



Winchester
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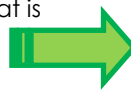
Preventing Diabetes Newsletter

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Sugar Sweetened Beverages

In last May's (2017) newsletter we looked at the new guidelines for 'added' sugars in our diet. One area that's a growing source of 'added' sugar is the sugar from what is now labelled 'sugar sweetened beverages' or SSBs.



Quote of the Day

My favorite coffee
in the morning is
the one where no
one talks to me
while I drink it.



SSBs are everywhere and it's more than just the pop! In fact, we are drinking less pop **BUT** we are drinking more 'sugar sweetened beverages' like vitamin or flavoured waters, iced drinks, juices/nectars, energy drinks, sports drinks etc. And this habit is adding a lot of sugar to our diets and affecting our health.

What's all the fuss about you ask? Several meta-analysis studies (**VS Malik et al, Diabetes Care Nov 2010; DC Greenwood et al, British Journal of Nutrition June 2014; F. Imamura et al, BMJ July 2015**) looked at the bulk of the studies available on SSBs to see if there's a link between SSBs and the risk of developing type 2 diabetes. They all came to the same basic conclusion that there **is** a higher risk of developing diabetes when you drink SSBs regularly. Regularly means **MOST** days. Regular SSB drinkers increase their risk of developing diabetes with every serving they drink regularly—one serving is about 12 ounces or 335ml. So, if you have a small iced cappuccino every second day and half a bottle of an energy or sports drink on the other days—statistically, you have increased your risk of getting diabetes by 20%!

Switching to the 'diet' version may not be much better. F. Imamura's study also looked at artificially sweetened beverages and found about an 8% increase in risk for diabetes with every daily 335ml serving. Yet again, moderation is key! Next time you buy any SSB check the grams of 'sugar' on the Nutrition Facts label.

Sugar sweetened beverages include cola and non-cola soft drinks; ready to drink teas and coffees, energy drinks, sports drinks, vitamin waters, some flavoured waters, flavoured milk, drinkable yogurt, fruit drinks, fruit nectars and some studies include 100% fruit juices as well.



Keep reading for tips to flavour your water.

Salmon Chowder



Instructions

Makes 6-8 servings

1. In a Dutch oven or large pot, cook bacon, remove and chop into small pieces.
2. Add onion, celery, carrots and corn to the Dutch oven and sauté for 5 minutes.
3. Stir in lentils and flour and cook for 1 minute stirring constantly.
4. Add chicken broth and potatoes. Cover and bring to a boil, stirring occasionally. Turn heat to medium-low and simmer for 10 minutes.
5. Turn heat to low and add milk, salmon and bacon. Simmer for 10 minutes or until salmon is cooked and potatoes are tender.
6. Remove from heat and stir in the dill and chives.

Ingredients

- 6 slices of bacon
- 1 medium onion, diced
- 2 celery ribs, diced
- 2 carrots, diced
- 1 cup corn
- 1 1/4 cups red lentils
- 1/4 cup all-purpose flour
- 4 cups low sodium chicken broth
- 2 1/2 cups diced new potatoes
- 2 cups milk
- 8 ounce (240g) fresh salmon, diced
- 1/4 cup chopped fresh dill or 1 tbsp. dried dill
- 1/4 cup chopped fresh chives or green onions

Nutritional analysis per serving (based on 6 servings)

Calories 410kcal, Protein 31g, Carbohydrate 54g, Fibre 12g, Fat 10g (Saturated fat 3g), Sodium 400mg, 1235mg Potassium, 91mg Magnesium

Notes

Adapted from recipe booklet *Lentils for every season; volume 17* or at www.lentils.ca

Look at the Fibre!!!

FYI

- Choose water;
- Add some **freshly squeezed** lemon, lime or orange juice to plain water or sparkling water;
- Try the new flavoured sparkling waters—they come in all kinds of flavours—check the Nutrition Fact label to make sure that both sugar and the sodium amount is 0;
- Make your own unsweetened iced tea with decaf tea bags, flavoured tea, green tea or herbal tea bags; Tetley makes a lot of different flavoured herbal teas that are great as iced teas — just add a tea bag to cold water with ice and let sit for 3 to 5 minutes. My favourite is lemon ginger herbal tea.
- Pure Leaf makes an unsweetened iced tea and an unsweetened green iced tea;
- Instead of a flavoured ‘coffee’ style drinks like café mocha and creole coffee, try a plain latte with no added sugar—the milk will sweeten the coffee all on it’s own.
- Make water more exciting by adding slices of lemon, lime, cucumber, watermelon or fresh mint leaves. My favourite is cucumber and mint. You can buy water bottles made for this.



It might take a little while to get used to less sugar in your drinks but over time your taste buds will get used to it :)