

AUGUST

BEAT PREDIABETES NEWSLETTER

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DANGERS OF SUNBURN WITH PREDIABETES

Getting a sunburn at the beach, at the park, on a hike, or anywhere can be uncomfortable for *anyone*. But for people living with prediabetes or diabetes, a sunburn can create a drastic ripple effect that makes blood glucose management a whole lot harder, maybe harder than it already is.

Now, how might a sunburn impact your blood glucose and not just your skin? Well, sunburn causes inflammation of the skin, which further raises insulin resistance. Insulin resistance happens when a person's body doesn't respond well to insulin. When your body doesn't respond well to insulin, your glucose tends to run higher

for longer periods.

Because sunburn causes inflammation, it can also increase stress hormones like cortisol which can raise blood glucose levels too. Healing from a sunburn can also take days and during the process, your body might feel fatigued. Proper hydration is a great way to deal with this.

Overall, no matter the season, wearing sunscreen on exposed skin is important and if you're worried that means your body won't make enough vitamin D, no fear! Studies show that while sunscreen blocks those harmful rays, you usually still make enough vitamin D from sun exposure, just at a slower rate!

RECIPE INSPO

Dark Chocolate Almond Clusters 10 Servings

Ingredient List:

- 2 cups roasted, unsalted almonds
- 1 cup 65% chocolate chips/chunks (or darker; this is about 6 oz if you're using a bar)

Directions

1. Microwave chocolate chips/chunks in 30-second intervals, stirring between, until smooth.
2. Add roasted almonds into the melted chocolate and stir to coat each almond
3. Line a baking sheet with parchment paper.
4. Add spoonfuls of chocolate covered almonds to the paper in 10 equal circular mounds.
5. Chill in fridge for 20 minutes or until completely set. Enjoy and store leftovers in a container in the fridge for up to a week.

296 calories; 24.3g fat; 5.3g saturated fat; 15.1g carbs; 2g fiber; 7.8g protein

WHAT'S IN SEASON & HOW TO USE IT

Did you know that almonds need really hot summers and cool winters to grow? Almonds are also reliant on bees for crop pollination and California is where 80% of all almonds that we eat here in the US are grown! Thanks CA!

Almonds are insanely versatile and can be useful for snacking, baking, and cooking! You can eat them raw, roasted, salted, or use them to make homemade almond milk, almond butter, or almond flour!

They are excellent in savory dishes like salads or stir-fries. Or you can go sweet by drizzling almond butter over your overnight oats or into your yogurt, baked into cookies or muffins, or in a trail mix!

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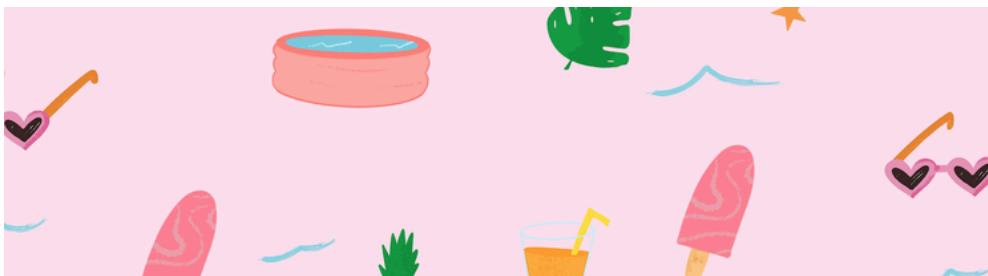
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7 EARLY SIGNS YOU SHOULDN'T IGNORE

Prediabetes doesn't always come with obvious symptoms, but that doesn't mean that it's harmless. Because prediabetes develops gradually, the early signs of it can be easy to miss, but catching it early can be essential in trying to reverse it.

What are some of the early warning signs that some people may notice?

1. You're more tired than usual, especially after eating.
 - a. This can be a sign that your body isn't processing blood glucose properly
2. You're hungrier or thirstier than usual without changes in intake or movement.
 - a. If your body isn't using glucose effectively for energy, you might feel hungrier
3. You're noticing skin changes.
 - a. Dark patches of skin can be a sign of insulin resistance
4. Cuts or scrapes are healing slowly
 - a. High blood glucose can slow down your body's natural healing process
5. You're gaining or losing weight without trying
 - a. This can be linked to blood glucose imbalances



FACEBOOK QUOTE HIGHLIGHT

"In my opinion...nothing is the "right" way. Better than before is right and good. Everyone can build on improving. Sometimes we have opinions. Sometimes we know we are improving." - Ola W.

I knew we had to talk about this quote the second I read it! One thing that really pushed me to create this group was the constant misinformation out there and the push to eat or do things one way. But research continues to evolve that shows us that there is not one single path to improving glucose management. There are so many actions you can take to do this, which means there are almost limitless methods to helping your body. And this means that if you try something and it's not working for your or doesn't feel right, there's no reason to fear! Try something else out instead to see if it's a better fit to your life! And if someone else is doing something different, it doesn't mean they are doing better or worse than you. It's all about finding what works for you and sticking with it!

6. You're feeling more irritable or foggy
 - a. Blood glucose fluctuations affect your mood, energy, and focus
7. Your waistline is growing
 - a. A growing waistline that's not tied to diet or exercise changes can be a sign of insulin resistance.

Even if your symptoms are mild, it's a good idea to talk to a provider, and remember that prediabetes is not a reason to panic, but a reason to act!

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CATCHING UP WITH KARA

I feel like everyone already knows what I've been up to this past month! Final finishing touches on my eCookbook! And so many of you are already enjoying the recipes in your own kitchens, and that brings me so much joy! Speaking of joy ... my oldest is off to kindergarten next week. I can't believe it! My youngest doesn't understand that he doesn't get to join his big brother at school though ... so it's going to be an interesting transition!

In this last month before school, we've been trying to have as much fun as we can, rain or shine! But it's been pretty hot this summer and I feel like this year we haven't been able to do as much walking or exploring around town because it's just too uncomfortable. When we're able, we head out to the museums or even the local theme park to experience as much as we can during the time we all have to be together!

What have we been eating lately? I've been working on some soups for fall blog posts and our Holiday Challenge, plus I've been trying out some new snacks to update my Snack Guide! I also have been making egg white bakes with different veggies to eat for breakfast and it makes mornings so much easier! Outside of recipe testing, we tried a restaurant in our area and I tried their duck dish with bok choy, sweet potatoes, and mushrooms. They were the BEST mushrooms I've ever tasted. I don't know what magic they used, but goodness, they were incredible!



ECOOKBOOK RELEASE

It's been an incredible couple of weeks since my eCookbook has been released. 100+ recipes using mostly pretty common ingredients (coconut aminos, cacao nibs, and almond flour are probably the most unique ingredients). Some of the favorite recipes so far have been the carrot fries, high protein pimento cheese, and the PB chocolate quinoa bars! It's so amazing to see you guys trying and loving some new recipes and learning a bit along the way too! What's your favorite recipe in there?

Love, Kara