

Diabetes Discourse

Volume 12, Issue 2

February 2022

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff.

To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org;

<http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.

INSIDE THIS ISSUE

- 1 Diabetes in the Limelight Jamboree is Back!
- 2 Banana & Diabetes
- 3 Let's Talk Cancer with... Dr. Liselle Bovell
- 4 Ways to cut Calories and lose Weight; Did You Know?
- 6 What is the Scoop on Eggs?
- 6 Expired Food
- 7 Honey is an Added Sugar
- 8 BCDF Yearly Schedule of Events

**“DIABETES IN THE
LIMELIGHT
JAMBOREE” IS
COMING BACK
FACE-TO-FACE**

**BIGGER,
BETTER,
BRIGHTER!**

**Important
DATE!**

**FRIDAY 11TH
NOVEMBER 2022**

BANANA & DIABETES



When you have diabetes, it is important to keep your blood sugar levels as stable as possible. Good blood sugar management can help prevent or slow the progression of some of the main medical complications of diabetes. If you have diabetes, being aware of the amount and type of carbohydrates in your diet is important. This is because carbohydrates raise your blood sugar level more than other nutrients, which means they can greatly affect your blood sugar management. When blood sugar levels rise in people without diabetes, their bodies produce [insulin](#). This helps move sugar out of the blood and into cells, where it is used or stored. This process does not work as it should in people with diabetes. Instead, either the body does not produce enough insulin, or the cells are resistant to the insulin that is made. Without proper diabetes management, you may experience blood sugar [spikes](#) after eating high carbohydrate foods or have constantly high blood sugar levels, both of which are unhealthy. Bananas are safe and nutritious for people living with diabetes to eat

in moderation as part of a balanced, individualized diet plan. A person living with, or at risk for diabetes should include fresh, plant food options, such as fruits and vegetables in the diet. Green bananas are a good source of fiber, vitamins C, B₆, provitamin A, minerals, such as potassium, phosphorus, and zinc. Green bananas contain less sugar and more [resistant starch](#). [Resistant starches](#) are long chains of glucose (starch) that are “resistant” to digestion in the upper part of your digestive system. This means they function similarly to fibre and would not cause a rise in blood sugar levels. A 2015 study on blood sugar management in women with type 2 diabetes reported that in an 8-week period, those who supplemented with resistant starch had better blood sugar management than those who did not. Other studies have shown that resistant starch may have beneficial effects for people with type 2 diabetes, such as improving insulin sensitivity and reducing inflammation. The role of [resistant starch in](#) Type 1 diabetes is less clear. A banana’s effect on blood sugar depends on its ripeness. Ripe bananas contain less [resistant starch](#) than green bananas, as well as more sugar, which is more quickly absorbed than starch. This means fully ripe bananas have a higher [glycemic index \(GI\)](#) and will cause your blood sugar to rise faster than green bananas. How much sugar is in a banana? One medium banana (about 126 grams) contains 29 grams of carbohydrates, 15 g sugar, 3 g fibre and 112 calories. The carbohydrates are in the form of sugar, starch, and fibre. Fibre is important for people with diabetes because it helps slow the digestion and absorption of carbohydrates. This can reduce blood sugar [spikes](#) and improve overall blood sugar management. One way to tell how a carbohydrate-containing food will affect blood sugars is by looking at its [GI](#). The [GI](#) ranks foods based on how much and how quickly they raise blood sugar levels. The scores run from 0–100 with the following classifications: [Low GI 55 or less](#); [Medium GI 56 – 69](#); [High GI – 70 – 100](#). Diets based on low GI foods are good for people with type 2 diabetes. [Go to page 3.](#)

LET'S TALK CANCER WITH...

Dr. Liselle Bovell

Risk Factors for Breast Cancer

Some risk factors cannot be modified, but you can change other risk factors. Risk factors for breast cancer include:

- ✓ **Age.** Risk of developing breast cancer increases with age. Most invasive breast cancers occur in women over 55 years
- ✓ **Drinking alcohol.** Alcohol use disorder raises your risk
- ✓ **Having dense breast tissue.** Dense breast tissue makes mammograms hard to read. It also increases your risk of breast cancer
- ✓ **Gender.** Black women are 70 times more likely to develop breast cancer than Black men
- ✓ **Genes.** People who have the BRCA1 and BRCA2 gene mutations are more likely to develop breast cancer than people who do not have it
- ✓ **Early menstruation.** If you had your first period before you were 12 years old, you have an increased risk of breast cancer
- ✓ **Giving birth at an older age.** People who have their first child after 35 years old have an increased risk of breast cancer
- ✓ **Hormone therapy.** Use of postmenopausal estrogen and progesterone medications to help reduce signs of menopause symptoms have a higher risk of breast cancer
- ✓ **Inherited risk.** If a close female relative has had breast cancer, you have an increased risk of developing it. This includes your mother, grandmother, sister, or daughter. If you do not have a family history of breast cancer, you can still develop breast cancer. In fact, most people who develop it have no family history of the disease.
- ✓ **Late menopause start.** People who start menopause after they are 55 years old are more likely to develop breast cancer
- ✓ **Never having been pregnant.** Never became pregnant or carried a pregnancy to full term are more likely to develop breast cancer
- ✓ **Previous breast cancer.**

Reprinted from: <https://www.healthline.com/health/breast-cancer#risk-factors>

BANANA & DIABETES... CONT'D

Low GI foods are absorbed more slowly and cause a gradual rise in blood sugar levels rather than a large **spike**. Overall, bananas score low to medium on the GI scale (42–62, depending on the ripeness).

Portion size is important

Ripeness is not the only factor when it comes to the amount of sugar in your banana — size also matters. The bigger the banana, the more carbohydrates you will be getting. This means a larger banana will have a greater effect on your blood sugar level. This portion-size effect is called the **glycemic load (GL)**. GL is calculated by multiplying the GI of a food by the number of carbohydrates in a serving and then dividing that number by 100. A score of **less than 10 is considered low, 11–19 is medium, and 20 or more is high**. Bananas vary in size, from about 18.5–35 grams. If a banana is fully ripe (with a GI of 62), then its GL could range from 11 for a very small banana to 22 for a very large banana. To ensure that your blood sugar does not rise too much, it is important to be aware of the size of the banana you are eating. Eating fruits and vegetables has been linked to better health, and a lower risk of heart disease and some cancers. People living with diabetes are at greater risk for these diseases, so eating enough fruits and vegetables is important. Unlike refined sugar products such as candy and cake, the carbohydrates in fruits like bananas come with other nutrients. If you enjoy bananas, the following tips could help minimize their effects on your blood sugar levels:

- ✓ Watch your portion size
- ✓ Choose a firm, nearly ripe banana
- ✓ Spread your fruit intake throughout the day to help reduce the GL
- ✓ Eat them with other foods
- ✓ Monitor how eating bananas affects your blood sugar and adjust your eating habits accordingly

Reprinted from:
<https://www.healthline.com/nutrition/bananas-diabetes#bottom-line>

WAYS TO CUT CALORIES & LOSE WEIGHT

Cutting a few calories here and there would not show up on the scale immediately but making consistent changes will. Here are some ways to sidestep excess calories throughout your day without missing them at all.

Drink your tea or coffee plain

✚ A 2017 study found that people who drink their coffee black consume 69 less calories a day compared to those who add milk, sugar, or other extras to their cups. For tea lovers, skipping the add-ins saves about 43 calories per day.

Get more fibre at breakfast

✚ If you choose a high-fibre breakfast cereal, you are going to feel fuller sooner and eat less of it overall. Oatmeal and whole grains are good choices.

Do more home cooking

✚ Research has shown that people who cooked dinner six or seven times a week consumed 150 fewer calories per day than those who cooked once a week or less. Frequent home cooks also tended to make healthier choices and consume fewer calories on nights they ate out.

Eat protein throughout the day

✚ Eating meals and snacks with protein, found in nuts, seeds, lean meat, etc. can stop you from feeling hungry by mid-afternoon. High protein meals have a greater effect on fullness than low-protein ones.

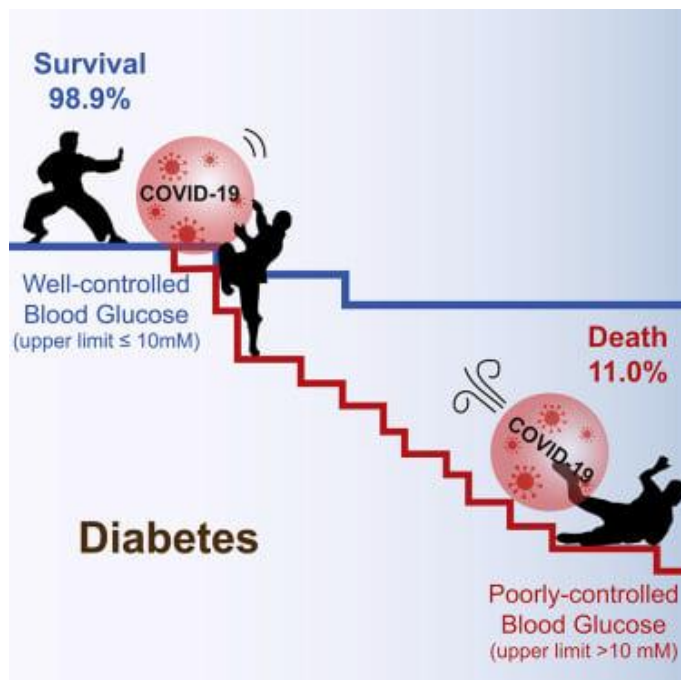
Cut back on cooking oil

✚ Use a nonstick cooking spray instead of oil when sautéing vegetables or cooking on the stovetop. A tablespoon of oil has ~120 calories.

Do not eat in front of the TV

✚ Eating dinner or snack while watching TV is asking for trouble. Not only can we overeat because we are not paying attention to portion sizes, but our brains may not fully register that we have eaten at all, triggering hunger sensations soon after. *Reprinted from Special Time Edition, Nutrition, Heinrich Bauer Publishing, USA.*

DID YOU KNOW?



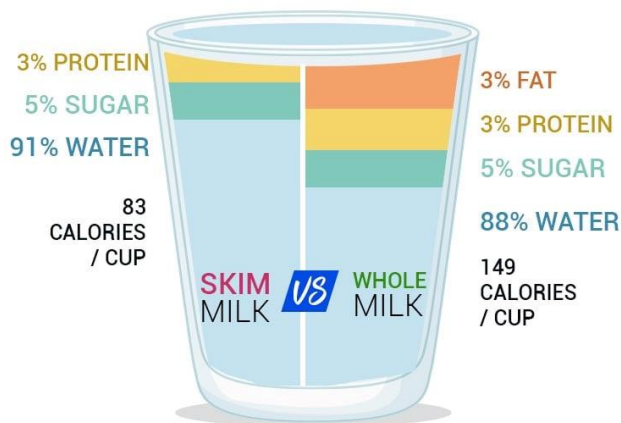
Covid and Diabetes have been described as a colliding public health train wreck. After older people, no group has been hit harder by COVID than people with diabetes. People living with diabetes have more severe negative health outcomes from Covid.



If you are living with diabetes, sweet potatoes are a safe option to add to your diet in MODERATION. Sweet potatoes are known to be high in fibre and have a low glycemic index, which results in a less immediate impact on blood glucose levels. This can help people living with diabetes (PLWDs) to control their blood sugar.



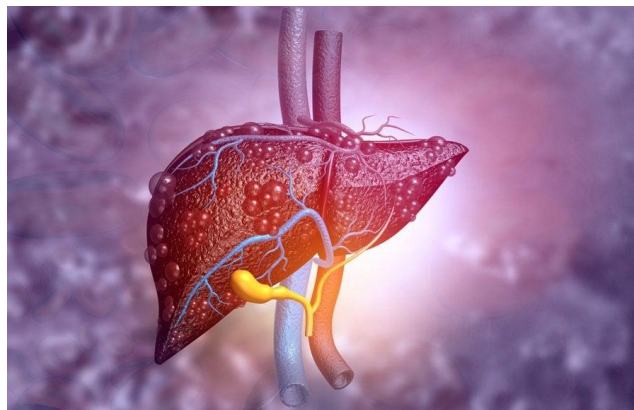
The staples group — which includes rice, ground provisions (dasheen, cassava, yam), flour, cornmeal, pasta (macaroni, spaghetti, noodles), bread, bananas, plantains, wheat, oats, corn, etc. — is always represented at each meal and forms the foundation of the Caribbean diet. Food staples are eaten regularly—even daily—and supply a major proportion of a person's energy and nutritional needs. Staples contribute carbohydrate, vitamins, minerals, and fibre to our diets.



The major difference between the types of dairy milk available is the fat content. Whole milk contains more fat and calories than low-fat milk. Whole milk has 3.25% milk fat and low-fat milk has 1% milk fat. Nutrient-rich foods - that is, foods that pack a lot of micronutrients into every calorie are healthier. Reduced/low fat dairy provides calcium, potassium, and other good things we need in our diets and does so with fewer calories than whole or full-fat dairy.



Limit your intake of sugary drinks and foods. Drink water or unsweetened tea instead of soft drinks or other beverages high in natural or added sugar. Enjoy fresh, local fruits for dessert. Limit your intake of processed and prepared foods. These often contain corn syrup and are high in fat and salt.



Diabetes can damage the liver directly, and liver conditions can make diabetes more challenging to manage and control.



We have our Virtual Children & Teen Hangout every Saturday. Let your children join us by emailing or calling.

WHAT IS THE SCOOP ON EGGS?

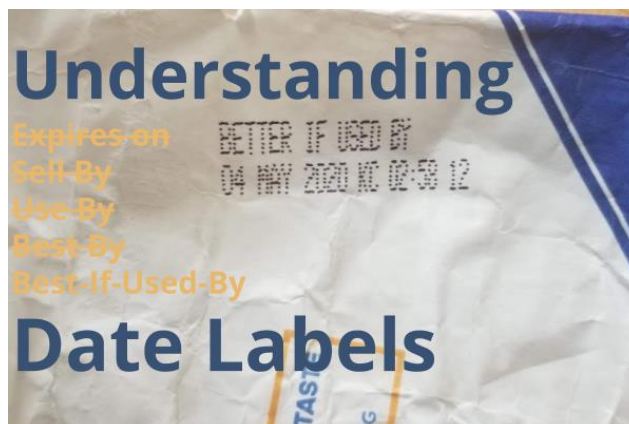
The protein and vitamins in eggs are very healthy, with essential vitamins and minerals. Eggs are also a good source of high-quality protein, which is what our bodies need to build and maintain strong, healthy muscles. One egg has 75 calories, 7 grams high-quality protein, 5 grams fat, and 1.6 grams saturated fat, along with iron, vitamins, minerals, and carotenoids.

It is All in An Egg!

13 Essential Vitamins and Minerals

ESSENTIALS	FACTS	% DAILY VALUE
Choline	Essential for normal cell function. Helps prevent birth defects	23
Selenium	Acts as an antioxidant to prevent breakdown of body tissues. Works with vitamin E	22
Riboflavin (B₂)	Helps to produce energy in the cells of the body	14
Vitamin D	Works with calcium for strong bones and teeth	10
Phosphorous	Healthy bones, teeth, cell membrane and energy production	10
Vitamin B ₁₂	Normal digestion and nerve cell function	8
Pantothenic acid (B ₅)	Helps break down food and assists in energy production	7
Folate / folic acid (B ₉)	Promotes proper fetal development and red blood cell formation	6
Iron	Oxygen transport & red blood cell production	5
Vitamin A	Growth, healthy skin, vision and immune function	5
Vitamin B ₆	Healthy nerves, immune function	
Zinc	Immune function, body tissue, growth and repair	4
Calcium	Strong bones and teeth, nerve function, muscle contraction and blood clotting	3

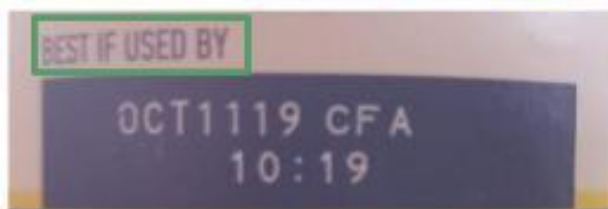
EXPIRED FOOD



Date labels have nothing to do with product safety — they indicate quality. A date label should show the last date of expected peak quality. The recommended wording for it is “Best if Used By.” A Best-if-Used-By date indicates to the consumer that the product may not taste or perform as expected but is safe to be used or consumed.

Should you throw out the food past its label date?

No! This is because it is not an expiration date. A food which does not show signs of spoilage after the specified date can still be eaten. Remember that food manufacturers have an incentive for you to only consume products in their “peak quality” because then you will buy their products more often.



HONEY IS AN ADDED SUGAR



Added Sugar

Sugar that is added to food during cooking, processing or before eating.

Natural Sugar

Sugar that is naturally found in whole unprocessed foods such as fruits.

Added sugars on ingredient lists

- ✚ Words that end in “ose,” like fructose and dextrose
- ✚ Syrups, like high-fructose corn syrup, malt syrup, maple syrup, agave syrup
- ✚ Nectars, like pear nectar
- ✚ Juices, like fruit juice and cane juice
- ✚ Any mention of “sugar” or “sweetener,” like palm sugar and evaporated sweetener
- ✚ Honey

Why does added sugar matter?

The spike in blood glucose that added sugar causes tells the **pancreas** to produce the hormone **insulin**. **Insulin** signals your cells that it is time to gobble up their energy fix. Your cells will use that energy if they need it, like if you have not eaten since noon and you are trying to hold a pose during your evening exercise class. If you are at home watching TV on the couch, your muscle and liver cells will bank that sugar for later. But since this process happens so fast when we eat added sugar, your blood glucose is going to do a quick dive not long after you have eaten. The “*sugar crash*” you feel as your blood sugar drops to or below normal can cause symptoms like fatigue and irritability. Plus, it leaves your cells wanting another fix fast. Constant added

sugar overload can lead to certain issues and disease processes, such as, insulin resistance. Your cells stop responding to the insulin signal that is telling them to tap into the energy. Instead, your body and your liver will store sugar as fat. **Honey** and sugar are both carbohydrates, consisting of the two types of sugar: glucose and fructose. Fructose and glucose are broken down quickly by the body and can cause spikes in blood sugar levels. Sugar is 50% fructose and 50% glucose, while honey has 40% fructose and 30% glucose. The rest of honey consists of: water, pollen, minerals, such as potassium. Sugar is higher on the **glycemic index (GI)** than honey, meaning it raises blood sugar levels more quickly. This is due to its higher fructose content, and the absence of minerals. However, honey has slightly more calories than sugar, although it is sweeter, so less may be required. Both sweeteners can lead to weight gain if overused. The body perceives sugar and honey added to foods the same way. **Even though honey comes from a natural source, it is still an added sugar.**

Make A Donation To BCDF!



Help Stamp Out Diabetes!



BCDF Yearly Schedule of Events

Save the Dates

January 2022

01/11/22 (Tue)	Webinar - Advocacy Process - Professional	
01/16/22 (Sun)	Meeting - EduTalk / Collaborator	Meeting
01/23/22 (Sun)	Meeting - EduTalk / Collaborator	Meeting
01/25/22 (Tue)	Meeting - Roche	Meeting
01/26/22 (Wed)	Proposal Writing	Meeting
01/30/22 (Sun)	Strategic Plan Review and Update	Writing
01/31/22 (Mon)	Proposal Writing	Writing

February 2022

02/03/22 (Thu)	Meeting with EduTalk/Collaborator	Meeting
02/03/22 (Thu)	Meeting - Roche	Meeting
02/12/22 (Sat)	Children and Teen Hangout	Event
02/13/22 (Sun)	Reduce Meltdown Under Stress	Presentation
02/19/22 (Sat)	Children and Teen Hangout	Event
02/20/22 (Sun)	Diabetes Prevention & Recognition in Schools	Presentation
02/26/22 (Sat)	Children and Teen Hangout	Event
02/27/22 (Sun)	Diabetes Prevention & Recognition in Schools	Presentation
02/28/22 (Mon)	Proposal Submitted	Prof. Develop.
02/28/22 (Mon)	Diabetes Discourse -Quarterly E-Newsletter	Writing
02/28/22 (Mon)	CSO Platform - Professional Development	Prof. Develop.

March 2022

03/01/22 (Tue)	CSO Platform - Professional Development	
03/05/22 (Sat)	Children and Teen Hangout	Event
03/06/22 (Sun)	Diabetes Myths and Facts	Presentation
03/10/22 (Thu)	EduTalk/Collaborator	Meeting
03/12/22 (Sat)	Children and Teen Hangout	Event
03/13/22 (Sun)	Fun-Story: A Little Help	Presentation
03/19/22 (Sat)	Children and Teen Hangout	Event
03/20/22 (Sun)	Riddle Me A Veggie	Presentation
03/21/22 (Mon)	IEEPO Meeting	Prof. Develop.
03/26/22 (Sat)	Children and Teen Hangout	Event
03/27/22 (Sun)	In The Creative Pot	Presentation
03/28/22 (Mon)	Strategic Plan Review & Update	Writing
03/31/22 (Thu)	Webinar - Obesity & Diabetes Policy Brief	Prof. Develop.

BCDF Yearly Schedule of Events

Save the Dates

April 2022

04/02/22 (Sat)	BOD Monthly Meeting	Meeting
04/02/22 (Sat)	Children & Teen Hangout	Event
04/09/22 (Sat)	Children & Teen Hangout	Event
04/16/22 (Sat)	Children & Teen Hangout	Event
04/23/22 (Sat)	Children & Teen Hangout	Event
04/24/22 (Sun)	Eatwell Plate Part 1	Presentation
04/30/22 (Sat)	Children & Teen Hangout	Event

May 2022

05/01/22 (Sun)	Eatwell Plate Part 2	Presentation
05/14/22 (Sat)	Children & Teen Hangout	Event
05/15/22 (Sun)	Eatwell Plate Part 4	Presentation
05/21/22 (Sat)	Children & Teen Hangout	Event
05/22/22 (Sun)	Eatwell Plate Part 5	Presentation
05/26/22 (Thu)	Foot Care Workshop	Presentation
05/28/22 (Sat)	Children & Teen Hangout	Event
05/29/22 (Sun)	Eatwell Plate Part 6	Presentation
05/31/22 (Tue)	Diabetes Discourse E-Newsletter	Writing

June 2022

06/02/22 (Thu)	Footcare Workshop	Presentation
06/04/22 (Sat)	Children & Teen Hangout	Event
06/05/22 (Sun)	EduTalk Health Corner	Presentation
06/09/22 (Thu)	Footcare Workshop	Presentation
06/11/22 (Sat)	Children & Teen Hangout	Event
06/12/22 (Sun)	EduTalk Health Corner	Presentation
06/16/22 (Thu)	Footcare Workshop	Presentation
06/18/22 (Sat)	Children & Teen Hangout	Event
06/23/22 (Thu)	Footcare Workshop	Presentation
06/25/22 (Sat)	Children & Teen Hangout	Event
06/26/22 (Sun)	EduTalk Health Corner	Presentation
06/30/22 (Thu)	Footcare Workshop	Presentation

July 2022

07/02/22 (Sat)	Children & Teen Hangout	Event
07/03/22 (Sun)	EduTalk Health Corner	Presentation
07/09/22 (Sat)	Children & Teen Hangout	Event
07/10/22 (Sun)	EduTalk Health Corner	Presentation
07/16/22 (Sat)	Children & Teen Hangout	Event
07/23/22 (Sat)	Children & Teen Hangout	Event
07/30/22 (Sat)	Children & Teen Hangout	Event

BCDF Yearly Schedule of Events

Save the Dates

August 2022

08/21/22 (Sun)	BCDF Virtual Tea Party	Event
08/31/22 (Wed)	Diabetes Discourse - E-Newsletter	Writing

September 2022

09/08/22 (Thu)	Diabetes Prevention/Management Series	Event
09/15/22 (Thu)	Diabetes Prevention/Management Series	Event
09/22/22 (Thu)	Diabetes Prevention/Management Series	Event
09/29/22 (Thu)	Diabetes Prevention/Management Series	Event

October 2022

10/08/22 (Sat)	Volunteers' Meeting	Meeting
10/09/22 (Sun)	Poster competition Announcement	Writing
10/10/22 (Mon)	Video Monologue Contest Announcement	Writing
10/10/22 (Mon)	Jamboree Planning	Meeting

November 2022

11/11/22 (Fri)	Diabetes in the Limelight Jamboree	Event
11/26/22 (Sat)	Virtual Cancer Workshop	Presentation
11/30/22	Diabetes Discourse - E-Newsletter	Writing

***“DIABETES IN THE LIMELIGHT JAMBOREE” IS
COMING BACK FACE-TO-FACE***

**BIGGER,
BETTER,
BRIGHTER!**

**FRIDAY 11TH
NOVEMBER 2022**

