

# Words on Wellness

## November is National Diabetes Month



Diabetes and prediabetes affect many Americans. Diabetes is when blood glucose (blood sugar) is too high in the body. There are many factors that lead to diabetes such as genetics, body composition, and lifestyle.

**Prediabetes** is when blood glucose is higher than normal, but not high enough to be called diabetes. Lifestyle changes like eating a healthy diet (i.e., produce, lean meats, whole grains, low fat dairy) and being physically active can help prevent prediabetes from becoming type 2 diabetes.

There are three main types of diabetes:

- **Type 1** is when the body does not make insulin (hormone that helps glucose get into the cells). Insulin therapy is used since the body is not producing it.
- **Type 2** is when the body does not use insulin properly. Some people can control type 2 with healthy eating and exercise alone, others need medicine or insulin.
- **Gestational Diabetes** occurs during pregnancy. Treatment varies from healthy eating and exercise to medications or insulin.

Diabetes can be managed through diet, exercise, and medication. People with diabetes should work with their diabetes care team to improve overall quality of life.

Source:

[American Diabetes Association](https://diabetes.org/), <https://diabetes.org/>

## *Autumn Soup*

Serving Size: 1 1/2 cups | Serves: 6

### Ingredients:

#### Dressing:

- 1 butternut squash (about 4 pounds)
- 1 tablespoon oil (canola, olive, vegetable)
- 1 onion, diced (about 1 cup)
- 2 apples (peeled, cored, and sliced; about 2 cups)
- 4 cups reduced sodium chicken or vegetable broth
- 4 ounces low fat cream cheese, cubed

### Directions:

1. Wash squash and pat dry with paper towel. Prick skin 6–8 times with a knife or fork. Place on a microwave safe plate and microwave for 5 minutes.
2. Cool squash enough to touch it, then cut off top and bottom of squash. Cut off peel and cut in half lengthwise. Scoop out seeds. Cut squash into cubes.
3. Heat oil in large saucepan over medium high heat. Add onion and cook for 5 minutes.
4. Add squash, apples, and broth. Heat to boiling. Reduce heat to medium low. Cover and cook for 25 minutes until squash and apples are tender.
5. Blend soup until smooth using a blender or food processor.
6. Return soup to saucepan and add cream cheese. Cook and stir with a whisk until cheese is smooth.

### Nutrition information per serving:

210 calories, 7g total fat, 2.5g saturated fat, 0g trans fat, 440mg sodium, 35g total carbohydrates, 6g fiber, 12g sugar, 6g protein. This recipe is courtesy of ISU Extension and Outreach's SpendSmart. EatSmart. website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

## Virtual Fitness Resources

Aim for 30 minutes of physical activity a day. A wealth of resources to get you moving is just a click away!

ISU Extension's Spend Smart. Eat Smart website, [spendsmart.extension.iastate.edu/](https://spendsmart.extension.iastate.edu/), includes nine videos such as chair workouts, low impact cardio, cardio intervals, and more. They are safe, free, and easy to follow for all ages and physical activity levels.

## What Is the Keto Diet?

The Keto (Ketogenic) diet promotes weight loss by causing ketosis. Ketosis is when the body breaks down fat for energy. This happens every day, depending on what and how often we eat, but the keto diet increases ketosis frequency, which can lead to weight loss.

The Keto diet is high in fat, moderate in protein, and low in carbohydrates. Carbohydrates are restricted to 50 grams or less per day. For reference, a large apple has 25 grams, half a cup of beans 22 grams, and 1 cup pasta 45 grams. Those on a Keto diet are restricting grains, fruits, vegetables, milk, and yogurt.



### What's the problem?

First, the body needs carbohydrates for energy. Second, restricting carbohydrate intake to 50 grams or less can reduce the amounts of vitamins, minerals, and fiber from plant foods (i.e., fruits, vegetables, whole grains). It is not for people with issues with their pancreas, kidneys, liver, or thyroid.

**Is it safe for someone with diabetes?** That depends on the type of diabetes as well as other health conditions a person has. It is possible the Keto diet may help with weight loss and blood glucose control, but sometimes it makes diabetes worse. People with diabetes should consult their diabetes care team before making any dietary changes, including Keto.

Source: [Eat Right](https://www.eatright.org/), [go.iastate.edu/LLRMCR](https://go.iastate.edu/LLRMCR)

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*If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.*

*Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.*



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