

# DECEMBER

## BEAT PREDIABETES NEWSLETTER

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## RECIPE INSPO

### Raspberry-Pistachio Greek Yogurt Bark

#### Ingredient List:

- 3 cups whole milk plain Greek Yogurt
- 1 Tbsp pure maple syrup or honey
- 1 tsp vanilla extract
- 2 Tbsp unsweetened raspberry preserves
- ¼ cup chopped pistachios

Combine the yogurt, maple syrup/honey, and vanilla extract in a medium bowl. Spread the mixture on a lined baking sheet with parchment paper in a 10 x 15 rectangle. Dot the jam all over the surface, swirl with a knife & sprinkle with pistachios.

Freeze until very firm, at least three hours!

Makes 16 servings

62 calories; 4.4g protein; 4.3g carbs; 0.2g fiber; 2.9g fat

## MANAGING DIABETES IN COLD WEATHER

How can cold weather spike your blood glucose? How can you stay on top of your health in cold weather? These are both great questions to ask with the winter holidays and weather here!

Cold temperatures can stress your body which can then cause your body to release stress hormones to provide an energy boost, like cortisol (this is not great for insulin production).

During the holiday season, parties, family feasts, and gifts may disrupt your meal plan, activity plans, and overall wellbeing. How can you best combat this with the chaos of this time? Well, that's why I'm here!

Some of my recommendations would be to add indoor activities to your daily routine. This could be a simple YouTube workout or dancing to your favorite music. And add your friends and family in too!

Stay on track no matter what's cooking. Follow the plate method and fit in your old favorites alongside some of your new favorite roasted veggies with herbs and spices that bring you warmth and joy!

Speaking of warmth, curl up in a warm blanket, enjoy time with your loved ones, sip on a hot cup of tea, and most importantly, have fun this winter season!

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

Carrots are a fantastic, in-season vegetable to feature on your plate right now! They are very nutrient-dense and can help you fit in more fiber, Vitamin A, Vitamin K, and antioxidants without adding extra calories to your day.

I like to use roasted carrots as a simple, sweet side dish that satisfies cravings without added sugar. I toss baby carrots with olive, a hint of cinnamon (great for glucose!), a pinch of paprika, and pepper. Roasting them brings out their natural sweetness, making them a delicious complement to any lean protein.

You could also blend carrots with veggie broth, ginger, and a little bit of coconut milk to create a light soup!

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## CHOLESTEROL AND DIABETES

I have been seeing a LOT of questions and comments about combating prediabetes with the addition of high cholesterol lately. Here is a more scientific breakdown of what that could mean for you.

There are two main types of cholesterol you've likely seen on your lab report: HDL (good) and LDL (bad). Typically, when someone is told they have "high cholesterol" and they have a diagnosis of prediabetes or diabetes, it is related in some way to glucose control. Higher than normal glucose for longer periods is connected with lowering the "good" cholesterol and heightening the "bad" one. In turn, this can increase the risk for a stroke or heart disease.

The main three ways that you can decrease your risk (which are also discussed at length in one of my guides) are to increase your fiber intake, decrease saturated and trans fats (butter, shortening, etc), and to increase healthy fat intake (fish, nuts, avocados). That guide also comes with a few recipes to help you get started!



## FACEBOOK QUOTE HIGHLIGHT

*"Keep it at folks, even when you're tired, even when you don't feel like it, even when it feels like nothing is changing, keep going...change is possible and so worth it.*

*- Linda M.*

This quote from a member in our community really stuck with me recently. We know that dealing with prediabetes (or life in general) is a marathon, not a sprint. Some days, it can feel like an uphill battle, especially when immediate changes are not seen in areas you want them! If you are feeling that fatigue at this point in the year, remember this powerful truth from our community here.

Overall, consistency, not perfection, is key! Every choice you make, whether it's choosing water over soda, taking a little walk, or simply cooking more at home all adds up and you are **showing up for yourself** no matter what! We are **all** cheering you on!

You CAN take control of your modifiable risk factors to enhance your quality of life while combatting something like this (you are **NOT** alone!).

I hope I have answered at least one or more of your questions, and I hope I can answer more in the future! In the meantime, don't be shy about checking out my guide on this topic or asking more questions! There's always more to learn!

*Love, Kara*