

June 2024 Newsletter

Dickinson County

Diabetes Support Group

Memorial Health System



Supplements with Type 2 Diabetes

Supplements are defined as a product taken by mouth that contains a dietary ingredient intended to supplement the diet. Supplements may contain vitamins, minerals, amino acids, herbs or a combination of several substances. They may come in the form of tablets, capsules, liquids, gummies, or a powder you can mix with water. There are many supplements on the market that are advertised to help with blood glucose control, but are the safe to take?

Please join us on June 4, 2024 for Diabetes Support Group as we look into the safety of dietary supplements with Type 2 Diabetes.

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)



Fajita Turkey Burger

Source: Diabetic Gourmet Magazine

Ingredients:

- 1/2 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon paprika
- salt and freshly ground pepper, if desired
- 1 (16-ounce) package Jennie-O Extra Lean Ground Turkey Breast
- 1/4 cup salsa, drained
- 3/4 cup cilantro, divided
- 2 onions, sliced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- Wholly Guacamole classic or spicy dip, if desired
- Wholly Guacamole salsa, if desired
- 5 reduced-calorie hamburger buns, split
- 1/3 cup shredded reduced-fat Monterey Jack cheese

Directions:

1. In small bowl, combine cumin, garlic powder, chili powder, red pepper flakes, paprika and salt and pepper, if desired.
2. Mix ground turkey, half of spice mixture, drained salsa, and 1/2 cup cilantro; form into 5 (1/2-inch thick) patties. Lightly spray patties with cooking spray. Place patties in skillet over medium-high heat. Cook 17 to 19 minutes, turning occasionally. Always cook to well done, 165F as measured by a meat thermometer.
3. Meanwhile, coat large skillet with cooking spray. Cook onions, bell peppers and remaining spice mixture over medium-high heat 5 to 7 minutes, stirring occasionally. Stir in remaining 1/4 cup cilantro.
4. To assemble burgers, spread guacamole and salsa, if desired, on buns. Place burgers, cheese and vegetable mixture on buns.

Always cook to an internal temperature of 165F.

Recipe yield: 5 servings

Nutrition Facts:

Calories 260, Total Fat 7 g, Protein 29 g, Sodium 410 mg, Carbohydrates 23 g, Sugars 5 g, Fiber 4 g



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