



SEPTEMBER 2021

SUPERCHARGE YOUR LIFE

Healthy living and inspiration for people with diabetes

Superfood Spotlight:

MORE THAN JUST "GOOD FAT": DISCOVERING THE HEALTH BENEFITS OF AVOCADO



Avocados are a versatile fruit, much loved for their buttery texture and mild, fresh flavor. But they are also famous for their health benefits.

Avocados are often touted as a "good fat." But what exactly makes the fat contained in avocados healthier? Most of it is oleic acid, a monounsaturated fat also found in olive oil, which has been associated with decreased inflammation and lower risk of heart disease.

In addition to their high fat content, avocados are also rich in fiber. A 3.5 oz. serving has about 7 grams. What's more, the combination of fat and fiber means that avocados can help you feel full longer. This means that they can be a smart choice for people trying to manage their weight, in spite of their high calorie count.

Avocados are also incredibly nutrient dense, providing higher levels of potassium than bananas, along with vitamins C, K, E, folate, and other B vitamins.

Avocado oil is also a good choice for cooking, especially since it has a high smoke point. Olive oil, another heart-healthy fat, reaches its smoke point between 350 and 410 degrees Fahrenheit. Avocado oil, however, can withstand temperatures up to 520 degrees, making it a better option for high-heat cooking methods. It also has a neutral flavor making it a great choice for both sweet and savory dishes.

Healthy Living Tips: MEAL PREP PLANNING FOR BUSY WEEKS

If you are trying to make healthy eating a habit, one of the best ways to set yourself up for success throughout the week is to plan ahead.

Knowing what you are going to eat for your meals and snacks makes it easy to prep and eat on busy days. This also makes it less likely that you'll end up grabbing takeout or snacking mindlessly.

Setting aside some time each week to start preparing your meals can make healthy eating more manageable. This is where meal prep comes in.

Here are some tips to get you started:

- 1 Start Small:** You don't have to fully cook a week's worth of food in one setting to get started with meal prep. Try cooking a large batch of quinoa, rice, or your favorite whole grain or prepare a tray of roasted vegetables to eat throughout the week.
- 2 Get Organized:** Put time to meal prep on your calendar and invest in a good set of containers to store your food. You'll be more likely to stick with the habit if you put it on your schedule and make it easy to follow through with.
- 3 Plan for Leftovers:** You can cut down on the total amount of time spent in the kitchen when you plan for leftovers. Get in the habit of doubling your recipes and you'll have enough not just for dinner but a few lunches as well.
- 4 Avoid Boredom:** Don't like eating the same thing meal after meal? You can avoid getting bored by looking for ways to remix your leftovers into new meal options. For example, left over chicken and vegetables can be used to create a sandwich wrap or to top a salad or grain bowl.



Packing the food you prep into preportioned containers makes it easy to stick to your plan on busy days.

Healthy Recipe: EASY FAJITAS WITH GUACAMOLE (+ MEAL PREP OPTION)

Fajitas are a fast family favorite and as a bonus are great for repurposing throughout the week. Try doubling this recipe and using your leftovers alongside quinoa for a healthy, satisfying lunch or with scrambled eggs and sliced avocado for an easy weekday version of huevos rancheros.

Ingredients:

For the Fajitas

- 2 lbs skirt steak, excess fat trimmed
- 1 packet of your favorite taco seasoning
- 2 tablespoons avocado oil
- Juice of two limes, freshly squeezed
- 1 large white onion
- 3 bell peppers, various colors
- Tortillas (try Siete brand for lower carb and gluten free options)
- Cilantro (for garnish)

To make the fajitas:

1. Mix together oil, lime juice, and taco seasoning and pour over skirt steak. Allow to marinate for at least 2 hours.
2. Heat a grill over medium high heat. Place peppers and halved onion on the grill. Turn regularly until vegetables have desired char.
3. Meanwhile, grill steak for 3 minutes before flipping over and grilling an additional two minutes on the other side.
4. Once steak and vegetables are cool enough to handle, slice all ingredients into half inch strips and serve with guacamole and warmed tortillas.

To make the Guacamole

1. In a mixing bowl or using a mortar and pestle, mash together half of the onion, cilantro, chili, and salt to form a paste.
2. Add the avocado and gently mash.
3. Fold in remaining ingredients just enough to combine evenly.



For the Guacamole

- 2 ripe avocados
- Juice of 1 lime, freshly squeezed
- ½ a small white onion, diced
- 1 tablespoon finely chopped cilantro
- 1 vine-ripened tomato, deseeded and diced
- 1 teaspoon minced Serrano chili, or more to taste
- Salt, to taste

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Quick Tips: TIME FOR A FALL RESET?

Fall marks back to school time for students and a transition back into our regular routines as summer comes to a close. This makes it a great time to refocus on your priorities.

Schedule some time to revisit goals you may have set for finishing at the beginning of the year and create a plan for finishing the year strong.



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