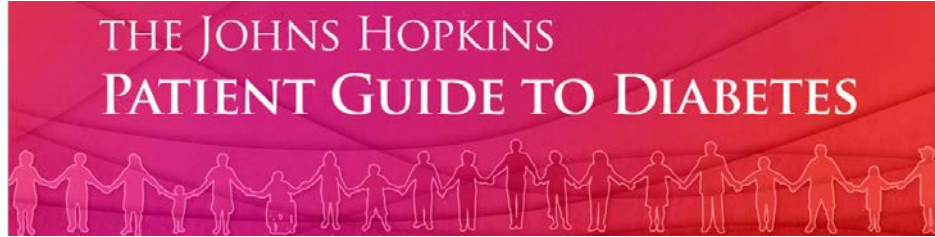


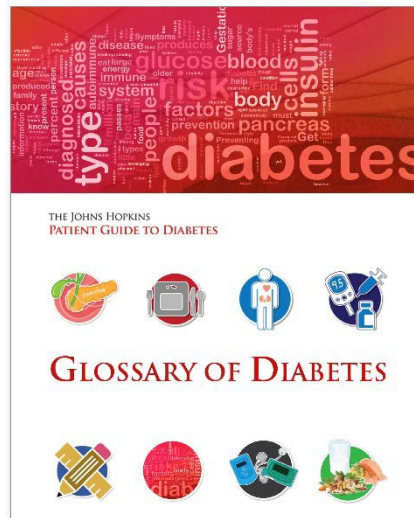
**Volume 5; Issue 2**  
**September 2020**



***Our Vision:* To provide a trusted and reliable resource based on the latest evidence that people with diabetes or interested in diabetes can use to live healthier lives.**

**New!**  
**Downloadable Glossary!**

**Visit the site to see**



**Our Glossary of Diabetes, with over 600 terms,  
is now available as a downloadable PDF document  
and is available for printing.**

An excerpt from the Glossary's Introduction  
by Amy Rohrbaugh, Founder & Director of The Frannie Foundation

*An integral part of the Johns Hopkins Patient Guide to Diabetes website is the Glossary. The team has included key terms in diabetes care with the goal of making the definitions accurate and clear. By translating medical jargon, which is often confusing, into easy to understand language, this Glossary will prove useful in navigating learning materials in order to better comprehend this disease and its complications by both patients and their caregiver(s).*

*Through both the Johns Hopkins Patient Guide to Diabetes website and now, this Glossary, Dr. Kalyani and her team continue to contribute to the **Frannie Foundation**'s mission by breaking down learning barriers and providing the best up-to-date information, tools and resources...*

## **Glossary of Diabetes**

THE JOHNS HOPKINS  
PATIENT GUIDE TO DIABETES *presents*



**We are Pleased to Announce  
2 New Spanish Language  
Diabetes Educational Videos  
featuring Dr. Stanley Chen Cardenas**

### **Parte 1:**

**¿Qué es la diabetes y cuáles son sus complicaciones?**

## Parte 2:

### ¿Como se trata la diabetes tipo 2?

[See all of our videos on the site](#)



#### **COVID-19 and Exercise**

Staying active has been a challenge for everyone during the COVID-19 pandemic. Concerns about contracting COVID-19 can be paralyzing, contributing to a decline in physical activity and a deterioration in glucose control for people with diabetes. While all of us have experienced disruptions in our daily routines, this article will discuss tips on how to keep up with the demands of maintaining physical fitness while staying healthy and safe. [Read more on the site.](#)

#### **Telemedicine for Patients with Diabetes during the COVID-19 Pandemic**

Medicine has transformed radically since March 2020, in light of the COVID-19 pandemic. The field of diabetes medicine, especially, was primed to help patients succeed as more telemedicine clinic visits became available. The reasons for this are listed in the following paragraphs. [Read more on the site.](#)

[Visit the site for more COVID-19  
and Diabetes articles.](#)



## More Nutrition Tips

### COVID-19 and Diabetes

#### **An Overview of Intermittent Fasting**

While intermittent fasting isn't new, it's gained popularity again with recent research. The idea of focusing on when you eat instead of what you eat is a welcome diet approach for some people. Studies show that intermittent fasting can have many beneficial effects including lowering blood glucose and reduced insulin resistance and reduced insulin requirements. Other health benefits adding to the list are weight loss, decreased inflammation, cancer risk reduction, lower cholesterol and blood pressure, brain health, and anti-aging. Read more on the site.

#### **Debunking Myths about Fat**

Hopefully you have already heard it, but a low-fat diet for diabetes and heart disease

#### **Meal Planning during a Pandemic**

"What's for dinner?" is one of the top questions in our households now. We are cooking at home more and to make it complicated, taking fewer trips to the grocery store. Hopefully, you have some time to cook and experiment in the kitchen and maybe even found comfort in cooking at home.

For people with diabetes, this is a crucial time to work on balancing blood glucose to help with immunity, sleep, energy, and mood. This is time to be as healthy as possible. Meal planning is necessary now more than ever to balance your plate and glucose. Read more [here](#).

is outdated advice. Yes, it was thought to be true that fat caused heart disease, but current research doesn't support this. This is important because people with diabetes are at a higher risk for heart disease. Read more on the site.



## Ask the Expert: Questions from our Readers

**Dear Christine,**

I'm writing to ask a question I've wondered about. When I buy plain, raw nuts, I've noticed that the bag claims the nuts have saturated fat! I've always thought of saturated fat coming from animal products (i.e. meat, butter, cheese, eggs, etc.) Do plain nuts really have (a small amount of) saturated fat? I'm confused! Please explain. Thanks!

**Dear Interested Reader,**

Thank you for your question. You are correct-nuts do contain a small amount of saturated fat. Other plants also contain saturated fat including avocado, seeds, cocoa butter, olives, and oils. Saturated

**Dear Christine,**

Can rice powder be used as a resistant starch? It is just ground rice and has not been heated.

**Dear Interested Reader,**

Thank you for your question. Rice powder is a resistant starch. I found one study that compared retrograded rice (heated and cooled) to common rice powder. The study concluded that retrograded rice had higher resistant starch levels compared to rice powder. I think rice powder could be a partial substitute for flour to include resistant starch. If you enjoy rice, try it cooled for the added resistant starch benefits.

fat is usually thought of as a single nutrient, but there are different types of saturated fatty acids. Some types of saturated fats have a neutral effect on cholesterol. Food usually contains a mix of fatty acids, so it's hard to compare the health effects of one type to another. However, the combination of fats in nuts has many health benefits. I encourage my clients to include nuts in their diet. Nuts are a nutrient-dense whole food that are beneficial for heart health, blood pressure, weight management, and improving glycemic control. In addition to healthy fats, nuts contain protein, fiber, and vitamin and minerals such as magnesium, folate, and potassium. Nuts also contain phytochemicals that act as antioxidants and work to reduce inflammation. So, continue to enjoy nuts as a healthy part of your diet.

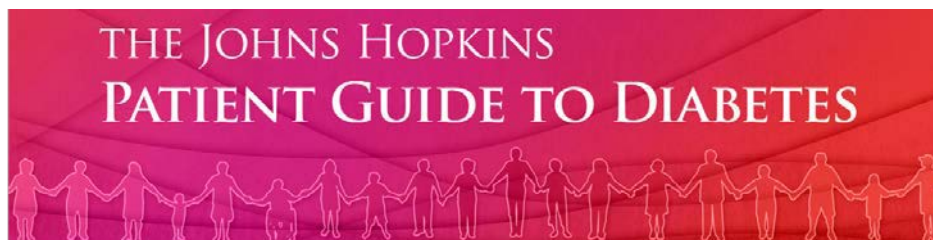
**Dear Christine,**

I would like to know more about the Dash diet. Could you send me an example of how a dash diet looks like for a week? (Menu).

**Dear Interested Reader,**

Thanks for your question. The DASH Eating Plan is a healthy balanced eating plan to help control blood pressure. The eating plan emphasizes whole grains, fruits, vegetables, and low-fat dairy while limiting sodium, saturated fat, and sugar. NIH is a great website to learn more about the DASH Eating Plan. A sample weekly meal plan is also available.

**More questions and answers are on the site, featuring  
Christine McKinney, RD LDN CDE**



**Use a Diabetes App on your  
Smartphone or Device?**

## Would you like to?

What would you like to see in a Diabetes App?

E-mail your comments to:

[hopkinsdiabetesinfo@ihmi.edu](mailto:hopkinsdiabetesinfo@ihmi.edu)

Please do not include any personal information.

### Newsletter Archives

Back issues are  
now available  
in the [website archives](#)

### *Like what you see?*

*Join our 3,300+ likes  
on Facebook  
and 500+ followers  
on Twitter!*

### Talk to Us!

#### Other ideas for topic or polls?

Send comments or feedback regarding what you'd like to see included on the website or in the newsletter to: [hopkinsdiabetesinfo@ihmi.edu](mailto:hopkinsdiabetesinfo@ihmi.edu) or use the [Contact Us](#) link. Remember, please do NOT include any personal health information.

While this newsletter is published periodically, the website is being updated with fresh content constantly. Check back often.

**In Health,  
The Johns Hopkins  
Patient Guide to Diabetes Team**  
[hopkinsdiabetesinfo.org](http://hopkinsdiabetesinfo.org)



**We thank the [Frannie Foundation](#) for their  
generous support of this website.**

**In 2019, this Diabetes Website was accessed *>250,000 times.*  
Thanks to our visitors from around the world!**



**Like us on [FaceBook!](#) | Follow us on [Twitter!](#)**

This website was made possible through the generous philanthropic support of the **[The Frannie Foundation](#)**, whose mission is to enhance the lives of individuals who have diabetes and other cardiovascular-related diseases. More information about this non-profit organization may be found at:  
**[www.thefranniefoundation.org](http://www.thefranniefoundation.org)**

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