

# *Diabetes IS GUILTY of Racial Discrimination*

by Charlotte Hodge RN, NP, CDE

16 million Americans have Diabetes and Hispanics are diagnosed more frequently. 1 in 4 Hispanics over age 45 has diabetes and Latinos account for 41% of people with diabetes in Riverside and San Bernardino Counties.

Obesity is a major risk factor in the development of Type 2 diabetes and obesity has increased by 30% over the last ten years. There is an epidemic of obesity in our culture and our children are more frequently found to have (adult onset) diabetes.

Traditions are hard to break and fond memories of the family table are dearest to our hearts. But, if our grandmothers had believed they were preparing food that promoted obesity and contributed to heart disease and diabetes, I think there is little chance that they would have continued to cook in the “old ways”.

When we lived in an agricultural society, our forefathers got plenty of exercise farming and performing physical chores. Obesity was rare as the calories they consumed were necessary to provide the energy needed to handle daily tasks.

The concept of feeling guilty about not going to the gym did not exist. Today, however, most of us do feel a sense of guilt since we don't get enough exercise to burn the calories we eat. Excess calories are stored as fat and we quickly become overweight.

Fortunately, we now have helpful information available and can learn to improve our health while continuing to honor our culture. So without attempting to discard one of the most important pleasures in our culture—eating traditional foods, our efforts should focus on maintaining high flavor while reducing calories and fat, factors which have been shown to lead to the chronic diseases associated with obesity. Can't be done, you say? ....You will be surprised.

Even if you believe you are eating healthy, give these recipes a chance. Your willingness to try something new, for the sake of your family's health, will be an important step toward improving dietary habits and creating new traditions for your children and grandchildren for years to come.

## ***Nina's Lowfat Beans***

NINA GRANJA WAS BORN IN SPAIN AND ADAPTED HER GRANDMOTHER'S RECIPES TO ACCOMMODATE A LOW FAT VEGETARIAN DIET.

- 1 lb. Pinto beans**
- 1 bell pepper**
- 1 chicken bouillon cube**
- 1½ cups diced tomato**
- 1 onion**



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1 clove of garlic  
1 bunch cilantro, chopped  
1 tsp. salt  
2 celery stalks  
jalapenos to taste

*Pour water and bouillon into a large pot, boil. Quarter vegetables, put in boiling water. Cook on High for 15 minutes. Rinse beans & add to pot. Cook on high for 15 min. Cover. Let simmer for 2 ½ hours, or until beans are very soft. Add cilantro for last 5 minutes of cooking time. Stir every 20 minutes. Serves 10.*

91 calories instead of 127  
0 grams fat instead of 8  
274 mg sodium versus 468  
16 grams carbohydrate  
0 mg saturated fat  
0 mg cholesterol

*Diabetic exchange: 1 starch serving.*

### ***Nina's Healthy Rice***

1 tsp. Mrs. Dash seasoning  
1 jalapeno  
1 tbsp canola or olive oil  
2 cups white rice (uncooked)  
2 garlic cloves  
2 cups of water  
(If using brown rice, use 2½ c. water)  
½ green bell pepper  
1 tomato  
½ red bell pepper  
1 bunch of green onions



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***In a large deep skillet, heat oil and salt. Sauté diced vegetables. Put rice in skillet and sauté until it is golden brown. Add water, bring to a boil, lower heat and cover until the rice is flaky and all water is absorbed, (about 35 minutes). Serves 8.***

**197 calories instead of 276**

**3 grams fat instead of 5**

**331 mg sodium versus 980**

**38g carbohydrate**

**0 mg saturated fat**

**0 mg cholesterol**

***Diabetic exchange: 2 starch, 1 fat.***

**We think you will agree that these traditional foods are high in flavor, though low in fat. Try them out the next time you cook.**

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