

Innovative WellNews



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Sugar Swap



37.3 million people
have diabetes

8.5 million people
are living with
undiagnosed diabetes

38%
of the US population
has pre-diabetes

Did you know that American Diabetes Month is recognized each year in November? Diabetes is a very complex disease which can be very difficult to manage at times. Due to the many health risks associated with this disease, such as heart, kidney, and circulation problems, it is important to take steps towards diabetes prevention.

What is Diabetes?

Type 1 Diabetes

Occurs when your pancreas isn't making enough insulin to remove the sugar from the blood. It is often caused by an autoimmune reaction, and it can also be genetic. **Only 5-10%** of the population are affected.

Type 2 Diabetes

Is the most common type and affects **90-95% of people** with diabetes. These people become insulin "resistant", meaning their bodies either do not make enough insulin or do not use the insulin well. Type 2 diabetes typically occurs in adults or overweight children.

How Do I Get Tested for Diabetes?

Your primary care doctor can order bloodwork to check your glucose or HbA1C levels. The glucose test is done when you are fasting. The HbA1C level is a percentage of what your glucose is over a 3-month period and does not require you to be fasting. A diagnosis of diabetes requires abnormal results from two different tests in the blood sample or abnormal results from the same test on two separate blood samples.



Tips to Prevent and Manage Diabetes

- 1 Maintain a healthy weight
- 2 Follow a heart healthy diet
- 3 Increase your physical activity
- 4 Decrease added sugars
- 5 Limit alcohol
- 6 Quit smoking
- 7 Visit your primary care provider regularly
- 8 Take medications as prescribed



Cream of Turkey and Wild Rice Soup

Eating healthy doesn't have to be boring! This recipe is perfect if you have leftover turkey and are looking for a healthier twist on a classic soup. You can even serve it with a nice side salad and whole grain bread to round out your meal.

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms
- ¾ cup chopped celery
- ¾ cup chopped carrots
- ¼ cup chopped shallots
- ¼ cup all-purpose flour
- ¼ teaspoon salt and ¼ teaspoon pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked turkey
- ½ cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

Directions:

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.
2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey, sour cream and parsley and cook until heated through, about 2 minutes more.

Nutrition Facts

Serving Size: about 1 3/4 cups

Per Serving: 378 calories; protein 36.9g; carbohydrates 28.5g; dietary fiber 2.7g; sugars 2.8g; fat 10.6g; saturated fat 3.7g

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Resources:

<https://www.cdc.gov/diabetes/managing/education.html>

<https://www.cdc.gov/diabetes/data/statistics-report/index.html>

<https://www.eatingwell.com/recipe/252422/cream-of-turkey-wild-rice-soup/>