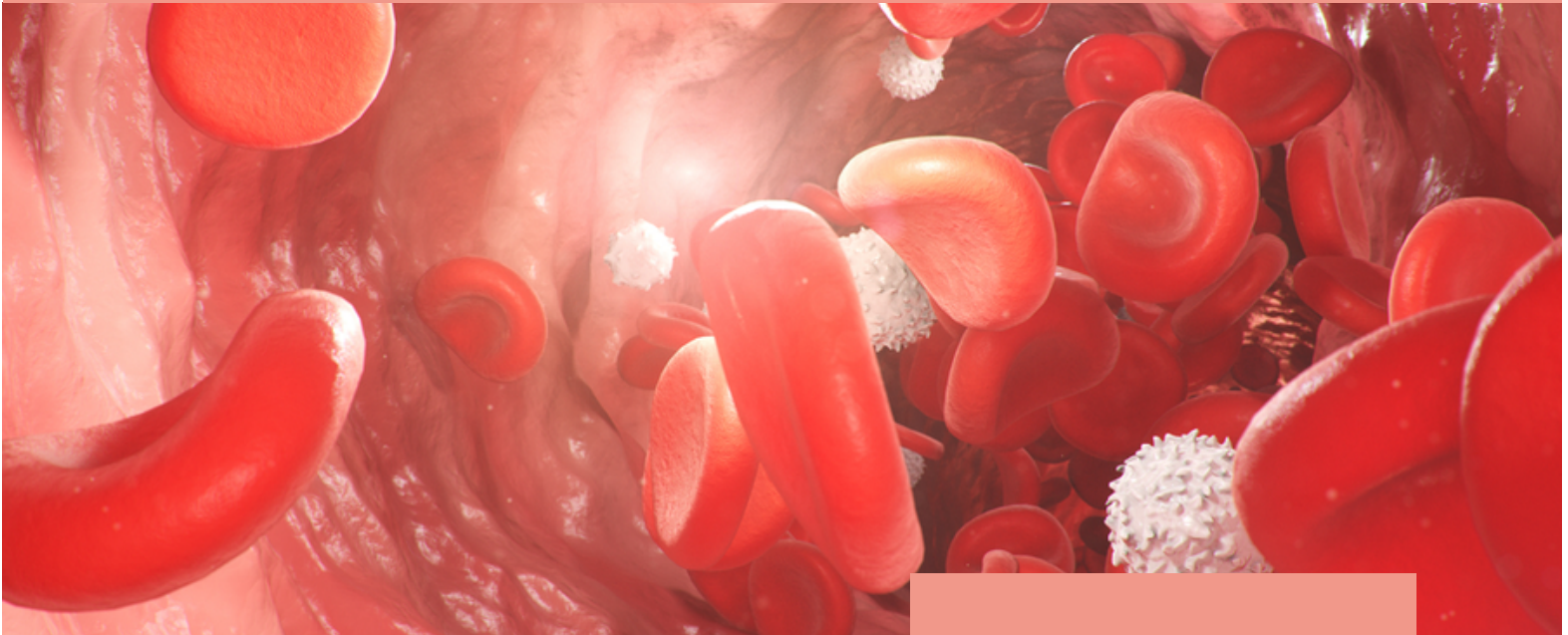


May 2024 Newsletter

Dickinson County

Diabetes Support Group

Memorial Health System



Understanding Type 2 Diabetes

You have been told you have diabetes, but what does that really mean? What's happening inside your body that is preventing it from regulating blood glucose and what are the dangers of having high blood glucose? These are common questions people often have with diabetes. Type 2 Diabetes, begins at the cellular level. It develops when there is a mismatch between glucose and insulin.

Please join us on May 7, 2024 for Diabetes Support Group as we jump into the nuts and bolts of Type 2 Diabetes and the body.

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)



Asparagus and Edamame Salad

Source: Diabetic Gourmet Magazine

Ingredients:

- 1 bunch asparagus, cut into 2-inch pieces
- 8 cups green leaf lettuce leaves, torn
- 1 cup sliced radishes
- 1 fennel bulb, thinly sliced
- 1 cup frozen shelled edamame, thawed
- 1/4 cup fresh mint leaves, torn
- 1 hard-boiled egg, chopped
- 1/4 cup fresh lemon juice
- 1/2 cup extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon granulated sugar

Directions:

1. Bring medium saucepan of salted water to a boil.
2. Add asparagus and cook 1 minute or until crisp tender.
3. Immediately plunge in ice water; drain completely.
4. In large bowl, toss together lettuce leaves, asparagus, radishes, fennel, edamame, mint and egg.
5. In small bowl, whisk together lemon juice, olive oil, salt and sugar.
6. Drizzle desired amount over salad and toss.

Recipe yield: 8 servings

Nutrition Facts:

Calories 180, Total Fat 16 g, Protein 4 g, Sodium 160 mg, Carbohydrates 6 g, Sugars 1 g, Fiber 2 g



For Information on Diabetes Support
Group, please contact:
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