Be A Diabetes Advocate!

Tell Congress to take action to Stop Diabetes!

Some Members of Congress want to derail ongoing diabetes research and undermine proven prevention efforts despite the fact a staggering 100+ million Americans either have or are at risk of developing diabetes.

We must act now – Congress is in the process of making crucial budget decisions about vitally important diabetes research and prevention programs.

Please take a moment to personalize your letter to explain the impact diabetes has had on your life. Stories always make a better case than statistics, and personalized e-mails will have an even greater impact than form e-mails. Personalizing your letter is extremely important!

Find your elected U.S. officials:
Log on to:  http://www.usa.gov/Contact/Elected.shtml

Write a Letter to your congressman today.

Here is an example:
Dear [name of elected representative],

As your constituent, I stand with the American Diabetes Association to urge you to support funding for diabetes research and prevention programs.

Diabetes cost our country $245 billion last year, up 41% from just five years ago. Nearly 26 million Americans have diabetes and another 79 million have prediabetes.

America is facing a diabetes epidemic and we need a stronger federal investment in diabetes research and public health initiatives. I urge you to request the following actions of the Appropriations Committee:

Allocate $2.216 billion for the National Institutes of Health's (NIH) National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). This investment in NIDDK is needed to advance the nation's efforts to develop new and better treatments, enhance disease detection and management, improve the prevention of diabetes and its complications, and -- ultimately -- find a cure.

Provide $86.3 million for the Centers for Disease Control and Prevention's (CDC) Division of Diabetes Translation (DDT). An expanded investment in the DDT will allow CDC to build upon its innovative diabetes translational research, strengthen surveillance efforts, and expand national, state, and community programs. These programs provide essential information and education about diabetes risk, complications, treatment, and management to the public, health care providers, and patients.

Support $20 million for the National Diabetes Prevention Program. This program will dramatically reduce the number of new diabetes cases in individuals with prediabetes. Funding for the National Diabetes Prevention Program would allow the CDC to dramatically expand the reach of proven, evidence-based community programs to provide those at high-risk for diabetes with cost-effective interventions.

I also urge you to cosponsor the Medicare Diabetes Prevention Act. This legislation provides coverage of the National Diabetes Prevention Program through the Medicare program to individuals at high-risk of developing type 2 diabetes in order to reduce the number of Medicare beneficiaries who develop the disease and rein in healthcare spending. This bill is essential, given that half of all Americans age 65 and older have prediabetes - in addition to the nearly 30 percent of our seniors who have already been diagnosed with diabetes.
Diabetes & the Flu

http://www.flu.gov/at-risk/health-conditions/diabetes/

Diabetes can weaken your immune system against the flu. It also puts you at an increased risk of flu-related complications.

- Keep close track of your blood glucose. It can be affected by illness.
- Get the flu vaccine. It is your best protection against the flu.
- If you have diabetes you should get the flu shot, not the nasal spray.

If you have flu-like symptoms, contact your health care provider immediately.

Why does having diabetes put me at higher risk for getting the flu?

Diabetes can weaken your immune system. This weakening makes it harder for your body to fight the flu virus. Being sick can raise your blood glucose and prevent you from eating properly. You are also at risk of flu-related complications like pneumonia.

How can I protect myself from getting the flu?

Getting the flu vaccine is the most effective way to prevent the flu. The nasal spray vaccine is not safe for people with diabetes. You should get a flu shot.

Because you are at an increased risk of getting pneumonia, talk to your health care provider about the pneumococcal vaccine. The pneumococcal vaccine will protect you against pneumonia. In addition to getting vaccinated, follow our everyday steps to keep yourself healthy this flu season.

I think I have the flu. What should I do?

If you have any flu-like symptoms, contact your health care provider immediately. If you have the flu your health care provider can prescribe antiviral medications that can make your symptoms less severe and make you feel better faster.

In addition to following our treatment recommendations, you should:

- Continue taking your diabetes pills or insulin
- Test your blood glucose every four hours and track your results
- Drink lots of calorie-free liquids to stay hydrated
- Try to eat as you would normally
- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose

Contact your health care provider or go to an emergency room immediately if you:

- Are unable to eat normally
- Go six hours without being able to keep food down
- Have severe diarrhea
- Lose five pounds or more
- Have a temperature over 101°F Fahrenheit
- Get a blood glucose reading lower than 60 mg/dL or more than 300 mg/dL
Sick Day Guidelines for People with Diabetes


If you have diabetes, even if your blood sugars are in good control, and are sick with flu-like illness, you should follow these additional steps.

- Be sure to continue taking your diabetes pills or insulin. Don’t stop taking them even if you can’t eat. Your health care provider may even advise you to take more insulin during sickness.
- Test your blood glucose every four hours, and keep track of the results.
- Drink extra (calorie-free) liquids, and try to eat as you normally would. If you can’t, try to have soft foods and liquids containing the equivalent amount of carbohydrates that you usually consume.

- Weigh yourself every day. Losing weight without trying is a sign of high blood glucose.
- Check your temperature every morning and evening. A fever may be a sign of infection. Call your health care provider or go to an emergency room if any of the following happen to you:
  - You feel too sick to eat normally and are unable to keep down food for more than 6 hours.
  - You're having severe diarrhea.
  - You lose 5 pounds or more.
  - Your temperature is over 101 degrees F.
  - Your blood glucose is lower than 60 mg/dL or remains over 240 mg/dL on 2 checks.
  - You have moderate or large amounts of ketones in your urine.
  - You're having trouble breathing.
  - You feel sleepy or can't think clearly.

Take everyday steps to protect your health.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Have enough medications and supplies to last for a week in case you have to stay at home.

Diabetes Class Information

**HEALTHPARK (OMHS)**
Owensboro, KY
Diabetes Education Department
Call for an appointment.
270-688-4804

**OHIO COUNTY HOSPITAL**
Call for an appointment.
Brenda Freels 270-298-5426
Physician referral required.

**METHODIST HOSPITAL — HENDERSON**
Every Tues / Weds / Thurs 1:00-3:00 pm
Alternating Tues / Weds 5:30-8:30 pm
Must call for an assessment prior to class.
Call Diabetes Education Department
Physician referral required.
270-827-7114

**UNION COUNTY METHODIST HOSPITAL**
Classes: 3rd Wed. / Thurs. Monthly 8:30-11:30 am
Must call for an assessment prior to class.
Physician referral required.
Methodist Hospital (Henderson) 270-827-7114
Kid’s Korner

Nutrition Know-How Crossword
How much do you know about healthful and not-so-healthful elements in food? Solve the crossword puzzle to test your nutrition sense. If you need more information, head to the library or the Internet.

Don’t let anyone tell you that you can’t have cake at a birthday party or candy on Halloween just because you have diabetes. As long as you plan for it first, you can enjoy birthday cake, ice cream or a candy bar!

Here’s a list of the carb count for popular candy and treats.

Eating sweets and treats
- Increase your insulin based on how many extra carbs you’ll be eating. Be sure to talk with your D-team regarding your insulin doses for these special occasions.
- Add some extra exercise to your day to help keep your blood glucose down.
- Too many sweets aren’t good for anyone. Don’t go too crazy!
- Always be sure to discuss your plans with your D-team so they can help you plan ahead.

Party time!
- Ask your host or hostess what kinds of food they plan to have at the party. This makes planning what and how much you’ll want to eat a lot easier.
- Take a healthy snack with you to share with everyone. Popcorn and reduced-fat chips are always great party foods.
- Take your D-supplies with you to the party and know where it’s going to be the whole time you’re there.
- Check your blood glucose before the party and even during the party. This might be a good time to show your friends how you check your blood glucose.
- Have your parents’ phone number with you so just in case something happens, someone can get in touch with them.

Halloween
- Take your D-supplies (i.e., meter, glucose tabs, gel or juice) treat- or- treating with you.
- Do your homework first. Look up the carb count of different candies before you go so you know how much you’re eating.
- Don’t overdo it on the candy. Take your time getting through your collection - it won’t spoil.
- Adjust your insulin to balance out the candy you do eat.
- Remember to test often and that exercise helps lower your blood glucose.
- Give some of your candy away! No one needs THAT much candy.
Lifestyle Changes That Can Improve Your Health — Can Health Care Systems Motivate You?

Research has shown that lifestyle changes such as increasing exercise and making healthy choices will help people lose weight, and prevent diabetes and its complications. These studies have been based on highly motivated individuals who volunteered for the project. Can it be possible for patients to be motivated by their health care providers to make lifestyle changes?

According to the American Diabetes Association, the Diabetes Prevention Program (DPP) have shown that intensive, one-on-one lifestyle intervention can help people reduce body weight and dramatically reduce their risk for developing type 2 diabetes. Using this model program, participants from VA Medical Centers in the United States, decided to examine how health care providers can motivate patients.

“We wanted to see how effective a lifestyle change program would be for patients in a national health care system,” said Sandra L. Jackson, MPH, a PHD candidate in Nutrition and Health Sciences at Emory University in Atlanta. Jackson’s study involved 400,000 patients in a VA program known as MOVE! (Managing Obesity and Overweight in Veterans Everywhere). Patients were instructed by their health care providers to make lifestyle changes.

Among those who participated, significant weight loss had occurred. Veterans who were diagnosed with diabetes were more likely to become active participants in the program than those who did not have diabetes at the start of the program. Also, those who lost more weight at six months had decreased their risk in developing diabetes over three years.

"Around the country, there are hundreds of millions of Americans who are involved in one health care setting or another," says Dr. Lawrence Phillips, Professor at Emory University School of Medicine. "Diabetes is a problem of epidemic proportions. We are older, heavier and more sedentary as a society, and these are cardinal factors in the diabetes epidemic. The key way to reverse this is lifestyle change. The good news is, this research shows that participation does not have to be entirely voluntary to work, and the health care system can and should be part of the solution.”

The American Diabetes Association’s mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Their funding goes to research, deliver services to hundreds of communities, and provide a voice to those denied their rights because of diabetes. For more information on diabetes prevention programs, contact American Diabetes Association at 1-800-Diabetes or visit www.diabetes.org.


**MOTIVATION**

The Key to Making Healthy Choices For Your Lifestyle Change!

**Patient Assistance Programs**

DID YOU KNOW?

The Daviess County Diabetes Coalition and the Henderson County Diabetes Coalition both have patient assistance programs. The services include prescription assistance and assistance in applying for PhRMA programs.

For assistance or more information contact:

Daviess County
Sheila Horn
270-852-2927

Henderson County
Kim Majors
270-631-0635
Local Diabetes Education & Support Groups

**Daviess County 2013 Education & Support Group**
Tuesday, November 12, 2013
Registration 5:30 pm
Program 6:00 - 7:00 pm

**Diabetes Expo & Panel of Experts** facilitated by
Nancy Wilson, RN, BSN
Green River District Health Department
Pamela Gillim, EFNEP
UK Extension Office at Daviess County

Location:
Owensboro Health
HealthPark
1006 Ford Ave.
Owensboro, KY  42301

For more information call
(270) 852-5426 or
e-mail nancy.wilson@grdhd.org.

**UK Extension Office at McLean County**
Tuesday, November 19, 2013
5:30 pm

**Holiday Foods - Cooking Class** presented by:
Amber Meeks, FCS Agent
UK Extension Office at McLean County
Nancy Wilson, RN, BSN
Green River District Health Department

UK County Extension Office
335 W 7th Street
Calhoun, KY 42327
amber.meeks@uk.edu

Seating is limited and pre-registration is required.
To register call (270) 273-3690.

Tobacco Prevention & Control Resources

**Tobacco Control Coalition**
For the Green River District

**Cooper Clay**
Method to Stop Smoking
270-852-5486

For these and more cessation options visit:
http://healthdepartment.org/bethemajority.htm

www.QuitNowKentucky.org
World Diabetes Day — November 14

World Diabetes Day is held on November 14 each year. The day aims to increase an awareness of the effects of diabetes and its complications amongst the general population and professionals in a range of sectors.

It is also hoped that the increased awareness will lead to more resources to fight the causes of diabetes and help fund research into improved treatment options.

The World Diabetes Day campaign is led by the International Diabetes Federation and its member associations around the world, including the American Diabetes Association, Diabetes UK, Diabetes Australia, the Canadian Diabetes Association, Diabetes South Africa, Diabetes New Zealand and the Diabetic Association of India. These organizations arrange events at international, national and local levels. Many events aim to raise money for research into treatments for diabetes.

World Diabetes Day is a global observance.
Diabetes is the common name for a range of conditions including diabetes mellitus type one and diabetes mellitus type two, diabetes insipidus and gestational diabetes. These are all conditions, which affect how the pancreas (an organ in the digestive system) secretes insulin or how the body reacts to this hormone. Depending on the type and severity, diabetes is controlled by dietary measures, weight loss, oral medication or injected or inhaled insulin. There is a wide range of short and long-term complications of diabetes including foot and eye problems and vascular diseases. It is estimated that one in three residents of the United States will develop diabetes at some point in their life.

Do you know someone that is active in promoting the diabetes cause or that are engaging, motivating and leading others to take steps toward creating healthier lives?

Tell us the story and we will post it on our website and social media in order to inspire others!
http://www.idf.org/worlddiabetesday/heroes

http://www.timeanddate.com/holidays/un/world-diabetes-day

www.worlddiabetesday.org
The challenges of type 2 diabetes can be frustrating. But if feeling overwhelmed turns into depression, getting help is a must.

By Marijke Vroomen-Durning, RN
Medically reviewed by Lindsey Marcellin, MD, MPH


Chronic illnesses, such as type 2 diabetes, may cause more than physical problems. Dealing with a disease like type 2 diabetes means constantly being aware of what you eat, what you do, and how you live. And adjusting to life with diabetes does take effort. Yet even after you’ve adjusted, there may be times when the stress of a daily illness just gets you down.

Most people feel blue from time to time. But depression isn’t just feeling sad or blue. Depression is a serious disorder that interferes with your life. If depression symptoms become severe, they may make it difficult to function well and manage daily activities like going to school or work, meeting family obligations, and monitoring your blood glucose.

Depression and Diabetes: Who Is Affected
According to statistics, depression affects people with diabetes more often than people without it — up to 15 percent compared with 6.7 percent in the general population.

When depression occurs along with a chronic illness like type 2 diabetes, the symptoms tend to hit harder and be more severe. Compounding the problem further, the symptoms of the chronic illness can become worse if depression leads you to miss medication doses, overeat, or skip exercise. This could set off a downward cycle. For people with diabetes, this may mean poorer blood glucose control, which, in turn, means more long-term health complications.

Researchers aren’t entirely clear on the relationship between diabetes and depression — is depression caused by diabetes, or do people who are already prone to developing depression experience it more severely if they also have type 2 diabetes? Whatever the connection, both illnesses need to be treated.

The good news is that both depression and type 2 diabetes can improve when treated simultaneously. A recent study published in the Annals of Family Medicine found that of 180 patients who received primary care for both conditions, nearly 36 percent showed improvements in blood sugar, and 31 percent experienced fewer depression symptoms.

Depression and Diabetes: Know the Symptoms
How do you know if you’re depressed? If even just a few of these symptoms describe how you are feeling, talk to your doctor or diabetes nurse:

- Feeling hopeless, helpless, worthless, empty or sad
- Being irritable or restless
- Unable to work on hobbies or outside interests that you used to enjoy
- Unable to perform sexually
- Insomnia, fatigue, or excessive sleepiness
- Inability to concentrate or make decisions
- Loss of appetite or overeating
- Physical symptoms like pain, cramps, and headaches
- Thoughts of or attempts at suicide

Depression and Diabetes: Getting Help
There is help available for depression. Sometimes, the only treatment needed is psychotherapy, also called talk therapy. Ask your diabetes doctor for a referral to a therapist who works with people who have type 2 diabetes or other chronic illnesses and can give you positive suggestions to keep from being overwhelmed by the challenges of caring for yourself.

Medication may be helpful if counseling alone isn’t effective enough. A psychiatrist is the only mental health practitioner who can prescribe drugs and treat you with therapy as well. Make sure that the doctor prescribing the medication knows that you have type 2 diabetes and has a list of all medications you’re already taking. Avoid self-treatment with over-the-counter, “natural” products or supplements for depression unless you’ve checked with your diabetes team first.

Sometimes, all that’s needed is a bit of help and understanding. If your physical problems are triggering the depression, you need to get your blood sugar under control and take charge of your life to minimize the effects of diabetes on your depression. And when needed, medical assistance may be helpful in getting you back on track, enjoying life, and doing the things you love.
Diabetes is becoming more prevalent among younger adults. In 2000, fewer than 2% of Kentuckians aged 35-44 had been diagnosed with diabetes, but by 2010, that number has almost tripled to a rate of 5.5%.

The rise in the incidence of type 2 diabetes cases is associated with increases of obesity, decreases in physical activity and the aging population. In fact, heart disease and stroke are the leading cause of death among people with type 2 diabetes. At least 65% of people with diabetes died from some form of heart disease or stroke.

Exercise can be an excellent remedy for an ailing heart or even maintain a healthy heart. Type 2 diabetes tends to develop gradually, often in response to excess weight or lack of physical exercise. One strategy in approaching this chronic health problem is exercise.

An “exercise prescription” from the American Heart Association recommends a combination aerobic exercise and strength training. Exercise helps control blood pressure and blood sugar levels. It maintains flexibility in arteries and contributes to weight management. Both aerobic and strength training help muscles respond better to insulin and increase energy levels throughout your day. For example, one session of strength training can make muscle cells “listen” to insulin better for 12 hours or more.

It is no secret that making lifestyle changes can be a challenge. It may be best to review possible barriers you face in starting an exercise program. According to CDC, here are some common stated barriers:

- Do not have enough time to exercise
- Find it inconvenient to exercise
- Lack self-motivation
- Do not find exercise enjoyable
- Find exercise boring
- Lack confidence in their ability to be physically active (low self-efficacy)
- Fear being injured or have been injured recently
- Lack self-management skills, such as the ability to set personal goals, monitor progress, or reward progress toward such goals
- Lack encouragement, support, or companionship from family and friends, and
- Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.

Most people with diabetes can start a walking program without any tests. To be on the safe side, the American Heart Association recommends having a stress test first if you haven’t been active or have been diagnosed with chronic health condition. It is best to visit your doctor before starting an exercise program.

In the beginning stages, it is common to choose a quick fix or set goals too high for yourself. For a goal to be a successfully attainable, it is much better to set a lower goal. Be specific and choose attainable goals that can be reached. For example, you might want a goal of walking 10 minutes every Monday, Wednesday, and Saturday. Eventually, a long-term behavior will develop that will give you lasting results in health improvement.

Working out with friends can also be a great motivator. It can be fun to enjoy social interaction and exercise simultaneously. Also, if the person focuses on one behavior, namely exercise, results show twice as much improvement in their hemoglobin A1C. Try to find a mentor who has been successful in an exercise program. For example, join the Walk to Stop Diabetes which is a family event for those who want to become involved in the community to help change the future of diabetes. It is a fundraising walk that takes place in 125 cities across the United States to raise awareness about diabetes. Just log onto American Diabetes Association’s Step Out: Walk to Stop Diabetes event. You need to continually find new ways to motivate in your daily exercise routine.

If you are a visual learner, write down your specific goal and record every time you exercise. Put a note on the refrigerator or put your walking shoes next to door as a reminder to go for a walk. Use a pedometer as a motivational tool for physical activity. Pedometer users lost more weight, had a greater drop in blood pressure, and walked about 2,500 steps more per day than those who didn’t use a pedometer.

Physical inactivity increases chances of heart disease. If you have diabetes, your chance of heart disease increases by two to four times. But the good news is that moderate exercise has many benefits. If you “fill” this prescription, it’s cost will save you in the long run. It can help control your blood pressure, boost your energy and help you maintain a healthy weight. It should be a safe and enjoyable experience, so examine your barriers that may prevent you from participating in an exercise program. It can help your heart and life.

Resources:
http://www.health.com/health/gallery/0,,20425548_4,00.html
Ten Top Savings Ideas for People with Diabetes

The holidays are coming and many are looking for ways to save rather than spend. You can do it! It is possible to eat healthy and stick to a budget. Here are some saving holiday tips.

1. **Limit impulse buys.**
   Make a shopping list and stick to it! Being organized is the key to your budget. Plan out your meals for the week and set a menu to use leftovers. Avoid the junk food isles such as soft drinks or alcohol, they have no nutritional value and can save you a bundle.

2. **Search for coupons.** Coupons are any shopper’s saving strategy. Go to sites like CoolSavings.com, where you can sign up for free printable grocery coupons. Also, sign up for your grocery shopper discount card.

3. **Buy in season.** In season means the produce is usually locally grown, resulting in fresher and less expensive items. Most groceries have produce on special each week. Scan the newspaper to see what is available for your meal planning week.

4. **Purchase sale items in bulk.** Buy staple items in bulk when they are on sale. Flour or salt are great examples because they have a long shelf life. An expensive item on sale like beef, you can freeze it for the weeks to come for the holidays.

5. **Buy generic.** Buy store brands for those items where there is no difference in taste or quality. A major national brand such as, American cheese can have a significant higher price compared to a store brand American cheese.

6. **Make it from scratch.** You pay for convenience. Although, cooking from scratch may take more time and effort. To become a proficient cook, you have to learn cooking techniques and recipes. Precut items are also more costly. You can save money by grating your own cheese or shredding your own lettuce.

7. **Shift those portion sizes.** Use pricey meats as an accent, not the main event. For instance, skip pork chops and try a sweet and sour pork stir fry with green pepper and onions.

8. **Try vegetarian meals a couple times a week.** Meat generally takes the biggest chunk out of your budget, especially during the holidays. Beans can be a great meat substitute. Vegetarian chili or bean and cheese tortillas can make your budget stretch much further.

9. **Shop at wholesale food stores.** Look into opening an account at a grocery wholesaler. Make sure you know and compare prices, to guarantee a savings. There is usually a low cost, flat fee for a year membership.

10. **Think whole foods.** The more processed foods you buy, the higher the price. For example, purchasing a whole chicken is more inexpensive than processed breaded chicken breasts.

These strategies for saving dollars may be time consuming initially. You don’t need to buy diabetic foods. After you become proficient in menu planning and comparing prices, you will be healthier and happier. At the end of the holiday season, you will find more savings for the coming new year.

**Resources:**
Chicken Tenders with Spicy Tomato and Black Beans

Chicken tenders cook faster, there’s not as much fat, and because they are a thinner cut, they absorb more of the flavors of the other ingredients.

Serves: 4; Serving size: 3 ounces cooked chicken, 1/2 cup bean mixture, and 2 tablespoons sour cream

Preparation Instructions
1. Sprinkle both sides of the chicken pieces evenly with chili powder.
2. Place a large nonstick skillet over medium-high heat until hot. Coat skillet with cooking spray, cook chicken 2 minutes or until browned on one side, turn, and top with the tomatoes and beans. Bring to a boil (over medium-high heat), and cook for 3 minutes or until chicken is no longer pink in the center.
3. Remove from heat and drizzle the oil evenly over all. Serve in shallow soup bowls, topped with sour cream.

Exchanges per serving: 1/2 Starch, 1/2 Carbohydrate, 4 Lean Meat

Ingredients
- chicken tenders: 12 (about 1 1/4 lb)
- chili powder: 1/2 tsp
- mild diced tomatoes and green chilies: 1 10-oz can
- no-salt-added black beans: 1/2 15.5-oz can
- extra virgin olive oil: 2 tsp
- fat-free sour cream: 1/2 cup

Nutrition Information

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Some tips to make this meal terrific:
- The canned tomatoes and green chilies act as a “multi-tasker”. There are multiple flavors and seasoning agents in one container.
- Economical dish because there are few ingredients and saves time in the kitchen and in clean up…and shopping.
- It’s a great “on hand” dish. Keep chicken in freezer until needed.
- Great served over brown rice or whole grain pasta (1/2 cup per serving)

Pumpkin Pie Dip

THIS IS A HOLIDAY FAVORITE!

Ingredients
- Low fat cream cheese (room temp.): 6 oz.
- Reduced fat Greek yogurt: 1/3 Cup
- Roasted pumpkin (no sugar added): 15 ounces (1 can)
- Cinnamon, ground: 2 1/2 teaspoons
- All spice, ground: 1 teaspoon
- Cloves, ground: 1 teaspoon
- Nutmeg, ground (a pinch!): 1/6 teaspoon
- Agave nectar: 3 tablespoons
- Brown sugar: 2 tablespoons
- Sea salt (a pinch!): 1/6 teaspoon

DIRECTIONS
1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit, salty whole grain pretzels or veggies.

Serving Size: 2 Tablespoons

Nutrition Information

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The Daviess & Henderson County Diabetes Coalitions help bring you this newsletter. The coalitions exist solely on donations.

If you would like to send a donation, make your check payable to either the Daviess County Diabetes Coalition (DCDC) or the Henderson County Diabetes Coalition (HCDC) and mail to PO Box 309 — Owensboro, KY 42302-0309.

If you would like to give of your time and talents please contact Nancy Wilson at 270-852-5426, nancy.wilson@grdhd.org.