



## DIABETES-FRIENDLY SUPERFOODS SPOTLIGHT: YOGURT

Yogurt is an excellent choice for snacks and meals when you're living with diabetes.

The calcium and vitamin D build and maintain strong bones.

The high protein content in yogurt can also keep you satiated longer, making it easier to resist unhealthy snacks between meals. Finally, the probiotics help the gut develop the "good" bacteria, which can help you better fight off infection.

Before you spoon in, take a moment to look at the label. Some yogurts are high in fat, which can make it more difficult

for weight control. As anyone with a glucose monitor knows, single-serving brands often have syrupy fruit, granola and candy bits.

- Use a dollop of low-fat or fat-free Greek yogurt in place of maple syrup on your brunch waffle, or as a tangy trade-in for a sour cream topping.
- Add 1/4 cup to 1/2 cup to smoothies to make them thick and creamy.
- For breakfast or a light lunch, layer with your favorite fruits for a delicious parfait.

**"It's not that I'm so smart, it's just that I stay with problems longer."**

**— Albert Einstein**



### Healthy Living Tip

#### Sneaky ways to boost protein

Protein powder makes it easy to keep your macronutrients in balance, and your belly full. Search online for one of these low-carb, high-protein recipes.

- Homemade protein bars
- Chia seed pudding
- High-protein, low-carb cookies
- Protein pancakes
- Yogurt parfait
- Milk for cereal (stir it in before adding)





## Frozen Yogurt Bark

Keep a batch of this frozen, creamy treat on hand to satisfy your sweet tooth.

### THE BASICS:

- 2 cups plain low-fat Greek yogurt
- ½ cup berries
- ½ teaspoon vanilla extract
- 1 tablespoon agave nectar
- ¼ cup chopped nuts of choice (walnuts, almonds or pecans)

### DIRECTIONS:

In a large bowl, combine the yogurt, berries, agave nectar and vanilla. Pour mixture in a baking pan lined with parchment paper, and garnish with nut of choice. Freeze until set, about three hours.

Remove frozen bark from the pan and break apart. Store in a large zip-close freezer bag.



### Newly diagnosed? It's OK to grieve

Grief is not what you'd expect to come after a diagnosis of diabetes. But you're in good company.

Feeling negative emotions like anger and disbelief is not bad; it's normal.

While you're learning new ways to take care of your body, remember to take time to care for yourself.

Find an outlet. Take time for gratitude. And if you feel really bad, talk to someone.

### Secure your sensor without worry



Looking for a better adhesive to secure your FreeStyle Libre sensor? We've got you covered. We now offer the MyCGM Patch. This lab-tested, safe, durable adhesive will leave you feeling great knowing your CGM sensor is staying put.

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