

Milford Regional Physician Group

The Benchmark for Quality Care

Diabetes Education

Living with Diabetes: Patient Newsletter

Welcome to the Living with Diabetes Special Edition Patient Newsletter!

November is American Diabetes Month!

The theme is: **We Stand Greater Than Diabetes**

A time to join and take action.

Stand with us!



Diabetes Educator News

The Medical ID for the Apple watch is now available for purchase. Follow the following link or copy the link into your browser to find out more about this option.

NEW



https://www.medicalert.org/products/everybody/medical-id-apple-watch-42mm-44mm?color_swatch=Silver

Here are some general tips to maintaining your diabetes self-management plan:

1. Manage your blood glucose levels.
2. Make healthy food choices and monitor portion size.
3. Take your medication as directed.
4. Be prepared in the event of an emergency
5. Maintain an awareness of potential diabetes complications
6. Surround yourself with supportive family and/or friends.



Suggestions from the Dietitian Diabetes Educator

A few **Low Carb Snack Ideas** for the upcoming Thanksgiving holiday.

1. 3-4 small turkey meatballs with marinara sauce
2. Cottage cheese and ½ cup raspberries
3. Mushrooms stuffed with sundried tomato & cottage cheese
4. Turkey pepperoni and Reduced fat cheese cubes
5. Turkey bacon, lettuce and tomato wrap



Creamy Carrot Soup Recipe

How to make Creamy Carrot Soup:

Carrot soup is a simple and quick soup to make.

1. Cook onion, carrots, and celery until onions are browned
2. Add spices, such as garlic, thyme, parsley, ginger, paprika, salt or pepper, and cook 1 minute
3. Add broth and simmer 15-20 minutes
4. Puree and serve!



How to make This Creamy Carrot Soup Recipe in The Slow Cooker:

Cream of Carrot soup is easy to make in the slow cooker! It means you can let it simmer all day without babysitting ;)

1. Place all ingredients except for the cream into a 4-6 quart slow cooker.
2. Cook on low for 6-8 hours, or high for 3-4 hours, until carrots are tender (the larger the pieces, the longer it will take to cook).
3. Puree soup with an immersion blender (or transfer to a blender that can process hot liquids), and add the cream.
4. Serve with bread for dipping!

If you have any ideas for information that you would like shared through the Living with Diabetes Patient Newsletter, feel free to contact Diabetes Education at 508-381-3092.