

MARCH

BEAT PREDIABETES NEWSLETTER

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RECIPE INSPO

Roasted Red Pepper Egg Bites

Ingredient List:

- 8 large eggs
- 1/3 cup unsweetened milk of choice
- 1/4 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 cup shredded Monterey Jack cheese
- 1 cup packed baby spinach, chopped
- 2/3 cup chopped roasted red peppers

Instructions & Servings

- Preheat the oven to 350 degree Fahrenheit and line a muffin tin
- Whisk together the eggs, milk, salt & pepper until fluffy
- Add in the cheese, roasted red peppers, and spinach. Mix until combined.
- Divide the mixture into the muffin tins (about 1/3 cup each) and bake for 20 minutes, or until set.
- Let cool for 5 minutes before serving

Serving Size: 2 egg bites/muffins

194 calories; 13.4g protein; 3.8g carbs; 0.1g fiber; 13.5g fat

SPRING INTO MOTION / "GREEN EXERCISE"

I know we talk about going on walks and trying to get a good amount of physical activity in each week, but I promise there are a few really good reasons why!

Of course, it's to better support blood glucose management and overall create better lifestyle habits, but there is something truly beneficial that walking outside for 15-20 minutes a day can do for your body that working out in the gym can't do.

When we're engaged in physical activity outside, our bodies make more vitamin D. This vitamin D is essential for managing glucose in the long term because it improves insulin sensitivity.

Insulin is the primary hormone that is responsible for helping cells take in glucose, so we want that to work well!

Working out outside gives us a mental health boost as well. And it enhances focus, lowers blood pressure, and can help you get better sleep. These are all things that can help you manage or reverse prediabetes.

With it getting warmer outside during March, try and take advantage of it!

Mobility an issue? Try your chair exercises outside if you have a seat on your porch! Or even open a window and sit next to it while you do your chair yoga!

WHAT'S IN SEASON & HOW TO USE IT

Who here is a fan of artichokes? Well, they are in season during the month of March along with a few other green plants like broccoli, spinach, and kale. Now, I know most people are not a huge fan of artichokes, but they have a lot of benefits! Some of which include aiding in heart health, digestion, and a boost in liver function.

They are also very versatile and can be roasted, steamed, baked, grilled, and even stuffed with cheese. (That makes anything delicious, right?)

They perform well as toppings on pizza, flatbread, salads, or breakfast omelets. And you can easily add them into sauces or dips, like spinach artichoke dip! If you are open to trying a new food, artichokes are where to start!

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SPRING BREAK PLANS?

Headed on vacation this month? How are you packing & preparing to best manage your glucose?

Some helpful tips that I can give to you are:

- **Stay on track** with your eating schedule, medicines, doctor's visits. etc.
- **While packing**, consider adding in some healthy foods to your carry-on or car bag (like unsweetened dried fruit, nuts, string cheese, whole grain crackers, etc.) so you do not have to resort to less balanced convenience foods.
- **If you carry a CGM** and are going through security at an airport, be mindful that some x-ray machines can damage them. Ask for a hand inspection instead.
- **Move around when you can** and take breaks from road trips to stretch your legs and walk around. If you're flying, you can also walk up and down the aisle every hour or so to keep blood moving throughout the body. Don't worry about what people think. You'll likely never see them again if they aren't your travel buddies!



FACEBOOK QUOTE HIGHLIGHT

"I like this group bc it's proving that so many are so different! Add age differences, thyroid health, hormones, cortisol, etc etc and I now realize that 'one size doesn't fit all.' However, by no means we shouldn't get discouraged to continue to find the 'right fit' for ourselves. It's a process."

- Facebook Community Friend

I thought this quote was perfect for this month as our seasons change! Sometimes we compare ourselves a little too much to others. "Well, Betty cut out carbs and she lost 30 lbs!" But noticing the differences among our ourselves and understanding that prediabetes can affect us in so many different ways is eye opening! So what worked for Betty may or may not work for you, but the results and experience will always be different, even if you follow the exact same plan. This is why it's always so important to find what feels right for YOU in your lifestyle changes!

- **Watch the heat** if you are traveling somewhere warm. Getting a sunburn, sitting in hot temperatures, and dehydration can all negatively affect blood glucose in the short term. Stay safe!

My only wish is for everyone to feel good in their bodies in a healthy and safe way when travelling, and wherever you go, even if you're staying home, have fun and enjoy the (hopefully) warmer temperatures!

Love, Kara