

THE CANADIAN DIABETES ASSOCIATION'S

# Healthy Living Calendar 2012

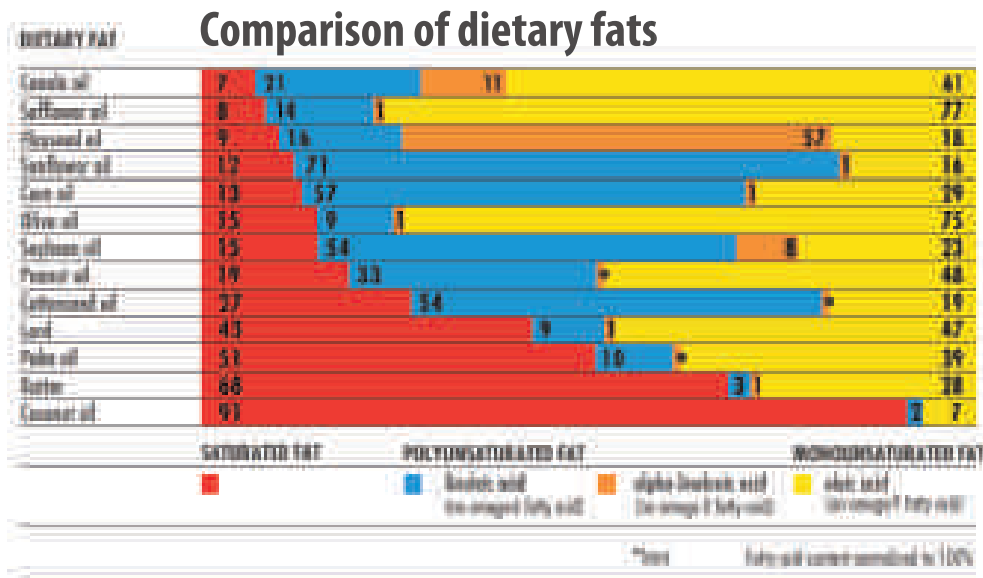
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 **Canadian  
Diabetes**  
Association

# Reduce the risk of heart disease

*1½ tablespoons at a time.*

**Canola oil isn't just versatile and economical. It has the least saturated fat of all cooking oils—half that of olive oil.** Plus, canola oil is free of *trans* fat and cholesterol and a good source of omega-3 fat and vitamin E ... all for just pennies a serving. No wonder scientific studies\* show that 1 1/2 tablespoons of canola oil a day may help keep the cardiologist away.



\*For references, please go to [www.fda.gov/Food/LabelingNutrition/LabelClaims/QualifiedHealthClaims/ucm072958.htm](http://www.fda.gov/Food/LabelingNutrition/LabelClaims/QualifiedHealthClaims/ucm072958.htm).

**Canola Oil. Good for Every Body!™** For more about the heart-smart oil, go to: [www.canolainfo.org](http://www.canolainfo.org)

# Diabetes: a threat to your health

Most Canadians are aware of the dangers of chronic diseases, such as cancer and heart disease. But did you know that diabetes also poses a very real threat to your health?

The Canadian population is aging and obesity rates are rising. Our lifestyles are increasingly sedentary. Almost 80 per cent of new Canadians come from populations that are at high risk for developing type 2 diabetes, including people of Hispanic, Asian, South Asian or African descent. Aboriginal people are three to five times more likely to develop type 2 diabetes. Currently, more than 9 million Canadians are living with diabetes or prediabetes. More than 20 people are diagnosed with diabetes every hour of every day.

The good news is that there are many steps you can take to protect yourself. Lifestyle changes can dramatically reduce your risk and keep you healthy. And for those living with diabetes, healthy behaviours can help prevent complications. So, get informed and get started!

## What is diabetes?

Diabetes is a chronic, often debilitating and sometimes fatal disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of glucose in the blood, which can damage organs, blood vessels and nerves. The body needs insulin to convert glucose into an energy source.

**Type 1 diabetes** is an autoimmune disease that occurs when the pancreas no longer produces any insulin or produces very little insulin.

**Type 2 diabetes** is a disease that occurs when the pancreas does not produce enough insulin to meet the body's needs and/or the body is unable to respond properly to the actions of insulin (insulin resistance).

**Gestational diabetes** is first diagnosed or first develops during pregnancy. Blood glucose levels usually return to normal following delivery, but both mother and child are at higher risk of developing type 2 diabetes later in life.

**Prediabetes** refers to a condition where a person's blood glucose levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Fifty per cent of people with prediabetes go on to develop the disease.

## About this calendar

The Canadian Diabetes Association's *Healthy Living Calendar* is full of great tools, tips and delicious recipes, all aimed at helping you live well with diabetes.

### How to use the calendar

#### Recipes

Every month, you will find a great healthy recipe. We hope you will enjoy them all. Each one is complete with nutritional information and indicates the number of carbohydrate choices for people with diabetes. Visit [diabetes.ca/recipes](http://diabetes.ca/recipes) each month throughout 2012 for recipes from this calendar and many more!

#### Tips

Along with a recipe each month, you will also find tips to help you manage your diabetes.

### Donate today

Join us in the fight against diabetes.

Donate today by using the enclosed envelope or visit [diabetes.ca/donate](http://diabetes.ca/donate).



Beans, lentils and brown rice pack a whole grain and vegetable protein punch.



## Make 2012 your healthiest year yet!

Whether you're trying to improve your eating habits, quit smoking, start exercising or manage your stress levels, the following tips will start you on the road to better health:

- Schedule a diabetes-focused visit with your healthcare provider every three months to:
  - discuss your diabetes
  - set realistic goals and develop a personal plan
  - overcome any challenges
- Discuss your goals with friends and family and suggest how they can help
- Look for support and/or resources in your community
- Track your progress
- Reward yourself when you reach your goal

Visit [diabetes.ca/healthylivingseries](http://diabetes.ca/healthylivingseries) and take charge of your health in 2012 with the help of our interactive e-learning series. Set your own pace to learn about the disease, diabetes care and small changes for healthier living.

## Bean, lentil and brown rice casserole with chipotle peppers

Yield: 12 servings – Serving Size: 1 cup (250 mL)

1½ Tbsp	canola oil	20 mL
1 cup	onion, chopped	250 mL
3	cloves garlic, minced	3
3 Tbsp	chopped, canned chipotle peppers in adobo sauce	45 mL
1 tsp	dried oregano	5 mL
1 tsp	dried savory	5 mL
½ tsp	freshly ground black pepper	2 mL
1 cup	sodium-reduced medium or hot salsa	250 mL
1 cup	raw brown basmati rice	250 mL
1 cup	raw green lentils	250 mL
1	can (19 oz/540 mL) kidney beans, drained and rinsed	1
4½ cups	water	1.125 L
1	bay leaf	1
1 cup	low-fat shredded Cheddar cheese	250 mL

1. Preheat oven to 350 °F (180 °C). Lightly spray 3-quart casserole with canola oil cooking spray and set aside.
2. In large soup pot, heat canola oil over medium-high heat. Add onions, reduce heat to medium and cook for 3 to 4 minutes. Add garlic, chipotle peppers, oregano, savory and black pepper and cook for 1 to 2 minutes more. Stir in salsa and deglaze pan.
3. Add brown rice, lentils, kidney beans, water and bay leaf. Bring to a boil. Transfer mixture to prepared baking dish. Cover with foil and bake in preheated oven for about 1¼ to 1½ hours or until rice and lentils are tender and no water remains. Stir twice during baking, replacing foil before returning to oven. Remove bay leaf before serving.
4. Remove from oven and sprinkle with cheese. Leave foil off and return to oven for 3 to 4 minutes to melt cheese.

**Choices:** 2 carbohydrate • 1 meat and alternatives

**Nutrient Information:** Calories 270 • Total fat 4 g • Saturated fat 0.5 g • Cholesterol 0 mg • Sodium 280 mg • Carbohydrates 47 g • Fibre 13 g • Protein 14 g

# January

## Can we count you in?

Walk or run a half or full marathon with Team Diabetes. Visit [teamdiabetes.ca](http://teamdiabetes.ca) or call 1-800-BANTING (226-8464) for details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• New Year's Day						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	• National Non-Smoking Week	17	18	19	20	21
22	• Chinese New Year	24	25	26	27	28
29	30	31				

**December 2011**

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**February 2012**

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# Morning spice mini muffins

Yield: 4 dozen – Serving Size: 1 mini muffin

2½ cups	all-purpose flour	625 mL
½ Tbsp	ground ginger	7 mL
1 tsp	ground cinnamon	2 mL
1 tsp	ground cloves	2 mL
½ cup	canola oil	125 mL
1 cup	molasses, dark	250 mL
½ cup	granulated sugar	125 mL
2	large eggs	2
2 tsp	baking soda	10 mL
1 cup	hot water	250 mL

1. Preheat oven to 325 °F (160 °C). Prepare mini-muffin tins with papers. Set aside.
2. In medium bowl, whisk together flour, ginger, cinnamon and cloves. Set aside.
3. In large bowl, vigorously whisk canola oil, molasses, sugar and eggs. Set aside.
4. In small bowl, dissolve soda with hot water. Add to canola oil and sugar mixture, whisking until fully blended. Fold in flour mixture until well blended.
5. Divide into prepared mini-muffin cups. Bake until cake tester inserted into centre comes out clean, about 9 to 11 minutes. Let cool in pans fully prior to removing.

**Choices:** 1 carbohydrate

**Nutrient Information:** Calories 70 • Total fat 2.5 g • Saturated fat 0 g  
Cholesterol 10 mg • Sodium 60 mg • Carbohydrates 12 g • Fibre 0 g • Protein 1 g

Learn what you can do to reduce your risk for heart attack and stroke. Visit [diabetes.ca/cardiovascular-risk](https://diabetes.ca/cardiovascular-risk) to complete your cardiovascular risk assessment.

*These flavourful mini bites make a great snack or treat in the morning with your first cup of coffee. Canola oil in the recipe creates moist, soft muffins.*



## Do your part... protect your heart!



Heart disease is the leading cause of death for Canadians living with diabetes. Learn what you can do to reduce your risk for heart disease:

- Schedule regular check-ups with your healthcare provider
- Have regular laboratory tests to ensure you're on target. Aim for:
  - A1C of 7.0% or lower (check every 3 months)
  - Blood pressure of less than 130/80 mmHg (check at each visit to your doctor)
  - LDL cholesterol of 2.0 mmol/L or less (check every 1 – 3 years)
- Choose a smoke-free life
- Achieve and maintain a healthy body weight
- Build time for physical activity into your daily routine
- Choose a healthy diet from *Eating Well with Canada's Food Guide*



Support the Clothesline® program. Schedule a free pick-up of your gently used clothing, as well as small household and electronic items, at [diabetes.ca/promise](http://diabetes.ca/promise) or by calling 1-800-505-5525, or visit [virtualclothesline.ca](http://virtualclothesline.ca) to donate virtual items today!

# February

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



							1	2	3	4
5	6	7	8	9	10	11				
		• Valentine's Day								
12	13	14	15	16	17	18				
	• Family Day (AB, SK, ON) • Louis Riel Day (MB) • Islander Day (PE)		• Ash Wednesday							
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**January 2012**

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**March 2012**

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Any firm whitefish can be used instead of the cod in this quick, one-dish meal.

## Eat well, live well!



Healthy eating is one of life's many pleasures, and good nutrition is key to diabetes management. Eating well and making healthy food choices every day can help you manage your diabetes, increase your energy levels and improve your overall health and well-being. And remember, eating well is important for everyone – by being a healthy role model, your whole family can benefit.

- Eat three meals a day at regular times – space your meals 4 to 6 hours apart and avoid skipping meals
- Include a variety of foods from three of the four food groups
- Fill half of your plate with vegetables
- Include some protein from lean meat, chicken, fish, eggs, peanut butter, nuts, tofu, lentils and low-fat cheese or milk in each meal
- Choose healthy snacks, such as vegetables and fruit
- Satisfy your thirst with water

Choosing healthy food and a balanced diet is the key to managing diabetes and preventing complications. Find more tips and recipes at [diabetes.ca/nutrition](https://diabetes.ca/nutrition).

## Cod fish with potatoes, fennel and carrots

Yield: 4 servings – Serving Size: 1 cod fillet and 1 cup (250 mL) of vegetables

2 Tbsp	canola oil	30 mL
1	medium onion, thinly sliced	1
2	cloves garlic, minced	2
1	small fennel bulb, trimmed and cut into thin slices, a few fronds reserved	1
4	small potatoes, thinly sliced	4
2	large carrots, peeled and shaved into large pieces	2
¾ cup	low sodium chicken broth	175 mL
2 Tbsp	tomato paste	30 mL
3	wide strips orange peel, white pith removed	3
4	cod fish fillets (4 oz/125 g)	4

1. In a large non-stick pan heat canola oil over medium high heat. Add onion and garlic and sauté until onion is soft, about 6 to 7 minutes. Add fennel and continue to cook until fennel is tender crisp, about 4 to 5 minutes. Add potatoes and carrots. Continue cooking.
2. Whisk together chicken broth and tomato paste and add to pan, along with orange peel. Simmer 10 minutes, covered.
3. Place cod fillets on top of vegetables. Cover pan and cook 10 minutes longer or until fish is cooked throughout. To serve, garnish with fennel fronds.

**Choices:** 2 carbohydrate • 3 meat and alternatives

**Nutrient Information:** Calories 330 • Total fat 8 g  
Saturated fat 0.5 g • Cholesterol 50 mg • Sodium 150 mg  
Carbohydrates 40 g • Fibre 8 g • Protein 25 g



# March

Join a very special group of our most loyal and dedicated supporters by becoming a monthly donor today!  
Please visit [diabetes.ca/donate](http://diabetes.ca/donate) for more information.

Sunday

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Thursday

Friday

Saturday

February 2012

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April 2012

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• National Nutrition Month

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• Daylight Savings Time begins

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• St. Patrick's Day

• First day of spring

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# Citrus chicken with tarragon and mustard

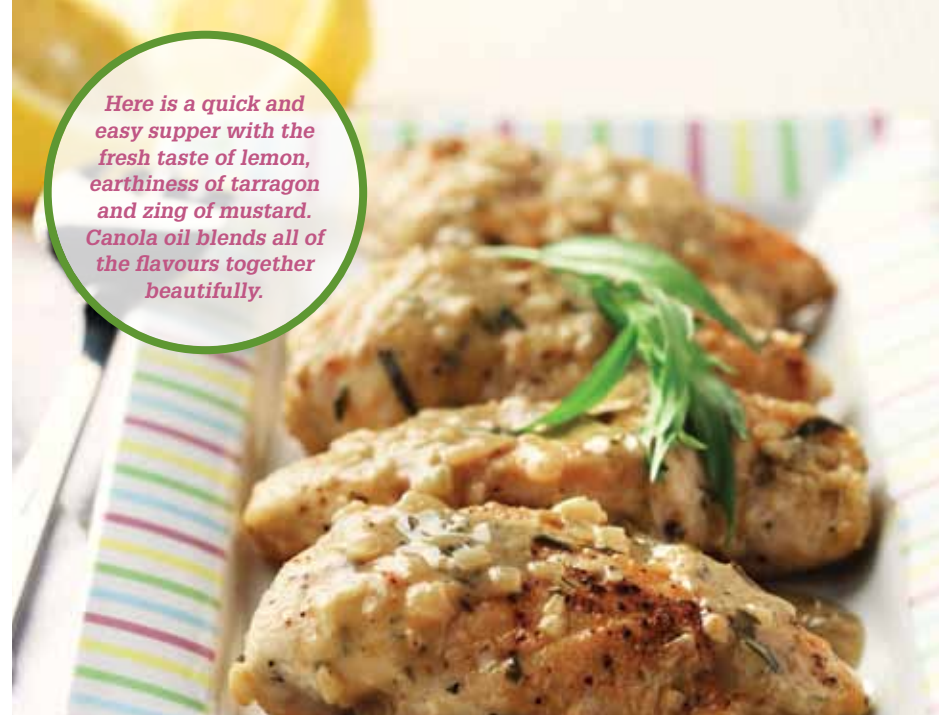
Yield: 6 servings – Serving Size: 1 chicken breast

¼ cup	all-purpose flour	60 mL
½ tsp	lemon pepper	2 mL
½ tsp	dry mustard	2 mL
6	boneless skinless chicken breasts (4 oz/125 g each)	6
2 Tbsp	canola oil, divided	30 mL
¼ cup	finely diced shallots	60 mL
2 Tbsp	Dijon mustard	30 mL
1 tsp	dried tarragon	5 mL
¼ cup	freshly squeezed lemon juice (or 1 Tbsp/15 mL concentrated lemon juice plus 2 Tbsp/30 mL water)	60 mL
1 Tbsp	honey	15 mL

1. In shallow bowl, combine flour, lemon pepper and dry mustard. Dip each chicken breast in flour mixture, shake to remove excess and set on clean plate.
2. In large skillet, heat 2 tsp (10 mL) canola oil over medium-high heat. When oil is hot, add three chicken breasts and cook 2 to 3 minutes or until lightly browned. Turn over and cook additional 2 to 3 minutes until lightly browned. Remove to clean plate. Add remaining 1 tsp (5 mL) canola oil and repeat with remaining three chicken breasts.
3. To same saucepan, add 1 Tbsp (15 mL) canola oil and heat over medium heat. Add shallots and cook 1 to 2 minutes until translucent; do not brown. Add Dijon mustard, tarragon, lemon juice and honey and stir to combine. Return all chicken breasts to saucepan, spooning sauce over chicken and cook 4 to 6 minutes or until chicken has reached internal temperature of 170 °F (77 °C) on instant-read thermometer.

**Choices:** ½ carbohydrate • 3 meat and alternatives

**Nutrient Information:** Calories 200 • Total fat 7 g • Saturated fat 1 g  
Cholesterol 65 mg • Sodium 200 mg • Carbohydrates 10 g • Fibre 0 g • Protein 24 g



*Here is a quick and easy supper with the fresh taste of lemon, earthiness of tarragon and zing of mustard. Canola oil blends all of the flavours together beautifully.*

## Brush up on healthy habits

Oral health is important for everyone, whether you have diabetes or not. People with diabetes are at higher risk for dry mouth, toothaches, gum disease, mouth ulcers and periodontal disease – all of these can impact the quality of your smile and your ability to stay healthy with diabetes.

### Your oral health checklist

- ✓ **Brush your teeth at least twice a day**  
(or after every meal or snack if possible)
- ✓ **Floss at least once a day**  
(this will help prevent plaque formation)
- ✓ **Schedule regular dental check-ups**  
(at least twice a year and more often depending on your oral health needs)



April is Oral Health Month,  
so remember to check [diabetes.ca/oralhealth](https://diabetes.ca/oralhealth)  
for more information about oral health and diabetes.

Each year, Clothesline® helps our environment by saving 767 million kWh of energy and reducing our donors' carbon footprint by 107 million kilograms of CO<sub>2</sub> emissions. Visit [diabetes.ca/clothesline](http://diabetes.ca/clothesline) for more details.

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>• Palm Sunday</li> </ul> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<ul style="list-style-type: none"> <li>• Good Friday</li> <li>• Passover begins</li> </ul> <p>6</p>	<ul style="list-style-type: none"> <li>• World Health Day</li> </ul> <p>7</p>
<ul style="list-style-type: none"> <li>• Easter Sunday</li> </ul> <p>8</p>	<ul style="list-style-type: none"> <li>• Easter Monday</li> </ul> <p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<ul style="list-style-type: none"> <li>• Passover ends</li> </ul> <p>13</p>	<p>14</p>
<ul style="list-style-type: none"> <li>• Orthodox Easter Sunday</li> <li>• National Volunteer Week</li> </ul> <p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<ul style="list-style-type: none"> <li>• Earth Day</li> </ul> <p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
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**March 2012**

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**May 2012**

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*This colourful side salad is packed with fresh herbal flavours and antioxidants.*

## Step towards good health



Foot problems are very common in people with diabetes. Over time, diabetes can damage nerves throughout the body and usually the hands, feet and legs are the first to be affected. Diabetes affects the body's ability to heal itself and people with diabetes may be less likely to feel an injury, such as a blister or cut. Unnoticed and untreated, even small injuries can quickly become infected and lead to serious complications.

### Foot care techniques:

- Wash your feet in warm (not hot) water using mild soap – avoid soaking your feet as this can dry your skin
- Dry your feet carefully, especially between your toes
- Check your feet and between your toes to ensure there are no cuts, cracks, ingrown toe nails, blisters, etc.
- Wear fresh clean socks and well-fitting shoes every day
- Have your bare feet checked by your healthcare provider at least once a year and at every diabetes-focused visit

## Rainbow salad with thai dressing

Yield: 8 servings – Serving Size: ½ cup (125 mL)

Salad		
3 cups	thinly sliced carrots (julienne or matchstick size)	750 mL
3 cups	thinly sliced red peppers (julienne or matchstick size)	750 mL
1 cup	thinly sliced green onions, white and green parts	250 mL
½ cup	finely chopped fresh basil	125 mL
½ cup	finely chopped fresh cilantro	125 mL
½ cup	finely chopped fresh mint	125 mL
Dressing		
3 Tbsp	fresh lime juice	45 mL
1 Tbsp	low-sodium soy sauce	15 mL
1 Tbsp	honey	15 mL
1 Tbsp	rice wine vinegar	15 mL
1½ tsp	mirin	7 mL
1½ Tbsp	finely minced ginger	20 mL
2 Tbsp	canola oil	30 mL
2 Tbsp	water	30 mL
½ tsp	toasted sesame oil	2 mL

1. In large bowl, combine carrots, peppers, green onions, basil, cilantro and mint and toss to combine.
2. In small bowl, combine lime juice, soy sauce, honey, vinegar, mirin, ginger, canola oil, water and sesame oil.
3. Pour dressing over salad and toss to combine before serving.

**Choices:** ½ carbohydrate

**Nutrient Information:** Calories 80 • Total fat 4 g • Saturated fat 0 g  
Cholesterol 0 mg • Sodium 80 mg • Carbohydrates 11 g • Fibre 3 g • Protein 1 g

Recipe courtesy of CanolaInfo.

Taking good care of your feet is very important for preventing serious complications. Check out [diabetes.ca/footcare](https://diabetes.ca/footcare) for more information.

# May

Give the gift of hope to the millions of Canadians affected by diabetes by leaving a legacy gift. Go to [diabetes.ca/legacy](http://diabetes.ca/legacy) or call 1-800-BANTING (226-8464) to find out more today.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



• Discovery of insulin announced (1922)

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• Mother's Day

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• Victoria Day

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• World No Tobacco Day

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April 2012							June 2012							
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# Salmon with mango chutney

Yield: 6 servings – Serving Size: 1 fillet

1/3 cup	orange juice	75 mL
1 Tbsp	finely minced ginger	15 mL
2 tsp	canola oil	10 mL
2 tsp	low-sodium soy sauce	10 mL
6	salmon fillets (4 oz/125 g each)	6
2 Tbsp	hot mango chutney	30 mL
1 Tbsp	orange juice	15 mL

1. In shallow bowl or re-sealable plastic bag, combine orange juice, ginger, canola oil and soy sauce. Completely coat salmon fillets with mixture. Marinate in refrigerator for 4 hours. Remove salmon and discard marinade.
2. In small sauce pan or microwave-safe small bowl, combine mango chutney and orange juice; warm to liquefy chutney.
3. Preheat oven to 375 °F (190 °C). Lightly spray baking sheet with canola oil cooking spray. Place salmon fillets on baking sheet. Brush with chutney mixture.
4. Bake in pre-heated oven for 10 to 12 minutes or until fish is opaque and flakes easily with fork.

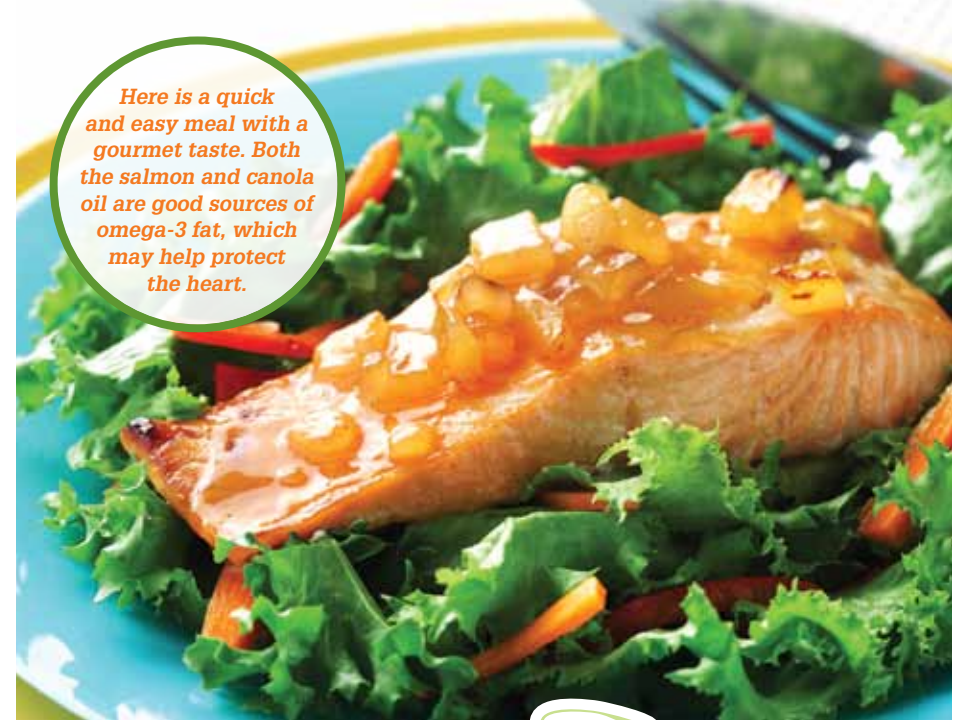
**Choices:** 3 meat and alternatives

**Nutrient Information:** Calories 170 • Total fat 6 g • Saturated fat 1 g  
Cholesterol 60 mg • Sodium 170 mg • Carbohydrates 5 g • Fibre 0 g • Protein 23 g

Recipe courtesy of CanolaInfo.



See the pull-out spread for a helpful physical activity tracking tool, and check out [diabetes.ca/recipes](https://diabetes.ca/recipes) for more great recipes that will help give you more energy to keep moving!



Here is a quick and easy meal with a gourmet taste. Both the salmon and canola oil are good sources of omega-3 fat, which may help protect the heart.

## Spring into action!

Everyone, whether or not they have diabetes, can benefit from regular physical activity. The benefits include weight management, stronger bones, better blood pressure control, lower rates of heart disease, higher energy levels and better control of diabetes.

### Increase your physical activity

- Try to be active most days of the week – aim for at least 150 minutes of physical activity each week (i.e., 30 minutes/5 days a week)
- Enjoy a variety of exercises like walking, running, cycling, dancing, basketball, gardening, badminton and weight training
- Start slowly and gradually increase the amount of effort (i.e., start strolling and move on to brisk walking); do something you like!
- Set small, attainable fitness goals – reward yourself in healthy ways when you reach them
- Exercise with a friend for support
- Enjoy your improved sense of health and well-being

# June

Do you have a birthday, wedding or anniversary coming up?  
 Make a gift in honour of someone special. Go to [diabetes.ca/donate](http://diabetes.ca/donate) for details.

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May 2012

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July 2012

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• Father's Day

• National Aboriginal Day  
 • First day of summer

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Eggs are a complete source of protein, and here they are baked with veggies like a casserole. The frittata is perfect for brunch, lunch or even dinner!



## Here's to happy campers!

The Canadian Diabetes Association operates 12 summer camps for children with diabetes across Canada. While at camp, children learn about diabetes management in an enriching, safe and fun environment. The educational aspect focuses on blood glucose testing, administering insulin, meal planning and proper exercise. In fact, many of our alumni recall that camp was the first time they administered their own insulin – a milestone in the life of a child living with diabetes. For more information visit [diabetes.ca/camps](http://diabetes.ca/camps).



## Red pepper and fennel frittata

Yield: 10 servings – Serving Size: ½ cup (125 mL)

1 Tbsp	canola oil	15 mL
1½ cups	chopped red pepper	375 mL
1½ cups	chopped fennel	375 mL
¾ cup	chopped red onion	175 mL
1 tsp	fennel seeds	5 mL
1 cup	peeled, cubed white potatoes	250 mL
8	large eggs	8
¼ cup	1% milk	60 mL
½ tsp	freshly ground black pepper	2 mL
1 cup	low-fat shredded Cheddar cheese	250 mL
½ cup	reduced-fat crumbled feta cheese	125 mL

1. Preheat oven to 400 °F (200 °C). Spray 9x13-inch (22x33-cm) glass baking dish with canola cooking spray and set aside.
2. In large skillet, heat canola oil over medium-high heat. Add red peppers, fennel, onion and fennel seeds and sauté 3 to 4 minutes or until vegetables begin to soften. Remove from heat and stir in potatoes. Evenly spread vegetable mixture in bottom of prepared baking dish.
3. In small bowl, whisk eggs with milk and black pepper. Pour over vegetables. Sprinkle Cheddar and feta cheese evenly over top. Bake in preheated oven for 25 to 30 minutes or until eggs are set.

**TIP:** Bake and serve in individual ramekins for a personal, elegant touch.

**Choices:** ½ carbohydrate • 1 meat and alternatives

**Nutrient Information:** Calories 140 • Total fat 7 g • Saturated fat 2.5 g • Cholesterol 175 mg • Sodium 230 mg • Carbohydrates 8 g • Fibre 1 g • Protein 10 g

# July

Lead the fight against diabetes within your organization and take advantage of an Employee Matching Gift program. Visit [matchinggifts.com/canada/diabetes](http://matchinggifts.com/canada/diabetes) for more information.

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# Wheat berry and apple salad

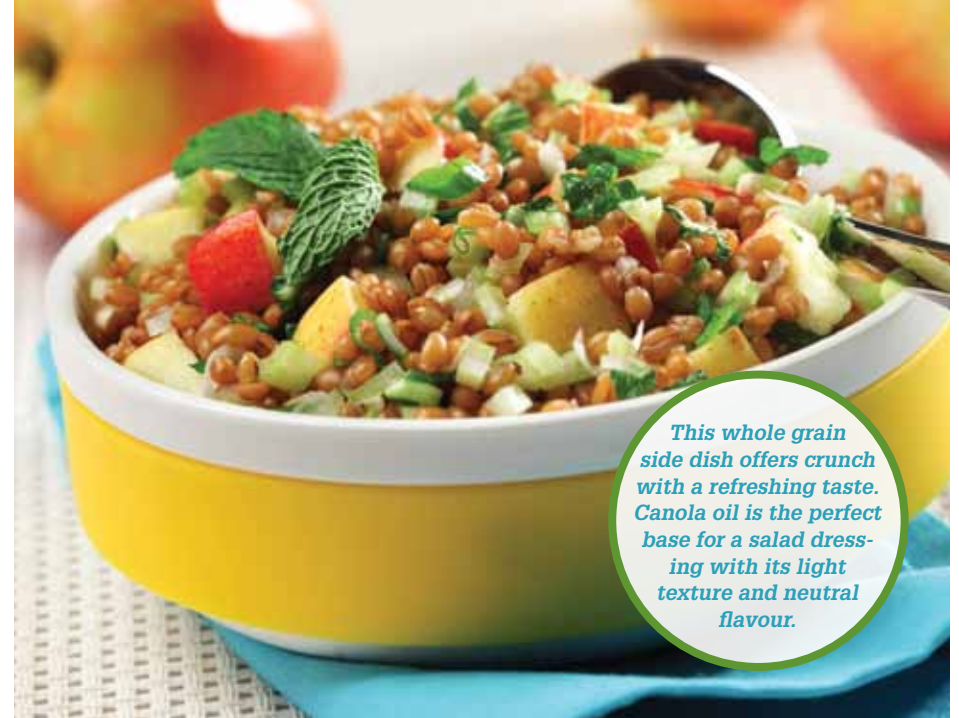
Yield: 8 servings – Serving Size: ¾ cup (175 mL)

1 cup	wheat berries	250 mL
½ tsp	salt	2 mL
3 cups	water	750 mL
1 cup	finely chopped celery	250 mL
2 cups	finely chopped apple, preferably Cortland or Jonagold (skin on)	500 mL
½ cup	finely chopped fresh mint	125 mL
½ cup	finely chopped green onion	125 mL
<b>Dressing</b>		
2 Tbsp	canola oil	30 mL
3 Tbsp	apple cider vinegar	45 mL
2 Tbsp	apple juice	30 mL
1 Tbsp	honey	15 mL
2 tsp	finely minced fresh ginger	10 mL

1. Place wheat berries in a glass or ceramic bowl. Cover with 2 inches (5 cm) water and let sit overnight in refrigerator to soften. In morning, drain water. Place berries in small saucepan, add salt and 3 cups (750 mL) water. Bring to a boil and then reduce heat and simmer for about 45 to 55 minutes or until tender. Drain any excess water and place berries in large mixing bowl.
2. Add celery, apples, mint and green onion and stir to combine.
3. In small bowl, whisk canola oil, vinegar, apple juice, honey and ginger together. Pour over salad. Flavours improve if salad is refrigerated for up to 4 hours prior to serving.

**Choices:** 1½ carbohydrate

**Nutrient Information:** Calories 150 • Total fat 4 g • Saturated fat 0 g  
Cholesterol 0 mg • Sodium 160 mg • Carbohydrates 25 g • Fibre 4 g • Protein 4 g



*This whole grain side dish offers crunch with a refreshing taste. Canola oil is the perfect base for a salad dressing with its light texture and neutral flavour.*

## Take care of your mental health, too

Stress is a fact of daily life and can result from both the good and bad things that happen. In addition to the demands of diabetes management, events in life such as getting married, moving, job pressures or holiday planning can cause stress. Not all stress is bad, but the negative effects of too much stress can affect your health. Learn what you can do to manage your stress, improve your mood and stay healthy with diabetes.

### Improve your mood:

- Make decisions – worrying about decisions causes stress
- Avoid putting things off – make a weekly schedule that includes activities you enjoy as well as the things you must do
- Try to be active most days of the week – physical activity can improve your mood
- Reach out to friends, family or someone you trust to discuss what you are going through
- Join a support group in your community
- Speak with a healthcare provider

Visit [diabetes.ca/community](https://diabetes.ca/community) to locate diabetes support groups in your community and to learn more tips for stress management.

Stay informed and join the fight against diabetes by becoming a member today!  
 For more information visit [diabetes.ca/membership](http://diabetes.ca/membership).

# August

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**July 2012**

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**September 2012**

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- Civic/Provincial Day (MB, NT, ON, SK),
- British Columbia Day
- Heritage Day (AB)
- New Brunswick Day

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• Ramadan ends

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• Eid-al-Fitr

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These yummy tarts are a nice little treat when you want something sweet.

## Healthy habits...on the go!

Many people mistakenly believe that “fast foods” have to be junk foods. However, even in a rush, you can eat well. Whether you pack your lunch at home or choose to eat out, meals and snacks can still follow *Eating Well with Canada’s Food Guide* recommendations. The key to eating healthy on the go is being prepared. Food on the go can be healthy and balanced with some advanced planning!

### Healthy fast foods:

- Garden salad
- Mini subs, pita sandwiches, wraps (ask for extra vegetables)
- Vegetarian pizza with whole grain crust

### Snacks on-the-go:

- Vegetables and fruits
- Low-fat cheeses or yogurt, boiled eggs
- Whole grain crackers with peanut butter or hummus
- Unsalted nuts or seeds

**Choices:** ½ carbohydrate • ½ fat

**Nutrient Information:** Calories 50 • Total fat 2.5 g • Saturated fat 1 g  
Cholesterol 0 mg • Sodium 80 mg • Carbohydrates 6 g • Fibre 1 g • Protein 1 g

## Sweet yogurt mini tarts with apple-ginger topping

Yield: 12 tarts – Serving Size: 1 tart

### Phyllo tart shells

4	sheets phyllo pastry	4
	canola oil cooking spray	

### Topping

1 Tbsp	canola oil	15 mL
1 cup	finely diced Granny Smith apples, unpeeled	250 mL
2 Tbsp	dried tart cherries	30 mL
1 Tbsp	granulated artificial sweetener	15 mL
1 tsp	grated ginger root	5 mL
1 tsp	vanilla	5 mL
	dash of salt	

### Filling

½ cup	plain nonfat Greek yogurt	125 mL
1 Tbsp	granulated artificial sweetener	15 mL
½ tsp	vanilla	2 mL

1. Preheat oven to 375 °F (190 °C).
2. To make phyllo tart shells, defrost phyllo pastry. Lay one sheet of pastry on countertop and spray with canola oil. Place second sheet of phyllo pastry over top. Continue layering and spraying with oil, until there are 4 layers of pastry. Cut pastry squares 3x3-inch (7x7 cm). *Alternative: The pastry squares can also be cut before spraying with canola oil spray. The squares can then be slightly off-set when layering to obtain a more decorative appearance.*
3. Lightly spray 2 mini muffin pans. Line each muffin cup with one square of pastry, alternating cups so that there is enough room for the pastry. Place six 4-layer phyllo pastry squares into each muffin pan. Bake cups for 5 minutes or until nicely browned.
4. To prepare topping: In medium nonstick skillet, heat canola oil over medium-heat until hot. Add apples and cherries and cook 3 minutes or until tender, stirring occasionally. Remove from heat and cool to room temperature. Stir in remaining topping ingredients.
5. To prepare filling: In small bowl, whisk together yogurt, sweetener and vanilla and set aside.
6. At time of serving, spoon equal amounts of yogurt mixture (about 1½ tsp/7 mL) in each of 12 mini tarts. Top each with equal amounts of apple mixture (about 2 tsp/10 mL) on top of each tart. Serve immediately for peak texture.



# Butternut squash and apple soup with wild rice and toasted almonds

Yield: 12 servings – Serving Size: 1 cup (250 mL)

2 cups	water	500 mL
½ cup	wild rice	125 mL
½ cup	sliced almonds	125 mL
1½ Tbsp	canola oil	20 mL
1 cup	chopped onion	250 mL
2 cups	low-sodium chicken broth	500 mL
2 cups	water	500 mL
1	1-3 1b/500 g-1.5 kg butternut squash, peeled and flesh cut into 1-inch cubes to yield 8 cups	1
1	Granny Smith apple, peeled, cored and coarsely chopped	1
1	bay leaf	1
1	cinnamon stick	1
½ tsp	salt, optional	2 mL
½ tsp	nutmeg	2 mL

- In medium saucepan, bring 2 cups (500 mL) water to a boil and add wild rice. Reduce heat, cover and simmer for about 45 minutes or until water is evaporated and rice grains have split open. (Check occasionally to ensure water does not evaporate too quickly causing rice to burn.) Drain any excess water and set aside.
- In non-stick skillet over medium-high heat, toast almonds to golden brown, about 1 to 2 minutes. Watch so they don't burn. Remove and set aside.
- In large soup pot, heat canola oil over medium-high heat. Add onions, reduce heat to medium and cook for 3 to 4 minutes or until opaque; do not allow onions to brown. Stir in broth, water, squash, apple, bay leaf and cinnamon stick. Bring to a boil and then reduce heat and simmer for 25 to 30 minutes or until squash and apples are tender. Remove from heat and remove bay leaf and cinnamon stick.
- Purée soup with immersion blender or food processor. Return to low heat and stir in salt (if using) and nutmeg. Stir in wild rice to heat through. Spoon soup into bowls and garnish each bowl with 1 Tbsp (15 mL) toasted almonds.

**Choices:** 1 carbohydrate

**Nutrient Information:** Calories 110 • Total fat 4 g • Saturated fat 0 g  
Cholesterol 0 mg • Sodium 115 mg • Carbohydrates 17 g • Fibre 4 g • Protein 3 g



*This tasty, autumn-inspired soup will make you look forward to the end of summer.*

## Join the fight to maintain your sight

People with diabetes are at risk of developing diabetic retinopathy, a disease that causes small blood vessels in the back of the eye (retina) to bleed or form new vessels. The blood vessels may swell and fluids may leak into the retina, creating blurred vision. Diabetes is the leading cause of legal blindness in Canada. Learn what you can do protect your sight.

### Keep your eyes healthy

- There are no early symptoms, so regular eye exams are very important:
  - If you have type 1 diabetes, are 15 years old or over and have had diabetes for 5 years, get your eyes examined every year
  - If you have type 2 diabetes, get your eyes examined when you are diagnosed and every 1 to 2 years
- Eye examinations should be conducted by an experienced eye care professional
- Manage your blood glucose, blood pressure and cholesterol levels to prevent or delay the onset of diabetic retinopathy
- If you notice changes in your vision, talk to an eye care professional

Every year, thousands of volunteers go door-to-door to raise diabetes awareness and much needed funds in their communities. To learn more, visit [diabetes.ca/neighbours](http://diabetes.ca/neighbours).

# October

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	• Healthy Workplace Month  1	2	3	4	5	6																																																																																				
7	• Thanksgiving Day 8	9	10	11	12	13																																																																																				
14	15	• World Food Day 16	17	18	19	20																																																																																				
21	22	• Nobel Prize awarded for discovery of insulin (1923) 23	24	25	• Eid-al-Adha 26	27																																																																																				
28	29	30	• Banting House 91st anniversary • Halloween 31	 <table border="1" style="display: inline-table; margin-right: 20px;"> <caption>September 2012</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> </tbody> </table> <table border="1" style="display: inline-table;"> <caption>November 2012</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2 3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </tbody> </table>			S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	S	M	T	W	T	F	S							1 2 3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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*Beat the morning rush with this hearty breakfast cookie. Just grab and go!*

## November is Diabetes Awareness Month

Across Canada, 9 million people live with diabetes or prediabetes. Every November, the Canadian Diabetes Association hosts community-based activities to raise awareness about the seriousness of diabetes. You can help the Association lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Visit [diabetes.ca](http://diabetes.ca) to learn how you can get involved as a volunteer, advocate, donor or supporter.



## Breakfast on-the-go cookies

Yield: 24 cookies – Serving Size: 1 cookie

1 cup	brown sugar	250 mL
¼ cup	7-grain hot cereal	60 mL
1 cup	rolled oats	250 mL
1 cup	all-purpose flour	250 mL
1 cup	whole wheat flour	250 mL
½ Tbsp	baking soda	7 mL
½ tsp	baking powder	2 mL
½ tsp	salt	2 mL
1 tsp	allspice	5 mL
¼ cup	canola oil	60 mL
¼ cup	applesauce	60 mL
3	egg whites	3
1 tsp	vanilla extract	5 mL
¼ cup	sunflower seeds	60 mL
⅓ cup	chopped dried cherries	75 mL

1. Preheat oven to 350 °F (175 °C). Line cookie sheets with parchment paper.
2. In large bowl, stir together sugar, cereal, flour, baking soda, baking powder, salt and allspice. Make well in centre and pour in canola oil, applesauce, egg whites and vanilla. Mix until well blended. Stir in almonds and cherries. Roll cookies into golf ball-size balls. Place cookies 2 inches (5 cm) apart onto prepared cookie sheets and flatten to ½-inch (1.3-cm) thickness with wet hands.
3. In preheated oven, bake 8 minutes for chewy cookies. Remove from cookie sheets to cool on wire racks. They store well in freezer.

**Choices:** 1 carbohydrate • ½ meat and alternatives

**Nutrient Information:** Calories 150 • Total fat 3.5 g • Saturated fat 0 g  
Cholesterol 0 mg • Sodium 210 mg • Carbohydrates 23 g • Fibre 2 g • Protein 7 g

During Diabetes Awareness Month, visit [diabetes.ca](http://diabetes.ca) to discover what activities are taking place from coast to coast and how you can get involved.

# November

Visit [diabetes.ca](http://diabetes.ca) to learn how you can get involved as a volunteer, advocate, donor or supporter.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2012

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December 2012

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• Daylight Savings Time ends

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• Remembrance Day

Diwali

• Frederick G. Banting Born (1891)  
• World Diabetes Day

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# Roasted beef with wild mushroom sauce

Yield: 12 servings – Serving Size: 3 oz (90 g), plus ¼ cup (60 mL) vegetables and sauce

2½ lb	outside round beef roast	1.1 kg
1½ - 2 tsp	freshly ground black pepper	7 - 10 mL
1 oz	mixed dried wild mushrooms	30 g
2 cups	low-sodium beef broth	500 mL
1 cup	water	250 mL
1 Tbsp	canola oil	15 mL
2 Tbsp	finely minced shallots	30 mL
2	cloves garlic, minced	2
1 Tbsp	whole black peppercorns, coarsely crushed	15 mL
1 Tbsp	Dijon mustard	15 mL
2 Tbsp	brandy	30 mL
2½ Tbsp	all-purpose flour	37 mL

1. Heat oven to 275 °F (140 °C). Lightly spray 9x9-inch (22x22-cm) metal roasting pan with canola oil cooking spray and set aside.
2. Pat roast dry. Cover entire roast with ground black pepper and shake off excess. Place in prepared pan and roast in preheated oven for 1¼ to 1¾ hours or until internal temperature registers 140 °F (60 °C) with instant-read thermometer. Remove from oven and tent loosely with foil.
3. During last 30 minutes of cooking, prepare sauce. In medium saucepan, bring beef broth and water to a boil. Remove from heat and add mushrooms, covering them well with liquid. Let set at room temperature for 30 minutes to soften. Drain mushrooms, reserving broth. Coarsely chop mushrooms.
4. In large skillet, heat canola oil over medium-high heat. Add shallots and cook for 1 to 2 minutes or until soft; do not brown. Add garlic, peppercorns, Dijon mustard and reserved chopped mushrooms and cook for 1 minute. Deglaze pan with brandy and cook for 1 minute. Add flour and cook for 1 minute. Whisk in beef broth. Bring to a boil, then reduce heat and simmer for 8 to 10 minutes or until thickened.
5. Transfer meat to cutting board and slice thin. Cover with sauce and serve.

**Choices:** 3½ meat and alternatives

**Nutrient Information:** Calories 210 • Total fat 9 g • Saturated fat 2.5 g  
Cholesterol 95 mg • Sodium 60 mg • Carbohydrates 4 g • Fibre 0 g • Protein 27 g



*This hearty yet simple meal bursts with flavour due to the sauce.*

## Celebrate the holiday spirit

The holiday season is a time for family, friends, food and fun, but don't let the festivities derail your healthy habits. You can still eat well and have fun this holiday season while managing your diabetes.

### Tips for healthy holidays

- Watch portion sizes; it's often not what, but how much you eat that makes a difference
- Eat a healthy meal before going out to lower the temptation of eating high-fat, high-calorie treats
- Choose vegetables with a low-fat dip or spread such as hummus, yogurt or fresh salsa, rather than chips or cream-laden dips
- Low-fat egg-nogs, "virgin" Caesars, sparkling water and cranberry juice spritzers (without the alcohol) are better choices in keeping with the holiday season
- Make physical activity part of your holiday fun to provide a balance to eating and help you deal with holiday stress

December is a time for getting together with family and friends, and often food is part of the celebration. Visit [diabetes.ca/nutrition](https://diabetes.ca/nutrition) for ideas on how to enjoy healthy foods during the holidays.

There is still time to make your 2011 donation.  
 Visit [diabetes.ca/donate](http://diabetes.ca/donate) before December 31.

# December

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**November 2012**

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**January 2013**

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5 • International Volunteer Day	6	7	8 • Hanukkah begins
9	10	11	12	13	14	15
16 • Hanukkah ends	17	18	19	20	21	22 • First day of winter
23 • Christmas Eve	24	25 • Christmas Day	26 • Boxing Day • Kwanzaa starts			
30 • New Year's Eve	31					
		25	26	27	28	29

# Not all Fats are Created Equally!

Everyone needs some fat in their diet for good health. Fat supplies energy, carries flavours and helps your body absorb fat-soluble vitamins like A, D, E and K. But make sure it's the right kind of fat – unsaturated. Limit intake of saturated and trans fats, which negatively impact cholesterol, thereby increasing the risk of heart disease.

Canola oil is an excellent source of healthy fat. In keeping with expert dietary recommendations, it is:

- **Free of trans fat and cholesterol**

Trans fat is a double negative in the body: It raises bad LDL cholesterol and can lower good HDL cholesterol.

- **Low in saturated fat**

Saturated fat also raises bad LDL cholesterol. Canola oil has the least saturated fat of all cooking oils.

- **High in omega-3 fat**

Omega-3 fat acts as an anti-inflammatory that may help protect the heart. Canola oil contains the most omega-3 fat of any cooking oil. This plant-based omega-3 is essential in the diet as the body cannot produce it on its own.

- **A source of omega-6 fat**

Omega-6 fat contributes to brain function and infant growth and development. It is also essential in the diet because the body cannot make it. Canola oil has a moderate amount of omega-6 fat.

- **High in monounsaturated fat**

Monounsaturated fat may help reduce the risk of heart disease by lowering bad LDL cholesterol and controlling blood sugar levels. Canola oil is rich in monounsaturated fat.

## Comparison of Dietary Fats

DIETARY FAT	FATTY ACID CONTENT (Normalized to 100%)				Total
	SATURATED FAT	POLYUNSATURATED FAT	MONOUNSATURATED FAT		
		linoleic acid (an omega-6 fatty acid)	alpha-linolenic acid (an omega-3 fatty acid)	oleic acid (an omega-9 fatty acid)	
Canola oil	7	21	11	61	61
Safflower oil	8	14	1	77	77
Flaxseed oil	9	16	57	18	18
Sunflower oil	12	71	1	16	16
Corn oil	13	57	1	29	29
Olive oil	15	9	1	75	75
Soybean oil	15	54	8	23	23
Peanut oil	19	33	*	48	48
Cottonseed oil	27	54	*	19	19
Lard	43	9	1	47	47
Palm oil	51	10	*	39	39
Butter	68	3	1	28	28
Coconut oil	91	2	7	7	7

\*Trace

Fatty acid content normalized to 100%

## Get the Right Fats in Your Diet

Health professionals recommend:

- Minimizing trans fat and other dietary fats that increase cholesterol.
- Consuming less than 10 percent of calories from saturated fat per day.
- Keeping total daily fat intake between 20 to 35 percent of calories.
- Getting monounsaturated fat from sources such as nuts, seeds and canola oil.
- Increasing intake of omega-3 fat from foods like salmon, tuna, walnuts and canola oil.

Canola oil is the only cooking oil that meets the low saturated fat criteria to use the following health claim from Health Canada:

*A healthy diet low in saturated and trans fats may reduce the risk of heart disease. Canola oil is low in saturated and trans fats.*



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Please visit [www.canolainfo.org](http://www.canolainfo.org) for more information on and recipes made with canola oil.

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