

Achieve

A Newsletter
for AvMed
Members

▶ YOUR HEALTHIEST LIFE WITH DIABETES

6 smart ways to enjoy the holidays when you have diabetes

“**F**or a person with diabetes, there’s so much that’s hard to predict around the holidays,” says Joanne Rinker, a member of the board of directors of the Certification Board for Diabetes Care and Education. “There may be treats around the break room at work for weeks, and parties and dinners may not offer good choices for someone with diabetes.”

But that’s no reason to give up managing your disease. These tips can help you make smart choices while still having holiday fun.

BYO food.

To ensure you’ll have

something healthy to eat at holiday parties, bring a salad or raw veggies with hummus to share.

Balance your plate.

A good rule of thumb: Fill half your plate with vegetables, a quarter with starches, and another quarter with protein.

Stick to your routine.

Don’t starve yourself during the day to binge at night. Eating three nutritious meals a day will help you feel fuller when you hit the holiday party circuit.

Be quizzical.

When dining out, ask if they’d be able to skip the butter or reduce the oil in your dish.

Leave sweets at parties.

Don’t bring home leftover desserts or other treats. It’s easier to make healthy choices when you’re not tempted by excess.

Drink light.

Limit yourself to only one or two alcoholic drinks. Choose light beer or red wine, and avoid sugary, high-calorie cocktails.



Ask the pediatrician

Q How can I prepare my child who has diabetes for their first sleepover?

A Chances are that by the time you're letting your child sleep somewhere else, they'll have a good idea of what's going on with their diabetes. Still, things may be different at a friend's house than at home. You'll want the parents hosting the sleepover to be aware that your child has diabetes. Always talk to the adults about what is going on and what to expect, including where your child's medication is and how to use it.

It's a good idea to explain to your child that they should keep an eye on their blood sugar as best as possible during the sleepover. If your child wears a continuous



glucose monitor, you may also be able to track their blood sugar on your phone.

If you notice your child's blood sugar dropping, you can call the host parents and ask them to offer your child some juice. Have them follow the 15/15 rule. They can have around 15 grams of carbohydrate,

which is 4 ounces of juice. Then recheck their blood sugar in 15 minutes.

Remind your child that they can ask the parent of the other child for help if they're feeling funny. Most importantly, make sure your child knows that if something is happening — even if they have any doubt — to call you.

Spotlight on Program Manager

Alissa Kennedy, RN, CCM, has been with AvMed for 13+ years and a registered nurse for 25+ years.



"Our mission within the Disease Management program is to educate and empower our Members to assist with successfully managing their chronic conditions and achieving their health goals." Alissa really enjoys knowing that she and the Disease Management team are helping our Members live their best lives.

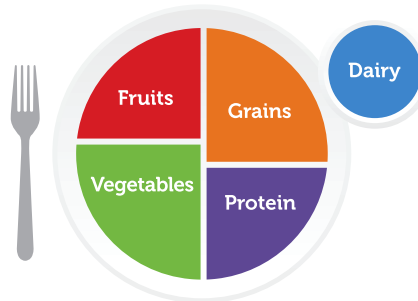
To reach us, please call 1-833-609-0735.



Healthy Eating Made Simple

Natalie M. Sinel-Rojas, M.S., R.D., L.D.N., C.Ph.T., AvMed's Registered Dietitian, shares her favorite tips for happier, healthier meals — without feeling deprived.

How to build a balanced meal



Balanced meals are key to maintaining a healthy weight and feeling energized all day long. While the Food Pyramid served as a helpful guide in the past, the U.S. Department of Agriculture now promotes healthy eating through MyPlate.

Half your plate: **FRUITS AND VEGETABLES**

These nutritional powerhouses provide essential vitamins, minerals, and fiber that help reduce the risk of chronic diseases. Fruits and veggies are also low in calories and fats.

Quarter of your plate: **PROTEIN**

Protein is essential for building tissues and enzymes, preserving muscle mass, supporting brain function, and bolstering the immune system. However, it is important to select lean proteins and avoid consuming undesirable fats, such as the ones found in processed baked goods. Tofu, beans, poultry, fish, and nuts are examples of lean protein.

Quarter of your plate: **WHOLE GRAINS**

Whole grains are more beneficial than refined

grains. Foods such as brown rice, whole wheat bread, and oatmeal are excellent sources of whole grains, providing essential nutrients such as fiber, B vitamins, and minerals.

MyPlate tip: **Remember to mix it up**

MyPlate offers helpful guidelines about portion sizes, but that doesn't mean your meals need to stay divided into quadrants on your plate.

Salads, for example, can be more than just a side dish. Mix different types of greens, add colorful vegetables (such as tomatoes, cucumbers, and carrots), and top it with a source of protein such as chickpeas or hard-boiled eggs. Toss in some quinoa or farro for added texture and whole grains.

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Recipe



Fiesta egg tortilla cups

Serves 6 | Prep time: 35 min

This is a great make-ahead breakfast option for busy mornings. These egg cups can be refrigerated and reheated for up to three days after cooking.

Ingredients

- 12 (4.5" - 5") flour tortillas ("street taco" size)
- 12 large eggs
- 1 cup prepared pico de gallo, plus more for serving
- Salt and black pepper to taste

Instructions

1. Preheat oven to 350° F. Place tortillas in a stack and wrap in a damp paper towel. Place on a microwave-safe plate, and microwave for 30 seconds. (This makes the tortillas more pliable.)
2. Press one tortilla into

each cavity of a muffin tin, pressing along the sides to secure. Crack one egg into each tortilla cup, and top with 1 mounded tablespoon of pico de gallo. Repeat with remaining tortillas until all are filled. Season each egg cup with a pinch of salt and black pepper to taste, if desired.

3. Place muffin tin in the oven and bake for 22 to 25 minutes, until the whites are set and yolks are slightly runny. Serve with extra pico de gallo, if desired.

Nutrition facts Calories 300 | Fat 13 g | Carbs 28 g | Fiber 4 g | Protein 17 g