

Healthy Herald

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Spinach Mushroom Scrambled Egg Recipe

INGREDIENTS:

- 2 large eggs
- 2 large egg whites
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon butter
- 1/2 cup sliced mushrooms
- 1/2 cup fresh baby spinach
- 2 tablespoons shredded provolone cheese

DIRECTIONS

- In a small bowl, whisk eggs, egg whites, salt and pepper until blended.
- In a small nonstick skillet, heat butter over medium to high heat. Add mushrooms; cook and stir 3-4 minutes or until tender. Add spinach; cook and stir until wilted.
- Add egg mixture; cook and stir eggs until thickened.
- Top with cheese and enjoy!

Defeat Diabetes Month

According to the Defeat Diabetes Foundation, there are four things that we all can do that can reduce our risk of developing diabetes by as much as 55 percent. The foundation recommends:

- Eating five to nine servings of fruits and vegetables daily.
- Eating three servings of whole grains daily.
- Getting 30 to 60 minutes of physical activity five times a week.
- If you're overweight, lose just five percent of your body weight. (For most of us, that is only 10 to 20 pounds.)

If you work on attainable goals for several months, they will become new habits. If you can't do it, try an easier goal. Keep trying! Gradually, add new goals and you'll find yourself eating healthier and getting more active. You'll look better, feel better and be working toward preventing diabetes.

"If plan A doesn't work, the alphabet has 25 more letters!"

FREE Grocery Store Tour

Topic: Budget Shopping

When: April 11

Location: Monroe Kroger (850 S. Monroe St. Monroe MI)

Time: 5:30-6:30 pm



FREE Living With Diabetes Group

Join the *Live Well. Be Well.*

Health Educator for a discussion on managing stress.

When: April 18

Location: Monroe Home Care Shoppe (474 N. Telegraph Rd., Monroe, MI)

Time: 7:00-8:30 p.m.



Walk and Talk

Come to the Mall of Monroe on April 18th from 8:00-10:00am to exercise and get your



blood pumping and help to decrease your blood sugar. Staff can take your blood sugar before and after if you are interested.

Registration required for grocery store tour; appointments required for nutrition coaching.

Call 734-240-7800 or email LiveWell_BeWell@monroemi.org to reserve your spot!