

March 2024 Newsletter

# Dickinson County

## Diabetes Support Group

Memorial Health System



### Eating out with Diabetes

Eating away from home with diabetes can be daunting. One meal at a restaurant can be a day's worth of calories, fat, and sodium. Not to mention a significant amount of carbohydrates at one sitting. A sit down restaurant usually starts with bread or chips, followed by a meal that contains potatoes, rice or pasta. Eek!

How do you choose what to eat at restaurants? This month we will discuss tips for eating out and keeping your blood glucose under control.

Please join us on March 5, 2024 for Diabetes Support Group!

### 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)



## Asian Sesame Slaw

Source: [CanolaInfo.org](http://CanolaInfo.org)

### Ingredients:

#### Salad

- 1/2 small head of green cabbage, thinly sliced or grated
- 1/2 small head of red cabbage, thinly sliced or grated
- 6 green onions, sliced diagonally
- 1 large carrot, peeled and coarsely grated
- 1 Tbsp sesame seeds, white or black, toasted (15 mL)

#### Dressing

- 1/3 cup seasoned rice vinegar (75 mL)
- 1/4 cup canola oil (60 mL)
- 1 large clove garlic, minced
- 1 tsp grated fresh ginger (5 mL)
- 1 tsp sodium-reduced soy sauce (5 mL)
- 1 tsp sesame oil (5 mL)

#### Directions:

1. In a large bowl, combine both cabbages, onion, carrot and sesame seeds.
2. Prepare dressing by shaking together rice vinegar, canola oil, garlic, ginger, soy sauce and sesame oil.
3. Pour dressing over salad, toss and refrigerate before serving. Ideally, allow to stand in fridge for an hour or more to allow flavors to mellow. Re-toss before serving.

Makes 8 serving; serving size = 1/2 cup

#### Nutrition Facts:

Calories 100, Total Fat 8 g, Protein 2 g, Sodium 170 mg, Total Carbohydrates 7 g, Sugars 4 g



For Information on Diabetes Support  
Group, please contact:  
Marcy Newcomer, RD, LD, CDCES  
785-263-6676