**HIV and Type 2 Diabetes**

Type 2 Diabetes is a condition that affects how insulin works in your body. Insulin is a hormone made by your pancreas and is needed to control blood glucose (blood sugar) levels. Glucose is the simplest form of carbohydrate and is the main energy source for cells.

Having Type 2 Diabetes means either your body does not produce enough insulin or your cells can’t use the insulin correctly; this causes your blood glucose to rise. Insulin helps blood glucose into your cells from your blood stream.

Today, more people with HIV develop Type 2 Diabetes because of excess weight and HIV medications like protease inhibitors (PI’s) and nucleoside reverse transcriptase inhibitors (NRTI’s). It is not understood by the medical field why these medications cause Type 2 Diabetes. If you think you have high blood sugar because of your HIV medication, speak to your doctor. Do not stop taking medications without a doctor’s approval.

Non-HIV factors can also put you at risk for Type 2 Diabetes.

**Non-HIV Related Risk Factors:**
- Family history of Diabetes
- Excess weight
- Poor diet
- Sedentary lifestyle

If you have two or more of these risk factors it doubles your risk of developing Type 2 Diabetes.

Living a lifestyle that involves a low-fat, balanced diet and plenty of exercise will prevent weight gain that can contribute to Type 2 Diabetes. While you can’t control your family history, you do have control over the foods you eat and physical activity you participate in, which can change your future.

A balanced, low-fat diet includes certain fruits, vegetables, lean protein and whole grains. Carbohydrate rich foods like bread, rice, pasta, certain fruits, starchy vegetables and dairy raise blood glucose levels. On the back page you will see proper portion sizes for some of these foods. Not all carbohydrates are created equal and they affect your blood glucose differently.

The 2 main types of carbohydrates are:

(Continued on page 2)

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**Spice it Up with Nutmeg**

Most people think of using nutmeg to spice up eggnog, but did you know nutmeg has been used in folk medicine to improve headaches, insomnia and stomach inflammation? The essential oil, dried seed kernels and color pigment are all thought to hold medicinal properties.

*Please note: eating 1-3 pieces of whole nutmeg can cause toxic effects, so only use it to season your food, since a much smaller amount is required.

**Butternut Squash with Nutmeg**
(Serves 4)

Preheat oven to 375°F. Place 2 pounds of cut, seeded and peeled squash on baking sheet. Drizzle with 2 Tbsp olive oil, sprinkle with salt and pepper, and toss to coat; arrange squash in single layer. Bake squash until brown and very tender when pierced with a fork, stirring occasionally, about 45 minutes. Toss with 1/4 Tsp ground nutmeg.

Sources: www.epicurious.com, PDR for Herbal Supplements

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**Keep Your New Year’s Resolutions!**

As New Years Eve approaches, we reflect on 2008 and make resolutions for 2009. We have good intentions to keep our resolutions beyond January but that doesn’t always occur. Whether you want to healthfully lose 10 pounds by the summer or quit smoking, the following are some tips that will help you achieve your goals and fulfill your 2009 resolutions.

- **Start small:** If your resolution is to lose weight, focus on losing approximately 1 pound per week. You can also meet with an HIV nutrition specialist to set up a personalized diet plan for you and help keep you on track.
- **Choose something meaningful:** Think about what has been nagging you or draining your energy and how changing it can make your life better.
- **Pair up with a friend:** Help each other stick to the resolutions.
- **Be brave:** It can be scary to go out of your comfort zone, but it can also be exhilarating and fun to experience new things. If you can do this, imagine what else you can accomplish!
Winter Vegetable Mash

Ingredients:
- 2 pounds of winter vegetables: parsnips, cauliflower, potatoes
- 1 cup milk
- 2 tablespoons butter
- Salt to taste
- Pepper to taste

Peel and cut the vegetables into 2 inch cubes. Place in cold salted water. Bring to a boil and cook for 25 to 45 minutes until tender. Drain and mash well. Return to heat and add the milk, butter, salt and pepper. Serve hot. Makes 4 servings.

Nutritional Info:
Serving size=1/2 cup

Please Pass the Parsnips!

This winter don’t pass by the parsnip! Parsnips are a root vegetable that look very similar to carrots but are paler in color. Other members of the parsnip family include celery, parsley and fennel. When parsnips were originally grown in the Mediterranean region they were the size of a baby carrot. When the Roman Empire expanded throughout Europe they brought their parsnips with them. The further north the empire expanded, the bigger the parsnips grew and now they are about 8-10 inches in length.

The parsnip is packed with vitamins and minerals. They are an excellent source of potassium, folic acid, calcium and fiber. When shopping for parsnips they should be firm, crisp and not too large. Storing parsnips is simple. Keep them in your refrigerator, preferably in a plastic bag for about three weeks. Once you take them out of the refrigerator cook them within 1-2 days.

You can prepare parsnips in many different ways. You can peel, shred and toss them over your salad. Leftover shredded parsnip can be sautéed for about 7-10 minutes in a wok or skillet with some olive oil. Slice the parsnip, chop it and toss it in your stew or soup for some additional flavor and added nutritional value. Parsnips are also fantastic when roasted. Simply peel and slice them lengthwise, toss in extra virgin olive oil and lay on a baking sheet. Place in a 400 degree oven for 25 to 30 minutes and enjoy!


HIV and Type 2 Diabetes continued...

1. Simple carbohydrates: These sharply increase blood glucose levels because they are digested easily. Examples are refined white bread, white rice, pasta, candy, juice and regular soda.

2. Complex carbohydrates: These steadily increase blood glucose because they are high in fiber, making them difficult to digest. Replace simple carbohydrates with whole grain rice, pasta, bread and cereal, as well as less starchy fruits and vegetables like blueberries, apples, broccoli and leafy greens.

In addition to the type of carbohydrate you eat, you have to also pay attention to the amount. Refer to the chart for the serving sizes of some common carbohydrate containing foods.

Speak to your HIV nutrition specialist at GMHC for more individualized recommendations to help you manage or prevent Type 2 Diabetes.

<table>
<thead>
<tr>
<th>Food</th>
<th>Carbohydrate</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>15g</td>
<td>1/2 cup chopped or 1 piece size of fist</td>
</tr>
<tr>
<td>Bread</td>
<td>15g</td>
<td>1 slice</td>
</tr>
<tr>
<td>Rice/pasta</td>
<td>15g</td>
<td>1/3 cup cooked</td>
</tr>
<tr>
<td>Milk</td>
<td>12g</td>
<td>1 cup (8 oz.)</td>
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</tbody>
</table>