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Wellness Matters

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Your Healthy Body

Protect Your Health: Diabetes

According to the American Diabetes Association (ADA), diabetes is the seventh leading cause of death in the United States. Approximately 30.3 million Americans have diabetes, and the rate of new cases continues to rise each year. Furthermore, the CDC estimates almost one-third of people with diabetes may be undiagnosed. This is a dangerous figure, as untreated diabetes is more likely to result in costly, dangerous complications like heart disease, stroke, amputations, and kidney disease.

There are two main types of diabetes:

1) **Type 1 diabetes:** Previously known as juvenile diabetes, this condition is typically diagnosed in children and young adults and occurs when the body's immune system attacks insulin-producing cells, resulting in a complete lack of insulin. Type 1 diabetes makes up

only 5 percent of those with the disease.

2) Type 2 diabetes: This condition occurs when the



body does not produce enough insulin or cannot use insulin effectively. Type 2 diabetes

accounts for 90 to 95 percent of all diagnosed cases.

Each year, diabetes costs the United States approximately \$327 billion in medical expenses and lost productivity.

Although Type 1 diabetes cannot be prevented, Type 2 diabetes, which develops slowly, can be prevented or delayed through a healthy lifestyle. Risk factors for Type 2 diabetes include obesity, physical inactivity, older age, and family history of diabetes. By placing an emphasis on nutrition

and exercise, you could reduce your risk of developing diabetes. Visit cdc.gov for more about diabetes.

Avoid Inactivity

Research shows that those who avoid inactivity by exercising regularly are likely to live longer, healthier lives. Physical activity can lead to many benefits:

- Weight maintenance
- Reduced blood pressure
- Improved glucose regulation
- Stronger bone density

Also, if you have diabetes, hypertension, or a history of smoking, you can greatly benefit from regular physical activity. So commit to a well-balanced program of physical activity, including aerobic exercise, strength training, and flexibility training. Watch for more about avoiding inactivity in the next issue!

Holiday Budget Stress

The holidays can be a stressful time of year and money is one of the leading causes. The best holiday budgeting begins early, when smart shoppers account for expenses in their monthly budgets and buy presents here and there throughout the year. But if you haven't planned ahead, here are some pointers to help you stick to your holiday budget:

- Make a list and check it twice; does everyone listed truly need to be there?
- Set limits; write down a maximum dollar limit for each person, vow to stay within that limit, and track how much you actually spend.
- Shop early; the best holiday shopping window is between October 1 and December 1.
- Buy in bulk; have a gift supply on hand so you aren't overspending at the last minute.
- Talk with family and friends about scaling back; try a Pollyanna exchange or go homemade!



Healthy & Delicious

Fewer Fats = Healthier Baking

Butter, oils, and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water, giving your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

Will substituting fats change the taste?

Substituting fat in your favorite recipes may not provide the same texture, but it will be close. In addition to lower fat content, many substitute ingredients add more fiber, protein, vitamins, and minerals to your recipes.

How can I get started? Experiment by substituting one-third of the fat from your recipe; increase or decrease to taste. For example, when baking, use 1/2 cup applesauce plus 1/2 cup of butter instead of 1 full cup of butter. Or instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk (see graphic).

With the holidays here, now is the perfect time to makeover your beloved (and maybe not the healthiest) recipes.

Healthy Baking Substitutes

-  → **½ cup applesauce plus ½ cup fat** for 1 cup oil or butter
-  → **1 cup pureed avocado** for 1 cup butter
-  → **¾ cup prunes plus ¼ cup boiling water (blended)** for 1 cup butter
-  → **3 Tbsp. flax meal plus 1 Tbsp. water** for 1 Tbsp. butter