



DIABETES AWARENESS MONTH

Diabetes Awareness Month

Diabetes is a chronic condition that affects how your body converts food into energy. Our bodies use **glucose** as it's main energy source, fueling our cells, muscles, and even brain. When glucose enters the blood, it needs a carrier, or the hormone **insulin**, from the **pancreas**, to bring it into the cells for use. When you have diabetes, your body either cannot produce **any** insulin, or it produces a lesser and **ineffective** amount. There are two types of diabetes: Type 1 and Type 2. Type 1 diabetes is thought to be an **autoimmune reaction**, causing your body to destroy the cells that make insulin. Type 2 diabetes develops through **lifestyle, genetic, and dietary conditions**.

*Both types can be managed with **insulin therapy**/injections and oral medications, when required.*

- **Managing Diabetes**
 - Healthy and informed food choices
 - Moving your body with daily exercise
 - Maintaining healthy weight
 - Taking medication as prescribed
- **Treatment options**
 - Insulin therapy & insulin pumps
 - Glucose monitors and testing
 - Oral medications
 - Lifestyle changes

A^{vocado}

Selection: Choose avocados that give in to gentle but firm pressure. when ripe they are a darker color, but feeling will tell you best.

Nutrition: Healthy fat in avocado can provide protective benefits against heart disease and insulin resistance

Storage: Ready-to-eat can stay in the refrigerator to slow down browning. Low humidity gives 2-3 days refrigerated



How to Prepare

1. Ensure ripeness by pressing into avocado and indenting. Remove bottom nub and note flesh color.
2. Cut avocado lengthwise around the pit and twist to release one side.
3. Use knife or pit remover to remove pit of avocado.
4. slice or scoop avocado from skin and use as topping, spread, or as an ingredient.

Recipes

Click on the recipe name to view the full recipe.



Fresh Cranberry Sauce

- 1 cup **orange juice**
- 1/2 cup **honey**
- 12 ounces fresh **cranberries**
- 1 **apple(s)**, diced
- 1 teaspoon **vanilla extract**
- 3 whole **cloves** (optional)
- 1/4 teaspoon **ground cinnamon**



Roasted Brussels Sprouts

- 3 cups **Brussels sprouts**
- ½ Tablespoon **vegetable oil**
- **Salt**
- **Black pepper**
- ½ teaspoon **garlic powder**
- ½ teaspoon **lemon juice**
- 2-3 Tablespoons **Parmesan cheese**
- **Nonstick spray**

Easy Chicken Pot Pie

- 1 2/3 cups **frozen mixed vegetables** (thawed)
- 1 cup cooked **chicken** (cut-up)
- 1 can **cream of chicken soup**
- 1 cup baking mix, reduced-fat (example: **Bisquick**)
- 1/2 cup **milk**
- 1 **egg**



Please complete the 2023-2024
Fiscal Year Civil Rights Training
and submit the completion form to
your Nutrition Educator as soon as
possible!



**Interested in joining the
PA HPI Insight Group?**

Email your nutrition educator!

This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental
Nutrition Assistance Program (SNAP) through the
PA Department of Human Services (DHS).

Contact

Kelsey Hudak

Nutrition Educator (Northern Tier)

Email: khudak@centralpafoodbank.org

Tel: 570.873.3840

Jazmine Gorham

Nutrition Educator (Southern Tier)

Email: jgorham@centralpafoodbank.org

Tel: 717.604.4427