Synopsis of the American Diabetes Association article "Diabetes Myths" last edited June 1st 2017.

**MYTH:** If you are overweight or obese, you will eventually develop type 2 diabetes.

**FACT:** Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.

**MYTH:** Eating too much sugar causes diabetes.

**FACT:** The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes. The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes.

**MYTH:** People with diabetes should eat special diabetic foods.

**FACT:** A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone—low in saturated and trans fats, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. “Diabetic” foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive, and often are less appetizing.

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**Tip of the Month**

*The Vinegar / Diabetes Connection*

Apple cider vinegar ("ACV") has been used for many years as a household cleaner, sore throat remedy, and staple ingredient in the kitchen. ACV is also becoming increasingly popular as a dietary supplement especially for people with type 2 diabetes.

A study by Arizona State found that people who drank 20g AVC with 40g water and 1 teaspoon of saccharine had 34% lower post prandial blood sugars than the control group who did not have ACV. More research is needed to fully understand how ACV users have lower A1c levels. Diabetes magazine reports: “It was thought that vinegar might slow the absorption of carbohydrates into the blood, or slow the breakdown of starches into sugars," much like the drug Precose. It is also thought to act like the drug Metformin and increases insulin sensitivity.

If you decide to take the plunge and try ACV here are some tips:

- Get ACV with “the mother” it’s nutrient rich bacteria that’s good for your gut
- DO NOT take as a “shot” always dilute and use a straw to protect your teeth
- Continue taking normal medications and check with your doctor.
- Take it before meals (about 10 minutes) to slow carbohydrate digestion.

**Summary of the June 2017 Meeting**

Mike Holland, executive chef of Weeks Medical Center, was this month’s guest speaker. Mike prepared a diabetic and heart healthy meal. The theme was summertime featuring dry rubbed pork loin, zesty quinoa salad, tossed salad, lemon-limeade, and a frozen Neapolitan mousse for dessert. We enjoyed a great meal together while learning about different cooking methods as well as health benefits of quinoa.
expensive, and can also have a laxative effect if they contain sugar alcohols.

**MYTH:** If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes, and pasta.

**FACT:** Starchy foods can be part of a healthy meal plan, but portion size is key. Whole grain breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas, and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrates that count in your meal plan.

**Directions:**

1. Preheat oven to 350 degrees F. Grease the bottom and 1/2 inch up the sides of an 8x4x2-inch loaf pan or line with parchment paper; set aside.

2. In a large bowl stir together all-purpose flour, whole wheat flour, baking powder, pumpkin pie spice, baking soda, and salt. Make a well in the center of the flour mixture; set aside.

3. In a medium bowl combine mashed bananas, brown sugar, coconut milk, egg, and oil. Add banana mixture all at once to flour mixture; stir just until moistened (batter should be lumpy). Spoon batter into prepared loaf pan. Sprinkle with macadamia nuts and coconut.

4. Bake for 45 to 50 minutes or until a toothpick inserted near center comes out clean, covering loaf loosely with foil for the last 20 minutes of baking to prevent over browning. Cool in pan on a wire rack for 10 minutes. Remove from pan. Cool completely on wire rack. Wrap and store overnight before slicing.

**Nutrition Facts**

- **Serving Size:** 1 slice
- **Number of Servings:** 12
- **Calories:** 154 kcals
- **Carbohydrates:** 24g
- **Protein:** 3g
- **Fat:** 6g
- **Saturated Fat:** 1g
- **Sugar:** 11g
- **Dietary Fiber:** 2g
- **Cholesterol:** 26mg
- **Sodium:** 181mg

**Ingredients:**

- 1 cup all-purpose flour
- 1/2 cup whole wheat pastry flour or whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup mashed bananas (2 - 3 medium)
- 1/2 cup packed Splenda brown sugar
- 1/3 cup unsweetened light coconut milk
- 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg, lightly beaten
- 2 tablespoons canola oil
- 1/4 cup chopped macadamia nuts or sliced almonds
- 1/4 cup raw chip coconut or shredded coconut