



# Living Well with Diabetes Newsletter

SUMMER 2019

## Change Your Mindset & Lose the Weight!

By: Jessica Cook, Director of Education MS, RD, LD, CDE

Have you been struggling with weight loss, dieting and you're frustrated? Have you been doing the same thing for months and simply aren't seeing progress? Have you gained back all the weight you lost last Summer and now you're attempting another diet? Then you **NEED** to change your mindset!

Weight loss is a journey. Not a sprint. Not a quick fix or a destination. Maintaining weight loss is actually **MORE** difficult than losing it! If you



look at all the aspects of your weight loss, not just the number on the scale, then you begin your journey to losing the weight and keeping it off.

I know people don't want to hear losing weight will take a long time, but you didn't gain the weight over night and you will not lose it over night. Your body is not Amazon Prime ® you cannot get what you want delivered in 24hrs.

First, it is important to remember why you want to lose weight. Is it to feel better? More energy? Gain confidence? Get off medications? Your son's wedding, granddaughter's graduation or your next birthday, aren't reasons to lose weight, they are temporary goals. After the event can you stick to the weight loss program? If the answer is no, change your mindset and your program! Having a positive and motivating reason to lose weight will keep you going for the long run.

Secondly, are you telling yourself you are fat, have no willpower or are lazy? Then guess what! You will feel fat, lack willpower and use laziness as an excuse. Anything is possible. You can feel good in your own skin, wear a bathing suit and be confident or be consistent with your workouts. The first step is loving yourself enough to change, accept it will be challenging, but know you are worth it. You get to pick which hard you want... exercising, eating right and saying no to treats OR more medications, no energy, difficulty walking and feel worse as you get older. You get to choose!

Lastly, set yourself up to succeed! Make sure healthy foods are available in the house for when you get hungry. Keep nuts, Greek yogurt, hard boiled eggs, carrots, celery, cucumber, tomatoes and fruit always in the house. Make sure to remove hyper palatable foods from your home such as ice cream, cake, cookies, chocolate, donuts, chips, pretzels and crackers to avoid temptation when you are stressed or overwhelmed. Start looking up calories on menu items when ordering in a restaurant. Track a few weeks worth of food to see what you are really eating and try to avoid nighttime snacking. Remember other emotions can trigger us to eat when we are not hungry such as boredom, anxiety, depression, anger, etc. Also drink plenty of water (not artificially sweetened beverages!) to stay hydrated!

Where are you at in your journey? Would you like to actually lose weight and keep it off? Then come meet with a registered dietitian to receive a customized meal plan, grocery list, snack list and healthy breakfast options to better achieve your goals. Having a nutrition coach in your corner may help you change your mindset, gain confidence and finally stop the dieting roller coaster!

To learn more about diabetes, diet, health and weight loss call 561-659-6336 ext 8012 to schedule an appointment with a certified diabetes educator or registered dietitian today. Please enjoy our Summer 2019 Living Well with Diabetes Newsletter!



## **Cardiac and Glycemic Benefits of the Mediterranean Diet**

By: Dr. Kathryn Reynolds

There has historically been a great deal of debate about which diet is the best to follow, in terms of weight loss, diabetes control, and heart health. If you are looking for a healthy diet, you should consider adopting the Mediterranean diet. This diet consists of primarily plant-based food, such as anti-oxidant rich fruits and vegetables, whole grains, legumes, and nuts. This diet also includes fish and healthy oils (olive and canola). It also allows for fat-free or low-fat dairy, lean meats, and red wine in moderation. Saturated fats and refined sugars are avoided. The Mediterranean diet has many benefits, including cardiovascular risk reduction, blood glucose control, improving memory, reducing inflammation, strengthening bones, and reducing cancer risk.

The Mediterranean diet has been proven to reduce the risk of heart disease and stroke. It has positive effects on cardiac risk factors (lipids, glucose, BP). Due to the elimination of trans fats, the diet has been associated with lower levels of oxidized LDL cholesterol. This is the bad cholesterol that leads to plaque deposits in the arteries. A meta-analysis of



more than 1.5 million adults demonstrated that the Mediterranean diet is associated with a reduction in cardiovascular and all-cause mortality. Findings from the Spanish PREDIMED trial were published in the *New England Journal of Medicine*. This study tested two variations of the Mediterranean diet on cardiovascular (CV) risk. The first diet was a Mediterranean diet plus 30 grams of mixed nuts per day. The second diet was a Mediterranean diet plus 4 tablespoons per day of extra-virgin olive oil. These were both compared to a low-fat diet which discouraged consumption of healthy oils and fats including nuts. The researchers found that the Mediterranean diet (plus olive oil or nuts) reduced the risk for heart events by approximately 30% compared to a low-fat diet.

Following a Mediterranean diet can also help people with type 2 diabetes improve their blood sugar control and lose weight. It is therefore that following this type of healthy diet can help prevent type 2 diabetes in individuals at risk. A 2013 study published in the *American Journal of Clinical Nutrition* (United Kingdom) showed that in diabetic patients, a Mediterranean diet was superior when compared to vegetarian, vegan, high-protein, and low-glycemic index diets. The foods in this diet are very rich in fiber and monounsaturated fat, and both of these are known to lower both blood sugar and cholesterol in diabetics.

In addition, the Mediterranean diet may have a protective effect against chronic inflammatory diseases. Diets high in refined sugars and starches, and trans-fatty acids, can activate the immune system by increased production of inflammatory proteins. Studies have demonstrated that a Mediterranean diet may protect against several diseases associated with chronic low-grade inflammation (diabetes, obesity, cardiovascular disease, and dementia) by leading to a decreased production and circulation of these inflammatory markers. Thus, a Mediterranean-type diet could improve memory, prevent cognitive decline, and reduce the risk of developing Alzheimer's dementia. This effect may be due to a lowering of blood sugar levels and/or the high level of healthy fats.

This diet may also improve bone density, as compounds in olive oil have been demonstrated to increase the maturation of bone cells, and thus may reduce the risk of osteoporosis. Researchers reported a study of more than ten thousand women in age 50-70 who followed a healthy Mediterranean-type diet in middle age; these women were 40% more likely to live past age 70 without chronic illnesses.

In summary, the Mediterranean diet has been proven to have many health benefits, and has been shown to be superior in terms of heart health. Want to make the switch to a Mediterranean diet? Come meet with one of our registered dietitians and learn the basics as well as how to implement the Mediterranean diet into your lifestyle!

## **Are You Ready to Lose Weight and Take Control of Your Blood Sugars?**



## **Then come to our Healthy Meal Planning Classes! At 3 Convenient Locations!**

### **1. West Palm Beach Location:**

Temple Israel

1901 N. Flagler Drive

West Palm Beach FL, 33401

**Tuesday August 13<sup>th</sup> 10am-12pm**

Parking is located on Pine Street behind the Temple. Please buzz in to alert staff for diabetes refresher class. Classroom is located in the Program Room.

### **2. Boynton Beach Location:**

6056 W. Boynton Beach Blvd. Suite 245

Boynton Beach, FL 33473

**Wednesday July 17<sup>th</sup> 10am-12pm**

### **3. Jupiter Location:**

Well tower Building 550 Heritage Drive, Suite 150

Jupiter, FL 33458

**Wednesday August 10<sup>th</sup> 5:30-7:30pm**

**Will provide Healthy Snacks!**

**\*\*May bring one guest!**

If interested attending this program please contact our scheduling department at (561) 659-6336 Extension 8001 today!

At Healthy Living with Diabetes we want to ensure that you are satisfied with all services received. We also would like your input on educational workshops that you would like us to offer, information you would like to read about in Healthy Living with Diabetes Monthly or feedback on any workshop that you may have attended. You can contact the director of education personally by email [jcook@PBDES.COM](mailto:jcook@PBDES.COM) or leave a message at (561) 659-6336 ext. 8012. We would love to hear from you!

**Check us out on the web!**

**[www.palmbeachdiabetes.com](http://www.palmbeachdiabetes.com)**

**[www.facebook.com/pbdeseducation](http://www.facebook.com/pbdeseducation)**

**[www.twitter.com/WpbDiabetes](http://www.twitter.com/WpbDiabetes)**



**Find us on  
Facebook**

**Palm Beach  
Diabetes and  
Endocrine  
Specialists**

**1515 N. Flagler  
Drive, Suite 430  
West Palm Beach,  
FL 33401**

**561-659-6336**

*[jcook@pbdes.com](mailto:jcook@pbdes.com)*