

August Cabinet Meeting
Diabetes Committee Report

Due to the high-risk members of the diabetes committee, we have not had an official meeting to report on.

Of course that doesn't mean there is nothing to report.

The committee received new posters for the diabetes display boards, focusing on nutrition. I will try to include photos of the updated posters in this report for the cabinet meeting. Please let your committee members know if you need to borrow the display boards for your service projects.

With COVID still rampant or re-emerging in some of our areas many clubs have not been meeting or having service projects at all. This is ok. We have to be taking care of ourselves so that we can take care of others. Even for those not on the committee, I am open to innovative suggestions on how we can bridge the gap by serving our communities while not putting anyone at undue risk.

One thing I will share is that despite Call to Congress being cancelled, I continue to be involved in advocacy efforts, and was just recently included in a smaller group of Advocacy Influencers. This provides me with access to special webinars and notifications about upcoming legislation, hearings, etc that need action. I will continue to involve the Lions clubs in these efforts whenever possible. The easiest way I see to do this would be to post the info on the MH Lions facebook page, and anyone who sees it from any club would be welcome to share from there. See below for an example:

Your help is needed! Follow this link to easily urge your senators to pass this! Underserved areas and minorities are often impacted more heavily by COVID for many reasons.

<https://www.diabetes.org/TRACE-bill-support-senate-bill>

The biggest news from the 27 D1 Diabetes Committee is that despite a COVID related delay, we have not given up on our plans to offer the CDC sponsored "Diabetes Prevention Program" as a pilot project in the area. I have 2 webinars coming up in the very near future aimed at how we can keep offering this very necessary service to our communities while keeping people safe. Once I have that information we will be very motivated to still allow this to start this year. I have received the monies granted by the WI Lions Foundation for the inaugural class of 20 attendees. The previous District Governor and cabinet supported this and I hope you continue to do as well, in addition to allowing us to use funds from the current diabetes account for additional supplies. I hope to know more specifics about that after these webinars. I am still 110% committed to making this happen.

Yours in Lionism

Lion Jill Kietzke, Diabetes Committee Chair

SUGAR SHOCKERS FOODS

Compare Nutrition Facts Labels to find the lowest sugar content

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (59g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	7%
Sodium 160mg	13%
Total Carbohydrate 37g	14%
Dietary Fiber 4g	
Total Sugar 12g	20%
Includes 10g Added Sugars	
Protein 3g	10%
Vitamin D 2mcg	20%
	16%

One sugar cube = 2 grams of sugar (dietary guidelines recommend consuming no more than 10% of daily calories from added sugar. Sugar in fruit and unsweetened dairy products are naturally occurring and do not contribute added sugar. NOTE: Nutrition information based on typical values for foods shown and may vary by brand or manufacturer.

TOASTER PASTRY

1 strawberry 12g ▲ 200 calories



16 grams sugar

OAT BRAN CEREAL

1 cup ▲ 270 calories



20 grams sugar

FRUIT RINGS CEREAL

1 cup 120g ▲ 110 calories



12 grams sugar

BAKED BEANS

1/2 cup 110g ▲ 40 calories



12 grams sugar

FLAVORED YOGURT

6 ounces strawberry ▲ 170 calories



26 grams sugar

INSTANT OATMEAL

1 packet maple brown sugar 143g ▲ 160 calories



13 grams sugar

FRENCH DRESSING

2 Tbsp. creamy ▲ 160 calories



11 grams sugar

SPAGHETTI RINGS

1 cup ▲ 170 calories



11 grams sugar

SWEETENED SHREDDED WHEAT CEREAL

1 cup 154g ▲ 190 calories



11 grams sugar

TOMATO SOUP

1 cup prepared ▲ 90 calories



12 grams sugar

KETCHUP

2 Tbsp. 1.34g ▲ 40 calories



8 grams sugar

GRANOLA

1/2 cup 148g ▲ 200 calories



10 grams sugar

BARBECUE SAUCE

2 Tbsp. 1.96g ▲ 50 calories



11 grams sugar

CEREAL BAR

1 mixed berry bar 1.37g ▲ 120 calories



11 grams sugar

FROZEN PIZZA

1.5 supreme pizza 139g ▲ 300 calories



5 grams sugar

MACARONI & CHEESE

2.5 oz. 1.13 box ▲ 290 calories



6 grams sugar

SPAGHETTI SAUCE

1/2 cup 1125g ▲ 80 calories



7 grams sugar

CHEWY GRANOLA BAR

1 bar 1.24g ▲ 100 calories



7 grams sugar

FROZEN WAFFLES

2 buttermilk waffles ▲ 190 calories



2 grams sugar

PEANUT BUTTER

2 Tbsp. creamy ▲ 190 calories



3 grams sugar

WHOLE GRAIN BREAD

1 slice 143g ▲ 120 calories



4 grams sugar

WHEAT CRACKERS

16 pieces 1.31g ▲ 140 calories



4 grams sugar