slicing.

The bread can be covered in an airtight container and stored at room temperature up to 3 days.

Nutritional Facts

Calories: 149 g
Calories from Fat: 56 g
Total Fat: 6 g
Saturated Fat: 1 g
Polyunsaturated Fat:
Monounsaturated Fat:
Cholesterol: 13 mg
Sodium: 131 mg
Total Carbohydrate: 22 g
Dietary Fiber: 2 g
Sugars: 7 g
Protein: 3 g
* Recipe is from the *American Diabetes Association*



Mindful Eating Tip: See Everything You Eat

Our eyes aren't always larger than our stomachs. In fact, your eyes can be your biggest ally in your mission to eat healthfully without overeating.

Make sure you see your food *before* eating it. Put everything you plan on eating during a meal or snack on a plate before you start eating. If people put *all* their food on a plate before eating, they eat about 14% less than if they return for seconds or thirds.* This trick helps you remember exactly how much you've eaten

without having to count the number of times you refilled your bowl or plate. This also applies to packages. Put the amount of the snack you want in a bowl or plate instead of eating directly out of the box. As long as we help our eyes, they can help us be mindful, healthy eaters.

*This statistic comes from *Mindless Eating: Why We Eat More Than We Think* by Brian Wansink, Ph. D.



Diabetes Resource : Tour de Cure Kick-Off with Kendall Simmons



The American Diabetes Association is celebrating the kick-off of their annual bike ride, Tour de Cure. All are welcome to join in this non-competitive ride to help raise diabetes awareness. The kick-off will be a fun filled evening of diabetes education and a motivational speech from former Pittsburgh Steeler, Kendall Simmons about his own diagnosis and experience with diabetes.

Date: Wednesday, March 20, 2013

Time: 6:30 pm

Location: Latitude 40
200 Quinn Drive
Pittsburgh, Pa 15275

Please **RSVP** by **March 11th** to Renee Schwartz at rschwartz@diabetes.org

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