

# FOOD AND FITNESS

November 2020

**WEST VIRGINIA BUREAU OF SENIOR SERVICES**

## The Differences Between Type 1 & Type 2

When hearing diabetes, it is common that the types are associated as one disease. Even though type 1 diabetes and type 2 diabetes sound similar, they couldn't be more different from each other. Understanding the differences between the two is important for treatment, cure, care, and medication.



Type 1 diabetes is also called juvenile diabetes or insulin-dependent diabetes. This occurs when the pancreas produces little to no insulin. Insulin is needed for managing blood sugars. Without the presents of insulin, sugar (glucose) cannot enter into the cells to produce energy.

Normally, Type 1 diabetes develops during childhood and there is no cure. Genetic and family history is a risk factor for developing Type 1 diabetes. Treatment for this type of diabetes is lifelong and focuses on managing blood sugar levels with insulin injections. Diet and lifestyle changes must be present to prevent other complications.

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## The Differences Between Type 1 & Type 2 Diabetes

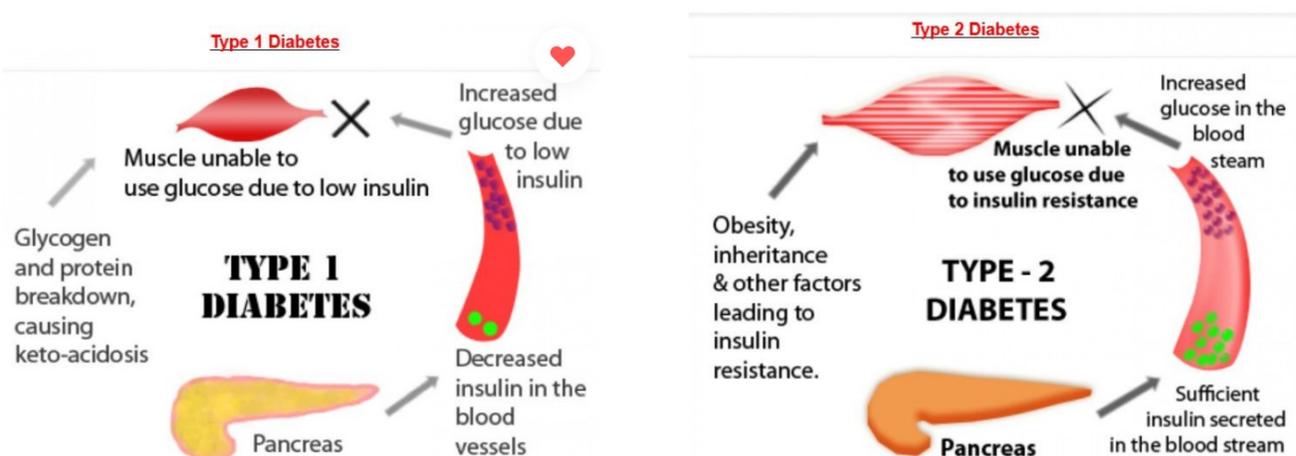
(Continued from Page 1)

Type 2 diabetes is considered a chronic condition that affects how your body metabolizes sugar. At times, it was also called adult-onset diabetes or insulin resistant diabetes. With Type 2 diabetes, the body is either resistant to the effects of insulin or the body does not produce enough to maintain normal levels.

Similar to Type 1 diabetes, there is no cure but weight loss, eating a balanced diet, and exercising can help manage Type 2 diabetes. The first step is to manage blood sugars with diet and exercise. If diet and exercise is not enough, medication and insulin therapy is another form of treatment.

New diagnosis for diabetes is very common and knowing what symptoms to look for are necessary. In Type 1 diabetes, increased thirst, frequent urination, newly bed-wetting in children, extreme hunger, unintentional weight loss, mood changes, fatigue, and blurred vision are common symptoms. For Type 2 diabetes, the symptoms are similar with adding slow healing sores, frequent infections, and darkened areas of the skin (usually in the armpits and neck). Often people live with diabetes and do not know it.

Consult with a doctor if you are having these symptoms. Complications of untreated diabetes can be life threatening. High blood sugars can affect the body's cells and organs. Common complications are kidney damage, eye damage, increase risk for heart disease, stroke, coma, and other complications. If you believe you or a loved one is experiencing these symptoms, gain additional information from a doctor to determine if diabetes is a concern for you.



# Diabetes: Type 1 vs. Type 2

Diabetes is on the climb — but there is a difference between Type 1 and Type 2. Do you know it?

## Type 1 Diabetes

Your body is no longer able to produce insulin



Usually develops during childhood, but can develop at any age



Family history



- Bedwetting
- Blurry vision
- Frequent urination
- Increased appetite and thirst
- Mood changes and irritability
- Tiredness and weakness
- Unexplained weight loss



No known prevention methods



Insulin injections



## Type 2 Diabetes

Your body still produces insulin, but it doesn't make enough of it or it doesn't use it efficiently

Can develop at any age but is most common in adults over 45

- Overweight and/or inactive
- Family history
- High blood pressure

- Increased appetite and thirst
- Dark patches on armpits/neck
- Frequent urination
- Blurry vision
- Tiredness and weakness
- Unexplained weight loss

Healthy lifestyle

Healthy living, possible insulin support

## VEGETABLE—FENNEL

Fennel is in the same family as carrots. Oddly, fennel is not a root vegetable and actually grows on top of the ground. The bulb and the stocks of the plant resemble a celery and onion mixture. The leaves of fennel are long and slender similar to dill.

Fennel can be eaten both raw and cooked. The most common type of fennel that is cultivated for eating is called the Florence Fennel. Every part of the fennel is edible, from the bulb to the leaves. Even the small yellow flower that grows (if left in the ground) is edible. The seeds the flower produces are also used for seasoning.

Most often, recipes call for the bulb. When eating the bulb portion raw, it provides a crisp texture and a licorice flavor. When cooking the bulb, it caramelizes as it cooks and takes on a sweeter flavor. The stocks of the fennel sometimes have a tougher texture.

Fennel seeds are dried and a greenish-brown color. The seeds look similar to cumin or caraway. The seed taste is similar to the sweet flavor of anise seeds. Most commonly, fennel seeds are used in Italian sausages.

As for nutrition, fennel is low in calories and fat. It is high in dietary fiber and potassium. Fennel also contains notable amounts of vitamin A, vitamin C and vitamin B6.



### NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

**The good:** This food is very low in Cholesterol. It is also a good source of Niacin, Calcium, Iron, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin C, Folate, Potassium and Manganese.

### Caloric Ratio Pyramid [? What is this?](#)

Caloric Ratio Pyramid for Fennel, bulb, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

85%	5%	10%
Carbs	Fats	Protein

### Estimated Glycemic Load

2

0 250

Typical target total is 100/day or less

[? What is this?](#)



## Fennel, bulb, raw

Serving size:  ▼

### NUTRITION INFORMATION

Amounts per 1 cup, sliced (87g)

#### Calorie Information

Amounts Per Selected Serving		%DV
Calories	27.0 (113 kJ)	1%
From Carbohydrate	22.9 (95.9 kJ)	
From Fat	1.5 (6.3 kJ)	
From Protein	2.6 (10.9 kJ)	
From Alcohol	~ (0.0 kJ)	

#### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.1 g	2%

[More details ▼](#)

#### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	6.3 g	2%
Dietary Fiber	2.7 g	11%
Starch	~	
Sugars	~	

[More details ▼](#)

#### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	117 IU	2%
Vitamin C	10.4 mg	17%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	2%
Niacin	0.6 mg	3%
Vitamin B6	0.0 mg	2%
Folate	23.5 mcg	6%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	~	
Betaine	~	

[More details ▼](#)

#### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	~	~
Monounsaturated Fat	~	
Polyunsaturated Fat	~	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	~	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

#### Minerals

Amounts Per Selected Serving		%DV
Calcium	42.6 mg	4%
Iron	0.6 mg	4%
Magnesium	14.8 mg	4%
Phosphorus	43.5 mg	4%
Potassium	360 mg	10%
Sodium	45.2 mg	2%
Zinc	0.2 mg	1%
Copper	0.1 mg	3%
Manganese	0.2 mg	8%
Selenium	0.6 mcg	1%
Fluoride	~	

## Recipe—Sauteed Fennel With Garlic

### Ingredients

- ◆ 5 tablespoons olive oil
- ◆ 2½ pounds (4 medium) fennel bulbs, quartered
- ◆ 6 garlic cloves, peeled
- ◆ ½ cup tomato juice
- ◆ Kosher salt and freshly ground black pepper, to taste
- ◆ 4 tablespoons finely chopped fennel fronds
- ◆ 2 tablespoons lemon juice



### Directions

1. In a large skillet, heat the olive oil over medium-high heat. Add the fennel and garlic, and cook, turning as needed, until golden brown, 8 to 10 minutes.
2. Add the tomato juice, salt and pepper, and cook, covered, over medium low until tender, 10 to 15 minutes. Stir in the fennel fronds and lemon juice, then check the seasoning and serve.

# Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

## Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ETRSHVA	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILIGPMR	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KUTEYR	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TMOLPYUH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
AYHLIOD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
GWNMPAAAO	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
INKPMUP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> !	



# NOVEMBER 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 All Saint's Day	2 Deviled Egg Day	3 Sandwich Day	4 King Tut Day	5 Men Make Dinner Day	6 National Nacho Day	7 Book Lovers Day
8 Cook Something Bold	9 World Freedom Day	10 Forget-Me -Not Day	11 Veteran's Day	12 World Pneumonia Day	13 Caregiver Appreciation Day	14 World Diabetes Day
15 Clean Your Refrigerator Day	16 International Tolerance	17 Home-made Bread Day	18 Occult Day	19 Have a Bad Day Day	20 Universal Children's Day	21 National Adoption Day
22 Go For a Ride Day	23 National Cashew Day	24 Evolution Day	25 National Parfait Day	26 <b>Thanks-giving Day</b>	27 Black Friday	28 French Toast Day
29 Square Dance Day	30 Stay at Home Because You Are Well					



## Monthly Observances

- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Family Caregivers Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- National Novel Writing Month
- Native American Heritage Month
- Peanut Butter Lovers Month



Health Motivator Tips

November

# Chair Aerobics

By Terrill Peck, WVU Extension Agent – Raleigh County

**Monthly Challenge:** Spend 20 minutes three to five days a week going through sets of chair exercises.



## Health Motivator Talking Points

Most people think that you can only exercise if you can stand or jump; however, there are several exercises that can be adapted to be done in a chair. You can still get your body moving and your heart rate up from the comfort and the security of being in a seated position.

Some examples of exercises that can be done from a chair:

- **Neck roll:** This is an exercise to expand your neck's range of motion. Being able to fully extend your neck and look behind you is a crucial skill, especially when driving. Sit up straight in the chair and turn your head to the right extending your neck until you feel a slight pull. Don't over extend but you should be able to feel the muscle pull. Hold it for 5 seconds then repeat on the other side.
- **Marching in place:** Sit with your back firmly against the back of the chair and lift your legs alternately up and down as if marching in place. Start slowly, then increase your pace.
- **Arm lifts:** Sit with your back firmly against the back of the chair. Lift your arms in front of your body, raising your arms and stretching up to the sky. Lower your arms and repeat. You also can raise your arms to the side of your body and lower.
- **Shoulder rolls:** Sit with your back firmly against the chair. Roll your shoulders forward and then roll them backward, lifting slightly as you roll them.
- **Leg lifts:** Sit with your back firmly against the back of the chair. Raise your legs alternately one at a time – first with a bended knee and then with the leg straight out in front of you.
- **Tummy twists:** Sit in the chair with your back firmly against the back of the chair. Twist your upper body to one side and then the other side. When twisting, try to turn until you can feel a stretch in your side and back.

## Quick Club Activity: Practicing Chair Exercises

Try doing chair exercises. Strive for two to three repetitions of 10 times each. Challenge the group to come up with variations of the exercises to see which ones will get your heart rate up.

## Learn More

<https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors>



## Chuckle of the Month:

Why do hamburgers go to the gym?

*To get better buns.*

# WEST VIRGINIA BUREAU OF SENIOR SERVICES

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## Brain Exercise Answers

ICUONROPCA

CORNUCOPIA

TMOLPYUH

PLYMOUTH

ETRSHVA

HARVEST

AYHLIOD

HOLIDAY

MEVRNOEB

NOVEMBER

GWNMPAAO

WAMPANOAG

ILIGPMR

PILGRIM

INKPMUP

PUMPKIN

KUTEYR

TURKEY

BCNERRRAY

CRANBERRY

THANK YOU FOR

YRAOMEFWL

MAYFLOWER

THIS DAY !



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Con-