

JUNE

BEAT PREDIABETES NEWSLETTER



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WARM WEATHER ACTION PLAN

Similar to what was said in the March newsletter, following a few helpful steps for managing your glucose levels during the warmer weather can help lower your chances or progressing to type 2 diabetes. Here are some helpful tips to help you navigate the warmer months of summer while managing prediabetes!:

1. **Stay Hydrated:** An obvious one I know. Try to start each day by drinking a glass of water and carry a water bottle with you. Consume water-rich foods like fruits and veggies too!

2. **Time your outdoor activities:** Enjoy open-air recreation mornings or evenings when temperatures are cooler.

3. **Monitor glucose levels at home:** Check your glucose levels more frequently during heat waves, especially before and after exercise.

4. **Plan for challenges:** Summer brings travel, events, and temptations. Pack healthy snacks for trips, volunteer to bring nutritious dishes to gatherings, and plan on how to fit in some of your favorite summer treats in moderation!

The summer months can come with real challenges for managing prediabetes! Try to stay on top of monitoring levels and strategies for overall glucose stability as we get into vacation mode!

RECIPE INSPO

Raspberry Blackberry Smoothie 1 serving

Ingredients:

1 small avocado
¾ cup frozen berry blend
½ cup plain Greek yogurt
½ cup unsweetened almond milk
1 tsp honey
½ tsp cinnamon

Instructions:

Place avocado, frozen fruit, yogurt, milk, honey, and cinnamon in blender. Blend until smooth. Serve immediately and enjoy!

NOTES: You can replace the berries with other frozen fruit options, but the dark pigments in the berries can cover up the green of the avocado. Feel free to add extra cinnamon!

318 calories; 15.6g total fat; 21g saturated fat; 127mg sodium; 33g total carbs; 10.5g fiber; 15.9g protein

WHAT'S IN SEASON & HOW TO USE IT

Blackberries are in season in the month of June and bring a lot of flavor to the table! I always think of my grandma's blackberry pie but there are so many uses for these juicy and crunchy little bundles!

Fun fact: blackberries aren't technically berries but are called "aggregate fruit". Meaning they form one flower and have multiple smaller fruits called drupes!

Try adding blackberries to your smoothies, salads, as a sauce on fish or pork, or even added on a bbq chicken pizza or in a chicken, goat cheese, and arugula wrap! They can also be frozen for later use or turned into refreshing infused water or tea!

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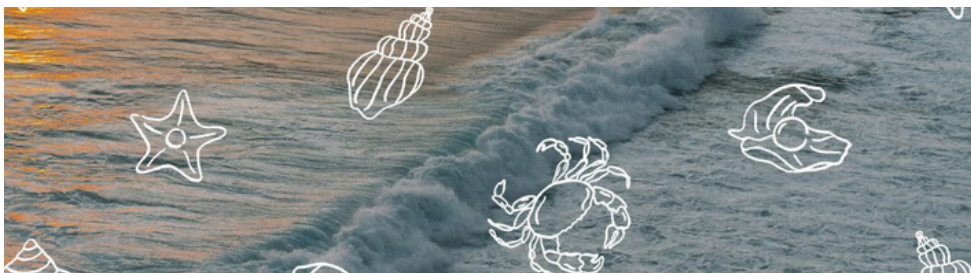
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DIABETES AWARENESS WEEK

Diabetes Awareness week was observed last week, but we can still celebrate and recognize the event! This week-long observance was originally created to spread awareness of the condition and to encourage individuals to be open and talk about their experience of living with and managing prediabetes and type 1 or 2 diabetes.

This week was organized originally by H.G. Wells and R.D. Lawrence in 1934, both of whom had diabetes. Since they observed the risk and abundance of diabetes in their population, they decided it was imperative to raise awareness of this to the rest of the general population and boy did they make an impact!!

A little bit of a history lesson for you: The first known documentation of diabetes symptoms can be dated back to 1552 B.C. Egypt where a physician, Hesy-Ra, deemed frequent urination a symptom of a disease



FACEBOOK QUOTE HIGHLIGHT

"I always sort of look at it like at least I'm getting more fruit; and if I'm choosing fruit over a candy bar, cookie, chips, etc even if it's a higher sugar fruit it was probably a better choice" - Lyssa

This quote from a member in our community really stuck with me recently. Like most of the quotes from our recent newsletters have been, they have shed light on the small adjustments and small milestones that each of you have taken or completed throughout your journeys in managing prediabetes. No matter how big or how small, we are all getting better one way or another in order to better our daily lives and ourselves. I think that alone should be something to celebrate when it comes to looking at what we are doing on a daily basis. From now on, I want each and every one of you to try and find something each day that you are proud of doing and see how much that improves your mood!

that also caused emaciation and the production of urine that attracted ants. It wasn't until the 18th and 19th centuries that physicians began to realize that dietary changes could aid the regulation of diabetes. In 1920, Frederick Banting, first thought to use insulin to treat diabetes. Look how far we have come! I bet they never would have thought CGMs and pancreas transplants were even remote possibilities!

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CATCHING UP WITH KARA

The end of May was filled with joy and sadness all at once. Our oldest graduated from preschool and it was so bittersweet. I've always wanted to be a stay-at-home mom and sending him off to preschool was hard for me at first because he's been home with me since he was born. Thankfully I was still very busy with my youngest at home, but it was a huge shift for all of us. And then the year flew by (with about as many viruses as there are months haha!) and suddenly he's done. Yes, I'm tearing up as I'm writing this. He is an incredible human and I'm excited to see how he continues to bloom in his next adventure into kindergarten!

In early June, we went on a family vacation that was out of this world ... literally. Okay, we didn't go to the moon, but it was a galaxy far, far away! My husband and I took the kids to Ohio for a charity Star Wars event and had the BEST time! The kids got to hang out with their GMama from Michigan and we went to the event and stayed up late (a rarity, for this girl!). Then we drove to South Carolina to visit my parents and the boys made cookies with GMama and crawled all over Papa (who is healing well from his hip replacement!). It was a super fun and also rejuvenating trip!



JUNE CHALLENGE

Starting next Monday, I'm rolling out a new CHALLENGE! This 10-day challenge can help you feel back on track while still feeling at ease this summer. We are focusing on helping you make smart choices without a bunch of stress, whether you're at a BBQ, on the beach, or at home in a routine that's a bit different from usual. Includes exclusive recipes, including the most popular request: ICE CREAM (no machine required, except you!). I just made more of this last night for the family! YUM!

Love, Kara