



Diabetes Workshop

Diabetes & Dental Care: What's the Connection?

Featuring Guest Speaker—Dr. Sue Miller

Additional Topics & Speakers:

Vaccines & Diabetes—Jackie McDonnell, LPN

Relaxation for Your Neck & Jaw—Naomi Conley

Water for Thirst—Jennifer Hall, RD, CDE



Min-No-Aya-Win
Tuesday, May 7th
8:30 am — 12:00 pm

Space is limited to 50 people

To register call Amanda at 878-3769 or Jenn at 878-2146

Registration deadline—Friday, May 3

Breakfast & Incentives* included

**Incentives will not be given unless whole workshop is completed. Must have a diagnosis of diabetes & be eligible for services at FDL.*

New Diabetes Groups

Duluth—Diabetes Talk & Do

CAIR Building #215 (meeting room on 2nd Floor)

12:00-1:00 pm Thursday 4/25/2013—Diabetes Eye Health

12:00-1:00 pm Thursday 5/23/2013—Topic pending

Cloquet—TRIBAL CENTER CLASSROOM

12:00-1:00 pm Monday 4/29/2013—Choosing Healthy Portions

12:00-1:00 pm Monday 5/20/2013—Topic pending



*Light Lunch Provided **IF** you RSVP to Amanda at 878-3769.*

PLEASE RSVP each month so that we can be sure we have enough lunches & seats for everyone.



Protein-Packed Breakfast Ideas

Protein rich breakfasts may prevent unhealthy snacking at night. Some easy breakfast foods include eggs, Greek yogurt, cottage cheese, high-protein breakfast cereals, Canadian bacon and skim or lowfat milk.

Many people are not hungry when they wake up and often skip breakfast. This is a set-up for weight gain, or a decreased ability to lose weight. With diabetes, your blood glucose is a little bit higher when you awake than in the middle of the night because your liver releases a little extra glucose to get you going. If you don't eat anything in the morning, your poor liver has to keep dumping glucose into your blood stream to fuel your activity. Once you eat, you turn that mechanism off, and that gets your metabolism functioning. This is important for blood glucose control and energy levels throughout the day.

It may take a few days to shift your eating habits to more food in the morning and no late snacking.

Here are six healthy, high-protein breakfast ideas:

1. Two eggs (or Egg Beaters or egg whites) scrambled with some veggies and 1 oz. low-fat cheese. Two slices of whole grain toast. Or stuff into a wrap—and go!
2. Greek yogurt or $\frac{1}{2}$ cup 2% cottage cheese with $\frac{1}{2}$ cup berries or favorite fruit and $\frac{1}{4}$ cup of high-protein cereal.
3. Two tablespoons peanut butter or other nut butter on whole wheat English muffin, 8 oz. skim milk.
4. Low-fat sausage patty or soy-based breakfast patty with an egg in a pita.
5. Make your own Smoothie with Greek yogurt, fresh fruit, $\frac{1}{2}$ cup skim milk and a scoop of protein powder.
6. Cheesy toast: Select a low-fat cheese (2 oz. skim milk mozzarella or $\frac{1}{2}$ cup low-fat ricotta) and toast a sandwich thin or thin bagel, and put the cheese on each half, open faced under the broiler until the cheese bubbles. You can add Splenda and cinnamon to the ricotta cheese and create a healthy breakfast cannoli!

