

MAY

BEAT PREDIABETES NEWSLETTER



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RECIPE INSPO

Avocado Tomato Salad 4 servings

Ingredients

¼ cup extra virgin olive oil
Juice of 1 lime
½ tsp ground cumin
½ tsp oregano, dried
2 garlic cloves, minced
3 avocados, cubed
1 pint cherry tomatoes, halved
1 small cucumber, sliced into half moons
½ cup corn
¼ cup red onion
2 Tbsp, freshly chopped cilantro

In a small bowl whisk together oil, lime juice, spices, and garlic. In a large serving bowl, combine remaining ingredients and gently toss together with dressing. Try as a side dish, on top of your favorite cooked protein, or on salad!

326 calories; 29.6g total fat; 4.1g saturated fat; 13mg sodium; 17.2g total carbs; 8.6g fiber; 3.4g protein

IS IT POSSIBLE TO REVERSE PREDIABETES WITHOUT LOSING WEIGHT?

Research is released all the time, which can be confusing for those of us trying to make changes to better our health. But thankfully, most prediabetes research tends to consistently point in the same direction: Eat more balanced meals with more fiber, less added sugar, and move your body. However, there's a question that comes up in our group a lot: Can I reverse prediabetes without losing weight? The answer is yes! But why?

Our health is connected to our weight in some ways, but the bigger indicator of health is actually body composition.

Body composition is the breakdown of what your body is made up of. What percentage of your body is lean muscle, fat, bones, etc.. The more lean body mass that is present (to an extent) the better your health may be. (Again, there are limits to this, but the general idea is more lean mass and less fat mass is associated with better health.) And since muscle weighs more than fat tissue, it means you may actually *gain* weight while trying to manage your glucose. And if this gain is in muscle mass, it may be better for your health.

WHAT'S IN SEASON & HOW TO USE IT

Who is a fan of avocados?! I know I am! Did you know that avocados aren't just fruits, but technically single seeded berries? These *berries* are incredibly versatile, low in carbohydrates, and high in healthy fiber and fats which prevent blood glucose spikes and improves overall insulin sensitivity. They can promote satiety which can aid in weight management and supply vital nutrients that can help reduce diabetes-related complications!

These awesome fruits can be used in a multitude of recipes - like being mashed on toast with garlic and lime, sliced on burgers or sandwiches, grilled or broiled with parmesan cheese, or blended into smoothies!!

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WHY IS PREDIABETES CALLED THE “WINDOW OF OPPORTUNITY?”

In the year of 2026, prediabetes has gained a lot of attention through social media and through research, which is good! It is said that one in three American adults (an estimated 96 million people) have prediabetes and the vast majority do not know it, and this is where the *opportunity* lies.

Unlike type 2 diabetes, prediabetes is mostly silent and there usually aren't blatant symptoms. Learning that your glucose is running higher than normal give you the *opportunity* to make changes and improve your numbers now.

Prediabetes is reversible for many people. Which means that your *opportunity* to change your life is now. Not next week, not next month, not after your next cruise. Right now. It doesn't mean to throw everything you're doing out the window though. Just find 1-2 *opportunities* for change that could shift those numbers in a better direction.



FACEBOOK QUOTE HIGHLIGHT

“Small adjustments really help. Stress is the enemy... not food. - Judy Bay

Small adjustments, whether you see an immediate change or not, *really do* help! I know it may be hard sometimes to feel like you are making progress, but I promise you it's there if you've been making small changes in your life! It's important to look at what you are doing to help your body as part of the big picture. Every action is just one piece of the puzzle. That walk you took last night was one piece. Your avocado with lunch was another. That experience of eating a couple of saucy chicken wings in your salad with a friend last week was also another piece. Not one piece is necessarily more important than the other, and not every puzzle piece has to be perfect. If you strive for perfection, you'll feel more stress. Stress also increases your glucose, so in some ways, the main enemy *is* stress. While stress can be difficult to manage, and sometimes life is just life-ing, it is important to remember to take things one step at a time, breathe through these difficult times, and always, that those small puzzle pieces make a big difference in the bigger picture of things!

Lifestyle changes are the cornerstone of managing glucose long term. You have to find changes that seem realistic for you in the long run. So when you are thinking about changing something, ask yourself: “Would I be okay if that were my new normal?” In many cases, big changes aren't helpful because they aren't sustainable, but small adjustments ARE! And those small changes can help you prevent prediabetes from progressing. And THAT is one of the biggest opportunities you can have!

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CATCHING UP WITH KARA

April flew by and all of a sudden my oldest is almost done with preschool! (Cue the big tears and proud mama butterflies!) I can't believe it's almost summer. Everyone is 100% correct that these precious littles grow up way too quickly! We've been busy finishing up the last minute recipe tweaks for our new COOKBOOK! (Coming to you this summer if you haven't caught the posts about it in the past week or two!) We've also been trying to get used to our new normal schedule with my husband having some odd days off (but at least they are consistent now!). We also recently took our kids to the movie theater to see the latest Mario movie, where we all shared some popcorn and a very watered-down lemonade (husband had soda lol)! The youngest did surprisingly well for being 2 ½ and the oldest had SO much fun! We also had my parents up to visit (and by visit, I mean have them come do a bunch of work at our house) and my dad painted all my kitchen cupboards and planted TWO gardens for us this year! The kids and I love being outside, so taking care of the garden is a wonderful time for all of us! We are hopeful that our garden is as productive as last year. Both kids loved trying everything they could and it was so fun to teach them different ways to eat each of the vegetables! Our garden this year will hopefully have tomatoes, peppers, peas, beets, watermelon, strawberries, herbs, and squash! Is anyone else growing their own food this season? What do you have in yours and what recipes do you use to highlight those foods in your meal plan? *Love, Kara*



CARB MINI COURSE

In case you missed it, I released a Carb Mini Course a couple of weeks ago! Included are worksheets, videos, and written lessons (and printables!) to help you manage your glucose even better than before! You'll understand the different types of carbs, how many to consume in a day (estimated, of course, because I'm not your official dietitian), and some ideas for adding more fiber into your life without feeling like all you do is eat fiber, fiber, fiber! [Check it out here!](#)