

# Nutrition Notes

FALL 2023

Area Agency on Aging District 7, Inc.

*Serving Adams, Brown, Gallia, Highland, Jackson, Lawrence,  
Pike, Ross, Scioto and Vinton Counties in Ohio*

[www.aaa7.org](http://www.aaa7.org) **Helping You Age *Better!***



## National Diabetes Month

November is National Diabetes Awareness Month. Less than 100 years ago, the diagnosis of diabetes was a death sentence. Insulin had not been discovered yet and diabetes baffled the medical community. It would be during the oppressively hot summer of 1921 that the world would change forever.

It would be reasonable to believe the discovery of insulin came from a physician who had dedicated their life to the study of diabetes. However, Dr. Frederick Banting, a Canadian surgeon, would be dubbed the Father of Insulin. Dr. Banting completed medical school in 1916 at The University of Toronto Medical School and in February 1917, after his third attempt to enlist for the war due to his poor vision, would leave for World War I an ocean away. As a surgeon in the war, Banting was awarded the Military Cross for operating on many wounded men, all while under German fire and even continuing to operate after shrapnel tore into his interosseous artery.



Once back in Canada, Dr. Banting was reading a medical journal article titled “The Relation of the Islets of Langerhans to Diabetes with Special Reference to Cases of Pancreatic Lithiasis”. After reading the article, he went to sleep. At two o’clock in the morning, he jumped out of bed and scribbled an idea on paper writing, “Diabetes [sic] Ligate pancreatic ducts of dog. Keep dogs alive till acini degenerate leave islets. Try to isolate the internal secretion of these to relieve glycosuria [sic]”. Dr. Banting would later say if he had been more familiar with the study of diabetes, and all of the previous failed attempts to relieve diabetes, he would have never pursued his idea.

Dr. Banting left for Toronto to seek a research opportunity to isolate the substance thought produced from the pancreas. Dr. John Macleod met with Dr. Banting and reluctantly agreed to allow him to use a dingy lab not being used over the summer at The University of Toronto. Dr. Banting began his research May 15, 1921 with the help of 22-year-old biochemistry student research assistant named Charlie Best and later Biochemist James Collip joined the pair in their research. Together, they were able to keep a dog alive without a pancreas and on January 11, 1922, Leonard Thompson became the first person to receive insulin and was resurrected from near death.

American company Eli Lilly played a critical role in mass producing insulin, from pork and beef, and getting this life saving drug into the hands of many who so desperately needed it. During the summer of 1922, the insulin plant of Lilly hummed 24 hours a day producing the miracle drug. Mr. Lilly said insulin

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## Diabetes...continued from Page 1

"...is available to the consumer at a price below what the average man spends daily for his cigars or a supply of gasoline for his pleasure automobile. It costs less than three cents a unit thus proving that the humblest man or woman may enjoy its benefits". Dr. Banting was offered up to \$1 million by pharmaceutical companies for the insulin patent, but instead, sold the right to the University of Toronto in 1923 for \$1 to help humanity. Amazingly, the development of insulin was less than two years. Today, getting a new drug to market takes approximately 10-15 years.

Banting and Macleod were named co-recipients of the 1923 Nobel Prize in Physiology. In 1934, Banting was knighted as Sir Frederick Banting. Sadly, on February 21, 1941, during World War II, Dr. Banting was involved in a plane crash. His one last heroic act was to dress the pilot's wounds before dying from his own injuries.

Today, insulin is synthetic, no longer requiring pork or beef pancreas, relying on bacteria or yeast recombinant DNA technology, and can be made in unlimited supply. November is celebrated as Diabetes Awareness Month with November 14th as World Diabetes Day, in honor of Dr. Frederick Banting's birthday. Happy birthday Dr. Banting, and thank you for all of the lives you continue to save today.

- Malissa Sarver, MS, RDN, LD, CDE

### **Taco Soup**

Prep Time: 10 minutes; Cook Time: 20 minutes; Total Time: 30 minutes

#### Ingredients

- 1 can black beans drained and rinsed, 15 ounces
- 1 can pinto beans drained and rinsed, 15 ounces
- 1 can No Added Salt petite diced tomatoes, 14.5 ounces
- 1 can No Added Salt corn drained, 14.5 ounces
- 1 can white chicken breast drained (separate chicken pieces to smaller pieces), 12.5 ounces
- 1 can cream of chicken soup, 10.75 ounces (unsalted if you can find it)
- 1 can green enchilada sauce, 10 ounces
- 1 can low sodium chicken broth, 14 ounces
- 1 oz reduced sodium taco seasoning (or make your own no salt taco seasoning recipe found on Page 3)



#### Instructions

1. Mix all ingredients together in a large pot.
2. Bring to a boil over medium heat and then reduce heat and let simmer for 5-10 minutes.
3. Serve with choice of tortilla chips, lime wedges, scallion onions, shredded cheese, low fat plain yogurt or sour cream

**Our Resource Center is OPEN and available to answer your questions about home and community-based resources in your community!**

**1-800-582-7277 - [info@aaa7.org](mailto:info@aaa7.org)**



## Cost Savings with Canned Foods

It's no secret, Americans need to eat more fruits and vegetables. The advice of our mothers still rings true today to eat our veggies!

With food costs continuing to rise, how does one keep their food budget in check while trying to take in more produce? Canned foods may be a way to help combat high prices and still receive the health benefits of fruits and vegetables. In fact, the Dietary Guidelines urge Americans to increase their fruit and vegetable intake regardless of type be it canned, frozen, fresh or dried. In Appalachia, we are no stranger to canned foods as canning is a part of our heritage. So, whether you can your own produce or purchase canned produce from the grocery store, this is a great option to increase your fruit and vegetable intake.

Benefits of canned fruits and vegetables include: they are picked at peak freshness for the best taste and nutrition; they have a much longer shelf life than fresh produce; and they're convenient, affordable, and can decrease food waste. When choosing canned fruits, look for canned in water, in 100% juice, or in its own juices. With canned vegetables look for "no added salt" or "low sodium". Keep in mind, even if a can states "reduced sodium", it can still have quite a bit of sodium. Canned beans can also be rinsed under water to reduce some of the sodium content.



## No Salt Taco Seasoning

- 3 Tablespoons chili powder
- 2 Tablespoons cumin
- 1 Tablespoon paprika
- 2 teaspoons oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper



Mix together and store in air tight container

### HEAP Home Energy Assistance Program

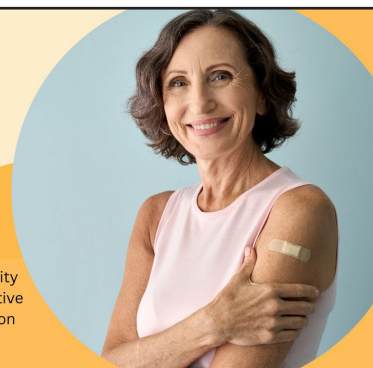
Now open for applications for 2023-2024. This program can help eligible Ohioans manage their heating bills. Applications are available from your local Community Action Agency

If interested or if you have questions, contact your county Community Action Agency or the AAA7 Resource Center at 1-800-582-7277.

### Strengthen Your Defense... Vaccinate!



The Aging and Disability Vaccination Collaborative and the Area Agency on Aging District 7





# Fall Finds

Find these words:

ACORN  
APPLE  
BOOTS  
CHILLY  
CIDER  
FALL  
FOOTBALL  
GOURD  
HARVEST  
HAYRIDE  
HALLOWEEN  
LEAVES  
NUTS  
PUMPKIN  
QUILT  
SCARF  
SOUP  
THANKSGIVING

O P U M P K I N V S B P L H U  
T A Q N V E C K J E O Q X W L  
F P U L L E A V E S O C W C A  
O P I N P T U V E T T X U C T  
O L L D H H H M A N S K H I E  
T E T C A A H A H A Y R I D E  
B N D H C N F W L Q C C G E I  
A Q Y I O K A T H L S C A R F  
L E H L R S L C K X O F G U U  
L N A L N G L N F Y A W M F Q  
M U R Y Y I U G A M Z M E A H  
T T V J Q V U R O S O U P E H  
T S E C X I K Y O U O A P D N  
A X S I K N O T F M R I C A N  
J D T E I G E J B P A D V X L

## Dining with Diabetes

Dining with Diabetes is a class offered all around the state of Ohio. It focuses on live cooking demos, menu planning, diabetes management, carbohydrate counting, label reading, and even taste testing!

All of these things help equip those living with any form of diabetes to better manage their glucose. If current trends hold true, 1 in 3 Ohioans will develop diabetes at some time in their lifetime.

To see if there are upcoming classes in your area visit:  
<https://fcs.osu.edu/programs/nutrition/dining-diabetes#Dates>

Can't get to an in person class? No problem, OSU Extension has an online class called "Beyond the Kitchen" that is self-paced. To register, visit [go.osu.edu/dwd-btk](http://go.osu.edu/dwd-btk). Participants who complete this course are even entered automatically for a quarterly drawing of a \$100 Amazon gift card!

