

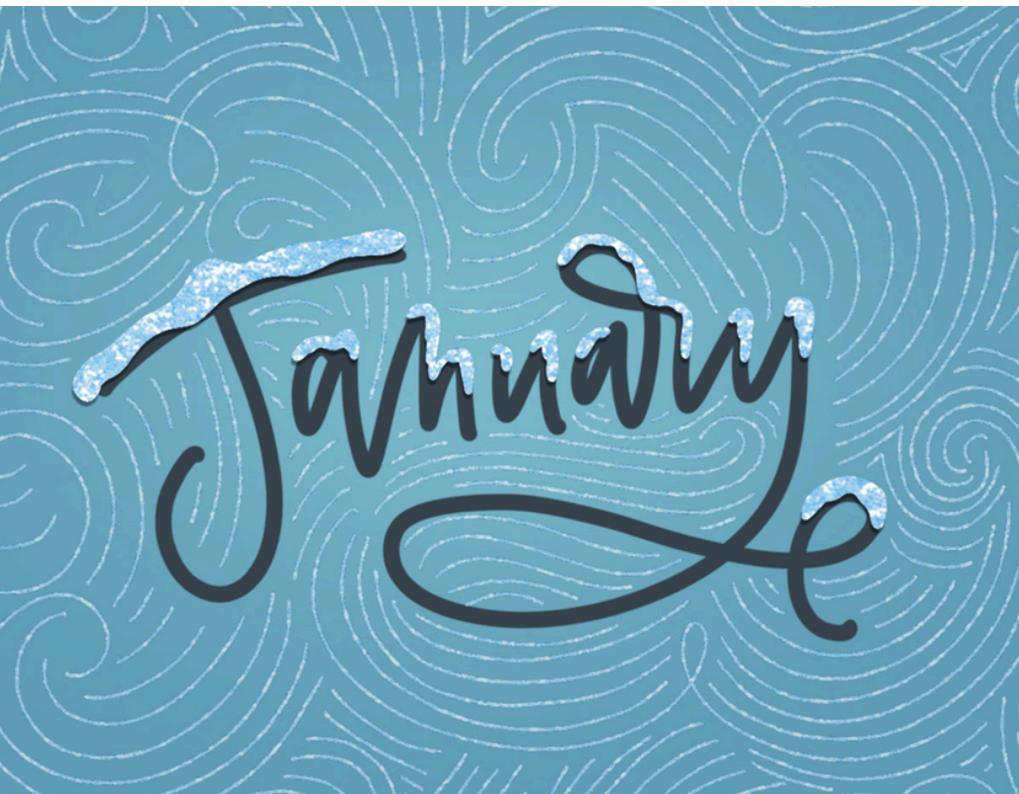
JANUARY

BEAT PREDIABETES NEWSLETTER

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CREATING “SMART” NEW YEAR’S RESOLUTIONS

Cheers to 2026! With the new year in full swing, many of us will likely set goals to improve our overall well-being, not just with pre-diabetes. However, some of us could fall back into last year’s routines which may not be ideal. On the flip side, creating SMART Goals (Specific, Measurable, Achievable, Realistic, and Timely) and New Year’s Resolutions are easy and helpful ways to keep you on track with your goals!

While setting realistic goals and achievable goals can feel like a daunting or scary task, it’s easier than it seems. And I think the key is to make sure it’s something you truly want to work on and are ready to work on.

The “S” of SMART means to be specific and let your goals clearly define what you are trying to accomplish. “Measurable” means to choose a goal that you can translate into numbers so you can easily track your progress. Maybe you plan to eat veggies a specific number of times during a week. “Achievable” means starting small and working your way up to make you more successful long-term! “Realistic” or “Relevant” allows you to determine the proper motivation to complete the goal: “Can you really do this or maybe try something else?” Finally, “Timely” means defining a true start and end time to make your goal more attainable and realistic!

RECIPE INSPO

Strawberry Chia Jam

Ingredient List:

2 cups strawberries
Zest and juice of 1 medium orange (~3 Tbsp)
2 Tbsp honey or maple syrup (optional)
¼ cup chia seeds

Place strawberries, orange zest, orange juice, and sugar (if using) into a medium saucepan and bring to a boil. Remove from heat and whisk in the chia seeds. Place jam in a pint-sized jar and allow to cool. Once cooled, seal with a lid. Refrigerate overnight and enjoy!

The jam can be stored for up to 1 week in the refrigerator.

Makes 10 servings. Nutrition information below based on 1 serving.

42 calories; 0.9g protein; 7.2g carbs; 2g fiber; 1.3g fat

WHAT’S IN SEASON & HOW TO USE IT

While it may not seem true, oranges are a great fruit to utilize during the cold winter months, especially January! Oranges are packed with fiber, vitamin C, and antioxidants which all help to slow the absorption of glucose and improve overall metabolic health.

One of the best, and most obvious ways to add an orange to your plate may just be as a side or as part of a balanced snack with cottage cheese or nuts.

You can also try adding segments of oranges to salads, sliced and put into infused water, into stir-fries, or even grill segments and enjoy them along with grilled meats or tofu!

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MAKE A TOAST WITH A NEW, HEALTHY LIFESTYLE

The holiday season is often a whirlwind of celebrations, but as we settle into January, many of us are looking to get our health back on track and to maintain. Whether your goal is to lower your A1c or simply build more sustainable habits, the journey starts with small, intentional shifts!

Here are some of my three takeaways to help kickoff your January wellness goals!

One is to **"Balance, don't ban."** Managing prediabetes doesn't mean giving up the foods you love, but it's about being mindful of how you eat them.

Additionally, **"Move more, anywhere."** You do not have to start a gym membership to be successful. Just aim to boost your heart rate a few times a week! Consistency over intensity goes a long way and you can easily make physical activity fun with friends and loved ones.



FACEBOOK QUOTE HIGHLIGHT

"Practicing going from I CANT!! to HOW CAN I?? and then keep doing it. Keep it positive regardless. Yes... easier said than done at times.... but working towards a different mindset where needed.

- **Ola Wojo**

This quote seemed very fitting to mention this month, especially with the ongoing theme of the new year and igniting new habits! Some days you may feel like you're losing an uphill battle. Especially when changes are not being seen in the ways you want to see them. But that doesn't mean that progress isn't happening! Consistency and patience are key factors to success. Sometimes you may need to adjust your expectations or mindset, but you are benefiting your overall well-being and happiness by staying the course and working on small, attainable goals over time. This is what can help you stay successful long-term and make what you're doing a true lifestyle to be proud of forever!

Lastly, **"Play the long game."** If your glucose levels were not where you wanted them to be over the holidays, don't get discouraged! A1c levels do not drop overnight, and lasting change requires patience rather than "quick fit" diets. By the time the last of the winter decorations are put away, you can be well on your way to a healthier version of yourself! Please do not be shy to ask questions or ask for advice! I am always here as your resource!

Love, Kara