



# The Lifestyle and Culinary Medicine NEWSLETTER

## Welcome to the Newsletter!

### THIS MONTH'S FOCUS: PRE-DIABETES

Based on the data from Center for Disease Control, approximately one in three American adults has pre-diabetes.

For those with prediabetes, a common challenge is that they often don't realize they have the condition or are not diagnosed properly. This lack of awareness can prevent them from taking steps to stop it from progressing into type 2 diabetes.

Within this newsletter, we will explore research-backed dietary modifications that have been shown to prevent and reverse pre-diabetes.

I hope you enjoy this month's newsletter, and let us know how we are doing,

With care,  
Dr Lateef.

## Please Welcome Thuhanh Johnson, CNP

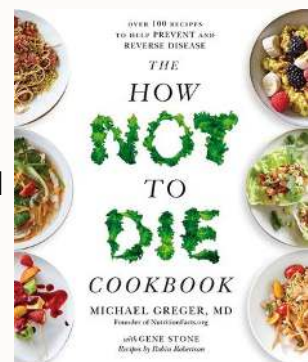
SHE WILL BE JOINING US OCTOBER 1<sup>ST</sup>, 2025

Hanh will be a valuable addition, complementing the high-quality care our practice is known for. We are committed to providing timely access to care, so if you need to be seen, please contact us and we will schedule you for a same-day appointment.

## Monthly Cookbook Suggestion

"HOW NOT TO DIE" BY MICHAEL GREGER, M.D., WITH GENE STONE

Dr. Greger is a well-known advocate for whole food plant-based eating, and his "Daily Dozen" checklist of healthy foods is a great framework. His cookbook includes recipes that check off many of the items on that list and are designed to be both delicious and health-promoting.



# Mediterranean Chickpea Salad:

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@HUMAIRALATEEFMD

## RECIPE OF THE MONTH:

### Ingredients:

15 oz chickpea can, drained and rinsed  
½ pint cherry tomatoes, halved or quartered  
1 small cucumber, diced  
½ green bell pepper, diced  
½ small red onion, sliced  
¼ cup sliced kalamata olives, optional  
¼ cup crumbled feta cheese, optional  
Basil, fresh chopped, 2 TBS  
Mint, fresh chopped, 2 TBS

### Dressing:

Olive Oil, extra-virgin, 2 TBS  
Lemon Juice, 2 TBS  
¼ tsp salt  
¼ tsp black pepper  
1 clove crushed garlic  
¼ ground cumin  
¼ smoked paprika, optional

### Instructions:

1. In a large bowl, mix together chickpeas, tomatoes, cucumber, bell pepper, red onion, olives, feta, basil and mint.
2. For the dressing, mix all ingredients.
3. Pour dressing over chickpeas, toss to combine.
4. Serve chilled, as this enhances the flavors.



## What to Eat? INSULIN RESISTANCE OR PRE-DIABETES:

1. A Whole Food Plant Based Diet is the main stay of treatment and reversal of Insulin resistance and pre-Diabetes.
2. Eat Whole Grains: These are complex carbohydrates or good carbohydrates. Naturally occurring whole grains are real foods that we have been eating for thousands of years. Aim for 2-3 serving per day.

***For example, brown rice, cooked and cooled white rice, oats, quinoa, farro, barley, millet, buckwheat***

3. Eat 3-4 servings of fruits and vegetables each per day.

4. Eat Legumes and lentils, ½ to 1 cup of cooked lentils or legumes per day. If you are new to eating lentils, then aim for adding 1-2 Tbs of lentils or legumes to your salad and slowly increase every week by a TBS to lower gas and bloating until your body get used to them.

5. Nuts and Seeds: A handful of nuts and seeds as a snack or on your salad, once or twice a day

6. Eat 20 grams of proteins at each meal, mainly from plant proteins.

***For example, tofu, tempeh, edamame, all kind of beans, all varieties of lentils, almonds, green peas, broccoli***

7. Eat fish, chicken and red meat in moderation, one serving of each per week.

8. Drink water all day long, and especially 1-2 glass before each meal.

# What to Avoid?

## IN INSULIN RESISTENCE AND PRE-DIABETES:

### ***Avoid refined carbohydrates:***

The refining process of carbohydrates removes the outer bran layer and the nutrient rich germ which removes iron, vitamins, healthy fats, and fiber. These processed "foods" include white bread, cheese crackers, chips, white pasta, frozen pancakes and waffles, donuts, cakes, cookies, breakfast cereals, white pizza dough.

### ***Avoid refined Sugars:***

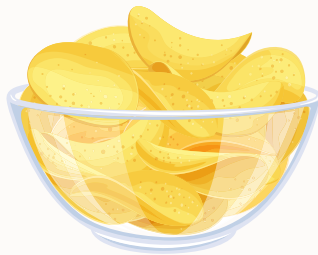
Refined sugars are carbohydrates in their simplest form. It is ingested in the form of soda and other sugar sweetened beverages like iced tea, fruit drinks, sports drinks and juice.

Although 100% juice does not have added sugar, the natural sugars in it are in a much higher concentration than one would eat if eating a real apple.

Sugar-sweetened beverages are linked with 21% increased risk of Diabetes.

### ***Limit Red and processed meat to 1-2 serving per week:***

Based on various studies, processed meats are linked with 37% increased risk of Diabetes and red meat is linked with 17% increased risk of Diabetes.



## Culinary Medicine Cooking Class

### HOW TO MEAL PREP WITH FALL VEGETABLES:

Participants will learn about and sample four make-ahead meals: a nourishing bowl, wrap, breakfast hash, and a veggie soup.

Saturday, September 20<sup>th</sup> 11 am - 1 pm  
please register at [577foundation.org](http://577foundation.org)



# How to choose a healthy bread?

- a. All breads are made of refined carbohydrates. Avoid the bread aisle all together and look for sprouted grain bread in the freezer section of your grocery store.
- b. One brand that is organic and economical is Kroger brand, "Simply Truth Organic" sprouted seeded bread, in the freezer section at Kroger.
- c. Another brand is Ezekiel sprouted whole grain bread.
- d. Try to find Sourdough Bread from a local bakery that is made with four ingredients, flour, water, salt and starter.
- e. Aim to eat 1 slice per day or less.



## Small Snacks of Movement:

### INTERRUPTING PROLONGED SITTING TIME WITH STANDING AND LIGHT-INTENSITY WALKING IMPROVES CARDIOMETABOLIC HEALTH:

- A recent meta-analysis has found improvement in cardiac and metabolic markers that were checked after standing and exercising. These were blood sugar, insulin and systolic blood pressure. This study has found an improvement in blood glucose with short break of standing from a sitting position.
- A light-intensity walking break from prolonged sitting significantly lowers glucose and insulin but has no effect on systolic blood pressure.
- Aim for taking small snacks of movement throughout the day. For example: walking for 5 min every hour is an easy activity to add to your day for improved heart and metabolic health.

Reference: Buffey AJ, Herring MP, Langley CK, Donnelly AE, Carson BP. The Acute Effects of Interrupting Prolonged Sitting Time in Adults with Standing and Light-Intensity Walking on Biomarkers of Cardiometabolic Health in Adults: A Systematic Review and Meta-analysis. *Sports Med.* 2022 Aug;52(8):1765-1787. doi: 10.1007/s40279-022-016494. Epub 2022 Feb 11. PMID: 35147898; PMCID: PMC9325803.



You can also find this newsletter on the Toledo Clinic website.