

# REACH QUARTERLY NEWSLETTER

VOLUME 6, ISSUE 3

FALL 2017

## DEAR REACH PARTICIPANTS,

We have officially completed the REACH study. Of the 263 persons that we interviewed nearly 15 years ago, we have been in touch with 218 of you. This is an amazing retention rate. We submitted a proposal to the National Institutes of Health to contact you one additional time. The decision will be made some time in October. We will let you know in your Holiday Card whether the study is officially closed or whether it remains open to one final extension. Regardless, as promised, we will be providing you with study results along the way. To date, we have published 31 articles from this research.

Once again, thank you for hanging in there with us over all of these years. We have learned so much about type 1 diabetes, adolescence, and young adulthood--and we have you to thank for this!

**VICKI S. HELGESON**



## RECIPES INSPIRED BY FALL

### Pumpkin Apple Protein Bars



*These bars are perfect for those hectic Fall days when you're always on the go. After prepping this delicious snack, you can toss these bars in the freezer in snack size bags and grab them whenever. This recipe makes around 12 bars.*

#### Ingredients

Cooking spray  
 1 egg  
 2 egg whites  
 1 tsp vanilla  
 3 tbsp. Splenda Brown Sugar Blend  
 1/3 C canned pumpkin  
 1/4 C unsweetened applesauce  
 1 apple, peeled and grated  
 1/2 C old fashioned oats  
 1/4 C almond meal (almond flour)  
 1 scoop reduced-carb vanilla protein powder  
 1 tsp cinnamon  
 1/2 tsp baking powder

#### NUTRITION FACTS

Calories	65
Carbohydrate	9g
Protein	4g
Fat	2.0g
Saturated Fat	0.4g
Sugars	4g
Potassium	85mg
Cholesterol	20mg
Sodium	35mg

#### Instructions

1. Preheat oven to 350°F. Coat an 8x8 baking pan with cooking spray.
2. In a medium bowl, whisk together egg, egg whites, vanilla, Splenda Brown Sugar Blend, pumpkin, applesauce, and grated apple.
3. In another medium bowl, mix together oats, almond meal, protein powder, cinnamon, and baking powder.
4. Add wet ingredients to dry ingredients. Mix until blended.
5. Pour into prepared baking dish and bake for 25 minutes.
6. Let cool before cutting and serving.

## Harvest Pumpkin Soup



*The essence of Fall is embodied in this seasonal soup recipe while incorporating lots of vitamin A and fiber nutrients. A perfect way to warm up on a cold evening. The recipe below can serve up to 5 people.*

### Instructions

1. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, and celery, and sauté for 5 minutes or until clear.
2. Add the remaining ingredients. Bring to a boil; reduce the heat and simmer for 15 minutes.
3. After the soup has cooled, transfer it to a blender and blend until smooth or use an immersion blender in the pot and blend until smooth.

### Ingredients

- 2 tsp canola oil
- 1 onion, diced
- 1 carrot, diced
- 2 celery stalks, diced
- 32 oz reduced-sodium, fat-free chicken broth
- 1 (15 oz) can pumpkin puree
- ¼ tsp cinnamon
- ¼ tsp chili powder
- ½ tsp ground black pepper

### NUTRITION FACTS

Calories	80
Carbohydrate	13g
Protein	4g
Fat	2.0g
Saturated Fat	0.3g
Sugars	6g
Dietary Fiber	4g
Cholesterol	0g
Sodium	485mg

## FALL FESTIVITIES CHECKLIST

- Go apple picking
- Run through a corn maze
- Go on a hayride
- Tailgate a football game
- Carve some pumpkins
- Visit a haunted house
- Build a bonfire
- Attend a fall festival
- Play flag football
- Go on an adventurous hike
- Plant bulbs in your garden for the spring time
- Celebrate Oktoberfest





## GET INTO THE SEASON



Collect leaves from your yard and paste them onto pumpkins to add to that autumn aesthetic.

Use a pumpkin as a centerpiece vase. Just make sure to carve the pumpkin thoroughly!

Heat up a room by utilizing your fireplace for a cozy fire on a chilly fall day or a cold autumn night.

Spice up your front door with an autumn wreath.

## FUN FACTS ABOUT FALL

- ✿ The fall season used to be called “harvest.” Fall was referred to as “harvest” since the “harvest moon” happens while the full moon is closest to the autumn equinox. Before electricity, this moonlight was necessary to have a plentiful harvest.
- ✿ The Autumn Equinox is when the sun is perfectly aligned with the Earth’s celestial equator. The earth then experiences 12 hours of light and 12 hours of darkness.
- ✿ The red, yellow, and orange pigments that fall leaves are famous for are actually in the leaves all year round. The chemical known as chlorophyll that causes leaves to appear green is more prominent when there is more sunlight. So when there is less sunlight in the fall, the chlorophyll breaks down, and the red, yellow, and orange pigments in leaves are more pronounced.

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