



Here's to Your Health!

DIABETES FACTS & FICTION

1 I got my Diabetes from eating too much sweets!

FALSE! Diabetes occurs when the body cannot properly produce or use the hormone insulin (responsible for breaking down sugar), so our blood becomes saturated with high glucose or sugar levels. Diabetes is NOT caused by eating too much sweets, although too much of any food can make you obese, which is a risk factor for diabetes.

2 Since my parents had diabetes, I'll get it also.

NOT AT ALL! Having a family history of diabetes is not an automatic sentence. While your risk does go up because it's in your genes, you are still completely in control of your health. Get serious about exercising regularly and eating healthy and you're very likely

to avoid the disease completely.

3 I have to take medication or insulin.

NOT TRUE! Diabetes can be kept in control by managing your weight, regular physical activity, and proper eating habits. Always consult with your doctor before you start a new exercise plan or diet, and never discontinue medication use without consulting your physician first.

4 If I am Diabetic, I should not eat fruit.

FALSE! Even though fruit does have sugar-containing carbohydrates, these are actually the good types of carbs, like fiber and starch, that have less of an impact on your blood sugar. Just try and avoid processed and canned juices and fruits, like the kinds

packed in syrup. Stick to Fresh!

5 I only need to watch my sugar intake but not my fat intake

WRONG! Watching your sugar intake is important, but your total calorie and fat intake is just as crucial. Too much protein or fat can lead to weight gain, which can accelerate the disease. Diabetics also have an increased risk for heart disease, so pay attention to the types and amounts of fat you take in.

6 Since I'm on insulin and medication, I can eat whatever I want.

NOPE! Medications are NOT meant to take the place of eating right, exercising, and managing your weight. In fact, the healthier you are, the better your medications will work and the less of it you'll have to take.



Test Your Knowledge!

1. How many germs are on your hand at any given time?

- a. 50
- b. 500
- c. 5,000
- d. 50,000

2. Majority of cold germs are spread through:

- a. Sneezes & coughs
- b. Kissing
- c. Hand-to-hand contact
- d. Sharing utensils

3. A working adult touches how many objects in one minute?

- a. 15 objects
- b. 30 objects
- c. 1 object

d. 7 objects

4. The most contaminated office objects are:

- a. Desktops
- b. Telephones
- c. Keyboards
- d. All of the above

5. A small child will bring his hand to his nose and/or mouth once every

- a. Hour
- b. 30 seconds
- c. 3 minutes
- d. 12 minutes

6. The area in the bathroom with the most germs is:

- a. The doorknob

- b. The sink
- c. The toilet
- d. The bathtub/shower

7. A person who handles raw chicken is capable of spreading what?

- a. Salmonella
- b. E. Coli
- c. Listeria
- d. Campylobacter

8. The best way to prevent the spread of disease is through:

- a. Hand-washing
- b. Hand sanitizer
- c. Antibiotics
- d. All of the above



Interesting X-Mas Facts!

1. Santa would have to visit **822 homes per second**, travelling at over **4 million mph**, to visit every house on Christmas Eve!

2. The tallest Christmas tree (**221 feet**) was erected in a Washington shopping mall in 1950!



3. The world's biggest Snowman stood at **113 feet tall!**

4. The first Christmas card was created in 1843 and sold only 1,000 copies. These days, over **1.9 billion** Christmas cards are mailed each year!

5. About **1 million packages** are expected to be delivered by the U.S. Postal Service each day during the holiday season until Christmas Eve!

6. If you were to receive every present in "The 12 Days of Christmas," you would get **364 gifts** valued at **\$18,400!**

7. **Four million TONS** of trash are generated annually from gift wrap and shopping bags alone during this season!



8. Every December 25th, over **22 million turkeys** are eaten!

9. Santa has different names worldwide: Kriss Kringle in Germany, Le Befana in Italy, Pere Noel in France, Deushka Moroz (Grandfather Frost) in Russia, & Julinnesse in Denmark!



10. Before the traditional roast turkey feast came about, a usual Christmas feast centered around roasted pig's head!



Happy Holidays!



The Good Guys & Gals!

Spiced Citrus Ginger Cake

- 1/2 cup honey
- 1/4 cup extra-virgin olive oil
- 2 large eggs, room temp., separated
- 2 Tbs. freshly grated orange or lemon zest
- 1/3 cup fresh orange or lemon juice
- 5 Tbs. chopped crystallized ginger
- 1 cup whole wheat pastry flour
- 2/3 cup all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 2 tsp. confectioner's sugar



Preheat oven to 350°F. Oil 8-inch round cake pan, line with parchment paper & oil the parchment.

Stir together honey, oil, egg yolks, zest, juice & 3 Tbs. ginger in medium bowl. Sift whole-wheat pastry flour, all-purpose flour, baking powder & salt into large bowl. Beat egg whites with electric mixer on high in another bowl until soft peaks form, 1 to 2 minutes.

Stir honey mixture into flour mixture. Gently fold in egg whites until well combined. Pour batter into prepared pan.

Bake cake until toothpick inserted into center comes out clean, about 35 minutes. Transfer pan to wire rack to cool for 10 minutes. Run a knife around the edges of pan to loosen cake & turn it out onto the rack. Let cool completely.

Before serving, sift sugar evenly over the top of the cake & garnish with the remaining ginger. Serve with orange marmalade on the side.

Nutrition Facts

Servings per Recipe 10

Amount Per Serving

Calories 280

Total Fat 7 g

Saturated Fat 1 g

Cholesterol 42 g

Sodium 175 mg

Protein 4 g

Carbohydrates 51 g

Fiber 3 g

win CASH and other great prizes!



Complete a **HEALTH RISK ASSESSMENT** and be **AUTOMATICALLY** entered to win!

Visit www.netcarelifeandhealth.com Today!



December is National Drunk & Drugged Driving prevention month



Each day, 36 people die and more than 700 others are injured in car accidents involving a drug or alcohol impaired driver. This number rises dramatically during the holiday season, most especially on Thanksgiving Day, Christmas Eve, and New Year's Eve.

Do your part to protect your loved ones this holiday.

- Always have a designated Driver.
- Don't let ANYONE drive while under the influence.

For more info, visit:

www.cdc.gov/ncipc/dui/spotlite/3d.htm

Questions? Comments?

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Keeping your NEW YEAR'S Resolution!

After the confetti has been cleaned up and the champagne wears off, your New Year's resolution ends up sounding the same as the one last year, and the year before that, and the year before that. Are you finally tired of making New Year's Resolutions you just can't keep? Here are some tips for making *and keeping* resolutions in the New Year.



1. **Be realistic.** The problem with most resolutions is that they're unreachable to begin with and leave you feeling like a failure. Vowing to lose 30 pounds or run a 26-mile marathon can be overwhelming, so try setting smaller, specific goals, like exercising at least 4 times a

week or getting 5 servings of fruits and veggies a day.

2. Be accountable.

The trick to sticking with a resolution is accountability. Find someone who will hold you accountable to your goals and who will exercise with you.

That way, when you don't feel like making it to your after-work kickboxing class, he or she will push you to do it.

3. Stay away from deadlines.

Don't restrict your progress by setting a cutoff date. Saying you're going to quit smoking cold-turkey by February is setting yourself up to fail. In-

stead, make it a year-long, or a lifelong, habit you can slowly adapt to.

4. **Get help.** If you aren't sure where to begin, don't hesitate to ask for assistance. Your doctor can be a wealth of information, and there are also personal trainers, nutritionists, and other professionals who make it their goals to help people.

Just remember, your resolution is a personal choice, not an obligation. So don't beat yourself up if it's taking longer and more work than you thought. Be patient with yourself, and you'll be able to toast to a Great New Year!

