

NOVEMBER

BEAT PREDIABETES NEWSLETTER

Hn

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THANKSGIVING ISN'T A DAY TO DREAD

I hear it every year around this time:

- I don't even know if I want to go to our Thanksgiving get-together.
- I'd be better off at home so I can "eat right."
- How do I make it through Thanksgiving without rolls and mashed potatoes?

These are all valid concerns, but can I tell you a secret? You don't need to worry about any of them.

You should definitely go to holiday functions if you enjoy them. Being social is part of life and if you've avoided social gatherings to manage glucose, then I highly recommend doing a

little bit of soul searching! Alienating yourself just so you can "eat right" may help your glucose in the short term, but what if you could just follow a bit of balance and moderation?

What if you could just look at the big picture? And that big picture includes a little flexibility one day to enjoy a roll and a small scoop of mashed potatoes along with your awesome salad filled with beets, goat cheese, oranges, and a balsamic dressing with some carrots, and a nice slice of that turkey you smelled while it cooked all day?

Now wouldn't that be something to be truly thankful for?

RECIPE INSPO

Baked Spiced Pears with Yogurt 4 servings

Ingredients

- 2 medium pears, ripe, halved and cored
- 4 walnut halves
- ½ tsp cinnamon
- ½ tsp ginger
- ¼ tsp cloves
- ¼ cup plain Greek yogurt
- ½ tsp pure maple syrup
- ½ tsp vanilla extract

Directions

1. Preheat oven to 375 degrees F. Place pears in a baking dish and sprinkle generously with spices. Top each pear half with walnut half. Bake, uncovered, for 25 minutes.
2. Mix together yogurt, maple syrup, and vanilla. Top each pear half with 1 Tbsp yogurt and serve.

87 calories; 2.2g protein; 15g carbs; 2.9g fiber; 1.6g fat

WHAT'S IN SEASON & HOW TO USE IT

Beets may seem a little scary at first, but it's such a fun vegetable once you get away from the worry that it's too strong!

Intake of beets has been connected with better blood pressure, improved athletic performance, plus fighting inflammation. Ready to try this vibrant root? Start small and try a beet hummus! You can find these in the grocery store so you don't even have to prep anything but your favorite dipping veggies!

Roast and use! Wash them, wrap in foil, and roast until tender. Cool and just wipe the peel right off, then slice and add to sandwiches, wraps, salads, or grain and veggie bowls with a creamy cool dilly Greek yogurt dressing!

Note: Beets will stain

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WHAT IS THE DAWN PHENOMENON?

Have you ever checked your CGM and got super scared because your glucose seemed to spike in the wee morning hours? If this wasn't a fluke or a faulty sensor (or pressure on the sensor causing a false reading), you may be experiencing the dawn phenomenon.

While not well understood, the basics are that the body is working through normal sleep cycles and releasing hormones on schedule. Some of those hormones can trigger our bodies to release glucose to essentially provide your body with the energy it needs to wake up and start your day.

Unfortunately, when you have prediabetes or diabetes, you likely have some level of insulin resistance that impacts your body's ability to utilize that glucose efficiently. This can be a problem, because if your body isn't using the glucose it released, your level may remain higher longer than it wants to!

Some side effects that you may



FACEBOOK QUOTE HIGHLIGHT

"Being overly restricted is definitely not sustainable - it creates rebellion." - Arlene Deakin Helms

There was a lot more to Arlene's quote, but I pulled my favorite part out to share with you! I feel the same way, Arlene! Finding ways to include foods you love in moderation has been shown to be very sustainable and helpful for long-term success. So what foods are YOU currently restricting because you feel like you "can't" have them? I challenge you to brainstorm a few ways to include one of those in your life over the next month. Push back against the fear that you'll slip and start eating everything in sight or that one bite will reverse all your progress. Learn to enjoy life and food again while still managing your glucose by following Arlene's example! Need help with this? Check out my Beat Prediabetes Resource Library at HoltonNutrition.com!

feel that could signify that you are experiencing the dawn phenomenon (without testing your glucose overnight) include increased thirst, hunger, frequent urination, irritability, headaches upon waking, and blurred vision.

Also, please note that it's possible to experience the dawn phenomenon without diabetes. But levels usually remain higher for longer periods when diabetes or prediabetes are present.

Love, Kara