

Austin Hy-Vee Dietitian November E-Newsletter



Courtney Kremer, RDN, LD
Austin Hy-Vee Registered Dietitian

Diabetes Prevention and Pre-Diabetes

During the month of November, Hy-Vee Registered Dietitians like myself want to educate our customers on diabetes, especially about prevention, since it is National Diabetes Awareness Month.

A frequently asked question is “How can I prevent diabetes?” Luckily, research has been done to help us better understand how we can help prevent this disease. Weight loss, diet changes and physical activity all play a role in preventing or delaying diabetes and the many complications that go along with it, including heart disease, stroke, kidney disease, blindness and other health problems. According to the Centers for Disease Control and Prevention (CDC), modest weight loss and regular physical activity can help prevent or delay type 2 diabetes.

It is estimated that 86 million Americans have prediabetes. Prediabetes occurs when blood sugar levels are higher than the normal range but not high enough to be diagnosed with type 2 diabetes. An exact cause for prediabetes has not yet been determined, but excess body fat, especially in the abdomen, and low amounts of physical activity are two key factors. To manage prediabetes, try to reduce your body weight by seven percent. It doesn't seem like a lot of weight, but it is a step in the right direction. Also, try to get at least 30 minutes of exercise five times a week.

Following a balanced diet and eating frequently throughout the day can help with weight loss and blood sugar control. Besides sweets, glucose comes from carbohydrates. It is important to understand that not all carbohydrates are bad! They play an important role in our health by providing us with energy.

The Hy-Vee Dietitian Pick of the Month for November is Dannon® Oikos® Triple Zero Yogurt. Not only is it packed full of probiotics, but it also has other health benefits, making it a great option for someone trying to prevent diabetes, or someone living with prediabetes. It has zero fat, zero added sugar and zero artificial sweeteners. Try some today!

Hope to see you in the store soon!

Courtney



November is Diabetes Awareness Month

Join your Austin Hy-Vee dietitian for FREE diabetes-focused grocery store tours!

- **Thursday, November 3
5:00—6:00 p.m.**
- **Thursday, November 10
10:00—11:00 a.m.**
- **Wednesday, November 30
5:00—6:00 p.m.**

****All store tours are FREE!**

****Courtney will guide the group around the store, highlighting diabetes-friendly foods and answering diabetes nutrition-related questions.**

****We will meet outside the dietitian's office at Austin Hy-Vee. (Between Customer Service and the Floral Dept)**



has a New Name!



Make. Take. Enjoy.

Same great class, just a new name!



Make. Take. **Enjoy.**

We shop. You prep. We clean.

You will prepare and take home 6 different freezer meals that are ready to prepare at your convenience.

Thursday, November 17, 2016

5:30 p.m.

Austin Hy-Vee Dining Room



Featuring
Soups and
Stews!

- Lazy Day Beef Stew
- White Chicken Chili
- Mulligatawny Stew
 - 4-Bean Soup
- Chicken Noodle Soup
 - Chicken Gumbo

Cost: \$88 per person

To register: Pre-register and pay at Customer Service in Austin Hy-Vee or call ahead to pay by credit card to reserve your spot. Space is limited! Registration and payment will be due by: Monday, November 14, at noon.



When: Saturday, November 19, 2016
10:00-11:00 a.m.

Where: Austin Hy-Vee Dining Room

Ages: 4-9 recommended

***Parents are welcome to stay for class, but if children are over 5 it is not required.*

Cost: \$10 per child

November Theme: Thanksgiving Favorites

Please pre-register to reserve your spot.

Questions?

Contact Courtney at

507-437-7625 or CKremer@hy-vee.com

Dietitian Pick of the Month

5 Reasons to Choose Dannon® Oikos® Triple Zero Yogurt:

1. Great source of protein. Protein aids in maintaining muscle mass and helps with both satiety and weight loss.
2. Low in sugar. Zero added sugar and no artificial sweeteners.
3. Variety. There are 10 delicious flavors sure to please everyone!
4. Convenience. It is the perfect snack if you are in a hurry and need something on the go!
5. Less lactose. This may be helpful for people who are mildly lactose intolerant.



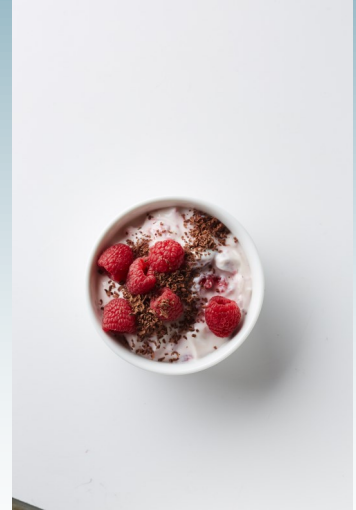
dietitian's pick

**DANNON® OIKOS®
TRIPLE ZERO YOGURT**

Featured Recipes



[Tuna and Bok Choy Packets](#)



[Raspberry Yogurt with Dark Chocolate](#)



[Chicken Enchilada-Stuffed Spaghetti Squash](#)



[Cheesy Potato Casserole](#)



[Apple with Cinnamon Almond Butter](#)

****Click on recipe name to be directed to recipe**



Be sure to "Like" us on Facebook to stay up to date on classes, programs, specials and sales!
(Click photo to be directed to our page.)

Happy Thanksgiving!