

# OCTOBER

## BEAT PREDIABETES NEWSLETTER

**HN**

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## STRESS MANAGEMENT AND PREDIABETES: WHY CALM MATTERS FOR YOUR GLUCOSE

Stress doesn't just affect your mood (although it definitely does do that!) Stress can also impact your glucose. When you're under chronic stress, your body releases hormones like cortisol, which can raise glucose and make insulin work less effectively over time. For those managing prediabetes, that means stress management is more than self-care. It's part of glucose care.

The good news is that small daily habits can make a meaningful difference. Regular movement like walking, strength training, or yoga can help lower stress hormones

while improving insulin sensitivity. Prioritizing sleep, eating balanced meals, deep breathing, and taking short breaks throughout the day can also support both mental wellness and metabolic health.

Stress is a normal part of life, but how you respond to it matters. You don't need to eliminate stress completely. Rather, create simple tools to manage it more consistently. Supporting your nervous system can also support your glucose, making stress management an important piece of your overall prediabetes plan.

## RECIPE INSPO

### Maple Cinnamon Roasted Veggies

6 Servings

#### Ingredients

- 3 cups cubed butternut squash
- 3 cups broccoli, chopped into small florets
- 1 tbsp olive oil
- 1 tbsp maple syrup
- ½ tsp cinnamon
- ¼ tsp salt

1. Preheat oven to 400°F.
2. Toss butternut squash and broccoli with olive oil, maple syrup, cinnamon, and salt.
3. Spread on a baking sheet and roast for 25–30 minutes, stirring halfway through, until tender and lightly caramelized.
4. Serve warm as a side dish or add to a salad or grain bowl.

97 calories; 2.7g total fat; 0.4g saturated fat; 135mg sodium; 18.7g total carbs; 6g fiber; 2.8g protein

## WHAT'S IN SEASON & HOW TO USE IT

Pumpkin is one of fall's most versatile ingredients and can be used in both sweet and savory recipes. Pureed pumpkin works well in oatmeal, smoothies, muffins, pancakes, soups, chili, pasta sauces, and energy bites. This crazy cool ingredient adds fiber, vitamin A, and natural creaminess to anything you're adding it to! You can roast fresh pumpkin cubes for salads, grain bowls, or sheet pan meals, or blend pumpkin into soups with spices like cinnamon, nutmeg, garlic, or sage depending on the flavor profile you want. If you're choosing canned, make sure it's 100% pure pumpkin and not pumpkin pie filling (to limit your added sugars!).

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## FIBER AND PREDIABETES

Fiber is one of the most powerful nutrients for supporting glucose, yet many people don't get enough of it. Unlike refined carbohydrates, fiber slows digestion, which can help reduce your glucose peak after meals/snacks and support more stable energy levels throughout the day. For those managing prediabetes, fiber can be a simple but effective tool for better glucose control. Did you check out my [recent blog post](#) on this subject too?

High-fiber foods like vegetables, fruits, beans, lentils, oats, chia seeds, and whole grains can also help you feel fuller longer, which may support weight management and reduce cravings.

Fiber doesn't just benefit glucose though, it also supports heart health, digestion, and a healthy gut microbiome, all of which are important for overall wellness. Adding more fiber doesn't have to be complicated. Start by choosing whole fruits over juice, adding more vegetables to meals, swapping refined grains for whole grains, or including nuts, seeds, or berries in your snacks.



## FACEBOOK QUOTE HIGHLIGHT

*For years, long before I discovered my blood sugar issues, I forced myself to eat my veggies at the start of the meal - to get them out of the way so I could enjoy the rest of my meal. Over time, I learned that liked broccoli and green beans best blanched. I like cauliflower, cabbage and Brussels sprouts roasted. Spinach and kale I like sautéed until just barely wilted. A little garlic and salt does wonders and so does a bit of onion powder. Bell peppers and cucumbers are great to snack on raw. Over many years, I even stated to enjoy salads again. - **Becky***

I think this response is brilliant! This truly shows two things: 1. This lifestyle is not just something that happens overnight. It takes time and experimentation to find what works for you. And honestly you'll always be learning and exploring. There's always a new recipe, a new cooking method, or a new food item to try. And it's OKAY to learn and grow. 2. It's okay to only like a food prepared in a certain way. And if you don't think you like veggies right now, it's possible you just need to find the right recipes for you!

Small changes can add up quickly, helping you build meals that are more satisfying, nourishing, and glucose-friendly.

Don't forget that my [snack guide](#) can help you find glucose-friendly snacks without a ton of prep or extra thought. Just pick a couple per week to add to your meal plan, prep them ahead, and grab them when you need them to up that fiber intake without added stress!

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### CATCHING UP WITH KARA

We've been REALLY soaking up all the Halloween fun this month! I LOVE LOVE LOVE this holiday. The fun decor, all the Nightmare Before Christmas stuff I can get away with putting out around my house, and doing spooky (mildly, with my kiddos) activities with friends and family! It's been a blast so far and my kids are SO excited for trick-or-treat night! They get to stay out past their bedtime, have fun with friends, and our neighborhood has so many cool decorations! We've also been having a BLAST testing out new recipes that are Halloween-themed. Even my less adventurous eater LOVES (and requests) the spiderweb dip! I've gone through a lot of plastic baggies making those spiderwebs in the past few weeks! I hope you guys are all having a blast this season too (and hopefully enjoying a cool off after our super hot summer!). Speaking of that cool weather, we've been eating some warmer foods lately. I am working on some new recipes for a secret project coming your way in January and that includes some broccoli cheese beans, portabella mushroom fajitas, the best strawberry cookies (seriously, so good!), and even a new, super simple but fiber-rich chocolate treat! I can't wait to share these with all of you! *Love, Kara*



### WANT MORE KARA IN YOUR LIFE?

Of course you want more of your favorite Fiber Queen Dietitian, right? I've recently started an email list and I'd LOVE to have you join me! It's absolutely free and includes exclusive content, tips, and ideas for managing your glucose – right to your inbox!

Right now I'm offering freebies for signing up! Check out my [Prediabetes Survival Kit](#) OR my new [Halloween recipes](#), exclusively available only for my email pals! Plus, my email subscribers get a heads up when new products are coming out or when I have sales on my current products. So definitely join so you can be in the loop for all the news!