



The Lifestyle and Culinary Medicine NEWSLETTER

This Month's Focus:

DIABETES

November is Diabetes awareness month, a crucial time dedicated to shedding light on this chronic condition that affects millions globally. This month, we focus on education, prevention, and support for those living with diabetes.

This is more than just a date on the calendar—it's a global call to action to understand the risks, recognize the signs, and support the critical research needed to manage and eventually cure diabetes.

According to CDC and American Diabetes association, about 11.6% of the total US population have Diabetes (38.4 million). Diabetes is the 8th leading cause of death in the United States. The total estimated cost of diabetes in the US is \$412.9 billion as of 2022, including medical and indirect cost.

These numbers underscore the immense public health challenge and stress the need to address prevention through lifestyle modifications and intense public health measures.

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

With care,
Dr Lateef.



What's New? OFFICE UPDATES!!

1. We are thrilled to welcome our new Nurse Practitioner, Thuhanh Johnson to the team! Her addition means more appointment availability and a wider range of same-day services, ensuring you and your family get the high-quality, comprehensive care you need, faster.
2. Unlock a healthier you with our new Obesity Management and Lifestyle/Culinary Medicine consultations. These private, minimum 6-visit programs are worthwhile out-of-pocket investment in reversing chronic disease and achieving sustainable weight loss with personalized, expert guidance.

Types of Diabetes

TYPE 2: Accounts for approximately 90–95% of all cases

TYPE 1: Accounts for approximately 5–10% of all cases

STRATEGIES FOR PREVENTING DIABETES DIFFER SIGNIFICANTLY BETWEEN TYPE 1 AND TYPE 2

PREVENTING TYPE 2 DIABETES:

Type 2 diabetes is largely preventable or its onset can be significantly delayed through sustained lifestyle changes, especially for those with prediabetes. The core strategies focus on improving your body's ability to use insulin effectively:

1. ACHIEVE A HEALTHY WEIGHT:

- Modest Weight Loss is Key: Losing even a modest amount of weight (5% to 7% of your starting body weight) can dramatically reduce your risk of developing Type 2 diabetes. For someone weighing 200 pounds, this is only 10 to 14 pounds.
- Focus on Body Fat Distribution: Research suggests that reducing visceral fat (the fat around your abdominal organs) is highly beneficial, as this fat is metabolically active and contributes to insulin resistance.

2. GET REGULAR PHYSICAL ACTIVITY:

- Aerobic Exercise: Aim for at least 150 minutes per week of moderate-intensity aerobic activity (e.g., brisk walking, cycling, or swimming).
- Strength Training: Incorporate muscle-strengthening activities (resistance training) 2–3 times per week, as building muscle improves insulin sensitivity.

3. EAT A HEALTHY, BALANCED DIET:

- Increase Fiber and Whole Foods: Focus on fruits, vegetables, whole grains (like quinoa, oats, brown rice), nuts, and seeds. The high fiber content helps stabilize blood sugar.
- Limit Added Sugars and Processed Foods:
- Reduce consumption of sugar-sweetened beverages, sweets, cakes, and cookies.
- Limit refined carbohydrates like white bread, white rice, and white pasta.
- Choose Healthy Fats: opt for sources of healthy fats like olive oil, avocados, and fatty fish (rich in Omega-3s) while limiting saturated and trans fats.
- The Plate Method: A simple way to manage portions is to fill half your plate with non-starchy vegetables, one quarter with lean protein, and one quarter with healthy carbohydrates (like whole grains).



4. STOP SMOKING AND LIMIT ALCOHOL:

- Smoking: Tobacco use increases the risk of insulin resistance and Type 2 diabetes. Quitting is one of the most significant steps you can take for your overall health.
- Alcohol: Limit alcohol intake as much as possible. The best is not to drink at all.

5. PRIORITIZE SLEEP AND MANAGE STRESS:

- Inadequate sleep and chronic stress can negatively impact glucose regulation and increase cravings for sugary foods. Aim for 7-8 hours of quality sleep per night.

PREVENTING TYPE 1 DIABETES:

Currently, Type 1 diabetes (an autoimmune condition) cannot be prevented with lifestyle changes. It is not caused by diet or exercise habits.

However, there is ongoing research and clinical strategies are aimed at prevention, timely treatment and avoidance of complications.

SUMMARY:

A whole food plant-based diet can prevent and treat Type 2 diabetes, with no negative side effects. The benefits of this diet are clear based on various research studies and next step is to educate patients to promote dietary changes effectively and sustainably.

Movement Tip:

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.

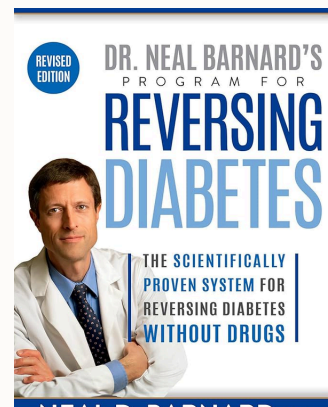
For example: walking for 5 min every hour is an easy activity to add to your day for improved heart and metabolic health.

Source: 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/s40279-022-01649-4. Epub 2022 Feb 11. PMID: 35147898; PMCID: PMC9325803.

Monthly Cookbook Suggestion

DR. NEALS BERNARD'S PROGRAM FOR REVERSING DIABETES
BY DR NEAL D BARNARD, MD:

This whole food plant-based cook book is filled with easy and delicious recipes. Inside you will find your favorite recipes prepared with healthful ingredients, focusing on vegetables, fruits, whole-grains, legumes, nuts and seeds.





Kale Quinoa Salad:

RECIPE OF THE MONTH:

FOLLOW ON INSTAGRAM
@HUMAIRALATEEFMD

Ingredients:

2/3 cup dry quinoa
1 bunch Kale thinly Sliced
1-2 Tbs olive oil plus drizzle
for kale
Salt to taste
1 (15 ounce) can butter
beans or chickpeas, drained
+ rinsed.
1 large shallot, thinly sliced
3 garlic cloves, chopped
2/3 cup Walnuts, chopped
(optional)
2 Tbs vice Vinegar
2 tsp maple syrup.

Creamy Tahini Dressing:

1/3 cup Tahini sauce
1½ lemon juice
1 lemon zest
1Tbs maple syrup, to taste.

Dressing Instructions:

Mix Tahini, lemon zest + lemon juice, maple
syrup. (Add warm water to thin, if needed)
Transfer the bean mixture + quinoa to the bowl
with the Kale. Mix until fully incorporated.
Add dressing before serving.
Season with salt + pepper
Add diced apples, if desired

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Happy Thanksgiving!

In my practice of Culinary and Lifestyle Medicine, I often talk about the power of food and community. Thanksgiving brings both of these together in a beautiful way. This holiday isn't the time to worry about every calorie; it's the time to focus on the joy of connection.

My advice for you this year is simple: eat mindfully.

Savor: Put your fork down between bites and truly taste the flavors you've waited to enjoy.

Connect: Focus your energy on the conversations and the company around the table.

Move: After the meal, gather the family for a walk—it's a wonderful tradition that aids digestion and clears the mind.

May your holiday be filled with warmth, gratitude, and a beautiful sense of balance.

Thank you for being a part of our community this year. Wishing you a healthy and happy Thanksgiving!"