



The
Idaho
Foodbank



Diabetes Awareness and the Benefit of Dental Care

Diabetes mellitus (DM) is a metabolic disease leading to abnormal fat, carbohydrate, and protein metabolism. There are two types of diabetes. In Type 1 diabetes, the body does not produce any insulin. In Type 2 diabetes, the body produces less insulin than is needed. Diabetes can be managed by proper treatment, diet, and exercise.

Tips for Self-Care

1. Manage blood glucose levels by using medications, diet, exercise, reducing stress, and treating ailments.
2. Stay prepared for emergencies by packing medical supplies and equipment for at least a week, current medication and medical team list, along with your allergy list.
3. Monitoring for diabetes complications can help in early detection, which can help reduce the risk of heart disease, vision loss, nerve damage, and other medical problems



Benefits of Dental Care

Healthy teeth and gums can

- Help chew and digest food
- Help us talk and speak clearly
- Gives our face its shape
- Healthy teeth and gums help reduce disease such as heart disease, diabetes, cancer, and dementia



Dental Care

- Dental exam and cleaning every 6 months
- Brush teeth twice a day
- Maintain low-sugar consumption



In-a Pinch Chicken & Spinach

Prep/Cook Time:
25 minutes
Makes: 4 Servings

Ingredients

- 4 boneless skinless chicken breasts halves (6 ounces each)
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 package (6 ounces) fresh baby spinach
- 1 cup salsa



Directions

1. Pound chicken with a meat mallet to 1/2-in. thickness
2. Heat oil and butter in a large skillet over medium heat
3. Cook chicken 5-6 minutes on each side or until no longer pink
4. Remove and keep warm
5. Add spinach and salsa to pan; cook and stir 3-4 minutes or just until spinach is wilted
6. Serve with chicken

This recipe was found at <https://www.tasteofhome.com/recipes/in-a-pinch-chicken-spinach/>

Nutrition Facts

1 chicken breast half with 1/3 cup spinach mixture; 297 calories, 14g fat (4g saturated fat), 102 mg cholesterol, 376mg sodium, 6g carbohydrate (2g sugars, 1g fiber), 36g protein.

Diabetic Exchange: 5 lean meat, 2 fat, 1 vegetable



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