

# Diabetes Newsletter



May 2025

## **Overcome Roadblocks and Get Moving**

A roadblock is something that keeps you from doing something else. If you're not active, it's likely that you have at least one roadblock or reason why. Think about what is keeping you from being active and then check out some of our solutions to the most common roadblocks to physical activity. Find more information here at [Diabetes.org](https://Diabetes.org),

### **I'm too tired after work.**

- Find a time when your energy is highest. You could plan to do something active before work or during the day. For example, you could try walking for 30 minutes during your lunch break a few days each week or hitting the gym early in the morning.
- Remember that increasing the amount of physical activity you do will actually increase your energy.

### **Walking hurts my knees.**

- Try chair exercises, swimming, biking, or an elliptical machine. These and other low-impact exercises may be less painful.

### **I don't have the motivation to exercise.**

- Invite a family member or friend to exercise with you on a regular basis. You can also join an exercise group or class in your community.
- Remember all of the benefits that come with being physically active.
- Make a plan so you decide when you will do each type of activity. Be sure to set realistic goals and make a plan so you know what you are working toward.

### **It's too cold outside.**

- If it's too hot, too cold, or too humid, walk inside at a school gym or a shopping center.
- Think of some other activities that are always available regardless of the weather like using a stationary bike, indoor aerobics classes, yoga videos at home, indoor swimming, stair climbing, calisthenics, or dancing.

### **I've never been active.**

- Don't discount your everyday activities. You may be more active than you think. Housekeeping or mowing the lawn counts as activity. Being active is more than just planned exercise.
- If you have never been active or have not been active for a while, it is important to start slowly. If you feel unsure about your health, check with your health care provider before making big changes in your exercise plan.
- Starting slowly is important and so is choosing activities that you enjoy. Over time, the activities you do will get easier. You will even find that you can increase the duration and/or intensity.

# Diabetes-Friendly Mother's Day Brunch

## Strawberry-Chocolate Smoothie

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4

### Ingredients

- 3 cups frozen strawberries
- 2 cups chilled unsweetened chocolate almond milk, plus more if needed
- 2 tablespoons peanut butter
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons honey

### Instructions

Combine strawberries, almond milk, peanut butter, cocoa powder, and honey in a blender. Process until smooth, adding more almond milk, if needed, for desired consistency. Serve immediately.

**Nutrition Facts per Serving:** (Serving Size: 1 cup)  
Calories 303; Total Fat 13 g; Saturated Fat 2 g; Sodium 223 mg; Total Carbohydrate 47 g; Dietary Fiber 9 g; Total Sugars 29 g; Added Sugars 17 g; Protein 7 g; Vitamin C 92 mg; Calcium 551 mg; Iron 4 mg; Potassium 774 mg

**Recipe from Eating Well**



## Lemon, Raspberry & Cream Cheese Oatmeal Cakes

Active Time: 15 mins

Total Time: 50 mins

Servings: 12

### Ingredients

- ¼ cup reduced-fat cream cheese
- 1 tablespoon raspberry jam
- 1 teaspoon finely grated lemon zest
- 1 teaspoon fresh lemon juice
- 3 cups old-fashioned rolled oats
- 1 ¼ cups low-fat milk
- 1 cup fresh or frozen raspberries, divided
- ⅓ cup packed brown sugar
- ¼ cup unsweetened applesauce
- 2 large eggs, lightly beaten
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt

### Directions

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk cream cheese, jam, and lemon juice together in a small bowl.
3. Combine oats, milk, 1/2 cup raspberries, brown sugar, applesauce, eggs, baking powder, vanilla, lemon zest, and salt in a large bowl, breaking up the raspberries to distribute them throughout the batter. Fill each of the prepared muffin cups with 2-3 tablespoons batter, then top with a dollop of the raspberry cream cheese and 1 raspberry, then cover with the remaining batter.
4. Bake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Run a knife around the edges of the muffin cups to release the oatmeal cakes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

**Nutrition Facts Per serving:** (Serving Size: 1 oatmeal cake)  
Calories 140; Total fat 3g; Saturated fat 1g; Cholesterol 34mg; Sodium 173mg; Total carbohydrate 24g; Dietary fiber 3g; Total sugars 10g; Added sugars 6g; Protein 5g; Vitamin c 3mg; Calcium 79mg; Iron 1mg; Potassium 153mg

**Recipe from Eating Well**



## Light And Fluffy Spinach & Cheese Strata

Prep Time: 15 min

Cook Time: 50 min

Yield: 8 servings

### Ingredients

- 10 oz. frozen spinach (chopped)
- 6 large eggs
- 1 ½ cups milk (low-fat)
- 1 ½ cups cheddar cheese (shredded, reduced-fat)
- 1 tsp Italian seasoning
- ½ tsp garlic powder
- ¼ tsp salt
- 3 slices bacon (cooked and diced)
- 6 slices day-old bread (cubed, about 4 cups)

### Instructions

1. Defrost the spinach. Spray a 9 × 13-inch glass or ceramic baking dish with nonstick cooking spray. Cook the bacon.
2. In a large bowl, whisk together the eggs and milk. Whisk in the cheese, herbs, garlic powder, and salt. Stir in the spinach, bacon, and bread cubes until the bread is completely moistened. Pour the egg mixture into the baking dish.
3. Refrigerate, covered, for at least 4 hours and up to 24 hours.
4. When you are ready to bake it, remove the strata from the refrigerator and preheat the oven to 350°F. Bake it in the center of the oven, uncovered, for 45–50 minutes until it is browned on the edges and cooked through in the center. Cut into squares to serve.

### Nutrition Facts per Serving: (Serving Size: 1/8th strata)

Calories: 200

Total Fat: 10 g

Saturated Fat: 4.3 g

Protein: 15 g

Carbohydrate: 1g

Fiber: 1 g

Total Sugars: 3 g

Sodium: 420 mg

### Recipe from Diabetes Food Hub



## Healthier Breakfast Casserole

Prep Time: 10 mins

Total Time: 45 mins

Servings: 6

### Ingredients

- 6 large eggs
- 1 cup shredded cheese
- 1 cup plain Greek yogurt
- 1 pound ham or turkey sausage, cooked
- Salt
- Black pepper
- Optional: add diced, sautéed peppers and onions

### Instructions

1. Chop and sauté vegetables, if using
2. Cook/brown protein
3. Add all of ingredients into a large mixing bowl and mix thoroughly
4. Coat a 2 quart baking dish with some non-stick cooking spray and pour the mix into the dish
5. Bake at 350°F for 45-50 minutes or until the edges start to brown and the center is set

**Nutrition Facts per Serving:** (Serving Size: 1/6th casserole)  
Calories 296; Total Fat 16 g; Saturated Fat 6 g; Sodium 259 mg; Total Carbohydrate 78 g; Dietary Fiber 1 g; Total Sugars 3 g; Protein 30 g

### Recipe from The Protein Chef

