



DIABETES AND ENDOCRINOLOGY DIGEST

QUARTER 4 • 2024

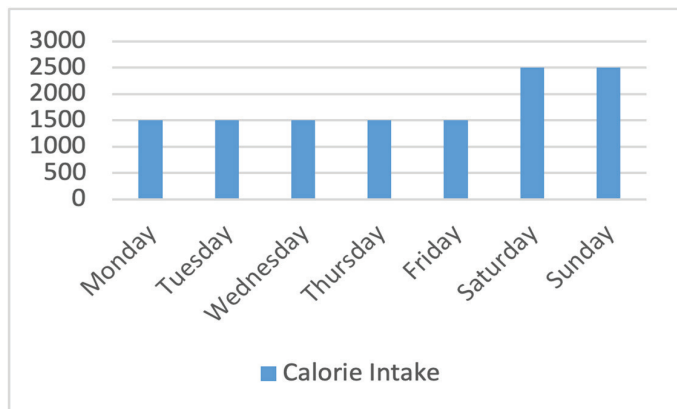
LIFESTYLE CHANGE AND CONSISTENCY

A lifestyle is defined as “a way of living” or the “typical way of life of an individual, group or culture.” Making healthy lifestyle changes differ from diets in that lifestyle changes are unique to you, your schedule and culture. Lifestyle changes become a part of your daily habits and do not stop during the holiday season, special events, vacations, etc. Lifestyle changes also do not deprive you or cut out a certain food(s) as diets often do.

Being consistent is the top factor when measuring success of lifestyle changes. Many people often get frustrated when they do not see results from making lifestyle changes (ie weight loss, improvement in blood sugar, more energy, etc).

Take this chart as an example. If someone eats a certain way Monday – Friday but eats a different way on weekends (eating out more, larger portion sizes, increasing alcohol intake, social gatherings, etc), this person is only making healthy lifestyle changes **71%** of the time. Looking at this chart, how can you relate? Do you relate to not being consistent with your lifestyle goals on a daily basis? What is the challenge for staying consistent?

If you can relate, aim to be consistent with your lifestyle goals weekdays and weekends. Consistency



may look like reducing alcoholic or sugary beverages on the weekend; increasing your vegetable intake on weekends or snacking only when hungry.

If you are unsure how to stay consistent, working with a Certified Diabetes Care and Education Specialist (CDCES) and Registered Dietitian (RD) can help! Ask our clinic today for more details on scheduling an appointment.



NOVEMBER IS NATIONAL DIABETES MONTH

November was officially declared National Diabetes Month in 1981 and World Diabetes Day is November 14, the birthday of Sir Frederick Grant Banding, who discovered insulin in 1921.

The World Diabetes Day logo is a blue circle – which is the global symbol for diabetes.

Did you know that according to the American Diabetes Association?

- Diabetes was the 8th leading cause of death in the United States in 2021
- 12.1% of the adult population in Georgia have diabetes and each year an estimated 50,100 Georgians are diagnosed with diabetes.

How can you help?

- Spread awareness of diabetes to your family, friends and neighbors and encourage them to complete a risk assessment such as the American Diabetes Association 60-second risk assessment found here: <https://diabetes.org/diabetes-risk-test>

COTTAGE CHEESE

Cottage cheese has become a trendy food over the past few years and rightfully so! This nutrition powerhouse food provides an average of 25 grams of protein per cup of cottage cheese. Cottage cheese can also be served with sweet flavors or savory flavors.

FEATURED RECIPE

COTTAGE CHEESE FROZEN BARK

Ingredients

- 2 cups cottage cheese (Try the Good Culture brand for added probiotics but any cottage cheese will work)
- 2 Tbsp honey
- ¼ cup peanut butter
- 1-2 bananas, sliced
- ¼ cup chocolate chips

Directions

1. In a blender or food processor, blend together cottage cheese, peanut butter and honey until smooth. Pour cottage cheese mixture onto a baking sheet lined with parchment paper and spread evenly.

2. In the microwave, melt chocolate chips. Pour melted chocolate chips onto cottage cheese and swirl. Top with sliced bananas.

3. Place baking sheet into freezer for 3-4 hours or until cottage cheese is frozen. Slice cottage cheese into pieces and enjoy. Store remaining bark pieces in a freezer safe container for up to 3 months.

Note: get creative and add additional toppings of your choice! Add a variety of fruits such as strawberries, cherries, blueberries, raspberries or dates! Add granola, pumpkin seeds, nuts, graham crackers or coconut!

