



# NEWSLETTER

A partnership between the  
**Heart Institute & Diabetes Education**  
at Marquette General Hospital

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## YOUR ATTENTION PLEASE

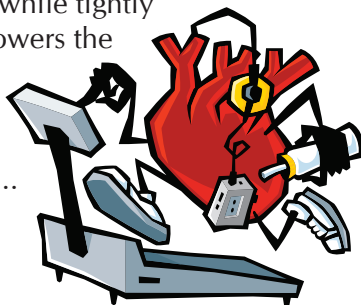
by Jeffrey Kinnunen, MS,  
Registered Clinical Exercise Physiologist

Music, television, reading or a participating in a good conversation can be welcome distractions that help you get through your exercise session. Unfortunately, benefiting from exercise requires you to maintain some awareness of what you're doing. If you don't work hard enough, you aren't going to receive the desired training effect. The quality of exercise can be compromised in a variety of ways while using exercise equipment.

How quickly you pedal a stationary bike makes a difference. Generally, you want to keep the revolutions per minutes (RPMs) between 60 and 90 on electronic display stationary bicycles. Outside of these parameters, the intensity can be considerably different. Schwinn airdyne bicycles require you to push yourself to maintain the intensity, which is determined strictly by the RPMs. If you become distracted, you will slow down into an easier cadence.

Similarly, taking shallow steps on the stair-stepper reduces the intensity substantially. You should try stepping about 8 inches through the movement, just like walking up real stairs. Leaning on the display or handrails, on a treadmill or stair-stepper will reduce the intensity on both machines, while tightly gripping the handrails also lowers the intensity on the treadmill by holding you in place.

Think about it this way...  
You're making the effort, so  
make the most of it!



## A Sweet IDEA

Sarah Balko, RD, CDE  
Diabetes Education

There are many options to use to add sweetness to your foods. Which one you choose is completely up to you. Armed with a little bit of information you can decide which product best fits your meal plan.

Sugar, the original sweetener, used to be considered 'bad' if you had diabetes. But with creative meal planning and carbohydrate counting – regular sugar can be enjoyed even if you have diabetes. The problem with sugar is it adds a lot of carbohydrate very quickly without any nutritional value. Decreasing the amount of sugar you consume each day can save you carbohydrates and calories which could help you meet your weight loss goals.

Saccharin is the oldest of the artificial sweeteners, it was first produced in 1879. It used to carry a warning about causing cancer but more than 30 human studies have found no connection to saccharin causing tumors. Saccharin adds no carbohydrate.

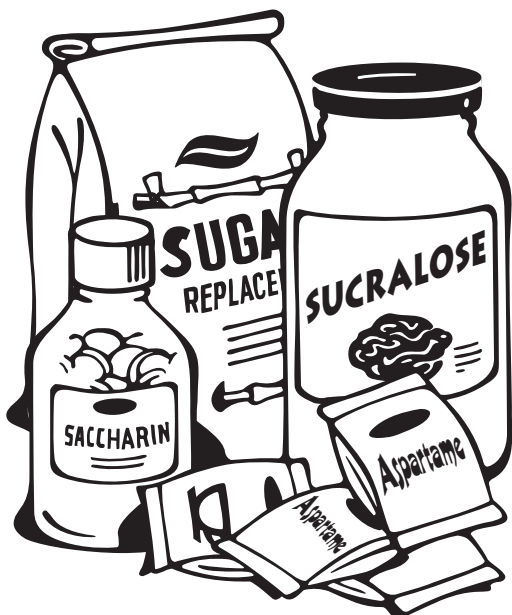
Aspartame is another alternative to sugar that is on the market. Regardless of the many stories that have been circulated about the side effects of aspartame, the ADA has always maintained this to be a safe alternative to sugar for people with diabetes. Aspartame adds no carbohydrate.

~ Continued on reverse

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Sucralose is the newest artificial sweetener and many say it has the best taste of them all. Sucralose comes in many varieties and can be used equal to the amount of sugar called for in a recipe making it easy to use in baking. Sucralose adds no carbohydrate.

If you are using an artificial sweetener it is important to remember that sugar free does not always mean carbohydrate free. Replacing the sugar in a recipe usually decreases the carbohydrate content of the food but chances are there are still other ingredients in that food that will still affect your blood sugar.



## Lemon Cake

3 Tbsp reduced fat margarine  
¾ cup egg substitute  
3 Tbsp sugar  
5 packets sugar substitute  
¼ cup hot water  
1 Tbsp lemon juice  
½ tsp vanilla extract  
1 tsp grated lemon zest  
1½ cups cake flour, sifted  
2 tsp baking powder  
6 large egg whites  
pinch of salt

Preheat oven to 325°F. Lightly coat a 10-inch springform pan with nonstick spray. Melt the margarine and set aside to cool. Beat the egg substitute until creamy and light. Continue to beat and add the sugar and sugar substitute slowly, until the mixture is pale and fluffy. Slowly add the water, lemon juice, cooled margarine, vanilla, and lemon zest. Combine the flour and baking powder. Sift over the batter and fold in gently, using as few strokes as possible. Beat the egg whites with salt until they hold stiff peaks. Gently fold the whites into batter. Place in prepared pan and bake for 40-45 minutes, until browned. Cool in the pan on a rack.

Makes 12 servings

Per serving: 112 calories, 3g total fat, 0g saturated fat, 5g protein, 17g carbohydrate, 0g fiber, 0mg cholesterol, 109mg sodium