

July 2024 Newsletter

Dickinson County Diabetes Support Group

Memorial Health System



The 4th of July with Diabetes

The 4th of July is known as the biggest cookout day of the year! It's filled with burgers, hot dogs, potato salad, and we can't forget about the desserts. Here are a few tips to help control your blood sugar through the festivities.

- 1) Get some exercise in the morning. Exercise will help improve your insulin sensitivity throughout the day.
- 2) Make a healthy dish to share. This is a great way to provide a diabetic friendly option and you can show off your creative cooking skills.
- 3) Watch your portion sizes. You don't need to limit yourself on which foods to eat, but keep portions small to allow you to try things and keep your blood sugar under control.
- 4) Drink water. It will help with hydration, as well as aid in preventing overeating.

Please join us on July 2, 2024 for Diabetes Support Group as we explore how to remake cookout recipes to keep carbs controlled through the holiday.

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)



Root Beer Floats

Source: DiabetesCare.net

Ingredients:

- no sugar added vanilla frozen yogurt
- 6 ounces diet sugar-free root beer
- 2 straws

Directions:

1) Place scoop of frozen yogurt into a large glass and pour root beer over it.

Recipe yield: 1 serving

Nutrition Facts:

Calories 57, Total Fat 0 g, Protein 2 g, Sodium 55 mg, Carbohydrates 13 g

HERB POTATO SALAD

Source: diabetesfoodhub.org

Ingredients:

- 4 cups cubed new potatoes
- 1 cup celery sliced
- 1/2 cup green onion sliced

Dressing Ingredients:

- 3 tbsp plain fat-free yogurt
- 1 tbsp light mayonnaise
- 1 1/2 tsp Dijon mustard
- 1/2 tsp chopped garlic
- 1/2 tsp dried basil
- 1/4 tsp dried thyme
- 1/4 tsp dried onion powder
- 1/4 tsp salt (optional)



Directions:

- 1) Cut potatoes into 1-inch cubes. Place in medium saucepan and cover with water. Bring to a boil. Cover, reduce heat, and simmer 12 minutes or until potatoes are tender. Drain.
- 2) Mix dressing ingredients.
- 3) Combine hot potatoes, celery, green onions, and dressing. Serve hot or refrigerate and serve cold.

Recipe Yield: 6 servings; serving size 1 cup

Nutrition Facts: Calories 74, Total Fat 1 g, Protein 2 g, Sodium 78 mg, Carbohydrates 14 g



For Information on Diabetes Support Group, please contact:

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