

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

2018
Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

The 2018 Holiday Challenge runs from November
12 through December 31.

<https://myeatsmartmovemore.com/>

Healthy Diabetes Hummus

Ingredients

- 2 cans (16 ounces each)
reduced-sodium garbanzos,
rinsed and drained except for 1/4 cup liquid
- 1 tablespoon extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 teaspoon cracked black pepper
- 1/4 teaspoon paprika
- 3 tablespoons tahini (sesame paste)
- 2 tablespoons chopped Italian flat-leaf parsley



Directions

In a blender or food processor, add the garbanzos. Process to puree. Combine the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: www.mayoclinic.org

November is National Diabetes Month

Did you know November is National Diabetes Month? Each November this observance is a chance to raise awareness about diabetes, which affects 1 in 10 Americans—that's more than 30 million people. And another 84 million adults in the United States have **prediabetes**, making them more at high risk of developing type 2 diabetes.

To see if you are 1 of the 3 people with **prediabetes** take the Risk Test @ www.DolHavePrediabetes.org



TAKE THE RISK TEST:

DolHavePrediabetes.org