

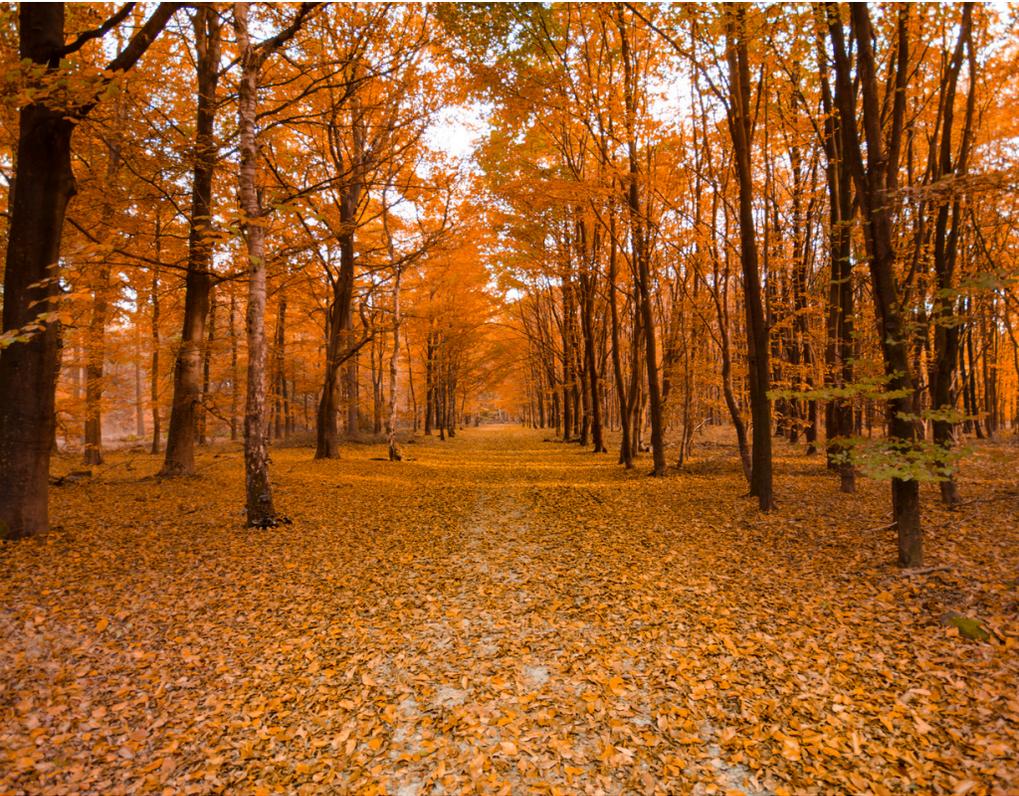
# SEPTEMBER

## BEAT PREDIABETES NEWSLETTER

Hn

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## THE FALL REFRESH

I know I'm not alone here, but fall is just so refreshing! The cooler temperatures, the sense of routine, and the upcoming constant holidays makes this one of my favorite times of year!

But sometimes the fall season is just so busy, we forget to take care of ourselves. Maybe it's all the fall activities or spending much more time taking care of others and their activities (back to school and all the extracurriculars, for example).

So finding some easy staples to help you out during the busiest days can help you stay on track without feeling overwhelmed.

Here are some ideas from my own personal menus:

- Taco bowls with seasoned ground meat, black beans, and roasted sweet potatoes (& non-starchy veggies, plain Greek yogurt, avocado, & hot sauce on top)
- Mediterranean Roasted Vegetables (Aldi, but Green Giant makes an Antioxidant Blend that works well too) plus ricotta cheese, shredded rotisserie chicken, whole wheat or chickpea pasta
- Plain Greek yogurt + Wyman's Tropical Berry & Coconut Blend + walnuts + chia/flax/hemp seeds + Ghirardelli 60% dark chocolate

## QUOTE

*Nurturing yourself is not selfish – it's essential to your survival and well-being.*

Renee Peterson Trudeau

## SNACK INSPO

½ cup plain Greek yogurt (nonfat used for Nutrition Facts)

2 garlic cloves, minced

2 Tbsp fresh herbs of choice, finely chopped

1 tsp extra virgin olive oil + paprika

Mix yogurt, garlic, and herbs. Refrigerate overnight. When ready to serve, drizzle oil and sprinkle paprika on top. Serve with your favorite raw or roasted veggies (or use as a chicken salad base for easy lunch prep)!

123 calories; 13g protein; 6g carbs; 0.2g fiber; 5g fat

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

One of my favorite veggies is in season this month! CARROTS! Carrots are high in fiber, vitamin C, and vitamin A, helping us with glucose management, eye health, and our immune system!

Bored with raw carrots? Try mixing shredded carrots with cream cheese and sliced green onions for a great spread for your wraps or topping for celery! Roast slices or whole baby carrots with butternut squash cubes, cinnamon, and cayenne for a fall-inspired side. Or try making a carrot-cake inspired overnight oats with shredded carrots, allspice, and a small bit of maple syrup and top with pecans!

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## SHOULD YOU BE TESTING GLUCOSE AT HOME?

Such a common question in our community! But the answer isn't a simple yes or no. Before testing at home, consider why you want to test. What do you hope to get out of it?

Testing at home can be beneficial, especially if you've been working on lifestyle changes for a while but your lab values aren't changing or you're experiencing symptoms.

But for most people, it's not necessary to test at this stage because making lifestyle changes WILL decrease your glucose and improve insulin resistance over time. So testing may just add a layer of pressure and stress (and expense) to an already stressful situation.

Testing at home can also lead you to make drastic changes or eliminate certain foods from your life without a real reason. Your body is meant to process carbs - so your numbers will go up after eating.



## FACEBOOK QUOTE HIGHLIGHT

*"I needed to see this. I've been craving grapes so bad lately but I know they are just sugar balls." - Mya S.*

Grapes can totally fit into a well-balanced meal plan to help you manage your glucose! In fact, they probably won't make as big of an impact as you think if consumed in moderation as part of a balanced meal or snack.

Grapes have a lot of water, which can help keep you hydrated, and they also have antioxidants that help your body fight inflammation (which is commonly associated with insulin resistance), improve heart health, and possibly even reduce your risk of cancer.

Instead of eating them on their own, try including some cheese, tossing them in a salad, slicing and adding to your sandwiches, or even roasting them and serving alongside pork loin and brussels sprouts!

So before jumping on the testing bandwagon:

- Read about a normal glucose response
- Educate yourself on expected testing results
- Consider your reason for testing
- Avoid testing at home (unless prescribed) if you have a history of disordered eating behaviors, have issues with obsessive behaviors, or have any financial barriers that could mean choosing between testing supplies and other basic needs.

*Love, Kara*