



HAWAI'I MEALS ON WHEELS

Client Information Bulletin

October 2017



CANCELLING MEALS

You **MUST** call our office (988-6747) by 12:00 NOON THE DAY BEFORE if you need to have your meals cancelled. For Monday cancellations, please call us on the PREVIOUS Friday.

Your voluntary contributions enable us to continue serving nutritious meals to the homebound elderly and disabled.

Our costs per meal average \$13.00. This includes food costs and administrative costs, with an average of \$6.50 of this going to food preparation costs.

Our voluntary client contribution requests to you are \$5.00. This does not cover the average costs of meals.

You can now make your meal contribution online at hmow.org/donations/meal-contribution
Save paper! Get your client bulletin by email. Send request to hmow@hmow.org

HOLIDAY DELIVERY – Meals WILL be delivered on the following upcoming holidays:

Columbus Day – Monday, October 9, 2017
Veterans Day – Friday, November 10, 2017
Thanksgiving – Thursday, November 23, 2017
Christmas Day – Monday, December 25, 2017

If you **RECEIVE** meals on these days and **DO NOT** want them delivered,
PLEASE notify our office as soon as possible.

The University of Hawai'i Elder Law Program (UHELP) will once again hold its annual
"WITE" OF THE "LIVING WILL"

Thursday, October 31st, 2017 at 3:00 pm at the William S. Richardson Moot Court Room

During this daylight presentation of UHELP's annual Halloween event, the University of Hawai'i Elder Law Program will discuss medical treatment decision-making and advanced care planning, including informed consent/informed refusal, individual instructions for health care, durable powers of attorney for health care, comfort care only-DNR bracelets/necklaces and Provider Orders for Life-Sustaining Treatment (POLST).

The public, especially *kupuna* and family caregivers, are invited to this free event. The William S. Richardson School of Law's Moot Court Room is located at 2525 Dole Street on the U.H. Manoa campus. Parking is available in the parking structure for \$5.00. Call [956-6544](tel:956-6544) or e-mail: uhelp.edu@gmail.com to reserve a seat.

LOW GLYCEMIC FOODS

BY: DASHEL CORPE, RD

If you or somebody you know is looking for ways to control blood sugar (glucose), one strategy is to eat foods that digest slowly and do not spike sugar levels. When combined with portion control, a low glycemic diet can help achieve lower blood glucose after meals. It can also provide the added benefit of feeling fuller longer by increasing fiber in meals.

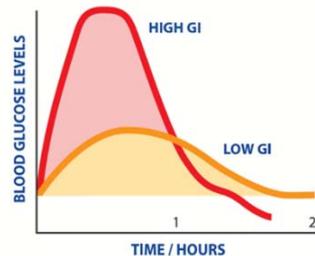
When we eat carbohydrates, our bodies convert their sugars and starches to glucose, but it converts them at very different rates. Some foods break down quickly during digestion and therefore raise blood glucose more quickly than others.

The Glycemic Index (GI) is a numerical rating system that estimates how fast the body will digest, absorb, and metabolize carbohydrates in foods.

The graph below shows how a food with a high GI will cause blood glucose to be higher than a low GI food. Having high blood glucose levels can make it difficult for the body to bring it back down to normal levels and may damage blood vessels in the body.

Foods that have a low GI are:

- Fruits (berries, apples)
- Beans, peanuts, rolled oats
- Most vegetables
- Yogurt
- Brown Rice, quinoa, barley
- Winter squash and sweet potatoes
- Sourdough, whole grain bread, pasta and noodles



The amount of carbohydrate in the reference and test food must be the same.

Examples of high glycemic foods include white bread, white rice, potatoes, crackers, juice. Pairing low glycemic foods in a meal can help decrease the overall glycemic index of that meal. Adding lemon, vinegar and fermented foods (like kimchi) can also lower the GI of a meal.

Recipe

Beef Barley Soup

8 oz sirloin steak diced
½ tsp pepper
4 tsp olive oil
1 medium onion
1 large stalk celery
1 large carrot
2 tbsp tomato paste
1 tbsp fresh thyme
¾ cup pearly barley
4 cups low sodium beef broth
1 cup water
¼ tsp salt
1-2 tsp red wine vinegar

Brown steak in large pot with oil. Remove and sauté vegetables. Add thyme and tomato paste (cook 1-2 minutes). Add broth to the pot with all ingredients and simmer until barley is tender ~15 minutes.

For more information, please visit www.glycemicindex.com