



November

Diabetes Awareness Month

November 14, 2023

World Diabetes Day

Diabetes Awareness Month was established in 1975 and an official declaration was made by Ronald Reagan in 1981. This month diabetes organizations present awareness campaigns providing people with information on preventing or managing Diabetes.

World Diabetes Day was established in 1991 to bring attention to the worldwide epidemic. It is observed each year on November 14th. The Blue Circle is known as the “Unite for Diabetes” symbol.

Tips to Help Prevent Diabetes

According to the Mayo Clinic, lifestyle changes can help prevent diabetes and help you avoid serious health complications of diabetes in the future. Some healthy decisions may include:

- 1. Maintain a healthy weight**— Losing just 7% of your body weight can reduce the risk of developing diabetes by 60%.
- 2. Be More Active**—It is recommended that adults get at least 150 minutes of moderate to vigorous exercise per week.
- 3. Eat Healthy Plant Foods**—Plants provide carbohydrates, vitamins, and minerals in your diet. They are also a great source of fiber. One benefit of fiber is that it slows down the absorption of sugars and helps lower blood sugar levels.
- 4. Eat Healthy Fat**—You should include a variety of foods with unsaturated fats (“good fats”). Foods with good fats include olive oil, almonds, avocados, and salmon.

Nutrition Basics

Choose these more often:

- ◆ Non-starchy vegetables such as peppers, broccoli, and spinach
- ◆ Fruits
- ◆ Lean protein such as fish, chicken, turkey, tofu, yogurt, and eggs
- ◆ Whole grains such as quinoa, brown rice, and steel cut oatmeal
- ◆ Healthy fats such as olive oil and avocado
- ◆ Water and unsweetened beverages



Try This!

Southwest Quinoa Salad

Prep Time: 15mins

Total Time: 30 mins

For the salad:

2 teaspoons olive oil

2 cloves garlic minced

1 cup quinoa well rinsed and drained

1 3/4 cups low sodium vegetable broth or water

1 cup canned corn drained

15 ounce can black beans rinsed and drained

1 red bell pepper chopped

4 green onions sliced

2 tablespoons minced fresh cilantro

For the lime vinaigrette:

3 tablespoons fresh lime juice

2 tablespoons olive oil

1 tablespoon honey

1 teaspoon chili powder

1/2 teaspoon cumin

salt and pepper to taste

Directions

1. Heat the 2 teaspoons olive oil in a medium saucepan over medium heat. Add the garlic and saute until fragrant, stirring, about 1 minute. Add the quinoa and vegetable broth (or water) and bring to a boil. Reduce the heat, cover, and simmer until the liquid has been absorbed, about 12-16 minutes. Remove from the heat.

2. While the quinoa cooks, prepare the lime vinaigrette. In a small bowl or jar, combine the dressing ingredients. Whisk (or shake in a jar with a lid) until well combined.

3. Transfer the cooked quinoa to a large bowl and stir in the corn, black beans, bell pepper, green onions and cilantro. Add the dressing and stir gently to combine. Taste and adjust seasonings as necessary.

Serve salad warm or cold, with guacamole or sliced avocado if desired

Nutrition

Serving: 1.5cups | Calories: 319kcal | Carbohydrates: 47g | Protein: 11g | Fat: 11g | Saturated Fat: 1g | Sodium: 161mg | Fiber: 8g | Sugar: 10g



Krinstine's Kitchen