YOUR BODY-- A SHIFT
IN THINKING: FROM FORM TO FUNCTION

When: Monday, February 23rd
Time: 2:00-3:00pm
Where: IWC 145
Speaker: Trisha Karr, PhD
*There will be a raffle for a water bottle

DID YOU KNOW?

1. Flavonoids are powerful antioxidants found in foods and have been shown to provide a variety of health benefits. Research findings suggest a connection between high flavonoid consumption and a significant decreased risk of type 2 diabetes. Some sources of flavonoids are blueberries, soy, legumes and whole grains.

2. There is a broad range of naturally occurring compounds called phytochemicals found in plants that may be essential for the body to fight off disease and heal itself. They are found in common plant foods such as fruits, vegetables and whole grains.


MYTHS ABOUT DIABETES

Myth 1: Once I’m diagnosed with type 2 diabetes, my health is in grave danger.
Reality: Vision and hearing loss are far from inevitable. The key is to get regular checkups and keep glucose levels within range.

Myth 2: If I have diabetes I won’t be able to eat my favorite foods anymore.
Reality: No food group is off limits you just have to balance what you eat. Eat a healthy diet low in sodium, and saturated fats, high in fiber and full of fruits, vegetables, lean protein and whole grains.

Myth 3: Treating my diabetes is going to hurt. All those needles.
Reality: Many medications are taken in pill form and insulin is taken with a thin and less painful needle than they were in the past.

~from American Diabetes Association~
Quinoa with Cranberries and Pine Nuts

2 cups fat-free, reduced sodium chicken broth
1 cup quinoa
1/2 cup dried cranberries
3 Tbsp pine nuts, toasted
1 tsp parsley, dried
Dressing: 2 Tbsp balsamic vinegar
1/2 tsp dijon mustard
1 clove garlic, minced
3 Tbsp olive oil

Heat Chicken Broth on med-high heat and bring to boil. Stir in quinoa. Cover, reduce heat, and simmer for 15 minutes. Add cranberries, cover and cook for 5 minutes. No heat, let stand for 5 minutes. Fluff with fork. Whisk together dressing ingredients and pour over cooked quinoa. Add pine nuts and mix. Sprinkle parsley over the top.