



## DIABETES-FRIENDLY SUPERFOODS SPOTLIGHT: 3 MINERALS THAT MAY IMPROVE BLOOD SUGAR

### 1. Magnesium

#### What does it do?

Magnesium helps regulate blood sugar. Yet most people with both Type 1 and Type 2 diabetes are deficient.

#### Where to get more?

Spinach, kale, pumpkin seeds, almonds, cashews and sweet potatoes.

### 2. Chromium

#### What does it do?

Chromium reduces insulin sensitivity and improves brain function.

#### Where to get more?

Many whole foods have at least

some of this essential mineral. But mussels, oysters, shrimp and broccoli are rich sources of chromium.

### 3. Biotin

#### What does it do?

Biotin is famous for helping to build hair and nails, but it also plays a role in insulin resistance. People with diabetes tend to have lower levels of biotin.

#### Where to get more?

Rich sources of biotin can be found in egg yolks, seeds and nuts, mushrooms, bananas.



## Healthy Living Tip

### Shake up your walking routine

#### Explore new sites:

Contact your local parks department and state parks system to find hidden gems.

#### Get social:

Photograph the finds on your walk and post on social media.

#### Challenge yourself:

Download a step counter. Can you beat this week's total?

#### Be mindful:

Noticing your surroundings and being present in nature can elevate your feeling of well-being and lower blood pressure.

#### Keep it engaging:

Getting hooked on a great podcast provides a reason to lace up your sneakers and head outside.



**“April is the kindest month. April gets you out of your head and out working in the garden.”**

— Marty Rubin



## Simple Kale Salad

**The key to tender kale is massaging the leaves for a few minutes.**

### THE INGREDIENTS:

- Half a bunch of curly leaf kale (about a quarter pound), stemmed and chopped
- 1 teaspoon extra virgin olive oil
- 1/2 teaspoon lemon juice
- Salt

### DIRECTIONS:

Combine ingredients in a bowl, and using clean hands, massage kale leaves for a few minutes to tenderize the leaves and distribute the oil and lemon juice.

Add toppings of choice: pumpkin seeds, sliced hard boiled egg, roasted chicken breast, grated Parmesan cheese.



## Stop dry, itchy skin

High blood sugar and even nerve damage that accompanies diabetes can leave skin drier, making you more vulnerable to bacterial and fungal infections.

### Use mild soaps.

Moisturize after showering to restore oils to the skin.

### Treat yourself to a massage.

This reduces stress and increases circulation.

### Exercise often.

Movement improves circulation and gives you a healthy glow.

### Drink water.

Pick up a couple of colorful water bottles and track your intake.



## Secure your sensor without worry



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