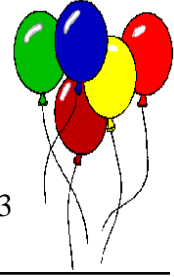




NUTRI-NEWS



November 2009

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

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Diabetes in Children

November is dedicated as **American Diabetes Month**. Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone produced by the pancreas which is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although genetics as well as environmental factors appear to play roles in this.

There are two **types of diabetes**:

Type I - usually diagnosed in childhood or young adulthood, occurs when the body's immune system attacks the pancreas impacting its ability to produce insulin. This causes a dangerous rise in blood sugar.

Type II - occurs when the body either produces too little insulin or the cells ignore the insulin.

Statistics: It is estimated by the American Diabetes Association that at the present time about 1 in 400 to 600 children have Type I diabetes though 1 in 6 overweight adolescents aged 12-19 have pre-diabetes. **Pre-diabetes** occurs when blood sugars are higher than normal but not yet high enough to be diagnosed as diabetes. Pre-diabetes can likely to develop into Type II diabetes.

The incidence of Type II diabetes is growing in the younger population most likely due to the rise in childhood obesity. Certain cultural groups seem to be more at risk with diagnoses seen more frequently in American Indians, African Americans and Hispanic/Latin Americans.

For more information on children and diabetes go to the American Diabetes website at: www.diabetes.org or call 1-800-DIABETES

Kids in the Kitchen

The holidays are quickly approaching and with that comes holiday food preparation and questions on food safety. Contact the USDA Food Safety hotline at: 1-888-MPHotline or email them at: mpholine.fsis@usda.gov

Fitness Forum

Thanksgiving is later this month and with it comes thoughts of families gathering and munching throughout the day in kitchens, dining tables and couches. This Thanksgiving make physical activity part of your family tradition. Try moving part of the day outdoors by taking a brisk fall walk, playing a game of touch-football or having a gourd hunt in the backyard.

Test Your Nutri IQ

Many times it is asked what Nutri-Serve Food Management is doing for children's nutritional health as well as for the environment. Nutri-Serve purchases locally-grown produce and offers fresh fruit daily to students. In addition seasonal fruits and vegetables are featured throughout each month on their menus to students.

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