

Memorial Health System

Dickinson County Diabetes Support Group

January 2025 Newsletter



Exercising with Diabetes

Being active is one of the best things you can do for your diabetes health.

Moving your body can help control blood sugar levels and assist in managing your weight. You don't need to train for a marathon or spend hours at the gym to reap the benefits of exercise. Just thirty minutes of moderate-intensity activity most days can make a significant difference. This could include activities like walking, swimming or chair exercises. Remember, any activity is better than none. The key to maintaining a healthy habit is to choose something you enjoy.

This month, Anita Larson from Impact Sports and Fitness will be joining us to discuss the importance of exercising. Please join us for the Diabetes Support Group on January 7th to learn more!

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
- street level entrance and
parking in the back)**

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



Sugar Free Yogurt Parfait with Fresh Berries

Source: diabetesfoodhub.org

Ingredients

1 cup Plain Fat-Free Greek Yogurt
1/2 cup fresh berries
5 drops liquid Stevia sweetener

Directions

1. In a bowl, mix Greek yogurt and liquid Stevia sweetener with a spoon until the mixture is a creamy consistency.
2. Take a tall glass or small bowl for your parfait and add a layer of yogurt to the bottom. Add berries and nuts (optional) between layers of yogurt until you reach the top. Enjoy!

Additional topping options: chia seeds, shredded coconut, or chopped nuts.

Tips: A finished parfait stores great in the fridge for easy meal prep on the go!

Serving size: 1 parfait

Nutrition fact per serving: 180 calories, 1 g fat, 80 mg sodium, 19 g carbohydrates, 24 g protein



We love recipes! If you have a favorite diabetic friendly recipe to share, we would be thrilled to feature it in our newsletter!

Please email recipes to mnewcomer@mhsks.org

