

# TSEBO

# WORLD DIABETES DAY

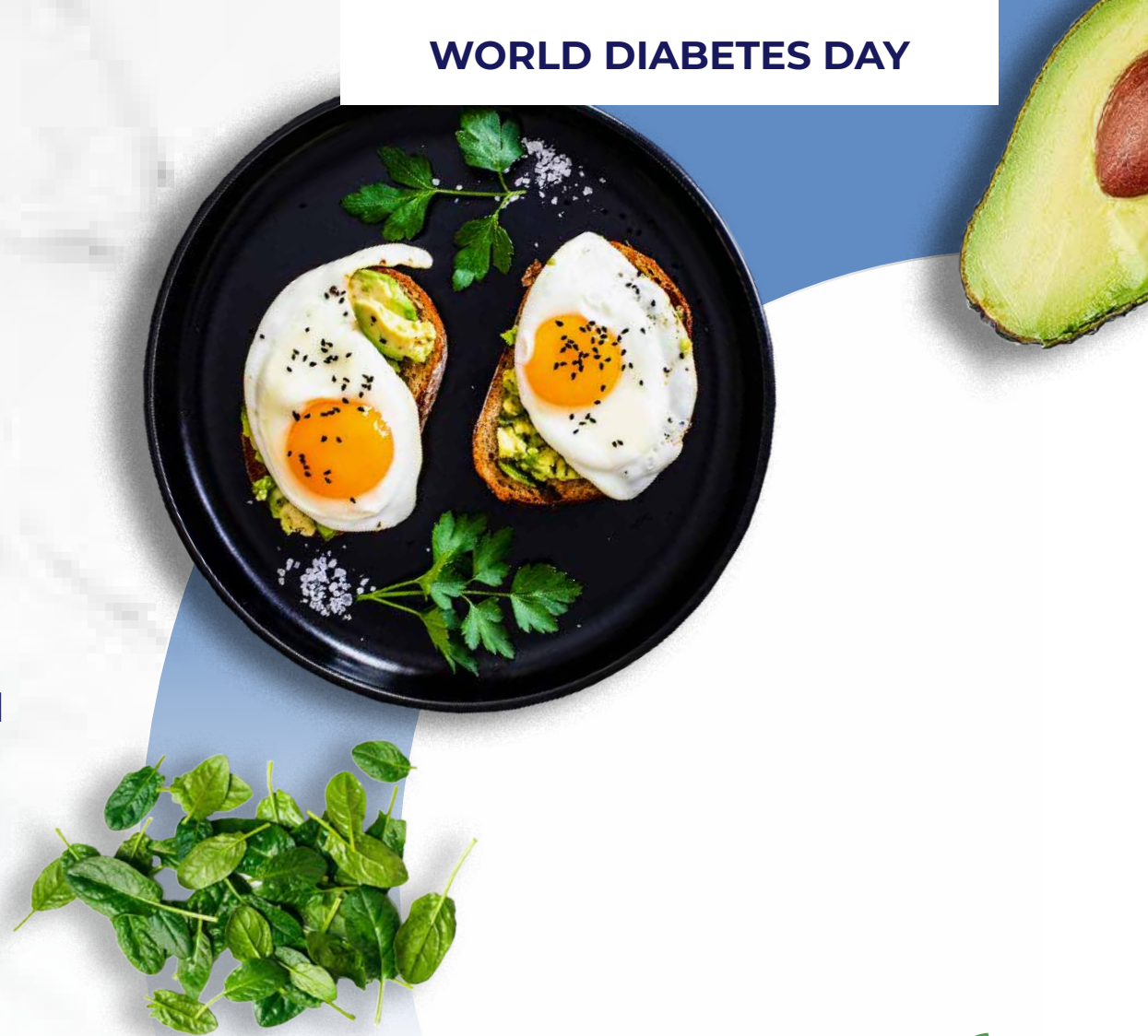


*Yours in nutrition, Annelize Zeelie*



# WORLD DIABETES DAY

World Diabetes Day was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. It is marked every year on **14 November**, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.



# WHAT IS DIABETES?



world diabetes day

14 November

## WHAT IS DIABETES?

Your body needs insulin to transport glucose into energy.

### Type 1

When the pancreas doesn't produce insulin it is Type 1 diabetes

### Type 2

When the pancreas doesn't produce enough insulin (or the insulin cannot be processed) it is Type 2 diabetes

### Gestational diabetes

When the insulin is less effective during pregnancy it is Gestational diabetes.

The World Diabetes Day logo is the blue circle – the global symbol for diabetes. IDF welcomes the widespread use of the WDD logo to raise diabetes awareness and support people affected by the condition

## BLUE CIRCLE SELFIE APP

The Blue Circle is the universal symbol for diabetes. It signifies the unity of the global diabetes community in response to the rising number of people affected by diabetes. The symbol means nothing to many people. Help us change that!

The Blue Circle selfie app has been developed to promote the blue circle in a fun and engaging way. It is available for iOS and Android phones and tablets.

Take a selfie or a group picture, position the blue circle around your face or anywhere on the picture and share it on social media (#WDD) with a personal message.



# THE DISCOVERY OF INSULIN – 100 YEARS AGO

**1 IN 10 ADULTS ARE NOW LIVING WITH DIABETES**

New figures from the 10th Edition of the IDF Diabetes Atlas reveal that 537 million adults around the world are living with diabetes.

**537 million** adults are living with diabetes



**50% OF PEOPLE WITH DIABETES ARE UNDIAGNOSED**



**3 IN 4 PEOPLE WITH DIABETES LIVE IN LOW TO MIDDLE-INCOME COUNTRIES**

## DIABETES

- 463 million adults (1-in-11) were living with diabetes in 2019.
- The number of people living with diabetes is expected rise to 578 million by 2030.
- More than 3 in 4 people with diabetes live in low and middle-income countries.
- 1 in 6 live births (20 million) are affected by high blood glucose (hyperglycaemia) in pregnancy.
- Two-thirds of people with diabetes live in urban areas and three-quarters are of working age.
- 1 in 5 people with diabetes (136 million) are above 65 years old.
- Diabetes caused 4.2 million deaths in 2019.
- Diabetes was responsible for at least \$760 billion in health expenditure in 2019 – 10% of the global total spent on healthcare.
- Depending on the global region, up to 50% people diagnosed with COVID-19 were living with diabetes.
- 1 in 2 adults with diabetes remain undiagnosed (232 million). The majority have type 2 diabetes.

## ACCESS TO DIABETES CARE

- Tens of thousands of people with type 1 diabetes who need insulin to survive and more than 30 million with type 2 diabetes who require insulin do not have access to a reliable and affordable supply.
- In Africa, 86% of people with type 2 diabetes are unable to access the insulin they need.
- 63% of households in low-income countries are unable to afford insulin, along with 2.8% of households in high income countries.
- 26.9% of households in low-income countries, and 0.7% of households in high-income countries, cannot afford the medication Metformin (Glucophage)



# DIABETES FACTS & FIGURES

**A LIFE-SAVING DISCOVERY BUT MORE REMAINS TO BE DONE**

The development of therapeutic insulin in 1921 was a landmark breakthrough in the history of medicine. 100 years on, millions of lives have been saved and improved but insulin and other diabetes medicines and care still remain beyond the reach of many who need them.

**100**  
years

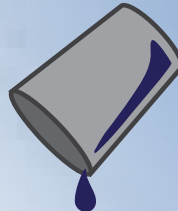
**9**  
months

**11**  
days ago

Leonard Thompson received the first successful injection of insulin



## SIGNS AND SYMPTOMS OF DIABETES



BLURRED VISION

WEIGHT LOSS

FREQUENT URINATION

EXCESSIVE THIRST

LACK OF ENERGY

## KNOW YOUR RISK OF TYPE 2 DIABETES

The first step to preventing type 2 diabetes is knowing your risk. Find out through our interactive tool

CLICK 

<https://www.idf.org/type-2-diabetes-risk-assessment/>



# WHAT CAN YOU EAT?

People with diabetes should eat a healthy diet, the same as somebody without diabetes. It should be low in saturated fat, high in fibre and include a variety of fruit and vegetables.

## TEN TOP TIPS TO HELP YOU ACHIEVE A BALANCED DIET

**1** Eat regular meals – eating breakfast may help you to manage your hunger and avoid overeating.

**2** Reduce your portion sizes to help you reduce and maintain a healthy weight. A portion is:

- a fist size of potatoes, bread, pasta or other starchy carbohydrates
- a palm size of meat/fish or poultry
- two handfuls of vegetables or salad
- a cupped-handful of fruit
- top of your thumb size of oil or fat spread.

**3** Carbohydrates are used for energy so include some in your diet each day. Opt for wholegrain options, fruits and vegetables, beans, pulses, low fat milk and yoghurt. Controlling or limiting portions can help reduce weight and improve diabetes control.

**4** Some saturated fats are linked with increasing cholesterol. Reducing your intake of all fats can also help reduce energy intake and help weight loss. Focus should be on reducing intakes of foods such as butter, cheese, processed meat and pastries.

**5** 5-a-day – you can have any fruit, vegetables or salad you enjoy (however, it pays to be careful with dried fruit and juices). Aim for at least 5-a-day and try to have a variety.

**6** Swap meat for beans, pulses and lentils. This reduces fat and increases the fibre of your meals. Fibre helps to reduce cholesterol and prevent certain cancers. Try adding to soups, casseroles and stews.

**7** Fish is a good source of low fat protein (white fish) and heart-protecting omega-3 (oily fish). Aim to eat two portions a week of fresh, canned or frozen oily fish, like mackerel, sardines or salmon.

**8** Sugar can be eaten if you have diabetes but don't overdo it. Keep foods containing sugar to small servings as an occasional treat and whenever possible choose sugar free drinks. Artificial sweeteners are safe to use.

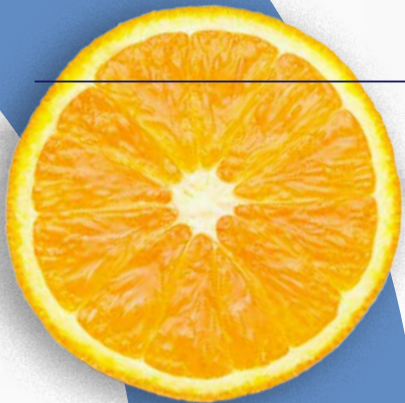
**9** Drink 8–10 glasses of fluid per day. Water is best, but tea and coffee, herbal teas, no added sugar squash and diet fizzy drinks can all contribute.

## SHARE THE WORLD DIABETES DAY MESSAGE THIS NOVEMBER!

Take part in the World Diabetes Day campaign to raise awareness of diabetes and the need for greater access to care around the world. Your participation – both in the build-up to and following 14 November 2021 – is key to the success of the campaign. If your region or community is observing physical distancing guidelines due to COVID-19, you can set up online activities.

In support of World Diabetes Day we would like to share some amazing recipes with you.

**10** Try to be more active.



# Avocado-Egg Toast

Try it once and we think you'll agree:  
Topping avocado toast with an egg is a near-perfect breakfast.

5min

Active

5min

Total

1

Serving

## Ingredients

¼	Avocado
¼ tsp	Ground pepper
⅓ tsp	Garlic powder
1 slice	Whole-wheat bread, toasted
1 large	Egg, fried
1 tsp	Sriracha (Optional)
1 tbsp	Spring onion, sliced (Optional)

## Directions

1. Combine avocado, pepper and garlic powder in a small bowl and gently mash.
2. Top toast with the avocado mixture and dry-fried egg. Garnish with Sriracha and spring onion, if desired.

### Nutrition Facts

Serving Size: 1 toast

### Per Serving:

271 calories; protein 11.5g; carbohydrates 18.1g; dietary fiber 5.4g; sugars 2g; fat 17.7g; saturated fat 3.5g; cholesterol 186mg; vitamin a iu 347.5IU; vitamin c 5mg; folate 77.5mcg; calcium 69.4mg; iron 2mg; magnesium 46.6mg; potassium 406.5mg; sodium 216.2mg.



# Berry-Banana Cauliflower Smoothie

Sneak in your veggies with a smoothie every morning. Riced cauliflower adds thickness and creaminess to a subtly sweet cauliflower smoothie that features the fruity flavors of bananas and berries at the forefront.

5min

Active

10min

Total

2

Serving

## Ingredients

1 cup	Frozen riced cauliflower
½ cup	Frozen mixed berries
1 cup sliced	Frozen banana
2 cups	Low fat milk

## Directions

1. Place cauliflower, berries, banana, and milk in a blender; blend until smooth, 3 to 4 minutes.

### Nutrition Facts

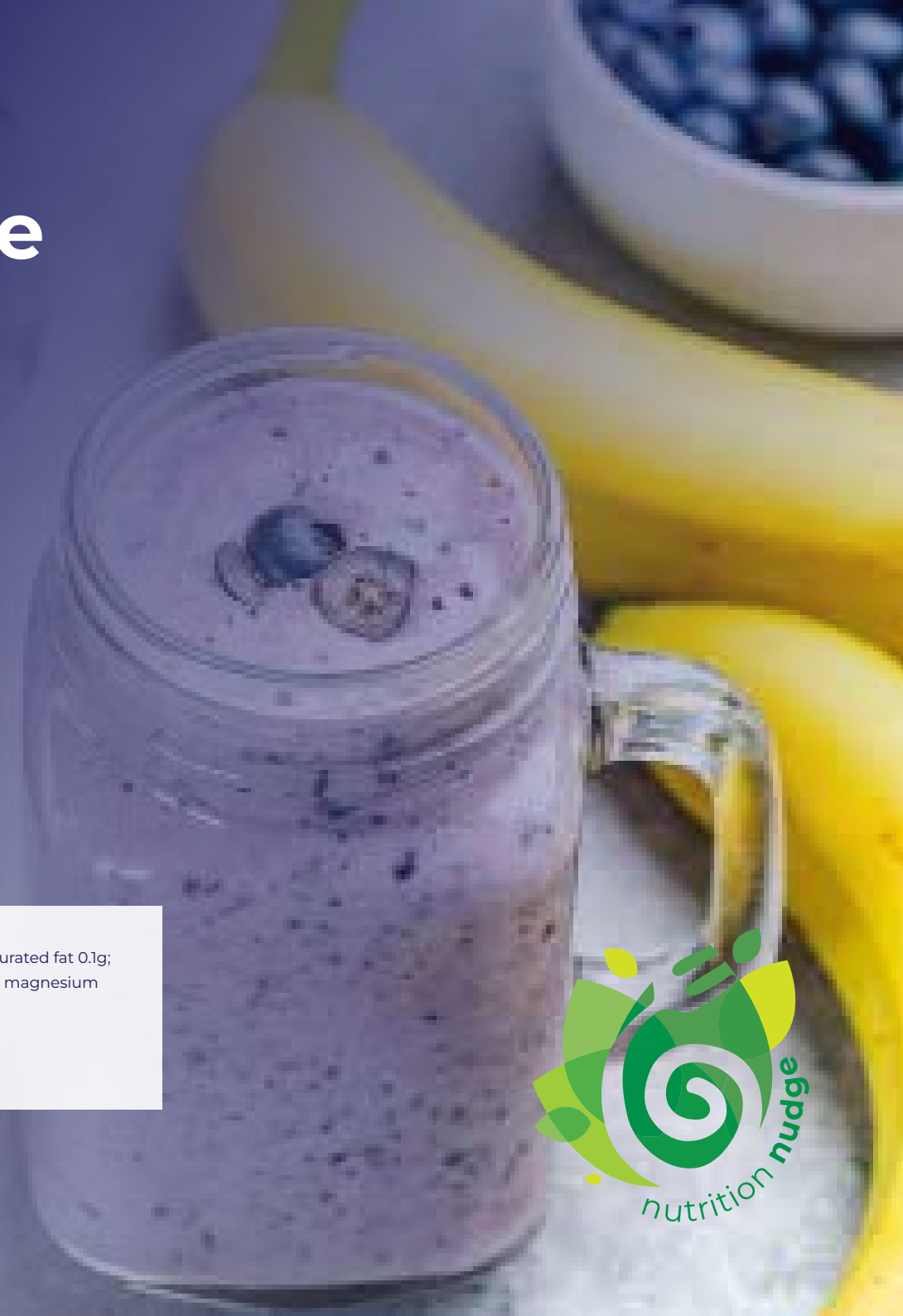
Serving Size: 2 cups

#### Per Serving:

149 calories; protein 3g; carbohydrates 29.3g; dietary fiber 5g; sugars 17.5g; fat 3g; saturated fat 0.1g; vitamin a iu 565.8IU; vitamin c 28.5mg; folate 17.7mcg; calcium 473.6mg; iron 0.8mg; magnesium 23.6mg; potassium 338.6mg; sodium 184.4mg; added sugar 4g.

#### Exchanges:

1 1/2 fat, 1/2 fat, 1/2 other carbohydrate, 1/2 veg





# Breakfast Beans with Microwave-Poached Egg

In Costa Rica, this popular breakfast bean dish is called gallo pinto, which means spotted rooster, referring to the dark beans amid the pale rice. We call for cooked barley here, but you can use whatever leftover cooked grain you may have on hand.

**15min**  
Active

**15min**  
Total

**2**  
Serving

#### Tips:

To make ahead: Prepare beans and barley (Step 1) up to 3 days ahead and refrigerate. Reheat in the microwave and continue with Step 2.

## Ingredients

2 tsp	Canola oil
¼ cup chopped	Red bell pepper
2 chopped	Scallions, whites and greens separated
½ tsp	Ground cumin
¾ cup	Rinsed canned low-sodium black beans
½ cup	Cooked barley
½ cup	Low-sodium chicken broth or vegetable broth
⅛ tsp	Salt
⅛ tsp	hot sauce
1 cup	Water, divided
1 tsp	Distilled white vinegar, divided
2 large	Eggs, divided
2 tbsp	Shredded pepper Jack cheese
½	Avocado, sliced
2 tbsp	Coarsely chopped fresh cilantro

## Directions

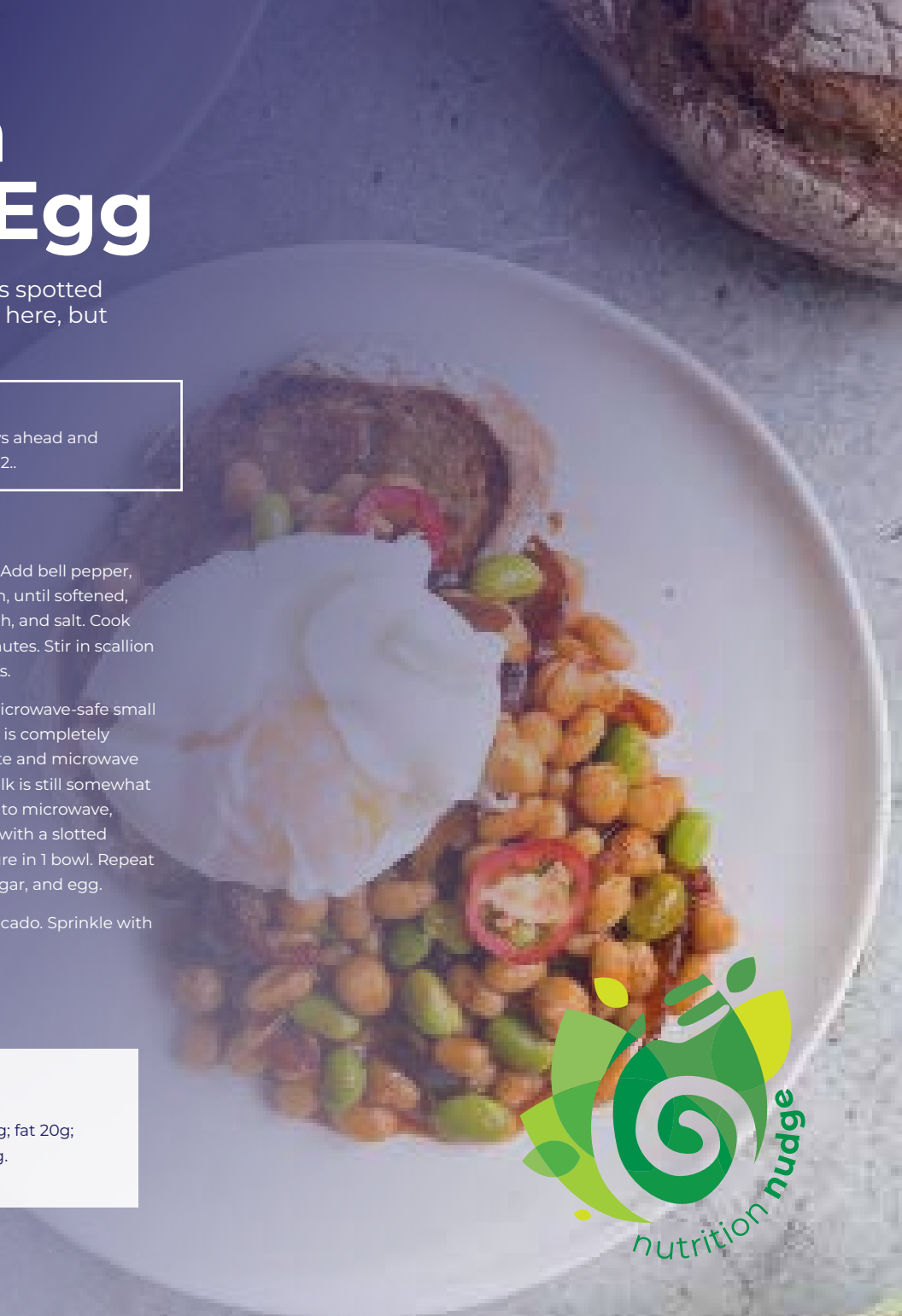
1. Heat oil in a medium pan over medium heat. Add bell pepper, scallion whites, and cumin; cook, stirring often, until softened, 1 to 2 minutes. Add beans, cooked barley, broth, and salt. Cook until most of the liquid is absorbed, 3 to 5 minutes. Stir in scallion greens and hot sauce. Divide between 2 bowls.
2. Place 1/2 cup water and 1/2 tsp. vinegar in a microwave-safe small bowl. Carefully crack 1 egg into the water so it is completely submerged. Cover with a microwave-safe plate and microwave on High until the egg white is firm and the yolk is still somewhat runny, about 1 minute. (If necessary, continue to microwave, checking every 10 seconds.) Remove the egg with a slotted spoon, pat dry and place atop the bean mixture in 1 bowl. Repeat with the remaining 1/2 cup water, 1/2 tsp. vinegar, and egg.
3. Top each bowl with 1 Tbsp. cheese and 1/4 avocado. Sprinkle with cilantro, if desired.

#### Nutrition Facts

Serving Size: 3/4 cup bean mixture + 1 egg + 1 Tbsp. cheese + 1/4 avocado

#### Per Serving:

364 calories; protein 16g; carbohydrates 32g; dietary fiber 10g; sugars 2g; fat 20g; saturated fat 4g; cholesterol 192mg; potassium 634mg; sodium 498mg.



# Egg and Vegetable Muffins

Bulgur adds fiber and protein to these egg muffins, made with zucchini, tomato and feta cheese.

20min

Active

55min

Total

6

Serving

## Ingredients

Nonstick cooking spray

2/3 cup	Water
1/3 cup	Bulgur
3/4 cup chopped	Zucchini
1/4 cup chopped	Onion
1 tbsp	Olive oil
1 small	Tomato, cored, seeded and chopped (1/3 cup)
2 ounces	Reduced-fat feta cheese, crumbled (1/2 cup)
2 cups	Refrigerated or frozen egg product, thawed, or 8 eggs, lightly beaten
2 tsp	Snipped fresh oregano and/or rosemary
1/8 tsp	Ground black pepper

## Directions

1. Preheat oven to 180°C. Coat twelve muffin cups with nonstick spray; set aside. In a small saucepan combine water and bulgur. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until bulgur is tender. Drain off any liquid.
2. In a large pan cook zucchini and onion in hot oil over medium heat for 5 to 10 minutes or until just tender, stirring occasionally. Remove from the heat and stir in bulgur, tomato and cheese. Spoon mixture evenly into prepared muffin cups.
3. In a large bowl whisk together eggs, oregano, and pepper. Pour evenly over vegetable mixture in muffin cups.
4. Bake for 15 to 18 minutes or until a knife inserted in center of muffins comes out clean. Let cool in pans on a wire rack for 5 minutes. Run a thin knife around the edges of the muffins to loosen. Carefully remove muffins from the pans and serve warm.

### Nutrition Facts

Serving Size: 2 muffins

#### Per Serving:

117 calories; protein 11.3g; carbohydrates 9.5g; dietary fiber 2g; sugars 2.5g; fat 4.2g; saturated fat 1.3g; cholesterol 2.8mg; vitamin a iu 411.2IU; vitamin c 5mg; folate 21.1mcg; calcium 96.4mg; iron 1.9mg; magnesium 29.8mg; potassium 275.6mg; sodium 294.3mg.

#### Exchanges:

1 1/2 lean protein, 1/2 fat, 1/2 starch, 1/2 vegetable



# Orange Whole-Wheat Pancakes

Boost your breakfast with vitamin C and potassium by topping your whole-grain pancake stack with segmented oranges, which are an excellent source of both.

30min

Active

30min

Total

6

Serving

## Ingredients

1½ cups	White whole-wheat flour
3 tbsp	Flaxmeal
1½ tsp	Baking powder
½ tsp	Bicarbonate of soda
¼ tsp	Ground ginger
¼ tsp	Salt
3	Oranges, divided
1¼ cups	Buttermilk
2 large	Eggs
1 tsp	Vanilla extract
2 tbsp	Packed brown sugar
2 tbsp	Canola oil

## Directions

1. Whisk flour, flaxmeal, baking powder, bicarbonate of soda, ginger, and salt in a large bowl.
2. Zest 1 orange to get 1 tablespoon zest. Juice it to get ¼ cup juice. Cut the remaining two oranges into segments. Cut the segments into thirds; set aside.
3. Whisk buttermilk, eggs, vanilla, brown sugar, oil, the orange juice, and the zest in a medium bowl.
4. Pour the wet mixture into the dry mixture and stir until just combined. Do not overmix. Let the batter stand for 3 to 5 minutes while you preheat the pan.
5. Lightly coat a large nonstick pan or griddle with cooking spray and set over medium-high heat. Drop the batter onto the hot pan, using ⅓ cup per pancake. Cook the pancakes until they begin to bubble, 3 to 4 minutes, then flip and cook the other side until lightly browned, 2 to 3 minutes more.
6. Repeat with the remaining batter. Keep the pancakes warm in a 90°C F oven until ready to eat. Serve with the reserved orange segments.

### Nutrition Facts

Serving Size: 2  
pancakes and 1/2 cup  
orange segments

### Per Serving:

248 calories; protein 8.8g; carbohydrates 35.5g; dietary fiber 5.3g; sugars 11.3g; fat 9g; saturated fat 1.4g; cholesterol 64mg; vitamin a iu 219.2IU; vitamin c 25.1mg; folate 40.1mcg; calcium 178.3mg; iron 1.8mg; magnesium 68mg; potassium 327mg; sodium 398.9mg.



# Sheet-Pan Chicken Fajita Bowls

Skip the tortillas in favor of this warm fajita salad, which features a nutritious medley of chicken with roasted kale, bell peppers and black beans. The chicken, beans and vegetables are all cooked on the same pan, so this healthy dinner is easy to make.

20min

Active

40min

Total

4

Serving

## Tips

For easier weeknight prep, slice vegetables the night before; cover and refrigerate. To make ahead: Prepare spice mixture (Step 1) up to 2 days ahead; store in an airtight container.

## Ingredients

2 tsp	Chili powder
2 tsp	Ground cumin
¾ tsp	Salt, divided
½ tsp	Garlic powder
½ tsp	Smoked paprika
¾ tsp	Ground pepper
2 tbsp	Olive oil, divided
1 ¼ pounds	Chicken tenders
1 medium	Yellow onion, sliced
1 medium	Red bell pepper, sliced
1 medium	Green bell pepper, sliced
4 cups chopped	Stemmed kale/spinach
1 can	Black beans, rinsed
¾ cup	Low-fat plain Greek yogurt
1 tbsp	Lime juice
2 tbsp	Water

## Directions

1. Place a large rimmed baking sheet in the oven; preheat to 220°C.
2. Combine chili powder, cumin, 1/2 tsp. salt, garlic powder, paprika, and ground pepper in a large bowl. Transfer 1 tsp. of the spice mixture to a medium bowl and set aside. Whisk 1 Tbsp. oil into the remaining spice mixture in the large bowl. Add chicken, onion, and red and green bell peppers; toss to coat.
3. Remove the pan from the oven; coat with cooking spray. Spread the chicken mixture in an even layer on the pan. Roast for 15 minutes.
4. Meanwhile, combine kale/spinach and black beans with the remaining 1/4 tsp. salt and 1 Tbsp. olive oil in a large bowl; toss to coat.
5. Remove the pan from the oven. Stir the chicken and vegetables. Spread kale and beans evenly over the top. Roast until the chicken is cooked through and the vegetables are tender, 5 to 7 minutes more.
6. Meanwhile, add yogurt, lime juice, and water to the reserved spice mixture; stir to combine.
7. Divide the chicken and vegetable mixture among 4 bowls. Drizzle with the yogurt dressing and serve.

## Nutrition Facts

Serving Size: 2 chicken tenders, 1 1/4 cups vegetables + generous 1 Tbsp. sauce

## Per Serving:

343 calories; protein 42.7g; carbohydrates 23.7g; dietary fiber 8.2g; sugars 3.8g; fat 9.9g; saturated fat 1.4g; cholesterol 70.9mg; vitamin a iu 2774.9IU; vitamin c 72.9mg; folate 25.3mcg; calcium 187.3mg; iron 3.6mg; magnesium 62.7mg; potassium 579.8mg; sodium 605.1mg.



# Apple Crumble with Oats

Leaving the skins on the apples provides fiber and vitamins, so this diabetic-friendly dessert is not only good tasting but also good for you.

20min

Active

1hr

Total

6

Serving

## Ingredients

½ cup	Regular rolled oats
2 tbsp	Whole-wheat cake flour
2 tbsp	Packed brown sugar
½ tsp	Ground cinnamon
1 tbsp	Cold butter, cut into small pieces
3 medium	Golden Delicious apples, cored and cut into thin wedges
2 tbsp	Water
1 tbsp	Fresh lemon juice
1 tbsp	Packed brown sugar
1 x 200g	Container low-fat vanilla yogurt

## Directions

1. Preheat oven to 180°C. In a medium bowl combine oats, flour, 2 tablespoons brown sugar and cinnamon. Mix with fork until combined. Add the butter and work it in with your fingers, the fork or a pastry blender until the mixture begins to form clumps.
2. In a large bowl toss the apples with the water, lemon juice and remaining 1 tablespoon brown sugar. Transfer apple mixture to a pie plate or individual muffin tins. Sprinkle the oat mixture evenly over the apples. Bake for 40 to 45 minutes or until the topping is golden and the apples are tender. If desired, serve warm with yogurt.

### Tips

To make individual servings, prepare as above, except divide the apple mixture among six cups or ramekins. Sprinkle with oat mixture and bake about 35 minutes or until apples are tender. Serve as above.

If using a sugar substitute, use Splenda(R) Brown Sugar Blend for Baking. Follow package directions to use product amount that's equivalent to 2 and 1 tablespoon brown sugar. Nutrition Per Serving with Substitute: Same as below, except 137 calories, 26 g carbohydrate. (13 g sugars), 18 mg sodium.

### Nutrition Facts

Serving Size: 2/3 cup crumble

#### Per Serving:

148 calories; protein 2.7g; carbohydrates 29.7g; dietary fiber 3.9g; sugars 16.5g; fat 3g; saturated fat 1.4g; cholesterol 5.1mg; vitamin a iu 109IU; vitamin c 5.2mg; folate 10.7mcg; calcium 23.2mg; iron 0.8mg; magnesium 28.5mg; potassium 173.6mg; sodium 20.2mg.

#### Exchanges:

1 fruit, 1/2 fat, 1/2 other carbohydrate, 1/2 starch



# Watermelon Fruit Pizza

This refreshing fruit dessert pizza recipe swaps classic cookie crust with a healthier watermelon crust. Topped with yogurt sauce, your favorite berries and mint

10min

Total

8

Serving

## Ingredients

½ cup	Low-fat plain yogurt
1 tsp	Honey
¼ tsp	Vanilla extract
2 large	Round slices watermelon (about 2cm thick), cut from the center of the melon
⅔ cup	Sliced strawberries
½ cup	Halved blackberries
2 tbsp	Torn fresh mint leaves

## Directions

1. Combine yogurt, honey and vanilla in a small bowl.
2. Spread ¼ cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint.

### Nutrition Facts

Serving Size: 2 slices

#### Per Serving:

64 calories; protein 1.9g; carbohydrates 14.6g; dietary fiber 1.4g; sugars 11.7g; fat 0.6g; saturated fat 0.2g; cholesterol 0.9mg; vitamin a iu 893IU; vitamin c 21.7mg; folate 13mcg; calcium 45.7mg; iron 0.6mg; magnesium 21.3mg; potassium 237.3mg; sodium 12.8mg; thiamin 0.1mg; added sugar 1g.

#### Exchanges:

1 fruit



# Peanut Butter-Oat Energy Balls

Sweet, sticky dates act as the glue for these no-bake energy balls. Perfect for hikes or during sports, this healthy snack travels well. For the best flavor and texture, use Medjool dates--the largest and most luscious date variety. Look for them in the produce department or near other dried fruits.

**15min**  
Active

**30min**  
Total

**12**  
Serving

#### Tips

To make ahead: Refrigerate airtight for up to 1 week.

## Ingredients

$\frac{3}{4}$  cup Chopped Medjool dates  
 $\frac{1}{2}$  cup Rolled oats  
 $\frac{1}{4}$  cup Natural peanut butter  
Chia seeds for garnish

## Directions

1. Soak dates in a small bowl of hot water for 5 to 10 minutes. Drain.
2. Combine the soaked dates, oats and peanut butter in a food processor and process until very finely chopped. Roll into 12 balls (a scant tablespoon each). Garnish with chia seeds, if desired. Refrigerate for at least 15 minutes and up to 1 week.

#### Nutrition Facts

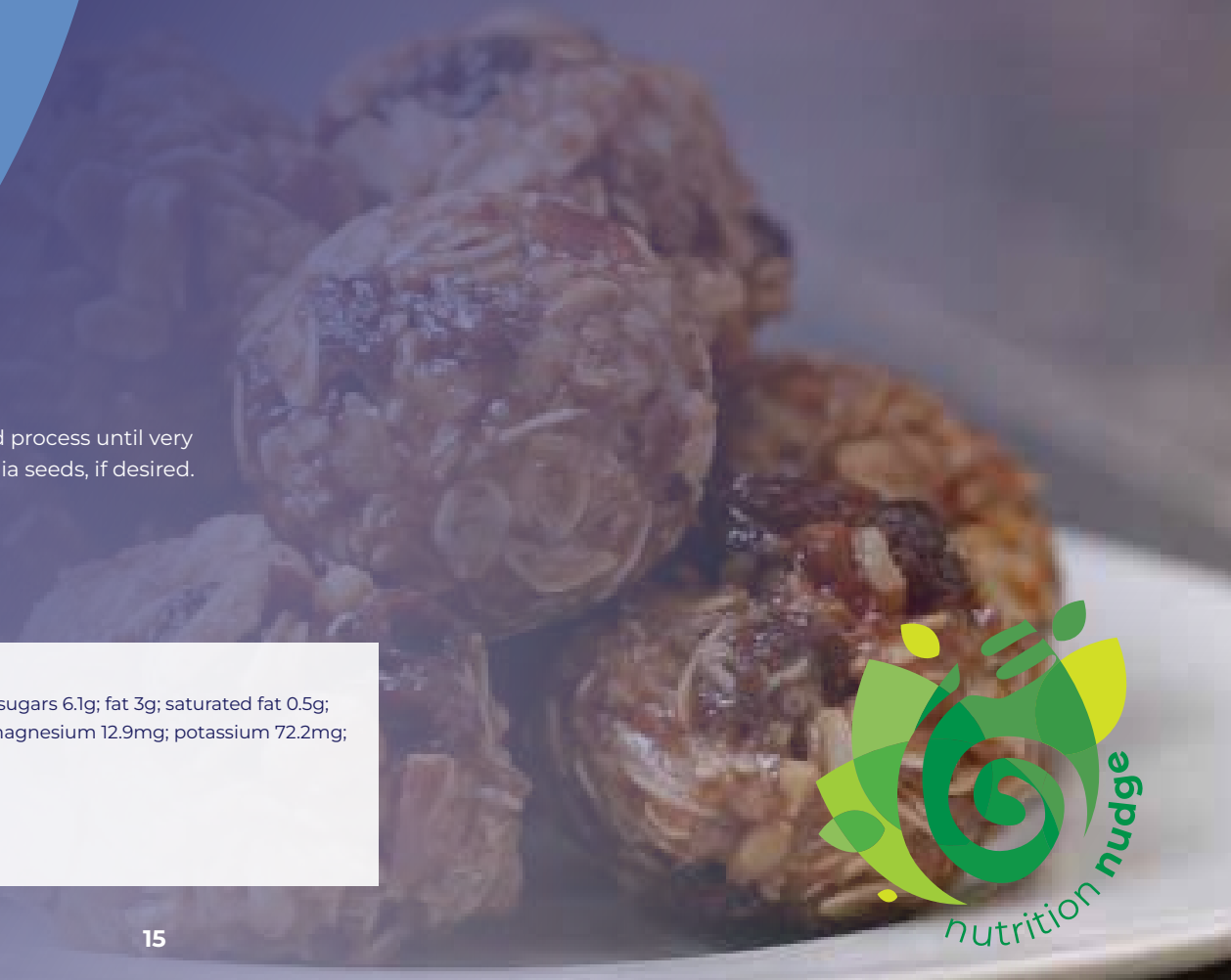
Serving Size: 1 ball

#### Per Serving:

73 calories; protein 1.8g; carbohydrates 10.1g; dietary fiber 1.4g; sugars 6.1g; fat 3g; saturated fat 0.5g; vitamin a iu 0.9IU; folate 3.4mcg; calcium 3.6mg; iron 0.3mg; magnesium 12.9mg; potassium 72.2mg; sodium 17.7mg.

#### Exchanges:

1/2 fat, 1/2 fruit





For recipe-related queries, please contact Tsebo Catering Solution.

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