

# November is **Diabetes Awareness Month**



## Fact or fiction?

- 1 Diabetes is curable.**  
**Fiction!** Diabetes is not curable but it is manageable. People who have diabetes can learn what steps they need to take to be as healthy as possible.
- 2 Having diabetes makes it hard to eat out.**  
**Fiction!** No food is off limits, but planning is important. If possible, check out menu choices ahead of time to see what will work for you. Many restaurants post their selections online so you can make choices ahead of time. Try using the Plate Method to help keep blood sugar levels in check—choose options to make about half your plate non-starchy veggies, a quarter of your plate a lean protein, and a quarter of your plate a food with carbohydrate (like a starchy veggie, rice, bread, pasta, or the ZeroPoint™ carbohydrate foods listed below).
- 3 You should always wash your hands before testing your blood sugar.**  
**Fact!** This is true. Residue on your hands, such as from fruit you've peeled or eaten or even from scented lotions, can affect your blood sugar readings. Washing and drying your hands thoroughly before testing can help you to get a more accurate reading.
- 4 You have to exercise a lot if you have diabetes.**  
**Fiction!** While exercise is important, walking even a little bit every day can have great benefits. If you're not yet active, with your doctor's OK you can start with just 10 minutes per day, and increase your minutes and pace over time. Walking 30 minutes per day, most days of the week, would be a great success!

## Consistent Carbs

Carbohydrate is the nutrient with the biggest impact on blood sugar levels. To help keep blood sugar steady throughout the day, eating about the same amount of carbohydrate from meal to meal (and eating on a regular schedule) may be recommended by your health care professional. The Plate Method is a quick and easy tool to help you eat a consistent amount of carbohydrate at each meal. The ZeroPoint™ foods here should fill a quarter of your plate.

Here are some examples of ZeroPoint foods with carbohydrate:

**Fruit**  
**Green Peas**  
**Corn**  
**Pumpkin**  
**Acorn squash**  
**Lentils**

**Starchy beans**  
(like garbanzo beans, lima, black, butter, broad, fat-free refried beans)

**Nonfat plain yogurt**  
(regular or Greek-style)



**weightwatchers**  
reimagined

Get cooking!

# Hearty turkey chili

22 g carbohydrates | 3 SmartPoints® per 1 cup serving



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## Ingredients

- |   |                                |   |
|---|--------------------------------|---|
| 1 spray cooking spray                       | 1 pound 93% lean ground turkey | 1 cup canned chicken broth                      |
| 1 tsp canola oil                            | 2 Tbsp chili powder            | 1½ Tbsp apple cider vinegar                     |
| 1 large onion, chopped                      | 1 Tbsp paprika                 | 1½ cups cooked kidney beans, rinsed and drained |
| 2 medium garlic cloves, minced              | 1½ tsp red pepper flakes       | 1 medium green bell pepper, chopped             |
| 2 medium carrots, thinly sliced into rounds | 1 tsp ground cumin             | ½ tsp table salt, or to taste                   |
|   | 2 medium tomatoes, chopped     | ⅛ tsp ground black pepper, or to taste          |
|   | 1 cup canned tomato sauce      | ¼ cup chopped scallions                         |

## Instructions

- 1 Coat a large pot with cooking spray; place over medium heat. Add oil and onion; sauté onion until soft, about 5 to 7 minutes. Add garlic and carrots; cook until garlic is softened, about 1 minute. Add turkey; brown meat, breaking it up with a wooden spoon as it cooks, about 5 minutes.
- 2 Add chili powder, paprika, red pepper flakes, cumin, tomatoes, tomato sauce, broth, vinegar, beans, and green pepper; bring mixture to a boil. Reduce heat; cover and simmer until meat and vegetables are tender, about 30 to 45 minutes. Season to taste with salt and pepper; garnish with scallions.

**Yields about 1 cup per serving.**

## About WW for Diabetes

If you have type 2 diabetes, joining WW can help you manage your blood sugar while losing weight.

Members enjoy the benefits of traditional Wellness Workshops and digital tools along with the unlimited phone and email access to a personal coach who is also a **Certified Diabetes Educator** (CDE) and **Registered Dietitian**. As your CDE gets to know you and your history, he or she will be able to provide the personal support you need to help meet your goals.

**Hope Paul, MS, RD, CDE**

Hope has been a Registered Dietitian for over 10 years, and is a Certified Diabetes Educator as well. She has been an RD and CDE for WW for five years. She has degrees from Seton Hill University and Columbia University in nutrition and public health, and wrangles two very small boys in her free time.

**Employees of Montefiore Medical Center can join WW at  
OVER 50% OFF from standard membership pricing!**

To learn more and enroll today, visit <https://wellness.weightwatchers.com> and enter: **Employer ID: 65022**. Have your EZ ID ready for verification.

Montefiore







**A moderate weight loss of 5%, even for people who are significantly overweight, can have a positive impact on blood sugar.<sup>1</sup>**

# WW for Diabetes\*

**uses positive lifestyle changes and personalized coaching to help members with Type 2 Diabetes better manage their weight and blood sugar.**

This groundbreaking offering combines the proven WW approach with confidential, unlimited, one-to-one email and phone support from a Certified Diabetes Educator (CDE)\*\*.

## Benefits include:

- Unlimited access to in-person Wellness Workshops
- WW digital tools, including the mobile app
- A personal food plan tailored to your needs, which applies the components of medical nutrition therapy for Type 2 Diabetes to the WW Freestyle™ program

## What to expect as a member:

- Start with a 30-minute phone call with your CDE to create a personalized food plan to help you meet your daily SmartPoints target and maintain healthy blood sugar levels.
- Receive your plan along with topic-specific newsletters (such as managing low blood sugar or sick days, or meal planning), and schedule a follow-up call.
- Try out your personal food plan and some of the strategies discussed with your CDE, while you continue to attend Workshops and utilize all the tools.
- On the follow-up call talk about what's working for you and what isn't, and make adjustments. You'll also discuss any low or high blood sugar levels you may have experienced, as well as safe exercise guidelines.
- Your CDE and you will come up with a plan for continued phone calls as often as you like. Email your CDE anytime with diabetes-related questions or for support.
- Receive weekly emails covering Workshop topics, but applicable to managing Type 2 Diabetes.

**Questions? Call WW at 866-204-2885.**

\*WW for Diabetes subscription: May be available to those who meet eligibility criteria, and participation requires a Digital + Workshops subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

\*\*The WW for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.

<sup>1</sup>Klein S, Sheard EL, Pi-Sunyer X, et al. Weight management through lifestyle modification for the prevention and management of type 2 diabetes: rationale and strategies. Diabetes Care. 2004;27:2076-2073.

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