

ISSUE 4

# good news

Information **you can use**  
for diabetes and your health

## Introducing our soul chef

**Chef Jennifer Hill Booker has many titles—a Le Cordon Bleu-certified chef, cookbook author, reality TV personality, culinary educator, and business owner.**

She is a Georgia Grown Executive Chef for the Georgia Department of Agriculture, the Culinary Explorer for the Georgia Department of Tourism and Travel, the founder of Southern Divas of the New South™ Dinner Series, and currently sits on the James Beard Foundation Food Waste Advisory Council.

Weaving together her love of traditional Southern cuisine, her belief in incorporating healthy, seasonal foods, and her training in classic French cuisine, Chef Jennifer created a unique style of cooking that she terms Modern Southern Healthy Cuisine with a French Accent. Chef Jennifer shares this brand of cooking through her culinary company, Your Resident Gourmet, and now she's here to show you how to make delicious dishes that are healthy and still taste great.

### IN THIS ISSUE:

SALMON CROQUETTES  
RECIPE

GET ACTIVE WITH A BUDDY

THIS MONTH'S  
CHALLENGE

THE HIGHS AND LOWS  
OF BLOOD SUGAR

WHEN TO CHECK YOUR  
BLOOD SUGAR

TRANSITIONING TO  
MEDICARE?

For more understanding,  
guidance, and diabetes support,  
visit [wellness4yoursoul.net](https://wellness4yoursoul.net)





HEALTHY EATING

# Salmon Croquettes

## with Collard Green Slaw and Lemon Caper Relish

Fresh lemon and parsley elevate this old standby to healthy new culinary heights.

# Salmon Croquettes

INGREDIENTS

- 1½ pounds cooked salmon, fresh or canned
- 1 medium onion, chopped fine
- 1 tablespoon lemon zest
- ⅓ cup fresh flat-leaf parsley, chopped fine
- 1 teaspoon paprika
- Salt and freshly ground black pepper, to taste
- 4 large eggs, beaten
- ½ cup flour
- ¼ cup yellow cornmeal
- ⅓ cup vegetable oil, for frying

DIRECTIONS

- 1 In a large bowl, add the cooked salmon and break into ½-inch pieces.
- 2 Add the onion, lemon zest, parsley, salt, pepper, and paprika, stirring to combine.
- 3 Stir in the eggs, flour, and cornmeal until well incorporated.
- 4 Form the salmon mixture into round patties, also called croquettes, and place on a large plate or platter.
- 5 Place in the refrigerator and chill for at least 30 minutes. It doesn't matter what size you make your croquettes, so long as they are all the same size. This will ensure even cooking.

NUTRITION FACTS | SERVINGS: 6

Amount per serving  
Calories: 188

	% Daily Value*		% Daily Value*
Total Fat: 5.5g	7%	Total Sugars: 1.2g	
Saturated Fat: 2.1g	11%	Protein: 18.1g	
Cholesterol: 139mg	46%	Vitamin D: 12mcg	58%
Sodium: 289mg	13%	Calcium: 30mg	2%
Total Carbohydrate: 14.5g	5%	Iron: 2mg	9%
Dietary Fiber: 1.3g	5%	Potassium: 127mg	3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

# Collard Green Slaw

INGREDIENTS

- 1 bunch collard greens, washed
- 4 large green cabbage leaves, washed
- ½ cup extra virgin olive oil
- 2 tablespoons sea salt
- ¼ cup apple cider vinegar
- 2 tablespoons fresh lemon juice
- 3 cloves raw garlic, minced
- 1 tablespoon local honey
- 1 teaspoon red pepper flakes
- ½ teaspoon black pepper

GARNISH

- 1 red bell pepper, cut into thin strips
- 1 small onion, cut in half and thinly sliced
- 2 large carrots, peeled and shredded

DIRECTIONS

- 1 De-stem the collard green leaves; lay 2 leaves flat and roll into a tight cylinder.
- 2 Slice the rolled collard greens into long strips resembling confetti. Repeat with remaining collard green leaves and cabbage leaves.
- 3 Place strips in a large bowl; drizzle with oil and sprinkle with the salt. Massage the oil and salt into the greens with your hands until all pieces are well coated (about 5-7 minutes). *The massaging helps to break down the tough greens, so don't skip this step.* Set aside.
- 4 In a separate bowl whisk together the apple cider vinegar, lemon juice, minced garlic, honey, red pepper flakes, and black pepper.
- 5 Pour over the massaged collard greens and cabbage, stirring to coat.
- 6 Refrigerate for at least 3-4 hours, allowing the flavors to marinate, but overnight is best. Adjust to taste with additional salt or red pepper flakes.
- 7 Stir in the garnish of red bell pepper, onion, and carrot right before service.
- 8 Serve chilled or at room temperature.

NUTRITION FACTS | SERVINGS: 6

Amount per serving  
Calories: 199

	% Daily Value*		% Daily Value*
Total Fat: 17.1g	22%	Total Sugars: 6.6g	
Saturated Fat: 2.5g	12%	Protein: 1.9g	
Cholesterol: 0mg	0%	Vitamin D: 0mcg	0%
Sodium: 1903mg	83%	Calcium: 78mg	6%
Total Carbohydrate: 12.2g	4%	Iron: 0mg	3%
Dietary Fiber: 3.2g	11%	Potassium: 259mg	6%

# Lemon Caper Relish

INGREDIENTS

- ½ cup capers
- ¼ cup fresh dill
- 1 tablespoon lemon zest
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 pinch freshly ground black pepper
- ½ cup fresh lemon juice
- ¼ cup extra virgin olive oil

DIRECTIONS

- 1 Rough chop the capers and dill; place in a medium bowl.
- 2 Add the remaining ingredients and stir until well combined.
- 3 Adjust to taste with additional lemon juice.
- 4 Use immediately or store in an airtight container in the refrigerator. It will keep for 3-5 days.

NUTRITION FACTS | SERVINGS: 6

Amount per serving  
Calories: 86

	% Daily Value*		% Daily Value*
Total Fat: 8.8g	11%	Total Sugars: 0.6g	
Saturated Fat: 1.4g	7%	Protein: 0.9g	
Cholesterol: 0mg	0%	Vitamin D: 0mcg	0%
Sodium: 426mg	19%	Calcium: 42mg	3%
Total Carbohydrate: 2.4g	1%	Iron: 1mg	7%
Dietary Fiber: 0.8g	3%	Potassium: 101mg	2%

These nutrition facts are based on estimates. Depending on ingredients you swap out, measurements you adjust, or product brands you use, the label may slightly change. This information is intended to help you make smarter food decisions.



# get active with a buddy



If you struggle with sticking to a workout schedule on your own, finding a workout buddy may be what you need to help you get motivated and more active.

Working out with other people not only provides encouragement and support during your workouts, it also ensures someone else is holding you accountable and keeping you on track.

Try to find someone who is at the same fitness level as you, so you won't feel pressured to keep up or risk getting injured. If you can't find a partner, consider turning to local gyms or activity centers that offer group fitness classes.

## THIS MONTH'S CHALLENGE

## Meal prep!

Whether you're prepping breakfast, lunch, or dinner, cooking meals ahead of time ensures you have healthy food to eat all week. It's less for you to worry about each day and keeps you from stopping at unhealthy fast food restaurants for a convenient meal.



# The highs and lows of blood sugar

It's common for your blood sugar to rise and fall throughout the day; however, if your levels are too high or too low, it could cause serious diabetes complications. It's important that you know how to recognize symptoms of high and low blood sugar so you can avoid health complications and better control your diabetes.



**Hyperglycemia:**  
high blood sugar

**What causes hyperglycemia?**  
If you forget to take your medication, eat too many carbs, or don't exercise as much, you may notice higher sugar levels. Other things like being sick or stressed could cause a rise.

- What are signs of hyperglycemia?**
- Frequent urination
  - Increased thirst
  - Feeling tired
  - Blurred vision

**How high is too high?**  
Typically, blood sugar is considered high if it is above 130 mg/dL before a meal or above 180 mg/dL 1-2 hours after a meal.



**Hypoglycemia:**  
low blood sugar

**What causes hypoglycemia?**  
Skipping a meal, delaying a meal, or not taking the right dose of medication may cause low sugar levels. Typically, your levels will be at their lowest right before meals and change throughout the day.

- What are signs of hypoglycemia?**
- Hunger
  - Shakiness
  - Dizziness
  - Sleepiness

**How low should my levels be?**  
While you want to keep your blood sugar levels lower for better diabetes management, it is possible to go too low. Anything below 70 mg/dL is usually considered too low and could cause serious health complications or even death.


**It's important to remember that healthy sugar levels can be different for everyone. You should work with your doctor to establish a blood sugar range that is right for you and a schedule for when you should check your sugar each day.**


## WHEN TO CHECK YOUR BLOOD SUGAR

Measuring and recording your blood sugar on a regular basis is an important part of managing your diabetes. It helps you better understand the pattern of your blood sugar as it responds to your daily lifestyle, how certain foods impact your levels, and how well your treatment is working.

### TYPICAL TIMES TO CHECK:


**Before breakfast, before you go to bed, and at 2 or 3 AM as needed**






**Before you take your medication**


**Before every meal**





**If you take insulin, you might also check after meals to see if you gave yourself the right dose**

**Before and after you work out**



When to check your blood sugar depends on your condition, treatment goals, and medication. As you get more comfortable with managing your diabetes, you may not need to measure as often, but it's still important to check regularly.

There is no one  
giant step  
that does it.  
*It's a lot of  
little steps.*

– PETER A. COHEN



COVERING YOUR DIABETES

## Transitioning to Medicare?

When you or a loved one turns 65, it's time to start thinking about signing up for Medicare. Finding the plan that is best for you can seem overwhelming. Throughout this process, you will need to make important decisions for your healthcare coverage to make sure you can afford the treatments you need.

Go to [transitiontomedicare.com](https://transitiontomedicare.com) to learn about Medicare and the important factors to consider when choosing a plan. You can follow a checklist that is specific to people with diabetes and guides you through the process by helping you identify your cost, coverage, and network needs.

*Lilly*

