

## **Benefit Of Vitamin D In Diabetes And Other Chronic Diseases**

Vitamin D is quickly becoming the "it" nutrient with health benefits for diseases, including cancer, osteoporosis, heart disease and now diabetes.

A recent review article published by researchers from Loyola University Chicago Marcella Niehoff School of Nursing concluded that adequate intake of vitamin D may prevent or delay the onset of diabetes and reduce complications for those who have already been diagnosed. These findings appeared in the latest issue of *Diabetes Educator*.

"Vitamin D has widespread benefits for our health and certain chronic diseases in particular," said Sue Penckofer, Ph.D., R.N., study co-author and professor, Loyola University Chicago Marcella Niehoff School of Nursing. "This article further substantiates the role of this nutrient in the prevention and management of glucose intolerance and diabetes."

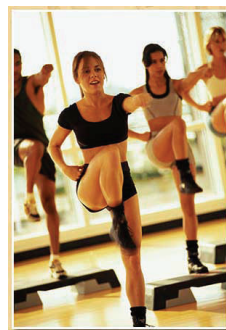
Many of the 23 million Americans with diabetes have low vitamin D levels. Evidence suggests that vitamin D plays an integral role in insulin sensitivity and secretion. Vitamin D deficiency results in part from poor nutrition, which is one of the most challenging issues for people with diabetes. Another culprit is reduced exposure to sunlight, which is common during cold weather months when days are shorter and more time is spent indoors. \*



January 23, 2009

**This month:**

**New 2009 Activity Guidelines!**



## **We Need to Move More!**

Americans are simply not moving enough. Surveys on activity levels and the growing concern about increases in obesity levels, and the associated health risks, has triggered the US government to rethink it how it relays the message of the importance of physical activity.

This past October, the US Department of Health and Human Services issued the government's first-ever Physical Activity Guidelines, outlining exactly how much and the type of activity needed to control weight and reduce the risk of major health problems such as cardiovascular disease, metabolic syndrome, diabetes, and some cancers.

### **Key Physical Activity Guidelines:**

**Aim for at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity per week.** Spread activity as evenly as possible over the week to reduce risk of injury.

**Exercise beyond the minimum to gain additional benefits - including weight loss.** Aim for 300 minutes of moderate activity or 150 minutes of vigorous activity per week.

**Include muscle-strengthening activities at moderate or high intensity that involve all the major muscle groups,** two or more times a week to gain health benefits you cannot gain from aerobic exercise.

**Aim to be as active as circumstances allow;** that includes older and disabled adults who cannot total 150 minutes of moderate activity a week.

To learn more: [www.health.gov/paguidelines](http://www.health.gov/paguidelines).

## Upcoming Events:

### Healthy Weighs for a Lifetime!



#### **New in 2009 – we are on-line!**

This weight management program is designed to provide you with nutrition and fitness strategies to improve your health. You can now complete the 8-week series on your time schedule, from the comfort of your home computer!

Session topics include: Getting Started, Rate Your Plate, Beyond Food: How habits, emotions, and environment affect your eating, Activate Your Lifestyle, Shopping Smart, Meals in a Flash, Dining out, and Secrets to Success.

Individual consultations with a Registered Dietitian are also included, as well as a packet of materials to go along with the sessions. The cost of the program is \$50.00. We will be piloting the program to county employees for \$25.00! (Participation in the pilot program is limited to 24 people!)

For more information visit: <http://www.co.la-crosse.wi.us/Health/Nutrition/index.htm>.

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## Nutrition on a Budget

Freeze leftover cooked meat, vegetables and liquid from cooked vegetables. When you are ready to make soup, add these leftovers and seasonings for a special homemade soup!

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Do you have a nutrition question for one of your Registered Dietitians?

Feel free to submit your questions to:

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#### **Resources:**

\*Nutrition in the News: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Vitamin D:  
<http://www.medicalnewstoday.com/articles/135257.php>

## Recipe Corner

### Acorn Squash Soufflé

Number of servings: 1

Serving Size: 1 soufflé

#### Ingredients:

- 0.5 cup cooked acorn squash
- 0.5 cup prepared and cooled mashed potatoes (instant or leftovers)
- 1 egg, beaten
- Dash of black pepper
- Dash of salt
- 1 tsp low-calorie margarine

#### Instructions:

1. Preheat oven to 375 degrees F. Scoop the pulp from the squash into a small bowl.
2. Add the mashed potatoes, egg, pepper and salt. Blend well. Spoon into small casserole dish.
3. Bake for 20 minutes or until slightly puffed and lightly browned. Add margarine to taste.

Serve with fresh steamed green beans and a whole-wheat roll.

#### Nutrition per serving:

- Calories: 256
- Total fat: 11 grams
- Cholesterol: 227 mg.
- Sodium: 557 mg.
- Carbohydrates: 33 g.
- Fiber: 7 g.
- Sugars: 8 g.



Source: American Diabetes Association.