



FOOD FOR THOUGHT...

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Pre-Diabetes

Seventeen million Americans have diabetes and 16 million more are at increased risk of developing the disease according to updated statistics from the United States Department of Agriculture Health and Human Services (USDA/HHS). In response, the USDA/HHS has coined a new term, "Pre-Diabetes," in an effort to educate the public on prevention, symptoms, and treatment of diabetes. In the past, the medical community has referred to this condition as impaired glucose tolerance, or IGT, an increasingly common condition in which blood sugar levels are higher than normal, but not yet indicative of diabetes.

- When should you be screened?
- What are the most important lifestyle changes for prevention?

NEW SCREENING RECOMMENDATIONS

Screening for pre-diabetes is important because studies show that most people with this condition will go on to develop full-blown diabetes within 10 years.

According to an expert panel, if you are middle-aged, chances are you should be tested for pre-diabetes as soon as your next doctor's visit. And if you are overweight, your risk of developing pre-diabetes or diabetes is increased dramatically. People who are obese (defined as Body Mass Index, or BMI, equal to or greater than 30) have a five-fold greater risk of developing diabetes than those with a BMI of 25 or less.

The following are new research-based screening guidelines from the American Diabetes Association (ADA) and the National Institutes of Health (NIH)¹:

1. Everyone 45 or older should consider getting tested. Testing is strongly recommended if you are overweight.

2. Ask your doctor about getting tested sooner than age 45 if you are significantly overweight and have another risk factor such as: diabetic relative, bad cholesterol, high blood pressure, diabetes during pregnancy (if you have had a baby with a birth weight over nine pounds) or if you are in a racial minority group.

3. If your test result is normal, remember to repeat the test every three years.

	PAGE
Positive lifestyle changes	2
Peanut butter diet meal plan	3
"Sticking" to an eating plan	4

POSITIVE LIFESTYLE CHANGES

New research is showing that positive lifestyle changes are going head-to-head with drugs for both diabetes and cardiovascular disease, clearly demonstrating the power of whole foods and physical activity. A landmark trial, Diabetes Prevention Program, shows that modest lifestyle changes can reduce the incidence of type 2 diabetes in people with impaired glucose tolerance (IGT) by almost 60%.²⁻³ These results are consistent with an earlier study, strengthening the case for lifestyle changes in chronic disease prevention.⁴

1 IMPROVE YOUR DIET QUALITY:

- Choose good fats (more mono- and poly-unsaturated and less saturated);
- Choose good carbohydrates (more whole grains);
- Choose low-glycemic load foods (see below);
- Eat a wide variety of fruits and vegetables; and
- Choose plant protein (peanuts, nuts, seeds, peanut butter) over animal protein.

2 MAINTAIN A HEALTHY WEIGHT:

Even 10 to 15 extra pounds can increase your risk for developing diabetes and cardiovascular disease. A study published in the *New England Journal of Medicine* showed that, for women with a Body Mass Index (BMI) of 26, the risk of coronary heart disease was about twice the risk of women with a BMI of less than 21; the risk in men with a BMI of 26 was about 1.5 times the risk in men with a BMI of less than 21. For the same comparison, the risk of type 2 diabetes was four times as high in men and eight times as high in women.⁵

$$\text{BMI} = (\text{weight in pounds} \div 2.2) \div (\text{height in inches} \div 39.37)^2$$

3 GET MOVING AND KEEP MOVING:

- Long term studies show that people who have lost weight and kept it off all have one thing in common—they exercise.
- Exercise will give you health benefits beyond diet alone.

Glycemic Index (GI) ranks foods by how quickly they turn to sugar in your body. Glycemic Load (GL) is a term that also accounts for the amount of carbohydrate in a food, giving us a better picture of a food's overall effect on blood sugar levels than GI alone. The key is to eat low GL foods more often to keep blood sugar levels steady. Here are the GL of some commonly eaten foods:⁶

<u>Food</u>	<u>Glycemic Load</u>	<u>Food</u>	<u>Glycemic Load</u>
Instant Rice	24.8	Apple	8.1
Baked Potato	20.3	Carrots	3.8
Spaghetti	16.4	Milk	3.2
Banana	13.3	Peanuts	0.7

PEANUT BUTTER DIET MEAL PLAN

There's good news if your biggest obstacle to healthy eating is finding a plan that you can "stick" to for the long term. Researchers at Harvard School of Public Health and Brigham and Women's Hospital in Boston found that three times as many people were able to stick to a healthy moderate-fat weight loss diet than those following the traditionally recommended low-fat diet. Furthermore, they were able to keep the weight off for more than 18 months, had better nutritional intakes, and were more satisfied because they could eat some of their favorite foods each day such as peanut butter, nuts and healthy oils, in a healthy Mediterranean-style eating pattern.⁷

While the healthy fat in the Mediterranean diet comes mainly from olive oil, a team of dietitians led by the nutrition editor at *Prevention* magazine, Holly McCord, developed an Americanized version of the Mediterranean diet—the Peanut Butter Diet,⁸ where the healthy fat comes from peanut butter. A well-rounded eating plan, the Peanut Butter Diet also includes nine fruits and vegetables every day and close to 30 grams of fiber daily.

Meal	1500-calorie menu from <i>The Peanut Butter Diet</i> book:
Breakfast	Peanut Butter Breakfast Shake: <i>Combine in blender until smooth: 1 cup fat-free milk, 1 small ripe banana, 2 tablespoons creamy peanut butter.</i>
Lunch	Corn, Chicken and Bean Salad: <i>Combine 1/2 cup canned or frozen corn with 1/2 cup beans of your choice (chickpeas or white cannelloni work well), 1/2 cup chopped green or red bell peppers, 1/2 cup cherry tomatoes, 2 ounces chopped chicken. Toss with 1 tablespoon reduced-fat canola- or olive oil-based dressing of your choice. Optional: 1 tablespoon fresh cilantro.</i>
Snack	Peanut Butter and Jelly Crackers: <i>Spread 2 tablespoons creamy peanut butter and 1 tablespoon jam or jelly of your choice on 4 whole-wheat crackers.</i>
Dinner	3 to 4 oz broiled or steamed fish of your choice. 1 and 1/2 cups steamed vegetables of your choice with a dash of lemon, salt and pepper, to taste. Two 1/2" thick slices of polenta (pre-made polenta logs are convenient) each topped with 1/2 teaspoon of Parmesan cheese OR 2 slices crusty whole-grain bread.
Evening Treat	Orange Creamsicle: <i>In a blender, whip 3/4 cup calcium-enriched orange juice, 1/4 cup fat-free milk, 1/2 teaspoon vanilla extract, 1/4 cup fat-free vanilla frozen yogurt, and 2 ice cubes.</i>

Nutrients for the Day: 1561 calories, 86 g protein, 205 g carbs, 53 g total fat, 11 g sat fat, 24 g mono-unsaturated fat, 28 g fiber, 1150 mg sodium, 907 mg calcium.

"STICKING" TO AN EATING PLAN

An important part of a nutritious eating plan for the long term is satiety, or a feeling of satisfaction from the foods you eat. Researchers at Purdue University conducted a study to test the satiety of different foods. Following a snack of peanuts or peanut butter, the participants' hunger was reduced for two and a half hours. But when participants were fed typical portions of high-carbohydrate snacks (such as rice cakes), hunger returned within a half hour.⁹ Furthermore, there was a positive change in the mix of fat in participants' daily diets when they consumed peanuts and peanut butter. The resulting diets had more mono- and polyunsaturated fats and less saturated fat, providing an overall heart-healthier fat profile.



This study concludes that snacking on peanuts and peanut butter is an effective way to control hunger without leading to weight gain. Make simple substitutions in your daily diet by using peanut butter on your whole-grain toast or bagel instead of butter or cream cheese, dipping vegetables and fruit in melted peanut butter instead of cream-based dressings, or sprinkling toasted peanuts on salads instead of grated cheese.



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The Peanut Institute is a non-profit organization that supports nutrition research and develops educational programs to encourage healthful lifestyles.



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