

COMPARISON OF SUGAR SUBSTITUTES

If you think that people with diabetes should always avoid sugar, think again—they can enjoy the sweet stuff, in moderation. "The best bet is to use a very minimal amount of real sugar as part of a balanced diabetic diet," says Keri Glassman, MS, RD, CDN, of Nutritious Life, a nutrition practice based in New York City. That being said, sugar substitutes offer sweetness while controlling carbohydrate intake and blood glucose. There are many sugar substitutes to choose from, but they're not all calorie-free and they vary in terms of their impact on blood sugar. "The major difference between the sugar substitutes is whether they are nutritive or non-nutritive sweeteners," says Melissa Mullins, MS, RD, a certified diabetes educator with Johnston Memorial Hospital in Abingdon, Va. "Non-nutritive sweeteners provide no calories and no changes in blood glucose levels, which is perfect for people with diabetes." Here are 6 sweet options to consider:

1) Splenda: Splenda is a brand name for sucralose, a non-nutritive or artificial sweetener, which is excellent for people with diabetes—type 2 diabetes in particular. Splenda is 600 times sweeter than sugar, says Glassman, but those little yellow packets have no effect on blood sugar. In addition, Splenda passes through the body with minimal absorption.

2) Saccharin, the sweetener sold in pink packets under the brand name Sweet 'N' Low, is calorie-free and is about 300-500 times sweeter than sugar. Though it can be a sugar substitute option for those with diabetes, "research has shown that the intake of saccharin can lead to weight gain," Glassman warns. "Usually, when one eats a sweet food, the body expects calories to accompany that food. When the body does not get those calories, it looks for them elsewhere. This can lead to greater calorie consumption throughout the day as your body craves the caloric satisfaction it has missed," she explains.

3) Aspartame, sold in blue packets under the brand names Equal and NutraSweet, is a non-nutritive artificial sweetener that is 200 times sweeter than sugar. While not zero calories like some other artificial sweeteners, aspartame is still very low in calories. But while the U.S. Food and Drug Administration has reviewed the scientific research and found aspartame to be safe for human consumption, Glassman notes that there have also been some conflicting study results on aspartame's safety. "Although its low calorie reputation is appealing for most weight-conscious individuals, it has been linked to many negative side effects," Glassman says. "Some research shows linkage to leukemia, lymphoma, and breast cancer. Other research shows a linkage to migraines." In addition, people with phenylketonuria (PKU), a rare condition in which they are unable to metabolize phenylalanine (a key component of aspartame), should not consume this sugar substitute.

4) The "newbie" among sugar substitutes, is derived from the leaf of the stevia plant that's native to Central and South America. Truvia and Pure Via, another brand of stevia-based sweetener, are calorie-free and have been shown to have little to no impact on blood sugar, making them excellent sugar substitutes for people with diabetes. The FDA has approved the use of certain stevia extracts which it has generally recognized as safe. Stevia extract is used as a sweetener in food and beverages, and in brands like Truvia and Pure Via. There have been anecdotal reports of side effects associated with overconsumption of stevia, including headaches and gastrointestinal symptoms, but to date there is no solid scientific research to back these up.

5) Sugar alcohols, or polyols, are derived from the natural fibers in fruits and vegetables. They do obtain some carbohydrates so are considered nutritive sweeteners, and they also have some effect on blood glucose levels. Though sugar alcohols are relatively low in calories and more blood-sugar friendly than carbohydrates, they may have a laxative effect and cause indigestion, bloating, diarrhea, and headaches in some people. See how you respond to a small amount before incorporating them into your daily diet. Examples of sugar alcohols include sorbitol, mannitol, and xylitol.

Mullins says that the carbohydrates in sugar alcohols are not fully absorbed. "I recommend that people who are going to use these sugar substitutes keep track of carbohydrate levels," she says. "Subtract half the amount of sugar alcohols from the total number of carbohydrates in a given food to understand how many net carbs are actually affecting blood glucose levels." Keep in mind that even if a food is sugar-free, that doesn't mean that it's also calorie- or carbohydrate-free. Always look at the Nutrition Facts label for a full picture of what's in a food.

Note: Information obtained from everydayhealth.com has been used in the preparation of this document.

-Submitted by Jo Flanders

Happy November Birthday!

Let's Pray Prayers of Joy for These People on Their Special Day!



Joyce Hallock 11/02

Bob Hofmann 11/09

Gladys Taylor 11-15

Virginia Demerson 11/18

Mike Steil 11/24

Juanita Dewey 11/26

Jerry Fleming 11/27

If we missed your Birthday, please let us know.

A lunch honoring November Birthdays will be held at Jimmy's Egg at noon on Wednesday, November 8th. Everyone is welcome.

Please call or email your plans to attend to:

Eloise Hofmann elbohof@cableone.net or 580-252-2476.

To Our Wonderful Church Family,

Thank You so much to all who helped prepare the delicious luncheon before Greyson's funeral. And for all the many prayers, cards, texts & phone calls over the last 8 months. It has been such a comfort knowing you were all thinking about us & praying for us. God bless each one of You!

Robin, Kaitlin & Family



Wednesday November 8th at 6pm
Wednesday November 15th at 6pm

Sing

Sunday November 19th at 10am



Hygiene
&
Paper
Products

*Youth Food
Harvest
November 19th, 2017*

First Presbyterian Church, Duncan held its "Blessing of the Animals", Sunday afternoon, Oct. 8th, 2017 in the church courtyard. Rev. Dr. Matt Meinke welcomed each animal or blessed them. After the blessing, each pet received a colorful neck scarf, treats, a charm for their collars and a certificate suitable for framing. A Remembrance for pets who had recently died was also held. Pets and Owners, alike, enjoyed the community event.

-Submitted by LaJuan Fleming

NEW MEMBER DISCOVERY CLASS AND DINNER:

Monday evening,
November 13th
5:30-7:30pm

Meet and visit with church leaders,
eat dinner, and learn about the
mission and ministry of
FPC-Duncan and the PCUSA.

Fellowship Hall
Free dinner.

Dear Church family,

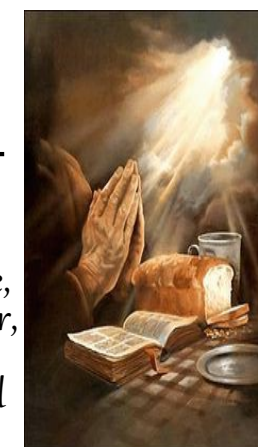
How can I say thank you for your care, prayers and concern during Bill's confinement and death. It was so wonderful to know I could call on you and you were there. Thanks to the ladies for the lovely family luncheon, and to Jo for the beautiful music, and to Matt for the absolutely perfect service and most especially his singing of I Was There to Hear Your Boring Cry. It was a perfect end to Bill's life. We had over 60 year together and though I know I will miss him, I will always have the Church. You are a comfort and source of hope and solace.

Rosella McQuain and family

Prayer Corner

Let us keep our family and friends in our prayers:

Dennis Radford of Kansas City and his Taliaferro Family, Rosella McQuain, Cliffa Jean Belinski, Rita Martin, Rev. Pam Normile, Charlotte Utley, Sue Beall, Beverly Chalkboyer, Walt Glover, Robin Glover, Bobby Goodner, Colene Mercer, Hunter Gedicks, & Don Baird



Let us remember those unable to attend worship service:

Gladys Taylor, Janis Hruby, Colleen Winn, Jack Munn and Beverly Moody

We are Also in Prayer for:

The Family of Bill McQuain

OFFICERS OF FIRST PRESBYTERIAN CHURCH

ELDERS

| | | |
|------------------------------------|---|--|
| <u>Class of 2017</u> Joan Drake | <u>Class of 2018</u> Joanne Flanders Bennie Drake | <u>Class of 2019</u> Caron Hawkins Vicki Zimmerman |
|------------------------------------|---|--|

DIACONATE

| | | |
|--|---|---|
| <u>Class of 2017</u> Nancy Grantham Mike Steil | <u>Class of 2018</u> Margo Jones Coy Elliot | <u>Class of 2019</u> Glennis Wilson Tim Burns |
|--|---|---|

Treasurer –Bennie Drake **Asst. Treasurer** –Mike Grantham



We will be celebrating the Lord's Supper on November 5, 2017 during the worship service.

DEADLINE FOR NEXT FAW ENTRY IS
November 17th, 2017



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Asst. Treasurer
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Secretary and Newsletter "Faith- At-Work"
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RETURN SERVICE REQUESTED

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First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 11

November 2017

A Season of Stewardship

Recently I went to the Mid Council Leaders Gathering in St. Louis. It is always a time for Stated Clerks, Executives, and Denominational Leaders to put our heads together and chart a way forward - whether that be preparing for the upcoming General Assembly, or sharing resources, or reframing problems. This year I found myself dreaming of a bright future. Sometimes as a denomination we have spent too much time lamenting, or yearning for yesteryear. Yes, we have challenges, but never in all of history have we had such opportunity to make a difference in our world.

IN FOCUS

Seasons of stewardship
BY DEBORAH REXRODE



*"For everything there is a season, and a time for every purpose under heaven."
(Ecclesiastes 3:1)*

The reality is we are a church full of abundance. God has given us all the resources we will ever need. We are a church full of spiritual gifts, and rich in generosity and grace. I am thankful for you all every day.

In this time of the year, as the leaves change and the harvest is brought in, we pause to give thanks for all that God has given us. We start talking about Stewardship and we turn our attention to the abundance that is all around us, reflecting back on a year of living in God's good grace. And it has been a good year! I am so thankful God nudged me into the Duncan community.

Pledge Dedication Sunday is November 19. As you faithfully consider your pledge for 2018, I would challenge you to step out in faith. Together we can truly make a difference. The reality is that the best days for the Church are ahead of us.

I would ask that you bring your pledge card to worship, so that together we can dedicate our whole lives to the service of Almighty God.

-Pastor Matt