



Diabetes Wellness Newsletter

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As we welcome late summer and prepare for fall, this newsletter is filled with helpful tips and resources to support you in your wellness efforts. We discuss tips for making nutrition-filled food choices with a focus on heart-healthy fats, discuss the importance of kidney health, and share a healthy recipe that can be enjoyed year-round. We hope you'll find information that inspires and empowers you to reach your health goals.

Remember, small steps can make a big difference! Feel free to share this newsletter with others and reach out to us if you have any questions. Thank you for being part of our diabetes community, and we wish you a healthy, safe, and enjoyable season ahead!

DIETARY FATS AND YOUR HEALTH

By Zachary Chomick, MS, RD, CNSC



Dietary fats in today's climate are seemingly a controversial topic. Should we be eating more animal sources of fat? What about plant sources? What are the differences between them? What kinds of fats do they even contain, and how do they impact your health? This article will cover the basics of dietary fats so you know which to choose to promote a healthy heart and a healthy life, overall.

There are three main types of dietary fats you will see on a Nutrition Facts label: saturated, trans, and unsaturated.

Saturated fats typically come from animal sources such as egg yolks, dairy, meats, and tropical oils such as palm and coconut oil. They are solid at room temperature. These may raise certain blood markers such as triglycerides, LDL-C (the “bad” cholesterol), and lower HDL-C (the “good” cholesterol), which may increase the risk of heart disease. *(Continued next page)*

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DIETARY FATS AND YOUR HEALTH

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For decades, the Dietary Guidelines for Americans recommended having less than 10% of daily calories coming from saturated fats. For a 2,000 calories/day diet, this would be less than 22 grams/day.

The American Heart Association recommends even less, limiting to a maximum of 6% of daily calories, or less than 13 grams/day for the same 2,000 calorie diet.

Trans fats were created by adding hydrogen to vegetable oil, which causes it to be solid at room temperature. They are often referred to as “partially hydrogenated oils.” These are very inexpensive to make and have a long shelf life, which made them great for corporations.

However, research found that these fats consistently negatively impact the blood markers discussed above and increase the risk of heart attacks and stroke. Because of this, they have been banned from the food supply in the U.S. since 2021. Trans fats may be naturally occurring in small amounts in animal products or be created through heating oil at high temperatures, such as in fast food restaurants. These fats should be completely avoided when possible.

Unsaturated fats contain essential fatty acids that are needed for optimum health. This means we must consume them through diet. These fats come primarily from plant sources like avocados/avocado oil, olives/olive oil, canola, soybean, grapeseed oils, nuts, and seeds. Coldwater fish such as salmon or trout are also sources of healthy unsaturated fats. Consuming more of these can help increase HDL-C and lower LDL-C, lowering your risk of heart disease.

As a rule of thumb, it is recommended to eat less saturated fats and more unsaturated fats, while trans fats should be avoided completely. This can help improve your lipid panel and overall improve your health. Additionally, this falls in line with the idea of following a more plant-based eating pattern to support your health and reduce risk of chronic diseases.

Diabetes doubles the risk of heart disease, as elevated blood sugar can cause damage to blood vessels. Being mindful of the types of dietary fats you eat play an important role in supporting your health, and as part of diabetes management.

References:

1. <https://www-clinicalkey-com.proxy.heal-wa.org/#!/content/playContent/1-s2.0-S1933287421002488?returnurl=null&referrer=null>
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11600290/>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8535577/>
4. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fats-in-foods>
5. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11683709/>



BE KIND TO YOUR KIDNEYS!

By Sarah Fulkerson, RD, CDCES

Source: American Diabetes Association



If you are living with diabetes, you are at higher risk for chronic kidney disease (CKD). CKD is a serious condition, and its early stages have symptoms that are so mild you don't notice them. You can find out if you have CKD early by getting checked at your regular health care visits. If you find out you have CKD, you'll work with your health care team to create a treatment plan to stay healthy.



Your kidneys help filter waste from your blood. Over time, high blood glucose (blood sugar) and high blood pressure can damage your kidneys.

Other risk factors for kidney disease include smoking or vaping, family history, ethnicity, high cholesterol, and overweight or obesity.

Your kidney health is checked with two simple tests that you can get during your regular health care visits:

- **Urinary albumin-to-creatinine ratio (UACR).** This urine test checks for albumin, a type of protein that can leak into your urine when kidneys are damaged. Even small amounts of albumin may be an early sign of kidney disease.
- **Estimated glomerular filtration rate (eGFR).** This blood test measures creatinine in your blood to see how well your kidneys filter waste. This helps you know how well your kidneys are working, and if you have CKD, the stage you have.

To improve your kidney health, you can work with your healthcare team to reach your goals. The following are important pieces of your treatment plan:

- **Healthy eating:** For kidney health, this generally focuses on a low-sodium (under 3000mg/day), balanced eating plan including plenty of vegetables, fruits, and plant protein foods. Staying adequately hydrated is also important.
- **Physical activity:** At least 150 minutes of moderate-intensity physical activity per week is recommended for most adults.
- **Medications:** Certain medications, such as SGLT-2s and blood pressure medications, may be important to your treatment and prevention of further kidney damage. Also, work with your healthcare team to avoid certain medications that can cause more damage to your kidneys.
- **Take steps to stop smoking/vaping.**
- **Get a referral to a kidney specialist (nephrologist) if necessary.**
- **Monitor your blood glucose and blood pressure regularly and strive to maintain target ranges.**

For more information, reach out to your healthcare team and visit these websites:

1. www.diabetes.org
2. www.kidney.org

HOMEMADE NO-SALT FRESH TOMATO SALSA

This is a fresh tomato salsa made without salt. It contains bright flavors with minimal sodium for kidney health.

Add the salsa to chicken, fish, or bean dishes, or just eat with bread and a drizzle of balsamic vinegar. Avocado can also be added to include some heart-healthy dietary fat!

Ingredients

Yield: 1½ Cup

- 1 cup diced fresh tomato
- ¼ cup onion, finely chopped
- 1 tbsp fresh lime juice
- 1 tbsp chopped cilantro
- Jalapeño and minced garlic to taste

Directions

Prep: 10 min, Cook: 10 min, Total: 20 min

1. Place diced tomato, onion, lime juice, cilantro, and jalapeño in a bowl.
2. Stir gently until well combined.
3. Cover and refrigerate for 20 minutes to allow flavors to blend before serving

Source: National Kidney Foundation: www.kidney.org



Nutritional Information

Serving size: ¼ Cup

Calories: 25 kcal

Carbohydrates: 5 g

Dietary Fiber: 1 g

Protein: 1 g

Fat: 0 g

Sodium: 15 mg

Potassium: 180 mg

UPCOMING DIABETES AND PRE-DIABETES CLASSES AT MGH!



Pre-Diabetes Classes | Two-Part Series

For anyone with pre-diabetes or concerned with Type 2 diabetes prevention. Presented by MGH Registered Dietitians.

- **Session 1 | October 14, 2-3:30 PM, Ellinor Meeting Room**
Focus is introduction to pre-diabetes, healthy eating & meal planning for pre-diabetes and chronic disease prevention.
- **Session 2 | October 21, 2-3:30 PM, Ellinor Meeting Room**
Focus is physical activity, stress management, sleep, and goal setting for pre-diabetes management and diabetes prevention.

Classes are FREE and no referral is needed. Call Sarah Hazen (MGH Diabetes Wellness Scheduler) to sign up: 360-427-9543.

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UPCOMING DIABETES AND PRE-DIABETES CLASSES AT MGH!

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Living Well with Diabetes Classes | Four-Part Series

For people who were diagnosed with Type 2 diabetes within the past 12 months. May be appropriate for people diagnosed longer than 12 months ago, depending upon insurance coverage.

Classes are presented by a team of healthcare professionals with years of experience in diabetes education and management. Classes take place in the Mason General Hospital meeting rooms. You will be directed to the correct location after registering.

- **Session 1 | October 6, 10AM – Noon; or December 8, 7:30 – 9:30 AM:** Intro/review of Type 2 diabetes, monitoring blood sugar, and medications. Only one of these classes is required.
- **Session 2 | October 13, 10AM – noon:** Healthy eating and meal planning
- **Session 3 | October 20, 10AM – noon:** Personalized activity planning, and stress management/coping.
- **Session 4 | October 27, 10AM – noon:** Reducing short-term and long-term risks associated with diabetes.

Note: A Mason Health Diabetes Education referral is required from your Primary Care provider. You may choose to attend as many of the sessions as you wish, within the parameters of your insurance coverage.

For more information, call Sarah Hazen, Diabetes Wellness Scheduler: 360-427-9543.



To sign up for the Diabetes Wellness Newsletter via email or by mail, email foundation@masongeneral.com or call the Diabetes Wellness Center at (360) 427-9543.



To reach Diabetes Wellness, contact (360) 427-9543.

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