



Fall 2023

# Newsletter

Edition 1



## Diabetes Information Group



# DIVERSITY IN DIABETES

*a cultural approach for care*



Autumn is a beautiful time of year with cool fresh air, gorgeous colours in nature and an abundance of delicious fruits and root vegetables to enjoy.



When you live with diabetes, it is also the time of year to be particularly mindful of what and how much you are consuming plus keeping pace with your regular exercise routine. We get it!

With Thanksgiving (the unofficial gateway to the holiday season) behind us, the challenges for people living with diabetes are just beginning.



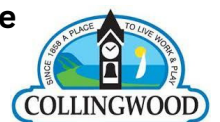
We have a few quick tips to keep you on track and motivated during the festive season of gatherings with family and friends and indulging in feasts and treats.

### DIG QUICK TIPS

- Keep an eye on portion sizes.
- Fill your plate with veggies first as most tend not to get enough of these.
- Serve yourself if possible.
- Choosing your own options for starchy carbs, protein and healthy fats will help you keep your blood sugar levels on track.
- Watch sugar intake, limit yourself to one treat.
- Keep moving. Staying motivated to exercise will be your key to success.



This series is made possible by:






# SURPRISING FACTS ABOUT DIABETES



## **Fact No. 1 - Diabetes is not caused just by eating too much sugar**


- A diet full of soda, sugary foods and processed foods does increase your risk of obesity, Type 2 diabetes, heart disease and other diseases, BUT eating too much sugar is not the main cause of diabetes.
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## **Fact No. 2 - People with diabetes can enjoy sweets**

- Sweets and desserts are not off limits, but enjoying a piece of birthday cake may require some planning. Cookies and sweets contain carbohydrates that increase your blood glucose levels. Counting carbs every time you eat is a vital part of maintaining normal blood glucose levels.

## **Fact No. 3 - It takes time to adjust to having diabetes**

- Adjustment takes time. After all it takes a lot of finger pricking, blood testing, shot giving and self-monitoring to reach and maintain normal blood glucose levels. It also takes patience.



When you join BDB's monthly hybrid DIG program, you are joining a warm, welcoming and supportive environment.

DIG offers diversity in diabetes with its cultural approach to care, outstanding presentations, fun and informative field trips, sharing of life experiences, engaging and tasty diabetic-friendly food demonstrations and taste-testing.

**Don't delay, register today**

**705-445-1543, ext \*305**

**[ilskills@bdbilrc.ca](mailto:ilskills@bdbilrc.ca)**



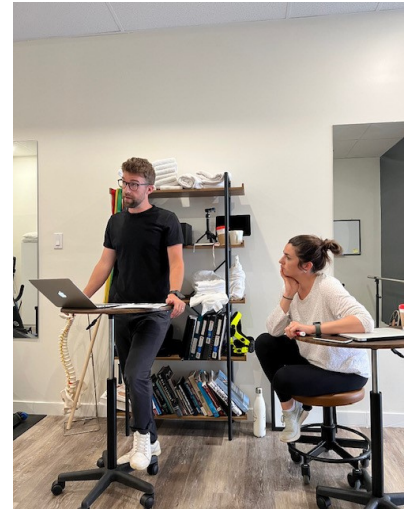


# VARIETY IS THE SPICE OF LIFE



Each month, our DIG program offers variety in it's information, recipes and demos, cultural activities, field trips and access to professionals for guidance and support.

These pictures demonstrate why variety is the spice to life - and secret to success when living with diabetes



## NOVEMBER



# Crystal Bomberry Indigenous Diabetes Health Circle





# UPCOMING PROGRAMS

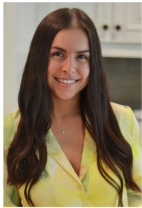


## Diabetes Information Group (DIG) Presents:

*Diversity in Diabetes: a cultural approach for care*

### WITH SPECIAL GUEST:

### Brooklyn Seal, Registered Dietitian and Certified Diabetes Educator



Brooklyn Seal is a Registered Dietitian and Certified Diabetes Educator. She completed her Master of Science in Foods and Nutrition from Brescia University College combined with a dietetic internship across Ontario. Prior to this, she earned her Bachelor of Applied Science in Applied Human Nutrition from the University of Guelph.

In this 1-hour educational group session, you will learn:

- How nutrition impacts your blood sugars
- What foods impact your blood sugars the most and how to improve control
- How to create a balanced meal and choose appropriate portion sizes
- The importance of fibre, label reading, mindful eating
- Practical tips and tools to apply to meal planning
- How cultures and food traditions can be a part of healthy eating for diabetes
- How to make effective and sustainable SMART goals

**Tuesday, December 18, 2023 @ 1 PM**

To Register, Contact Tracey  
ilskills@bdbilrc.ca / 705-445-1543, ext \*305



★ OPEN TO EVERYONE ★



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## Diabetes Information Group (DIG) Presents:

*Diversity in Diabetes: a cultural approach for care*

### WITH SPECIAL GUEST:

### Chef Hans Schaefer!



As a certified professional chef, Hans has been gaining and applying his skills in well-established kitchens such as Greystones and has worked in many specialized boutique restaurants in the Greater Toronto Area. Hans spent three decades in Europe honing his craft and creating many delicious dishes. His European flare mixed with modern Canadian cuisine will lead you to encounter taste buds you never knew you had!

### JOIN US...

for a mouth-watering diabetic-friendly finger food demonstration infused with culturally inspired flavours. Learn from the best for your next dinner party. Bring your appetite!

**Tuesday, January 23 @ 6:30 PM**

BDB's Kitchen and Zoom

234 Ste. Marie Street - Collingwood

Contact Tracey to Register

ilskills@bdbilrc.ca / 705-445-1543, ext \*305



## FEBRUARY - Chris Savidge:

- Chinese Medicine and Acupuncturist

## MARCH - Chef Greg Godfrey:

- Cultural Food Demonstration on Zoom from Beautiful PEI

