

APRIL

BEAT PREDIABETES NEWSLETTER

Hn

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MANAGING GLUCOSE IN THE HOT WEATHER

With us being in the fourth month of the year, there are hopes that we will be getting warmer weather after the harsh winter this year. But the ending of winter means the beginning of spring and learning how to manage prediabetes during the warmer (or hot!) weather.

When your body is in warmer weather, we sweat. And when we sweat, we lose fluid from our bodies. This can lead to higher glucose levels because we have less fluid in our veins, which concentrates our blood. And, unfortunately, those with glucose running higher than normal for a period of time may be at even more at risk of dehydration than those with normal glucose levels.

Being out in the hot weather can also increase your risk of sunburns. Sunburns, like any other injury, can elevate glucose above normal levels as part of the healing process. So be sure to stick to the shaded areas when you can and use skin protection that works for your body!

One of the best ways to manage your glucose in the hot weather is to try to stay indoors during the peak heat of the day and, of course, stay hydrated!

The warmer weather can definitely be a motivator to get outside, but be sure to choose ways to do so safely so you can stay in better control of that glucose!

RECIPE INSPO

Chocolate Quinoa Crispy Bites Makes: 13

Ingredients:

- ½ cup quinoa (uncooked)
- ½ cup dark chocolate (65% or greater)

Instructions & Servings:

- Preheat a skillet to medium high.
- Test if hot enough by dropping a few pieces of quinoa into the pan. If they pop within 15 seconds, the pan is ready.
- Once ready, add all quinoa to the pan and allow to pop while stirring until they start to turn a tan color. Immediately remove from heat and put into a glass dish.
- Melt chocolate in a microwave safe dish in 30 second increments, stirring in between.
- Combine chocolate and quinoa.
- Drop 1 Tbsp droplets onto wax paper and allow to cool on counter or in fridge until firm.

Per serving: 65 calories; 3.1g total fat; 1.6g saturated fat; 1mg sodium; 7.9g total carbs; 1g fiber; 1.4g protein

WHAT'S IN SEASON & HOW TO USE IT

Strawberries are now in full bloom during this month in many places! They are so beneficial for the body, which, of course, includes glucose management!

Some of the best ways to use or consume them can be plain, as a breakfast topping, or on top of salads. You can also roast them and incorporate them into a salad dressing or vinegarett. Or, try making your own strawberry preserves or chia jam for your toast or yogurt!

Try to get them while you can because once they are in season, they go fast! You can even go strawberry picking with your loved ones as a fun activity!

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SPRING GUIDE

Keeping up with the warmer weather trend, April can be dreadful for people with seasonal allergies, and certain allergy medications can affect insulin production and blood glucose.

Some **antihistamines** can make you drowsy and/or increase your appetite. Both of these make it harder to manage your glucose.

Some **decongestants** can raise blood glucose, blood pressure, and your heart rate overall. Plus, liquid varieties may contain sugar.

Steroids can raise your blood glucose as well as worsen insulin resistance. When taking steroids for longer periods, consider checking your glucose levels at home and discuss glucose management with your prescribing doctor to be sure the treatment plan is the best for you.

Hopefully the spring allergies aren't holding you back, but if they are, maybe try some naturally anti-inflammatory foods to help a bit! Consider adding berries, salmon, avocado, walnuts, or ginger into your meal plan this week to see if it makes a difference in your symptoms!



FACEBOOK QUOTE HIGHLIGHT

Recently, a community member shared a snack product they were curious about trying. When they asked about people's thoughts and experiences, a response really stood out to me and I wanted to share:

*"I'd try a small serving with a nice protein entree, to see if I enjoy them. If I did, I'd find a way to balance them." - **Anonymous member 481***

THIS. IS. LIFE. This person has learned that it's important to experiment. Important to follow our taste buds. And also important to practice moderation and balance.

The prediabetes lifestyle is not about restriction or demonizing any food. It's about finding joy in what we eat, feeling satisfied with our meals, and enjoying how our bodies feel when we treat them in a nice way!

Thank you, Anonymous friend, for sharing your balanced life hack with us! And thank all of you for stepping up and sharing ideas in our community!

These foods aren't going to cure seasonal allergies, but any little improvement can feel better when you've got itchy, watery eyes or a stuffy nose all the time. And those foods are all helpful for heart health and glucose management too, so it's a win-win-win!

Remember to chat with your medical team if your allergies are really bugging you so that you can make sure to get outside for that fresh air and vitamin D!

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CATCHING UP WITH KARA

Well ... March came into our house in a crazy whirlwind! My husband's work schedule got super crazy, the kids ended up with pink eye and double ear infections (twice), and all the while I was teaching and working on my secret project for you friends! (Secret project details dropping SOON! It's definitely something you guys are always looking for so get excited!) Anyway, it was a lot going on and I was overwhelmed. But we made it!

What about April so far? We took a (sort of) surprise visit up to Michigan to visit with some of our family. It's always so fun to visit up there because it's our roots and there's a lot of nostalgia. I love the climate there in the spring, summer, and fall, (ahem ... notice I left out the 14 months of winter?) and seeing our family is always such an amazing treat! The boys got to visit their great grandmother, grandma, aunts, uncles, cousins, and a fellow Batman! (My oldest is a big Batman fanatic right now, so it's fun to make it a big thing!). It was an incredible trip (despite the kids being under the weather for a third time!) and it was entirely too short, but the husband had to be back to work.

Since we got back, we have been trying to get back into normal life (and hopefully moving past all the illnesses ...). And my oldest is almost done with preschool already. Gosh, time seriously flies, doesn't it? It's amazing how fast they grow! Trying to soak up all my time with them, for sure.

What about my plate? I've been trying to include more fish in our diets this month. I don't usually make a huge effort there but we are pushing it now! We've been able to explore a few different dishes and the boys have tried all of them so far! What's on your plate this month?



GROCERY GUIDE

In case you missed it, I released a [Grocery Guide](#) in February! It's filled with tips and tricks for making the most of your grocery adventures without feeling like you're stuck with the same five foods all the time!

Love, Kara