



HALIBURTON HIGHLANDS
HEALTH SERVICES

For The Health Of The Highlands

Contact Us:

Haliburton: 705-457-1392 ext 241

Minden: 705-286-2140 ext 296

HHHS Diabetes Education Network



Spring 2011

Self Referrals Welcome

Volume 5, Issue 1

Basic Workshop Dates

Haliburton

Tues May 3, 2011 9am-12pm

Tues Jun 7, 2011 9am -12pm

Mon Jul 4, 2011 9am-12pm

Mon Aug 8, 2011 9am -12pm

Mon Sept 12, 2011 9am-12pm

Minden

Mon May 2, 2011 9am -12pm

Mon Jun 6, 2011 9am -12pm

Tues July 5, 2011 9am-12pm

Tues Aug 9, 2011 9am-12pm

Tues Sept 6, 2011 9am-12pm

Beyond the Basics Workshop Dates

Haliburton

Tues May 31, 2011 9am-12pm

Tues Jun 28, 2011 9am-12pm

Minden

Mon May 30, 2011 9am-12pm

Mon Jun 27, 2011 9am-12pm

Call Us to Book
Everyone Welcome

Don't forget about

Weighing in For Health

Benefit from a 15 minute appointment once a month to weigh-in, be measured and discuss with our staff how to achieve your weight loss goals! Self referrals welcome. Available in both sites.

Label Reading Presentation

Haliburton Dates

Date: Thursday May 26, 2011

Thursday August 11, 2011

Time: 1:00pm to 3:00pm

Location: Ruth Parkes Room-Haliburton Hospital

Minden Dates

Date: Wednesday June 8, 2011

Wednesday September 23, 2011

Time: 1:00pm to 3:00pm

Location: Board Room-Minden Hospital

Learn how to properly read food labels From our Registered Dietitian. Find out how the foods you are eating affect your health and blood sugars and empower yourself to make the right choices. Call to Register (705) 286-2140 ext 296 or (705) 457-1392 ext

Just what are Carbohydrates?

The short answer is that carbohydrates are foods that become sugar in your bloodstream.

What foods contain carbohydrates?

- Grains- bread, rice, pasta, barley (choose whole grains)
- Starchy Vegetables – corn and potatoes (all other vegetables are free unless you eat in large amounts)
- Fruits and Juices (have a small piece of fruit rather than juice)
- Milk and Yogurt (choose lower fat varieties)

Sweets and Desserts- includes sugar, honey, syrup, molasses, pop, lemonade, iced tea, candy, cough drops, cookies, cakes etc

We need carbohydrates in our diets but balance is the key. The more consistent the carbohydrates are meal to meal, the more stable blood sugars will be. If you are interested in learning to count carbohydrates, please contact us to set up an appointment with our dietitian Kimberley.

Quinoa Pilaf With red and Yellow Peppers

Yield: 2-1/4 Pounds; Serves :12

Serving Size: 3 Ounces

Ingredients

- * 2-1/2 Tablespoons minced shallots
- * 2 Tablespoons minced Garlic
- * 20 Fluid Ounces Chicken or Vegetable stock (reduced sodium)
- * 12 Ounces Quinoa, well Rinsed
- * 1/4 Teaspoon ground white pepper
- * 1 Bay leaf
- * 1 Sprig Thyme
- * 7 Ounces roasted red and yellow pepper, diced

Directions

1. In a medium Saucepan, sweat the shallots and garlic in 2 fluid ounces of the stock until the shallots are translucent
2. Add the Quinoa, remaining stock, pepper, bay leaf and thyme. Bring the liquid to a boil.
3. Cover the pot tightly and place in a 350 degree F. oven until the Quinoa is tender and has absorbed all the liquid, about 15 minutes.
4. Remove and discard the bay leaf and thyme. Fluff the Quinoa with a fork to separate the grains and release steam. Fold in the peppers and serve.



Staffing

Catherine Neville, Administration

Judy Webb, RN, CDE

Kimberley Hicks, RD, CDE

Trish Byrne, RN

Introducing Quinoa

Quinoa (pronounced keen-wah) is an ancient grain that is high in protein. Quinoa can be substituted for other grains and rice.

How to Cook Quinoa

Method 1

- Place 1 cup raw quinoa in a fine strainer (if the holes are too big it will fall through)
- Rinse with water until water runs clear and is not frothy
- Combine 1 cup raw Quinoa and 2 cups Water in a pot and cover
- Bring to a boil over medium-high heat
- Reduce heat to low and simmer until water is absorbed, usually 15-20 minutes

Let rest for 5 minutes and fluff with a fork

Method 2

- Combine 1 cup raw quinoa and 1 teaspoon oil (canola works well) in a pot
- Toast raw quinoa over medium heat until seeds begin to darken (they will burn quickly so keep stirring them)
- Add 2 cups of Water to the pot
- Cover pot with lid and bring to a boil over medium-high heat
- Reduce heat to low and simmer until water is absorbed, usually 15-20 minutes

Let rest for 5 minutes and fluff with a fork

Where to Buy Quinoa

Quinoa is becoming very available in our area. It's available at most grocery, health food and bulk stores as well as Costco.



Too Wet Outside To Go For A Walk?

Both Haliburton and Minden Sites offer an air conditioned, dry environment to keep you cool while you go for your daily walk. Follow the footsteps around the building with our walking club. Please sign in. Sign in books are located in the front office in Haliburton and on the wall of windows facing the cafeteria in Minden. Hours are Monday to Friday 9am to 4pm

