Extraordinary Eggs

By Carmen Johnson • 03 May, 2017

Article by Erika Brown, Registered Dietitian

I don't want to sound like an old hen here, but it's a shame how eggs have been exiled from our plates for the last couple of decades. Many have opted to ditch the yolk or shell out money for egg substitutes.

But scientists have worked hard to unscramble the facts about dietary cholesterol and heart disease. What they found is that eggs are far from the dietary demons they're cracked up to be.

**Egg-cellent News**

It's true: whole eggs and egg yolks are high in cholesterol. But what we didn't know when we started clucking about eggs is that cholesterol from food has relatively little impact on blood cholesterol (3). In fact, most of the cholesterol in our blood is made by our liver, not by our lunch.

Studies show that, for healthy people, eating an egg a day does not increase the risk of heart disease (2, 4). It's actually saturated and trans fats that are the real culprits that can do harm to heart health. So it's likely not the eggs, but more their wing men (think bacon, sausage, biscuits and butter) that we need to watch out for.

One more important piece of information to shell out: If you have heart disease or diabetes, speak to your Doctor or Dietitian about cholesterol and fat intake recommendations based on your specific needs.

**The Sunny Side of Eggs**

When it comes to nutrition, eggs are hard to beat. One large egg packs in 14 essential vitamins and minerals, all for just 70 calories (1). Eggs are one of the few foods that naturally contain vitamin D, along with iron, zinc, vitamins A, E and B-vitamins.
They're also loaded with disease-fighting nutrients like **choline**, **lutein** and **zeaxanthin**. The latter two help ward off age-related eye disease while choline is a key ingredient in brain function.

Another good reason to put eggs back in your breakfast is that each egg serves up 6 grams of high-quality **protein**, making 2 eggs equal to a **serving of meat**. Protein not only helps keep you full and energized all day long, it also helps regulate our blood sugars and staves off muscle loss as we age.

**Get Cracking**

There's no shortage of local eggs with 179 registered **egg farmers** in Alberta. And there's no such thing as a bad egg. Whether they're white or brown, organic or conventional, all eggs have a similar nutrition profile. The only exception is eggs that come from hens fed a diet enriched in flax seeds, which has more **omega-3 fatty acids**.

At around 20 cents each, eggs are an affordable way to get high-quality protein into any meal. Try some of these easy and convenient ways to add eggs to your diet.

- Beat a raw egg with a little non-fat milk, pour it into a microwave-safe mug and heat for 30 seconds. Voila! A perfectly cooked egg in a mere minute.
- Chop up hard-boiled eggs into quarters and sprinkle them over mixed greens.
- Egg custards are a delicious way to add a little nutrition to your dessert.
- Stuff a whole wheat tortilla with scrambled eggs, black beans and diced peppers for a healthy option any time of the day. Add some grated cheese, salsa and cilantro for extra flavour.
- **Frittatas and omelets are fast and easy to assemble.** For a quick and easy recipe check out the **Garden Fresh Frittata** recipe from the **Pure Prairie Eating Plan** cookbook.

Well, what are you waiting for? Get cracking!

**References**


First, everyone loves chocolate, so why should those who have diabetes give it up? According to Diabetes UK, it's a myth that you can't eat chocolate if you have diabetes. They recommend eating it in moderation rather than just using it to satisfy hunger and not eating a lot in one go as it affects your blood sugar levels. With this being said, what type of chocolate should one be reaching for when looking for a snack? Most chocolate stores will tell you to reach for their diabetes-friendly, sugar-free chocolate. And while this may be tempting to do for something with diabetes, “sugar-free” doesn't always mean that it's the best for you. Many sugar-free chocolates are sweetened with fructose, sorbitol and most commonly maltitol, a derivative of wheat.

Maltitol is probably the best substitute for sugar when it comes to “sugar-free” products, especially because it has no bitter after-taste like fructose and sorbitol. Not only does it provide sweetening powers, but it also contains half the number of calories that sugar does. It has been marketed as helping chocolate addicts trying to reduce their sugar intake as well as helping consumers achieve their weight loss without giving up the food they love. This is great, but when you consider diabetes, maltitol isn’t always the right choice. Maltitol has 2.1 calories per gram, while sugar has 4 calories per gram, which is fantastic but when you look at their glycemic indexes, it tells a different story. Maltitol has a glycemic index of 52 and sugar’s is 60. Those two numbers are not very far off. What this means is that your pancreas perceives maltitol as sugar, raising insulin needs. Like sugar, maltitol is also a carbohydrate, so if you’re carb-counting, this is something to take into account. Diabetes-friendly chocolate can also act as a laxative when large amounts are ingested and is not recommended for children to consume for this reason.

So, if “sugar-free” chocolate isn't always the best for those with diabetes, what chocolate is good? Well if sweeteners like fructose, sorbitol and maltitol can still affect blood sugar levels like regular milk chocolate, the next best thing is dark chocolate. When eaten in moderation, dark chocolate can be healthy for your body. Dark chocolate contains less amount of carbs than regular milk chocolate and contains ingredients that are healthy. It is recommended to eat dark chocolate that contains at least 70% cocoa or more and if you’re used to sweeter chocolates it may take a while to get used to the slightly bitter taste.

Chocolate provides many health benefits to those who consume it including cutting the risk of heart failure. Chocolate has enzymes called flavanols that help to reduce platelets clotting. These clumps usually result in blocking blood vessels and result in heart attacks. Chocolate has also been proven to reduce stress and improve moods in people. However, dark chocolate does have a fat content, carbs, calories, and sugars so it is important to consume it in moderation. Dark chocolate is healthier, but it is still chocolate.

Overall, when it comes to choosing chocolate, it’s more satisfying to indulge in the real thing (even if it’s a small amount) than eat something that doesn’t quite taste the same. Just because a person has diabetes does not mean they should compromise and forfeit the foods that they love. They should just be aware of what they are eating, what goes into it and eat appropriate amounts of each food.
New Year New You: Good Dia...

By Megan Lala • 07 Jan, 2019

2019 is new and fresh. What better way to start the new year than by implementing some tips that will make this your year!

Take some time for self-care:
Stress in your daily life and diabetes don’t go well together. Too much stress can elevate blood sugar levels. To combat stress, spend more time focused on you! Watch your favourite show on Netflix, practice some yoga, pick up a good book or even go for a walk to clear your head. Taking the time to focus on your own well-being will benefit you both mentally and physically.

Keep moving:
Exercise is an important factor in managing Type 2 diabetes in particular. Once you start exercising more, you will find yourself sleeping better, relaxing easier, and focusing more. It is also good for aiding weight management, which can impact your diabetes. A good goal to establish is to try and fit in 30 minutes of exercise everyday. Being active shouldn’t be a chore, so make it fun! Go for a 30-minute walk with your dog or go for a few laps in a pool. Try to find a physical activity that feels like fun or play. The more you keep your body moving, the better you will feel!

Stay informed:
Knowledge is key when it comes to diabetes. The more you know about the easier it will become to manage your condition. Whether you are catching up on statistics, reading diabetes blogs, or reading profile articles about people just like you, the more knowledge you have the more you’re equipped to keep yourself safe and healthy.

Join a community:
By joining a community, you are instantly surrounded by people who are familiar with the struggles that you are facing. Living with diabetes is not an easy road and through interacting and communicating with people who know how you feel, you will gain a sense of relief. These communities may be found through friends and family, local support groups, or online, but where ever you find them, knowing you’re not alone can make a huge difference in living with diabetes.

Don’t skip meals:
Life can be busy! Some people would never dream of missing a meal, but other people easily skip meals all the time. Whether you are too busy to have breakfast in the morning, or are caught up with work at lunch, these important meals are often skipped. When you skip meals, you are more likely to face inconsistent blood sugars and eat an even bigger meal when you get the chance. It is important to put yourself on a meal schedule, with correct portion sizes, and to stick to it!

Use this Nutritious Sweetener...

By SPUD.ca • 18 Dec, 2018

Dates, the fruits that you get from date palm trees, have become very popular sweeteners for several reasons; they’re natural whole foods, and are arguably the best natural sweetener available, as they actually offer some decent nutritional value compared to other sweeteners. They’re also versatile, easy to use and taste delicious.

What do dates offer in terms of nutrients?
According to the USDA food database, 100g of pitted dates can provide 2.5g of protein, 77.5g of carbohydrates, 7.5g of fibre, 50mg calcium, and 600mg of potassium – bite-for-bite, this is three times as much potassium as bananas! Popular varieties like medjool and deglet noor both contain 62mg phosphorus, which works closely with calcium to maintain bone health. With the exception of calcium, all of these nutrients are found higher in dates than maple syrup, of which offers about the same amount of sugar. And honey, which is higher in sugar, is lower all across the board in these nutrients.

The most versatile way to make use of dates as a sweetener, is by making them into a paste. In a paste form, you can easily replace maple syrup or honey in recipes that call for either one. Soak dates overnight in water and then blend them in a blender or food processor with a little bit of the soaking water to make date paste!

You can also try this recipe with whole dates for the holidays!

Healthy Homemade Chocolate Turtles
This healthy take on the classic holiday “turtles” chocolate recipe is sure to be a crowd pleaser. It is simple and quick to make, and fun for kids to get involved in assembly!

Using whole dates instead of the traditional caramel sauce is a great way to lower your refined sugar, as well as benefit from a boost of fibre and important minerals like potassium. Dates are a great source of easily metabolized fuel for your body, and these healthier treats can help to keep you feeling great through all your holiday endeavours.

Ingredients
8 whole, soft medjool dates
16 raw pecan halves
½ cup dark chocolate chips or chunks
1 tsp coconut oil
course or flaked sea salt, to garnish (optional)

Instructions
1. Melt chocolate and coconut oil together over a double boiler on the stove, while stirring frequently to create a smooth chocolate sauce. Allow to cool for a few minutes and thicken a bit while preparing your dates and pecans.
Try replacing some carbs with good fats:
A diet high in carbs can be extremely unhealthy when you have diabetes. Carbs spike your blood sugar. Nuts, avocados, olive oil and canola oil are all considered monosaturated fats. They can help lower your blood sugar, but just make sure you don’t eat huge portions, so you don’t take in too many calories. Try adding nuts and avocado to your salads and seek out salad dressings that use olive or canola oil. Canola oil also has heart healthy omega 3-fatty acids.

Drink Smart:
Watch out for alcohol, sugars, and calories that are all too tempting to drink! Instead opt for water, or if that doesn’t quench your carbonated craving try a flavoured sparkling water, just double check that it’s unsweetened. Even sipping no-calorie tea and coffee is a great alternative to caffeinated pop. If you do decide to have a pop or alcoholic beverage, be sure to factor in what you’re eating at the time too.

Make your own lunch:
Eating out for lunch can be convenient and can provide a quick fix to a hungry stomach. However, when you eat out, often you don’t know with what and how your food was prepared. While at home you may opt to cook with olive oil rather than butter, but restaurants often don’t take these things into account. When you bring a lunch from home, you can control the way the food was cooked, the portion size and the nutritional value of what you are eating. Bringing a lunch from home is the more economical and nutritional option.

Following these tips and tricks during the new year will ensure that you stay, mentally and physically fit and happy!

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Recipe created by: Heather Mowat, C.H.N.C. Certified Holistic Nutritional Consultant; Community Development Coordinator at SPUD.ca/Blush Lane Organic Market

Busy over the holidays? You can get all of the ingredients for this recipe plus many more grocery items, with free delivery right to your door from SPUD.ca! Pay with gift cards purchased at SPUD.ca/community and a portion of your purchase will support the Alberta Diabetes Foundation.

Enjoy and Happy Holidays!

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11 Unique Gifts for the Person.

By Megan Lala • 03 Dec, 2018

The season of giving is here! Do you have an individual with diabetes on your list, but are stumped on what to get them? Maybe you’re looking to treat yourself? Here is a list of 11 gift suggestions that are perfect for people with Type 1 or Type 2 diabetes! *Please note: prices and shipping costs may vary. We have not been paid to endorse any products.

1. Moisturizing lotions: While dry skin is not exclusive to those who have diabetes, it is often a complaint. To some, their skin feels drier and itchier when their blood sugars are high. The skin of people with diabetes may also feel dry if they suffer from neuropathy, which is caused by damage of the nerves. To help combat dry skin, consider picking up some ultra-moisturizing lotion to keep looking and feeling hydrated during these cold months. **We recommend:** Aveeno Skin Relief Lotion for Diabetic’s Skin ($10 CAD)

2. Insulin Cooler Bag: Why compromise style when it comes to carrying diabetes supplies around? Specially designed to take insulin pens, test strip containers, lancets and thermogels, organizers are an easy way to transport supplies. Just make sure your organizer comes with a cooling pack or pick one up separately! **We recommend:** BTSKY Insulin Cooler Travel Case ($22 CAD) **or** ONEGenug Insulin Cooler Bag ($21 CAD)

3. Books: Do you know someone who absolutely loves to read? Why not get them a good book? While a gift card to the bookstore is always a good bet, here are some good diabetes friendly options to pick up. **Diabetes for Dummies**: If someone in your life is new to the diabetes community, pick up a copy of Diabetes for Dummies. Although humorous at first glance, this book is jam packed with valuable information that can aid anyone who would like to learn more about
information that can aid anyone who would like to learn more about the disease. ($27.00 CAD)

**Kids First Diabetes Second:** This book focuses on parents who have a child with Type 1. Being a parent is far from easy, but being a parent to a child with Type 1 is a whole other level. In this book, you learn about experiences that other parents go through dealing with their child's Type 1 diabetes, which will make readers feel like they are not alone. ($19 CAD)

4. **Cookbooks:** Branching off #3, next on our list we have cookbooks!

**The Diabetes Cookbook and Meal Plan for the Newly Diagnosed:** This first cookbook is perfect for someone recently diagnosed with Type 2 diabetes. After being diagnosed, it can be hard and confusing to figure out what you should be eating. This cookbook guides you through healthy choices and even shows readers how to meal prep! ($24 CAD)

**The Type 1 Diabetes Cookbook:** The next cookbook is focused on Type 1 diabetes and how to maintain a balanced diet. This cookbook offers easy recipes that will keep blood sugars steady and help readers and eaters thrive with their Type 1 diabetes. ($24 CAD)

**The Pure Prairie Eating Plan:** This next cookbook is written by Dr. Catherine Chan and Dr. Rhonda Bell. The Alberta Diabetes Foundation's funding made this cookbook possible. A fantastic and informative read that will inspire you to use locally grown, Alberta foods in your diet. This book has a month's worth of diabetes friendly recipes with a weekly shopping list and all important carb counts for every meal. ($36 CAD)

**The Perfect Diabetes Comfort Food Collection:** Who doesn't love comfort food, especially during the holiday season? This next cookbook has those comfort food lovers covered! Providing readers and eaters with interesting, new recipes that are both healthy and delicious, this cookbook is a must-have for anyone with diabetes. ($27 CAD)

**Diabetes Snacks, Treats, and Easy Eats for Kids:** This last cookbook is focused on kids who have either Type 1 or Type 2 diabetes. Just because a kid has diabetes, does not mean they should have to compromise the fun meals that come with childhood! This cookbook ensures that kids can have fun meals and snacks while still adhering to diabetes guidelines. ($24 CAD)

5. **Apparel:** People loved themed shirts whether it's Marvel, a favourite band or Canadian pride! Why shouldn't people with diabetes be able to express a major part of their lives on their t-shirts too? Check out these awesome shirts that are sure to get a laugh out of anyone who wears them!

   *We recommend:*  
   - Proud Owner of a Useless Pancreas t-shirt ($19 CAD)  
   - Type ONE- DER-FUL t-shirt ($30.00 CAD)  
   - Type 1 diabetes "Friends" shirt ($22 CAD)

6. **Compression Socks:** As mentioned in #1, some people with diabetes are prone to neuropathy, especially in the feet. For some, by the end of the day, it is unbearable to walk due to pain. One way to help is to wear compression socks specifically made for those with diabetes. These socks aid with circulation and padding and cushion the nerves that have been damaged.

   *We recommend:*  
   - Carolina Ultimate Non-Binding Diabetic Dress Crew Sock ($30 CAD)  
   - VOXX Life Wellness Crew Socks (35.00 pair)

7. **Jerry the Bear:** Looking for a special something for the Type 1 kid in your life? Check out Jerry the Bear! Through interaction with Jerry the Bear, children learn to take care of him as well as themselves. Using the free app and virtual tools to check his blood sugar, kids make food selections, carb count and administer insulin to Jerry! Jerry is recommended for ages 4-9+ and his app is available for both iOS and Android devices.

   *Buy Jerry here.* ($55 USD. About $94 CAD with shipping)

8. **Beginner's Yoga Kit:** For those with Type 2 diabetes, it is so important to stay healthy and fit. By doing so, people can start to get a handle on their disease. A beginner's yoga kit allows people with diabetes to stay active from the comfort of their home or the comfort of a yoga studio.
9. **Medical Alert Bracelet or Keychain**: Esty has an array of beautiful and unique bracelets and key chains that are specifically for people with diabetes. This is a gift that is both practical and stylish.
   We recommend: **Medical Alert Key Ring from the Little Stamping Co.** ($23 CAD)
   Or: **Medical Alert Bracelet from Mignon and Mignon.** ($39 CAD)

10. **Glucose Tablets**: It’s always good to stock up on things you use all the time during the holidays. That is why our next gifting option is glucose tablets! People with diabetes use glucose tablets to raise blood sugar and treat hypoglycemia fast. They come in an array of flavours so choose wisely!
   We recommend: **Dex4 Glucose Tablets** ($22 CAD)

11. **A Donation**: When all is said and done, material objects are great, but they don’t really capture the essence of the season. Our last gift option for someone with diabetes is a donation. After all, organizations such as the Alberta Diabetes Foundation work to raise money for ground-breaking research that will one day lead to a cure for diabetes. A thoughtful way to share the warmth this time of year is to donate in your loved one or friend’s name and help find a cure.
   **Donate to the Alberta Diabetes Foundation!** (Any amount)
Focus on Families: World Diabetes Day

As World Diabetes Day (WDD) approaches on November 14th, it is important to learn more about the day and what it means for people with and without diabetes. Going back to its origins, WDD marks the birthday of Sir Frederick Banting, who co-discovered insulin alongside Charles Best in 1922. World Diabetes Day is the world’s largest diabetes awareness campaign and has a global audience of over 1 billion people in more than 160 countries. With this kind of reach, spreading information and debunking misconceptions about Type 1 and Type 2 diabetes becomes a bit easier. The number of people with diabetes is expected to rise to 522 million by the end of 2060, and the World Diabetes Day campaign helps spread this information, all over the world.

This is what World Diabetes Day is all about! Spreading awareness to people who both have diabetes and do not have diabetes all around the globe. In fact, an estimated one in two people with diabetes (212 million people) remain undiagnosed. Through proper education about diabetes, more people will be able to learn about the symptoms and red flags that come along with Type 1 or Type 2. This year, World Diabetes Day is focusing on diabetes and family. Diabetes not only affects an individual, but also those around them. According to the World Diabetes Day organization, less than one in four family members of a person with diabetes have access to diabetes education programs. This may not seem like a big deal to most, however, family support in diabetes care has been shown to have a substantial effect on improving health outcomes for people with the disease. Diabetes can also be expensive for the individual and the family. In many countries, the cost of an insulin injection and daily monitoring alone can consume half of a family’s average disposable income, making managing diabetes a life or death decision. In addition to that, affordable access to essential diabetes medicine care are out of reach for too many.

Family and diabetes, and raising awareness about it, is so important to ensure people all over the world are equipped with the proper knowledge to help those facing diabetes. So, this World Diabetes Day, share some facts, debunk some diabetes misconceptions, and spread awareness! Let people know that 80% of cases of Type 2 diabetes is preventable through the adoption of a healthy lifestyle or that diabetes is expected to rise to 522 million by the end of 2060, and the World Diabetes Day campaign helps spread this information, all over the world.

Support diabetes research and help find a cure: 
https://www.albertadiabetesfoundation.com/q
Learn more about World Diabetes Day: 
https://www.worlddiabetesday.org/

Breaking Social Stereotypes: Type 1 Diabetes

Dr. Peter Light and Siyapreet. Photo by Richard Siemens, courtesy of the Alberta Diabetes Institute

Diabetes is not a label. One is not defined by a disease. So why do individuals with Type 1 diabetes, especially young children, feel they are treated differently compared to others?

There is a lack of knowledge and education about diabetes, including symptoms, causes, the impact of insulin and glucose, and the complications one can face when not properly caring/managing themselves. People are slowly becoming more aware of diabetes, the types, it’s implications and the immense mental load that individuals face, but there is still a lot of ignorance.

Take Siyapreet for example. A common diabetes myth is that only old or unhealthy people get diabetes, and that eating too much sugar or junk food is the cause. So, in April 2016, prior to her 7th birthday, Siyapreet and her family were shocked to learn she had Type 1 diabetes (T1d). At the same time, she also discovered she was celiac and was somewhat lactose intolerant (which sometimes occurs alongside diabetes). “Never did I ever imagine such a young child, so active being diagnosed”, says Siyapreet’s father Raj, “There’s always the stereotypical thing, where you think it can’t happen to healthy people”.

As soon as she was diagnosed, Siyapreet was taken into the care at the Stollery Children’s Hospital. There she received unconditional love from her parents and support from nurses for over a week. The nurses showed Siyapreet and her parents how to properly inject insulin, what an eating regime should look life, carb counting, and reviewing her nutritional needs to set her up for a successful future.

Now, with over two years managing T1d, Siyapreet and her father both express frustration at the ignorance of people unfamiliar with diabetes. Many people believe that you can potentially “outgrow” diabetes, that Type 1 is considered the “bad type of diabetes”, and that diet alone can manage T1d. On top of which, there is a stigma surrounding individuals with diabetes that need to inject insulin or test blood with a glucose monitor in public. People are often uncomfortable with the sight of public insulin injections, but for a person with diabetes, putting their health first is fundamental!

At school Siyapreet has constant communication with her teacher about her blood sugar levels. She takes action by drinking water when her levels are high, and takes Dex4, which is fast acting glucose, when her levels are low. Although Siyapreet’s teacher and classmates are getting comfortable to her managing her diabetes, Siyapreet finds the greatest comfort in her friend Sarah, who also has T1d. Together, they educate their classmates about diabetes.

In the Fall of 2016, Siyapreet won an Alberta Diabetes Foundation colouring contest to become a Junior Researcher for a day. Siyapreet brought her father Raj and best friend Sarah. Together they got to tour the Alberta Diabetes Institute for an insider’s look at the facilities; Cell Therapy Manufacturing, the Clinical Research Unit, the Human Nutrition Research Unit, and the Physical Activity and Diabetes Laboratory.

Siyapreet’s highlight of being a Junior Researcher for a day was going on the news. She was glad to be able to speak to all races, genders, and ages to raise awareness and understanding about diabetes. She met Dr. Peter Light and was featured in a newspaper article.

As Siyapreet, who was diagnosed as a child, has grown older, she has learned to manage her diabetes and how to communicate with her peers, in hopes of spreading awareness to all young people with diabetes.
On the news. She was glad to be able to speak to all races, genders, and ages about Type 1 diabetes. She was able to share her story as a youth with Type 1 diabetes and how this shaped her as an individual. For her, it's about educating not only the person with the diabetes, but their support system too. Siyapreet really wants to end the stigma against diabetes, one small step at a time.

Want to make a difference and help stop the ignorance surrounding diabetes?

1)  *Get educated.*
Learn more about diabetes, the types, who’s at risk, and what it’s like living with it.

2)  *Spread the word*
Confront diabetes stereotypes when you hear them.

3)  *Get involved*
There are a lot of diabetes organizations that could use your support. Check out the Alberta Diabetes Foundation website for ways to volunteer or for fundraising events you can join.
3 Diabetes Tips for 2018

By Keighla Lutes • 30 May, 2018

A lot of diabetes advice tends to be about what to eat to manage diabetes or ways to handle highs and lows, but there is so much more to living with the day to day reality of diabetes. Here are three different ways you can improve your life while living with diabetes.

1. Keeping up with research.

Getting involved in fundraising activities, donating to diabetes institutions, and managing your diabetes are all crucial when it comes being ahead of the game; it is also crucial to stay up to date with the latest research and technology to take advantage of diabetes breakthroughs.

One of the best ways to keep up with local diabetes research is to follow the Alberta Diabetes Institute on their website and their social media. Alberta is home to diabetes pioneering research (such as The Edmonton Protocol), and this research has some of the fastest clinical to real world turn-around times. This means that Albertans are likely to be the first to benefit from new information and studies.

2. Creating an e-support network.

Many people you know may have a friend or two that is currently living with diabetes, or have a family member living with diabetes, but you may not have a whole support network around you. Sure, your family and friends may understand and try to support you to the fullest capacity, but they will never be able to fully understand what it is like to live with it. The internet and its social media platforms have given us the ability to connect with others around the world. This opens us up to the ability to communicate and to foster relationships with an entire community of those living with Type 1 or Type 2 diabetes.

Facebook is a good example of a social media platform that hosts groups and pages dedicated to diabetes news and communities. A few Facebook examples include the Type 2 Diabetes forum, the Diabetes Daily Group, and the Diabetes Connect Group by UpWell Health.

3. Empowering yourself to empower others.

Perhaps the most important tip to living with diabetes in 2018 is to empower yourself. Diabetes research, technology, health management systems, and communities have come so far ever since the disease was first discovered. Building off the first and second tips, there are so many resources at your fingertips to not only manage your diabetes, but to live a long and healthy life with it. Many individuals with diabetes have documented their journey, which helps lead to research breakthroughs, building connections, and serves as inspiration for others.

A great way to start empowering yourself and being helpful to others in your community is to start a blog. Here are a few of the best blogs in 2018 to source inspiration from. As well, it is extremely inspiring to others in the community when they see you volunteering in your community in any capacity. Volunteering at your local diabetes foundation or diabetes organization is a great start to helping empower your community.

Five Tips to Keep the Fight Aliv...

By Alyssa Grams • 04 Mar, 2018

All good things must end, even ADF's Food Fight Campaign. But the fight doesn't have to go the way of the DoDo. There are a few simple things you can do every day to keep making healthy choices, feel good and better manage your diabetes. Here are just a few tips to keep you on track.

Fuel Your Day with Food

Just like your car, your body doesn't run very well without fuel. To ensure your body is getting the nutrients it needs, eat three meals per day at regular times and space meals no more than six hours apart. By spreading your meals out, you will have more energy throughout the day and better control over your hunger, cravings and blood sugars.

Fibre Up

You've heard me say it 100 times. And now, I'm going to say it again: fibre is a key ingredient in managing diabetes. Eating more high-fibre foods such as whole grains, lentils, beans, vegetables and fruit helps lower blood sugar and cholesterol levels.

High fibre diets also help with weight management, which is again crucial for managing or preventing diabetes. So fill your plate with veggies, legumes and whole grains!

Pair it With Protein

Including protein-rich foods at meals and snack times helps you feel full longer, which means fewer cravings and better appetite control throughout the day. Regular protein intake also helps keep blood sugars steady after a meal.

To make the most of your protein intake, aim for 20-30 grams of protein at each meal. This translates to filling one quarter of your plate with high protein foods such as lean meats, poultry, fish, eggs, soy, pulses, dairy products and nuts and seeds.

Choose Real Food. Always.

If you're working to cut down on the amount of sugar, salt and fat in your meals, the best way is to make them yourself and focus on fresh, minimally-processed foods whenever possible. The prairie provinces are bursting with locally-grown, whole foods: tasty fruits; delicious vegetables; whole grains like wheat and barley; dairy products like milk, cheese and yogurt; and great sources of lean protein like chicken, eggs, pulses and our world famous Alberta Beef.

By celebrating these foods, you'll not only boost the nutrition and flavour in your diet; you'll also reduce your carbon footprint and help support our local farmers.

Small Choices Make All The Difference

People often crave big results in short periods of time. But life doesn't work that way. It's the little things that add up to big successes. I've said it before, and I'll say it again: small changes made consistently over time lead to big results.

One of the most important decisions we make is what we put in our bodies. And if fighting diabetes means filling up on healthy and delicious foods, I for one am happy to put up my dukes. Will you join us in keeping the #ABFoodFight alive?
The Power of Pulses

By Alyssa Grams • 07 Feb, 2018

If you have your finger on the pulse, you've probably heard a thing or two about the power of pulses. You may have even heard that the U.N. declared 2016 the International Year of Pulses. Of course, many people are a bit confused about what exactly that means.

Pulses are the edible dry seeds of plants in the legume family. That includes beans, lentils and chickpeas. Pulses may be small, but they pack a nutritional punch. They are also affordable (at just 10 cents per serving) and sustainable, making them good for the planet and your pocketbook.

And they're made locally! In fact, Canada is the world's largest supplier of pulses, with the majority being grown right here in the prairies.

Super Seeds

Rich in protein and fibre and low in fat, pulses are a satisfying way to pump up the nutrition in any diet. They also supply key minerals like iron, zinc, potassium and magnesium as well as folate and other B-vitamins.

Pulses are low on the glycemic index, which means they have a milder effect on blood sugar levels. This makes them especially helpful for people with diabetes who are working to balance their blood sugar and insulin levels. The protein-fibre combo also makes pulses very filling, which helps prevent overeating and supports a healthy weight.

Research shows that regular pulse consumption also helps lower LDL cholesterol and blood pressure, which reduces your risk of heart disease. And, with all that fibre, it's no surprise they are good for your digestive health as well.

Pick Up the Pulse

The pulse-abilities are endless when it comes to cooking with pulses! Whether it's a hearty chili in the dead of winter or a fresh bean salad at a summer BBQ, pulses are a great addition any time of the year.

To prepare canned pulses, rinse well under cold water to make them easier to digest and to remove excess salt. Since they're already cooked, just add them to your favourite dish.

Easy ways to pump up the pulses in your diet:

- Add a can of beans to homemade soups and stews.
- Dip raw vegetables into hummus for a nutritious snack.
- Toss a handful of black beans into a breakfast burrito or quesadilla.
- Add lentil puree to hamburger mixtures, pasta sauce, stews or even muffins!
- Swap out salty snacks for tasty roasted chickpeas.

A vegetarian chilli is a perfect way to warm up on a cold winter's day. For a delicious meat-free meal, try the Vegetarian Chili Chowder from the Pure Prairie Eating Plan.
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