

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we're working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we'll share tips on physical activity, good nutrition, and prevention and wellness. This week, we're focusing on prevention and wellness.

Managing Your Blood Sugar Source: American Diabetes Association

What is diabetes?

Diabetes is a condition where the body struggles to use glucose for energy. When carbohydrates and sugars are consumed, they are converted into glucose in the digestive system and enter the bloodstream. Insulin, a hormone produced by the pancreas, helps cells absorb glucose and lower blood sugar levels. In Type 1 diabetes, the pancreas produces no insulin, requiring individuals to take insulin shots. In Type 2 diabetes, insulin is less effective, causing glucose to accumulate in the blood. Managing diabetes involves medical guidance, a healthy diet, and an active lifestyle.

Who is at risk?

- Having a history of gestational diabetes
- Belonging to an ethnic group at risk for diabetes such as Native American, African American, Hispanic, or Asian
- Being overweight
- Being age 45 years or older
- Having a family history of diabetes

LOW BLOOD SUGAR SYMPTOMS

- Sweating
- Hunger
- Irritability
- Sleepiness
- Lack of Coordination
- Trembling

HIGH BLOOD SUGAR SYMPTOMS

- Dry Mouth
- Weakness
- Blurred Vision
- Increased Thirst
- Headache
- Frequent Urination

Note: A diagnosis of high/low blood sugar must be confirmed with a medical professional. A doctor should also evaluate any unusually low blood sugar readings.

DIABETES FRIENDLY

Mini Glazed Meatloaves with Mashed Potatoes & Roasted Carrots

By: Alanis C. Stansberry



Ingredients

- 3 medium carrots
- 1 egg
- ¾ lb lean ground beef
- 4 fl oz whole milk
- ½ medium yellow onion
- 1 medium yellow potato
- ½ tsp black pepper
- ½ tsp brown sugar
- 2 tsp butter, unsalted
- 1 tsp Dijon mustard
- 2 tsp extra virgin olive oil
- 1 ½ tbsp ketchup
- ¼ cup panko bread crumbs
- 1 tsp salt (divided; ½ teaspoons)

1. Preheat the oven to 425°F.
2. Peel and mince onion; place in a medium bowl.
3. Add ground beef, egg, milk, breadcrumbs, salt (1/2 tsp), and pepper to the bowl with the onions. Mix until combined.
4. Place ketchup, Dijon, and brown sugar in a bowl; combine.
5. Divide meatloaf mixture between 6 muffin cups and top with ketchup glaze. Place in the oven and bake for 20-25 minutes.
6. Meanwhile, wash, peel, and medium dice potato. Transfer to a medium saucepan, cover with hot water, and bring to a boil. Reduce heat to medium and cook until potatoes can be easily pierced with a fork, 10-12 minutes.
7. Wash, trim, and peel carrots. Slice lengthwise into quarters. Place on a baking sheet pan, drizzle with oil, and season with salt and pepper. Place in the oven and bake until golden and fork-tender, about 10-15 minutes.
8. When the potatoes are done, drain, and return to the pan.
9. Add milk, butter, and salt (1/2 tsp) to potatoes. Mash.
10. Serve and enjoy!

