

January 2024 Newsletter

Dickinson County

Diabetes Support Group

Memorial Health System



Managing Your Weight

It's that time of year when everyone is making New Year's Resolutions. Resolutions are a tradition in the Western World for people to resolve bad habits or work to make a positive change in their life. One of the most common New Year's Resolutions is to lose weight and get healthier. This can be a challenge for someone with Type 2 Diabetes. Type 2 Diabetes develops due to insulin resistance. Insulin is a hormone that regulates blood glucose levels in the body and helps cells to convert glucose into energy. In people with Type 2 Diabetes, blood glucose levels can be too high for an extended period of time, causing the pancreas to produce more insulin. Cells can stop responding to insulin thus developing insulin resistance. Losing weight with insulin resistance can be a challenge, because the body converts blood glucose to fat instead of energy.

Please join us on January 2, 2024 to discuss different eating plans to get you started on developing healthier eating habits in 2024!

The When and Where:

Dickinson County
Diabetes Support Group
meets the first Tuesday of
every month at 3:00 PM in
the Nichols Education
Center.

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center
2 - parking in the back)



7-Layer Mediterranean Dip

Source: everydaydiabeticrecipes.com

Ingredients:

- 1/2 cup nonfat Greek yogurt
- 3 cloves garlic, minced
- 1/8 teaspoon salt
- 1 (10-ounce) container classic hummus
- 1 tomato, diced
- 1/2 cup diced cucumber
- 1 (7.5-ounce) jar marinated artichoke hearts, drained and chopped
- 1/2 cup chopped roasted red pepper
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped parsley
- Chopped Kalamata olives for garnish
- Olive oil for drizzling

Directions:

1. In a small bowl, combine yogurt, garlic, and salt; set aside.
2. Spread hummus over a 10-inch round serving plate. Layer with tomatoes and cucumber. Dollop yogurt mixture and gently spread.
3. Top with artichoke hearts, red peppers, feta cheese, and parsley. Sprinkle olives and drizzle with olive oil.

Notes: This is a great dip to serve with pita chips or fresh-cut veggies!

Nutrition Facts: Serving size = 2 Tablespoons

Calories 80, Total Fat 5.6 g, Protein 2.8 g, Sodium 172 mg, Total Carbohydrates 5.4 g, Sugars 0.9 g



For Information on Diabetes Support Group, please contact:

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