

September 2024 Newsletter

# Dickinson County

## Diabetes Support Group

Memorial Health System



### 10 Surprising Things That Can Spike Your Blood Sugar

[www.cdc.gov/diabetes/living-with/10-things-that-spike-blood-sugar.html](https://www.cdc.gov/diabetes/living-with/10-things-that-spike-blood-sugar.html)

When you first found out you had diabetes, you tested your blood sugar often. This helped you understand how food, activity, stress, and illness could affect your blood sugar levels. Even now that you know the ups and downs, some causes of blood sugar spikes may surprise you. Do you know all these blood sugar triggers?

1. Sunburn - Pain causes stress and stress increases blood sugar levels.
2. Artificial Sweeteners - More research is needed, but some studies show they can raise blood sugar.
3. Coffee - Even without sweetener. Some people's blood sugar is sensitive to caffeine.
4. Losing Sleep - Even just one night of too little sleep can make your body use insulin less well.
5. Skipping Breakfast - Going without that morning meal can increase blood sugar after both lunch and dinner.
6. Time of Day - Blood sugar can be harder to control the later it gets.
7. Dawn Phenomenon - People have a surge in hormones early in the morning whether they have diabetes or not. For people with diabetes, blood sugar can spike.
8. Dehydration - Less water in your body means your blood sugar is more concentrated.
9. Nose Spray - Some sprays have chemicals that trigger your liver to make more blood sugar.

Please join us on September 3, 2024, as we discussed the roller coaster called blood sugar.

### 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)

# Twice Baked Butternut Squash

Source: diabetesfoodhub.org



## Ingredients:

- 1 butternut squash
- 1/2 tsp salt-free all-purpose seasoning
- 1/4 tsp black pepper
- 1/4 tsp ground nutmeg
- 1 Tbsp olive oil
- 2 links apple chicken sausage (diced)
- 1/4 cup fresh sage (chopped)
- 1/2 cup low-sodium chicken broth
- 1 cup fat-free ricotta cheese
- 1/4 cup Parmesan cheese (grated)

## Directions:

1. Preheat the oven to 425 degrees F. Coat a large baking sheet with cooking spray.
2. Halve the squash lengthwise, scoop out the seeds, and spray with cooking spray. Season the squash with salt (optional), pepper, and fresh nutmeg. Lay the squash cut side up on the baking sheet and roast until just tender, about 35 minutes. Remove the squash from the oven and set aside.
3. While the squash is roasting, add the olive oil to a medium non-stick sauté pan and sauté the sausage and sage until golden brown.
4. Scoop the flesh of the squash into a bowl keeping the skins intact. Mash the squash flesh with the chicken stock and the ricotta cheese and then stir in the cooked sausage and sage.
5. Stuff the squash shells with the mashed squash mixture, top with the parmesan cheese, and bake until the cheese is melted and golden brown on top.
6. Cut each squash half in half again before serving.

Recipe Yield: 4 servings

Nutrition Facts: Calories 240, Total Fat 11 g, Protein 17 g, Carbohydrates 20 g



For Information on Diabetes Support  
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