

Dear **FAN** Committee Members,

Welcome to Month 12. This month we promote making your environment a healthy one, eating more fruits and vegetables, and preventing or managing diabetes.

FAN Goal of the month: Eat more fruits and vegetables with the DASH Eating Plan.

Healthy Eating and Physical Activity Can Prevent Diabetes!

Diabetes is a major problem in the African American community. African Americans are twice as likely to have diabetes as Whites and are three times more likely to die from it, according to the National Center for Chronic Disease Prevention and Health Promotion.

Diabetes can lead to serious complications, such as blindness, kidney damage, heart disease, and lower-limb amputations (removal). Therefore it is very important to learn how to create an environment that prevents or manages diabetes.

Diabetes Can be Prevented!

The Diabetes Prevention Program enrolled 3,234 people who were at risk for diabetes but did not have diabetes. The participants in the study were asked to either: (1) make lifestyle changes by increasing their physical activity, reducing how many calories and how much fat they ate, and lose a modest amount of weight, (2) take a medicine called Metformin which is used to treat diabetes, OR (3) not make changes to their lifestyle and not take medicine. The results of the study, found that people who were asked to make lifestyle changes were **58% less likely to develop diabetes** than people who were not asked to make any changes. Even more important is that people who were asked to make lifestyle changes reduced their risk for diabetes **EVEN MORE** than the group who took the medicine. (Source: Knowler et al., 2002, New England Journal of Medicine)

Diabetes Can be Managed!

Even if you already have diabetes, a healthy lifestyle can help to manage the disease and prevent you from developing serious complications. Here's how people with type 2 diabetes can control their blood sugar (The National Diabetes Education Program, 2008):

- ◆ Begin with a healthy eating plan: Eat more whole grains, fruits, and vegetables, and less meat, sweets, and fats every day.
- ◆ Start a physical activity plan: Be physically active every day. Try to aim for at least 30 minutes every day.
- ◆ Lose excess weight: Small amounts of weight loss make a difference. Losing 5-10% of your starting weight (10-20 pounds for a 200 pound person) can lead to important changes in health.

Some people may have to take oral medication or insulin to control their blood sugar. Please check with your doctor first!

Help church members to...

Learn how to create an environment that supports eating more fruits and vegetables. *This mailing will help you learn how!*

Be a FAN for your health: Increase your faith, be more physically active, and eat more fruits & vegetables!



FAN Committee Monthly

One key to a healthy lifestyle is **to create a healthy environment** that supports change.

This Month:

Handouts. *Please make sure your church members receive these materials.*

- **Bulletin insert.** Place this insert inside your church programs. Make announcements during service about creating a healthy environment, so that members are more likely to continue completing tasks, reaching goals and increasing healthy habits.
- **The Good News about Fruits and Vegetables: *Why eating fruits and vegetables is important for adults?*** This handout outlines information about the importance of eating fruits and veggies and how they can decrease members risk for certain diseases.

Three **Resource Updates.** *These can be used as handouts, teaching tools for Announcements, and/or poster materials for your bulletin board.*

- **Diabetes in South Carolina Fact Sheet.** This handout gives the most recent facts, risk factors and tips on how to prevent or manage diabetes. Post this on bulletin boards and use its facts in announcements.
- **Eat Fruits and Veggies to Lose Weight and Lower Your Risk for Type 2 Diabetes.** This handout from the National Diabetes Education Program describes easy and inexpensive ways to increase the number of fruit and vegetables you eat.
- **Create a Healthy Eating or Physical Activity Environment.** Use these handouts to offer members ways to create a healthy environment for healthy eating and physical activity.

Cooks' Tools.

- FAN cooks plan for healthy eating success. Share the benefits of eating more fruits and vegetables with your church. See this month's "**Fruits and Vegetables: A Good Source of Potassium**" handout to assist you.
- This month's recipe is **banana pudding**, a dessert that includes a healthy fruit.

Monthly Activities.

Here is how you can help members of your congregation eat more fruits and vegetables...

1. Set the goal. Eat at least 5 cups of fruits and vegetables everyday!
2. Share the examples, see *The Good News about Fruits and Vegetables* handout.
3. Ask the question, "How many fruits and vegetables do you eat each day?"
4. Present the challenge.
5. Offer ways that this goal can be accomplished at your church by sharing fruit or veggie snacks at church events and at home. Be sure to share the *Create a Healthy Eating Environment* (pg 3) and *Create a Physical Activity Environment* (pg 4) handouts.
6. Encourage members to reward themselves for reaching their goals.

May you "prosper in all things and be in health, just as your soul prospers"
III John 1:2 (New King James Version)



Create a Healthy Eating Environment

Very often, our home, work, and maybe even our church environment can encourage us to make unhealthy choices – to eat a candy bar instead of fruit or to grab a burger rather than prepare a low-fat meal. Here are some suggestions for how you can make your environment more “friendly” to your eating.

Tips for Healthy Eating

Eat in one place

Try not to eat at the fridge, the counter, in front of the television or driving in the car. If you only eat at the table, you will limit all of the “extra” eating that leads to weight gain.

Avoid temptations

Try not to go down the candy and junk food aisle at the grocery store. At the checkout counter instead of gazing at all the candy re-check your grocery list.

Make convenient foods healthier

After you buy fruits and veggies, turn them into snack-size portions. Wash your fruits. Cut veggies into bite-sized pieces and store them in cold water in the front of your fridge so you always see them. Put air-popped popcorn, dry fruit or mixed nuts into single serving snack bags for the road.

There is no prize for finishing first

Slow down and take the time to taste and chew your food. Put your fork down between bites, and be sure to take some pauses. You don’t have to clear your plate.

Simple substitutions can help a lot

Making slightly different choices can lead to a healthy way of life; try whole grain bread instead of white bread; replace soda, fruit punch or other sweetened beverages with water or low-fat milk; use low- or non-fat milk instead of higher-fat milk.

Are your eyes bigger than your belly?

To keep your portions from growing too large try these tips: use smaller plates, share restaurant “super-sized” dishes with a friend, or order a lunch portion, even at dinner. Ask the server to put half of your meal in a to-go box before your meal is served.

Keep your eyes on the prize

Keep healthier food choices at eye level in the fridge or cabinet. If you do have junk food, put it out of reach so it’s harder to get to.

God Wants A Healthy Environment For Us

May you “prosper in all things and be in health, just as your soul prospers”
III John 1:2 (NKJV)



Create a Physical Activity Environment

Very often, our environment can encourage us to make unhealthy choices – not to be physically active because it is too hot, or cold, or because there are no sidewalks. Here are some suggestions for how you can make your environment more “friendly” to physical activity.

Tips For Physical Activity

Make time for you

Having “no time” is the most common barrier to physical activity. Remember that it does not have to be all at once! Schedule your weekly physical activity sessions in a daily planner or calendar. Consider these to be appointments with yourself.

Leave reminders for yourself

Leave your exercise clothes out, keep a pair of walking shoes at work, tape a note to your bathroom mirror, or do something else to remind yourself to be active.

Strength in numbers

Let others know that you may need encouragement from time to time. Having an exercise partner is a great way to keep active.

Get off the beaten path

Try a new physical activity, learn a new skill or sport, or just make changes to your routine; reverse your walking route, or be active at a different time of day.

Be kind to yourself

Sometimes things come up and you may not be able to stick to your schedule. However, do not get discouraged and abandon your commitment. Just do it the next day or next available time you have in your schedule. Consistency is most important and if you are consistent, it will pay off.

Choose activities you ENJOY

If you really enjoy doing something, you're more likely to stick with it. Make sure you have a couple of different types of activities-both outdoor and indoor-for variety and as back up in case of bad weather.

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Pastor Activity Packs

MISSION 12: **Make Your Environment a Healthy One**

FAN Goal of the month: Eat more Fruits and Vegetables with the DASH Eating Plan.

Diabetes is a disease in which the body does not produce or properly use insulin. Diabetes can lead to serious complications, such as blindness, kidney damage, heart disease, and lower-limb amputations (removal). African Americans in South Carolina are twice as likely to have diabetes as Whites, and are three times as likely to die from it (*Centers for Disease Control & Prevention, 2007*).

Facts: Diabetes Can be Prevented or Managed!

Do you want to lower your risk for Diabetes? Do you have diabetes and want to better manage it? If so, use the following steps to help prevent or manage your diabetes:

- ◆ Begin with a healthy eating plan. Eat more whole grains, fruits, and veggies and less meat, sweets, and fats every day.
- ◆ Be physically active every day to help prevent weight gain and improve blood sugar control. Aim for at least 30 minutes every day.
- ◆ Lose excess weight. Small amounts of weight loss make a difference. Losing 5-10% of your starting weight (10-20 pounds for a 200 pound person) can lead to important changes in health.

Activity:

Our world is filled with temptations. We are tempted every day by worldly things. But there are things you can do to create a healthy environment. For example, many people keep a Bible by their bed so they remember to pray and meditate on the word daily. Just like this, you can also do things to remind yourself to eat healthy and stay active daily.

This month's handout, *Create a Healthy Environment* list tips to increase healthy eating and physical activity. Review the tips on the next page, and choose one tip that you think will help you eat more fruits and vegetables, one tip that will help you eat healthier in general, and one tip that will help you be more active. Try these tips for a week.

Share:

- * Do you have other ideas for how to make your environment healthier? Share it with us and share it with your members!
- * Your church is listening. Announce your progress from the pulpit.

"You are the light of the world. A city on a hill cannot be hidden. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." Matthew 5:14, 16 (NIV)



Create a Healthy Environment

Very often, our home, work, and maybe even church environment can encourage us to make unhealthy choices – to eat a candy bar instead of fruit or to grab a burger rather than prepare a low-fat meal. Here are some suggestions for how you make your environment more “friendly” to your eating and physical activity.

Tips for Healthy Eating

**(choose two tips that you will try:
(1) to increase more fruits & veggies and
(2) to eat healthier in general)**

Eat in one place

Try not to eat at the fridge, the counter, in front of the television or driving in the car. If you only eat at the table, you will limit all of the “extra” eating that leads to weight gain.

Avoid temptations

Try not to go down the candy and junk food aisle at the grocery store. At the checkout instead of gazing at all the candy re-check your grocery list.

Make convenient foods healthier

After you buy fruits and veggies, turn them into snack-size portions. Wash your fruits. Cut veggies into bite-sized pieces and store them in cold water in the front of your fridge so you always see them. Put air-popped popcorn, dry fruit or mixed nuts into single serving bags for the road.

There is no prize for finishing first

Slow down and take the time to taste and chew your food. Put down your fork between bites, and be sure to take some pauses. You don't have to clear your plate. (We won't tell mom!)

Simple substitutions can help a lot

Making slightly different choices can lead to a healthy way of life; try whole grain bread instead of white bread; replace soda, fruit punch or other sweetened beverages with water or low-fat milk; use low- or non-fat milk instead of higher-fat milk.

Are your eyes bigger than your belly?

To keep your portions from growing too large try these tips: use smaller plates, share restaurant “super-sized” dishes with a friend, or order a lunch portion, even at dinner. Ask the server to put half of your meal in a to-go box before your meal is served.

Keep your eyes on the prize

Keep healthier food choices at eye level in the fridge or cabinet. If you do have junk food, put it well out of reach so it's harder to get to.

Tips For Physical Activity

**(choose one tip that you will try:
(1) to increase physical activity)**

Leave reminders for yourself

Leave your exercise clothes out, keep a pair of walking shoes at work, tape a note to your bathroom mirror, or do something else to remind yourself to be active.

Strength in numbers

Let others know that you may need encouragement from time to time. Having an exercise partner is a great way to keep active.

Make time for you

Having “no time” is the most common barrier to physical activity. Remember that it does not have to be all at once! Schedule your weekly physical activity sessions in a daily planner or calendar. Consider these to be appointments with yourself.

Get off the beaten path

Try a new physical activity, learn a new skill or sport, or just make changes to your routine; reverse your walking route, or be active at a different time of day.

Choose activities you ENJOY

If you really enjoy doing something, you're more likely to stick with it. Make sure you have a couple of different types of activities-both outdoor and indoor-for variety and as back up in case of bad weather.

Be kind to yourself

Sometimes things come up and you may not be able to stick to your schedule. However, don't get discouraged and abandon your commitment. Just do it the next day or next available time you have in your schedule. Consistency is most important and if you're consistent, it will pay off.



Remind Yourself to Live a Healthy Life



“From the fruit of his lips a man is filled with good things
as surely as the work of his hands rewards him.”

Proverbs 12:14 (NIV)

We often know what the “right” decision is and trust in the Lord that He will help guide us to have the strength to make these decisions. We must also be empowered to create an environment that supports healthy choices. We keep the Bible by our bed to remind us to read it every day. We can take similar steps to remind us to eat healthy and be physically active, too. Buy fruits and vegetables, cut them into snack size servings, and keep them in places you will see them. Steer clear of the snack aisle at the grocery store. Hide treats so you aren’t tempted to eat them as often. Put your walking shoes by the door to remind you to walk every day. Schedule 10-minute walks in your calendar. Take action to make your environment a healthy one with these and other reminders!

Keep your temple healthy in mind, body, and spirit....

Questions about the FAN Program? Please contact your church FAN Coordinator.



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Keep your temple healthy in mind, body, and spirit....

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This month we talk about **eating more fruits and vegetables** for better health.

Eating more fruits and vegetables is a key to promoting good health. It is recommended that we eat at least 5 cups of fruits and vegetables **every day**. According to the Centers for Disease Control and Prevention (CDC), most people do not eat the recommended amount of fruits and vegetables. You can help members of your church work on increasing the amount of fruits and vegetables they currently eat .

Fruits and Vegetables: A Good Source of Potassium

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect us from developing some chronic diseases. For example, let's take a look at potassium. What are some of the health benefits to a diet high in potassium? Potassium helps maintain the normal function of the heart and nervous system. There are many foods high in potassium and it is not difficult to find ways to add more to your diet. Something else to consider is many of the fruits, vegetables and juices that are high in potassium have other health benefits. Instead of the traditional Red Velvet or Chocolate cake for dessert, try one that will offer some health benefits, like the Banana Pudding recipe shown below.

Please Note: If you are diabetic, please follow your approved meal plan.

Banana Pudding

(by the Clemson chef)

Makes 16 servings

Ingredients:

1 box vanilla pudding, prepared with skim milk according to instructions	½ cup milk
1 box Fat Free, Sugar Free vanilla pudding, prepared with skim milk according to instructions	6 bananas
½ tsp banana flavor	24 reduced fat vanilla wafers
½ tsp vanilla extract	

Mix pudding, flavor, and milk. Slice bananas. Starting from the bottom, layer cookies, pudding, banana slices, pudding, banana slices, pudding, and cookies. Use 12 cookies per layer. Store in refrigerator until ready to serve.

Total Fat: 2g (Unsaturated: 0g, Saturated: 0.5g, Trans: 0g)

Calories: 120 Carbohydrates: 24g Fiber: 1g Protein: 3g Sodium: 0mg Cholesterol: 0mg

Vitamin C: 8% Calcium: 8% Potassium: 265mg

“So whether you eat or drink or whatever you do, do it all for the Glory of God.”

I Corinthians 10:31 (NIV)

Benefits of Eating Fruits and Vegetables

Potassium... can be a forgotten nutrient. People tend to focus more on vitamins and minerals, but forget about potassium, and eat too little. The *2005 Dietary Guidelines for Americans* recommends consuming 4700 mg of potassium everyday; however, most Americans are not reaching recommendations.

Functions of potassium:

- ◆ Lowers blood pressure and helps to prevent high blood pressure
- ◆ Helps maintain the normal function of the heart and nervous system
- ◆ Reduce the risk of stroke
- ◆ Reduce the risk of developing kidney stones
- ◆ May help to decrease bone loss



Potassium rich foods are tasty and easy to reach for such as a glass of skim or low fat milk, a portion of chicken with dinner, or a serving of orange juice.

Additional Sources of potassium:

Vegetables: sweet potatoes, white potatoes, white beans, and tomato products (paste, sauce, and juice)

Fruits: bananas, strawberries, cantaloupe, oranges, raisins, dates, beans, peas, and grapefruits



Consuming these foods will also provide you with other health benefits such as dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.

Orange and grapefruit juice can be substituted for the fruits. Some other foods high in potassium are coffee, milk, poultry and beef. Check the diabetic exchange list for the portion recommended for each of these foods.

Fruits and vegetables are a good source of many nutrients like **potassium** which are needed to help prevent and manage diseases like **sugar diabetes**. However, diabetics should follow their diet plan recommended by their primary physician and follow Exchange Lists for meal planning recommendations. The following recipe could be use as self-reward for one who maintain healthy habits.



Fruit Smoothie

(by the Clemson chef)

Makes 1 servings (100 Calories)

Combine Ingredients in blender:

½ serving milk, 1 fruit exchange

3 oz plain nonfat yogurt

½ small (2 oz) banana, sliced, ½ cup fresh or frozen berries or ½ fresh medium peach

3 ice cubes

Dash of Splenda (optional)

Eat Fruits and Veggies to Lose Weight & Lower Your Risk for Type 2 Diabetes

by the [National Diabetes Education Program](#)



If you have a family history of diabetes, or you've been told by a health care professional that you're at risk for type 2 diabetes, you can prevent or delay the onset of the disease by losing 5 to 7 percent of your body weight (10 to 14 pounds if you weigh 200 pounds). To lose weight safely, make healthy food choices, like eating more fruits and vegetables, and be physically active for 30 minutes a day, 5 days a week. The National Diabetes Education Program (NDEP) recommends easy and inexpensive ways to increase the number of fruits and vegetables you eat as you take small steps to lose weight and lower your diabetes risk:

- Visit an ethnic food store or farmer's market to try a new fruit or vegetable each week.
- Substitute spinach, onions, or mushrooms for one of the eggs or half of the cheese in omelets.
- Buy produce in season and freeze some to use later, or buy frozen, dried, or low-sodium canned vegetables and fruits. Choose fruit without added sugar or syrups and vegetables without added salt, butter, or sauces.
- Add strawberries, peaches, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Add broccoli, carrots, zucchini, or eggplant between the layers of your favorite lasagna recipe.
- Combine different fruits and vegetables such as tomatoes, mangos, onions, and peppers with lime juice and cilantro to make salsa.
- Try steaming your vegetables or using low-salt spices and lemon juice to add flavor.
- Choose pineapples, peppers, mushrooms, or tomatoes as pizza toppings.
- Add lettuce, tomato, onion, and cucumber to sandwiches, wraps, and burritos.

Eating more fruits and vegetables also supplies essential vitamins, minerals, and fiber that may help protect you from chronic diseases. To learn more about how many fruits and vegetables you need daily, use the online calculator at www.fruitsandveggiesmatter.gov. For a free copy of NDEP's [*Your GAME PLAN to Prevent Type 2 Diabetes*](#), which includes a fat and calorie counter and physical activity tracker, plus more diabetes prevention tips, call 1-888-693-NDEP (6337) or visit www.YourDiabetesInfo.org.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

Why eating fruits and vegetables is important for adults



People who eat 2½ to 4½ cups of fruits and vegetables a day have a lower chance of getting many cancers.

HELP MANAGE YOUR WEIGHT

When combined with an active lifestyle, eating a healthy diet rich in fruits and vegetables may help you manage your weight. Most are low in calories and fat. And many have lots of water and fiber to help you feel full.

You can eat fewer calories and still eat a satisfying amount of food when you eat more fruits and vegetables at meals and less foods high in fat and added sugars. Eat fruits and vegetables raw or steamed and use very small amounts of added sauces, butters, or oils.

LOWER YOUR CHANCES FOR SOME CANCERS

People who eat a healthy diet rich in fruits and vegetables have a lower chance of getting cancers of the oral cavity and pharynx, larynx, lung, esophagus, stomach, and colon-rectum.

LOWER YOUR CHANCES FOR HEART DISEASE & STROKE

Heart-healthy diets emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. They include lean meats, poultry, fish, beans, eggs, and nuts. They are also low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. People who consume such diets are likely to lower their blood pressure and cholesterol and have a reduced risk of stroke and other cardiovascular diseases.

REDUCE HIGH BLOOD PRESSURE

In the DASH study (Dietary Approaches to Stop Hypertension), people with high blood pressure followed a special eating plan. These people saw their blood pressure go down after only one month. The plan included 4 to 5 cups of fruits and vegetables a day and 2 to 3 cups of low-fat dairy foods.

The DASH eating plan is low in saturated fat and cholesterol. The plan allows only very small amounts of red meat, sweets, and sugar-containing drinks. It also includes moderate amounts of whole grains, fish, poultry, and nuts.

People in the DASH study with the lowest sodium intake had the biggest fall in blood pressure. Too much sodium causes blood pressure to rise. Potassium counteracts the effect of sodium on blood pressure. Yet, African Americans get only half their potassium needs. Fruits and vegetables are naturally high in potassium and low in sodium.

LOWER YOUR CHANCES FOR DIABETES

Obesity and diet are strong risk factors for developing type 2 diabetes. So it is important to be at a healthy weight. Get enough exercise and eat a healthy diet rich in fruits and vegetables every day.