



SODON Quarterly E-Newsletter



December 2008
Volume 1, Number 2



Happy Holidays!

FOR YOUR INFORMATION

Holiday Baking

Holiday cookies, candies and treats are often an essential part of the tradition of the season. Good news! They can fit into a healthful eating plan.

Fitting holiday treats into a healthful eating plan is easy. You can consume smaller portions, replace high calorie foods with low-fat options or slightly adjust the recipes. When it comes to altering recipes try:

- two egg whites in place of one egg
- dried fruit in place of nuts
- three tablespoons of cocoa powder and 1 tablespoon of oil in place of baking chocolate
- evaporated skim milk in place of cream or whipping cream
- applesauce in place of some of the fat.

When making recipe changes, make one change at a time, start with small substitutions and increase as desired.

Produced by ADA's Public Relations Team
www.eatright.org

WHAT'S NEW AT SODON?

Got Diabetes?...Get Educated! TV Commercial

A special thanks to TIPDON for creating a TV commercial that promoted local DSME programs. This commercial encouraged viewers to seek out diabetes education if they have diabetes. The commercial ran on local TV stations in the month of November throughout Michigan. We thank MODE for helping to fund this project.

ARTICLE OF INTEREST

Executive Summary: Comparative Effectiveness, Safety, and Indications of Insulin Analogues in Premixed Formulations for Adults with Type 2 Diabetes. Effective Health-care. Agency for Healthcare Research and Quality. Published September 15, 2008.

IN THE NEWS

ReliOn Syringe Recall

New York Times

November 6, 2008

Covidien Ltd. is recalling 471,000 disposable insulin syringes because of mislabeling that could cause patients to receive an overdose, federal regulators said. The company's ReliOn hypodermic syringes could cause patients to receive as much as 2.5 times the intended dose, according to an e-mailed statement by the Food and Drug Association. The syringes were sold at Wal-Mart and Sam's Club stores, according to the statement.

RESOURCES



The [American Diabetes Association](#) (ADA) has launched its new *Por Tu Familia Adult Prevention Toolkit* designed specifically for community-based and faith-based organizations in Hispanic/Latino communities. The tool kit was developed to improve the quality of life for Hispanics/Latinos with and at risk for diabetes, and provides organizations with comprehensive and culturally relevant information on diabetes and healthy living. Each tool kit contains educational materials such as brochures, recipe samplers, posters, and healthy lifestyle bilingual tip sheets.

To order a free copy of the *Por Tu Familia Adult Prevention Toolkit* for your organization, contact ADA's national call center at 1-800-DIABETES.

FROM OUR PARTNERS

For Diabetes Friendly Recipes in English or Spanish Visit the NDEP Website at <http://ndep.nih.gov/diabetes/MealPlanner/>

HEART HEALTHY RECIPE

Sweet Potato Casserole

4 medium sweet potatoes
3/4 cup SPLENDA® No Calorie Sweetener, Granulated
1/2 cup milk
2 teaspoons grated orange rind
1/4 cup fresh orange juice
2 teaspoons vanilla extract
1 extra large egg, lightly beaten
1/2 cup all-purpose flour
3 tablespoons butter, melted
1 cup panko crumbs*
1/2 cup finely chopped pecans
2 tablespoons butter, melted
3 tablespoons maple syrup



1. Preheat oven to 375°F (190°C). Lightly grease a 13 x 9-inch [baking dish](#).
2. Place sweet potatoes on a baking sheet; bake for 1 hour or until done. Cool to touch. Peel and mash. Reduce oven to 350 degrees F.
3. Combine sweet potatoes and next 8 ingredients in a large bowl. Beat at medium speed with an electric mixer until smooth. [Spoon](#) into baking dish.
4. Combine panko and remaining ingredients; sprinkle crumb mixture over top of [casserole](#). Bake for 1 hour or until casserole is thoroughly heated.

Makes 14 servings.

- Panko is a Japanese-style breadcrumb that is sold in some supermarkets and in Asian food markets. They are delicate crisp crumbs that add a light crisp texture to foods.

Nutrients Per Serving: Calories: 190; Calories from Fat: 70; Total Fat: 8g; Saturated Fat: 3g; Cholesterol: 30mg; Sodium: 95mg; Total Carbs: 29g; Dietary Fiber: 3g; Sugars: 10g; Protein: 4g Exchanges Per Serving: 1 1/2 Starches, 1 Fat

Recipe and photograph courtesy of Splenda, Inc. Splenda® is a no-calorie sweetener made from sugar that is suitable for diabetics. For more information regarding this product, please call 1-800-777-5363 or visit their website at www.splenda.com.

UPCOMING EVENTS

PATH Leadership Training



Training to facilitate Stanford's Chronic Disease Self-Management Program.

January 13, 14, 20 & 21, 2009 9am-4pm

SODON Office - Community Health Agency, 1110 Hill Street, Three Rivers, MI 49093

Cost \$150.00 includes: Lunch, Snacks, Beverages, Manual, Book & Audio CD

Class size is limited. Register at 1-800-795-7800 or sodon@bhsj.org