

FEBRUARY

BEAT PREDIABETES NEWSLETTER

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DIABETES AND YOUR HEART

Since February is American Heart Month, it only feels appropriate to touch heavily on how prediabetes affects heart health and the risk for cardiovascular disease.

Cardiovascular disease is an umbrella term that includes heart disease, stroke, blood vessel disease and coronary artery disease.

Higher than normal glucose can damage blood vessels and the nerves that control your heart. High blood pressure increases the force through your arteries and can damage artery walls. Having both high blood pressure and diabetes can greatly increase the risk for cardiovascular disease.

Other factors that can raise your risk for heart disease include smoking, eating a diet high in saturated fat, not getting enough physical activity, and/or being at a higher weight than what is good for your body.

People with diabetes are also more likely to have heart failure, which means your heart can't pump blood well. Heart failure tends to get worse over time, but early diagnosis can help relieve symptoms.

Some lifestyle habits that can help lower your risk for heart disease or keep it from getting worse can include following a balanced diet (like the plate method!), getting active, and managing your ABCs (A1C, blood pressure, and cholesterol).

RECIPE INSPO

Berry & Chia Pudding MAKES 2 SERVINGS

Ingredients

1 cup thawed frozen raspberries
1 tsp vanilla extract
2 Tbsp dried unsweetened coconut
3 Tbsp chia seeds
1 cup unsweetened almond milk

Instructions

Mash the berries in a bowl using a fork. (You can leave a couple of whole ones for the top if you'd like!)

Add vanilla, coconut, and chia seeds to combine. Pour milk over top and mix.

Set aside to soak for 30 minutes or overnight in the fridge. Note: If you're new to chia seeds, drink extra water the day you eat this!

162 calories; 4.1g protein; 16.1g carbs; 10g fiber; 9.4g fat; 3.6g saturated fat; 77.6mg sodium

WHAT'S IN SEASON & HOW TO USE IT

While pomegranates primarily grow September through November, there is a good chance you might be able to find them in your grocery stores right now!

Pomegranates have been linked to type 2 diabetes prevention and treatment over the last decade due to its ability to reduce stress and damage to cells in the body.

Pomegranates are **packed** with nutrients like Vitamin E, K, and magnesium, all of which help with glucose metabolism. Additionally, the fruit contains many antioxidants and that reduce inflammation and help lower blood pressure which is another good reason to try and eat them this month!

Try pomegranate arils in your salads, snack mixes, or enjoyed as an evening snack like popcorn to add some to your life!

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“FIBERUARY” = FEBRUARY

Did you know that majority of U.S. adults only get about half of the daily fiber they need each day? We all need fiber to keep our internal plumbing working smoothly, and if you have diabetes or prediabetes, fiber is meant to be one of your best friends!!

Fiber is a type of carbohydrate found mainly in fruits, vegetables, whole grains, and legumes. It can help you avoid or manage constipation and help you maintain your glucose, protect your heart, improve gut health, and keep you feeling full throughout the day!

Your body doesn't absorb or break down fiber, therefore, it can't cause an increase in glucose the way other carbs can! Also, since fiber isn't digested, it moves slowly through the stomach, making you feel fuller for longer which can help you maintain your weight!

To follow along with American Heart Month, fiber protects your body from absorbing some fat and cholesterol which lowers the triglyceride and cholesterol levels overall. This may reduce the risk of heart disease over time.



FACEBOOK QUOTE HIGHLIGHT

“Results happen over time, not overnight - work hard, stay consistent, and be patient”

- image shared by Debbie Jeffers Duvall

This quote from a sign felt important to mention as we are now in the second month of the new year. By now, some people have laid off their new year's resolutions or feel defeated if they are not seeing the results they want. But that doesn't mean it's time to give up, question yourself, or quit!

Like the quote says, results don't happen overnight, but over time. Stay consistent and be patient. When it comes to prediabetes this quote stands true as it takes time and commitment to see the results and that's okay! It's easy to get frustrated when you don't see the progress after a week, but the magic happens in the months and years of showing up. When you don't feel like it's a “diet” anymore because it's just real life ... that's when you know you've won!

The recommended amount of fiber intake for adults is 25 to 38 grams per day. Some ways that you can add more fiber into your diet can be to choose whole grains like rice or quinoa, eat plenty of fruits, nuts, and seeds, and focus on non-starchy vegetables. Also, remember to take it slow when consuming a lot of fiber, as it can lead to discomfort, bloating, or constipation.

*Your Fiber Queen,
Kara*