

# OCTOBER

## BEAT PREDIABETES NEWSLETTER

Hn

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[HoltonNutrition.com](http://HoltonNutrition.com)



## RECIPE INSPO

### Pumpkin Pie Overnight Oats

- ½ cup unsweetened milk of choice
- ½ cup old fashioned oats
- ¼ cup each plain Greek yogurt
- ¼ cup 100% pumpkin puree
- 2 tsp chia seeds
- 1 ½ tsp maple syrup
- ½ tsp each vanilla extract
- ½ tsp pumpkin pie spice
- 1 Tbsp chopped pecans

Mix all ingredients except the chopped pecans until well combined. Store overnight in the fridge. In the morning, top with pecans (and add whipped cream if you're into that!) and enjoy! Feel free to warm up if you'd like! The resistant starch content doesn't decrease due to reheating!

324 calories; 17g protein; 48g carbs; 6g fiber; 9g fat

## SPOOKY SEASON ACTIVITY

The weather is cooling off and the fall activities are ramping up! But what about YOUR activity level? Is it ramping up too?

Sometimes activity seems to slip this time of year. Your schedule may be busier or the weather may not be ideal for your usual activities and suddenly it's been a week or longer since you've had any dedicated activity time!

How do you get back on track without it feeling like a complete chore? Try making your activity fun and/or productive!

- Put on some spooky Halloween music and dance around the house.

- Find a crime or horror podcast, turn it on, and go for a walk (with just one earbud in or on speaker, so you can pay attention to your surroundings too!
- Walk around a pumpkin patch or fall festival with your family and/or friends!

One of the biggest things when it comes to an activity slump is consistency. So make your activity part of your routine and just mix up the type depending on the day, your mood, the weather, or the activities happening around you! And if you need some accountability, post your activity plan in the group and we can all cheer you on!

## WHAT'S IN SEASON & HOW TO USE IT

Cabbage may be well known in March, but it's actually in season right now too! Cabbage is very nutrient-dense and can help you fit in more fiber, vitamin C, vitamin K, and folate while adding very few calories to your day.

I like to add shredded cabbage to tacos instead of lettuce. I'll mix with lime juice and a little plain Greek yogurt to make a creamy, zingy, and crunchy topping!

You could also try making egg roll in a bowl, cabbage parmesan (instead of chicken or eggplant you'd use a thick slice of roasted cabbage), or unrolled cabbage rolls (same ingredients but sauteed in a skillet all together)!

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## PROGRAM UPDATE ALERT!

Are you **tired of eating the same "safe" foods** over and over? Or **sick of stressing over what your next lab test** will show? I've revamped my Beat Prediabetes Resource Library to help you address each modifiable factor that impacts your glucose so you can get those numbers back on track without wondering **"Am I doing this right?"**

Right now, you can get the first two weeks of content for **absolutely no cost** (no sign up or credit card required). I want you to have the tools you need to succeed, and I've put many of those tools in the first two weeks for you!

Throughout the full four month program, you'll be learning how to **feel confident** in what you're eating, how to include movement that really helps **reverse insulin resistance**, how **stress** and **sleep** impact your glucose and how to improve those factors, and so much more!



## FACEBOOK QUOTE HIGHLIGHT

*Try to have the mind set that no food is off limits. You may be going "crazy" because you are denying yourself.*

*- Susan Sunnucks*

When another community member shared that they were struggling with overeating after eating well for periods at a time, Susan came to the rescue and shared some wisdom! Focusing on moderation and balance were the suggestions, and I wholeheartedly agree! Susan recommended sticking to one serving size when you have a special treat and pairing that treat with some protein and healthy fats to help with slowing down the glucose response. These are great tips and may help you too in your quest to make some balanced choices while still eating some of your favorites!

Looking for **meal plans**, **snack ideas**, or foods that can help you **manage your cholesterol** too? I've got you covered in all those areas in the program!

I have been taking note of all the questions you guys ask all the time and answered them in one convenient location. Ready to check it out?

[holtonnutrition.teachable.com/p/beat-prediabetes-workbook-course2](http://holtonnutrition.teachable.com/p/beat-prediabetes-workbook-course2)

*Love, Kara*