



ABORIGINAL

Diabetes Initiative

Newsletter



This summer is an exciting time of year not only for the barbecues and beautiful weather, but also for the launch of the Aboriginal Diabetes Initiative (ADI) Newsletter. We would like to

welcome you all!

This newsletter talks about healthy habits for First Nations people living with diabetes. Read this summer's edition for the latest tips on healthy eating and how to stay physically active while enjoying all that summer has to offer.

Eating Well...



The official BBQ season is here. Enjoy the BBQ season while eating healthy with these tips:

1. Choose lean meats

- Wild meats such as deer and moose are very lean. Grill your freshly caught fish on an open fire or BBQ.

2. Fill up on veggies

- Vegetables are very healthy for you. Next time the flame is burning, throw some veggies on it.

Tip: Soak corn in the husk and throw it on the BBQ or on an open fire with flames.

3. Watch your portions

- Eating too much food can cause health problems. Take your time when eating, listen to your stomach, and don't overeat.

4. Try our recipe on the backside!



Physical Activity



Staying active is important for health. Running, walking, stretching, or any other activity that gets you moving and your heart beating has its benefits.

Benefits of physical activity:

- Lowers stress
- Refreshes the mind
- Keeps our bodies in shape
- Prevents heart disease
- Helps control diabetes

Contact Info:

Karen Connors -
Regional Diabetes Coordinator
Ph: 983-1012
Brigitte Lamoureux -
ADI Outreach Nutritionist
Ph: 984-1702

Joke:

What do you call 2 banana peels?



A pair of slippers!

Recipe

BBQ Chicken Fingers

Servings: 2-4

Ingredients:

2 chicken breasts, boneless & skinless

¼ cup flour

½ tsp garlic powder

½ tsp salt

Pinch of cayenne (optional)

1 beaten egg

¾ cup breadcrumbs or crushed crackers



Directions:

1. Add flour, garlic powder, salt and cayenne together in a dish.
2. In another dish, beat the egg until it is no longer streaky.
3. Place the breadcrumbs (or crushed crackers) on another dish.
4. Slice the raw chicken breasts into long strips (2-3 strips per breast).
5. Dip the chicken strips in each of the dishes—starting with the spices, followed by the egg, then the crumbs, making sure the chicken is well coated.
6. Place the chicken strips on the BBQ and grill for 15 minutes, flipping the strips once.

If your community is making efforts towards a healthier future, we would love to hear from you!



Health
Canada

Santé
Canada



Community Success Story

Barren Lands First Nation

The First Nations of Barren Lands has been working hard towards making the best investment into their future; improving their health. We would like to congratulate Barren Lands First Nation on buying more fruit, vegetables and whole wheat grains. The fruit and vegetables that used to last 2 weeks on the shelf at the Northern store, now goes in 2 days! What an achievement, congratulations and good health!

UPCOMING EVENTS

Diabetes 101 Workshop

in Winnipeg September 15-19, 2008

Training opportunity for new ADI workers

Geographical Training for DOTC communities

September 30–October 3rd, 2008 - Location TBD

Training opportunity for all ADI workers in the DOTC area

Geographical Training for SCTC communities

October 7-10, 2008 In The Pas

Training opportunity for all ADI workers in the SCTC area

International Diabetes in Indigenous Peoples Forum

November 17-19, 2008 in Vancouver

This meeting brings together an interdisciplinary group of professionals who work in the field of Indigenous people's health

Regional Diabetes Conference

November 25-27, 2008 in Winnipeg

Training opportunity for all ADI workers

For more information on these events, please contact Karen or Brigitte.

Canada