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Living in a Good Way | Volume 11 | November 2018



News

- **Harvest Health** – Please join NHBP throughout the month of November as we host Pokagon Band of Potawatomi Tribal Member Madalene BigBear for a series of topics on traditional nutrition, diabetes, weight loss and more.

Attend at least three out of the four Lunch and Learn presentations during the month of November to earn a prize. You can also watch the presentations on nhbpi.com and complete a short quiz. For more information about the program, contact Health Educator Shelby Gibson at 269.729.4422

- **Hold it for the Holidays** – Join the Hold it for the Holidays Challenge for motivation to avoid adding those extra holiday pounds and a chance to win prizes! Weigh-ins will be the week of Thanksgiving:
Monday, Nov. 19, from 4 to 8 p.m. at the Grand Haven Community Center
Tuesday, Nov. 20, from 9:30 a.m. to 3 p.m. at the Grand Rapids Health Facility
Wednesday, Nov. 21, from 9 a.m. to 3 p.m. at the Pine Creek Community Center
For more information about the program, contact Health Educator Brianne Parrish at 616.514.3652
- **Diabetes in Motion** – Be sure to finish the program requirements for the 2018 Diabetes in Motion before Dec. 31 to receive full program incentives. For more information about the program, contact Health Educator Brianne Parrish at 616.514.365



Recipe: Chicken Burgers

Ingredients:

- 1 lb. ground chicken
- ¼ cup sun-dried tomatoes
- ¼ cup chopped onion
- ¼ cup chopped basil
- ¼ cup chopped parsley
- 4 garlic cloves
- Salt and pepper to taste



Instructions:

1. Mix all ingredients together and form 4 patties.
2. Grill 3 to 4 minutes on each side and serve with grilled vegetables.

DINING WITH DIABETES

In honor of November being National Diabetes Month, NHBP would like to highlight a topic that many with diabetes struggle with – eating out! Eating at a restaurant doesn't have to be something to agonize over or avoid completely. Here are some simple and easy ways to help manage dining out and tips to help enjoy the meal without derailing health.

Time it Right – What consumers eat is very important, but so is the time of day. This is especially true if any medications or insulin is needed to help manage blood sugar. Make sure to schedule dinner reservations for a normal meal time, or if eating later, be sure to pack a snack or nibble on something to prevent low blood sugar issues. This will also help to refrain from overeating later.

Ask Away – Don't be afraid to ask questions about the menu. Sometimes, asking about preparation methods is the only way to know if the meal is healthy. If a dish includes added butter, salt or dressings, sometimes it can be substituted or left on the side. Many restaurants will allow customers to substitute the carb heavy side dishes for steamed vegetables or a side salad.

How It's Cooked – Keywords can help determine if something is cooked in a healthy way. Things are usually healthier if they are baked, grilled, broiled or blackened. Foods usually have a lot of extra calories from carbs or fats if they are sautéed, fried, breaded, smothered or stir fried, due to the added oils and sauces.

Portion Sizes – In most restaurants, customers are served a meal that is actually equivalent to two or three servings. That may be a great bang for your buck, but not so friendly on diabetes and health. Avoid overeating by splitting a dish with someone or having half of the meal boxed up to enjoy the next day.

Health topics discussed in this mailer are intended to provide general health information. For condition specific or personalized health information, please contact your medical provider or schedule an individual appointment at an NHBP Health Facility.