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## Welcoming Winter: Happy Holidays!

Winter is upon us but it does not mean you have to have a chilly attitude!

Please know that the office will be closed on Monday, December 26th as well as Monday, January 2nd. This will affect the first Monday of the January pantry. We will have our Monday pantry time on Wednesday, January 3rd.



## Want a Healthy Weight? Check Your Self-Talk

Have you been using an app or online program to help you lose weight or create a healthier lifestyle? Such tools can help you track progress and provide valuable support. However, it's easy to overlook a powerful influence on success: your self-talk as you interpret and use this information.

If you've been having trouble starting or maintaining healthier eating habits and lifestyle choices, maybe a change in the way you talk to yourself should be your first target.

The good news is that if critical or whiny thoughts are getting in the way of the lifestyle you seek, you have the power to change those thoughts. Focused attention can go a long way to help us turn from our own worst enemy to our own best friend.

Studies show a factor that commonly separates the people who successfully lose weight and maintain a healthy weight, or who adopt healthy eating and physical activity habits, from those who do not is this: those who successfully change have better problem-solving skills. In other words, it's not about waiting for barriers to disappear, but be-

ing able to identify the barriers you face and create solutions.

Most of us have accumulated life experiences from which we have developed some wisdom. We know we feel better about doing something we *choose*, something we *decide* to do, rather than something we *should* do. We need to find a way to listen more often as our inner wisdom speaks.



# What's Cooking in Gale's Kitchen?

**Fresh, Healthy, Simple and Delicious ways to enjoy sweet potatoes from Gale Cohen, RD, CDE**

Welcome the winter with this non-traditional potato salad!

This recipe is a different version of the usual white potato salad made with mayonnaise. Here, the sweet potatoes are roasted with red onion and olive oil, they stay intact when tossed with the other ingredients. It can be served warm or at room temperature; it's great both ways.

## INGREDIENTS:

4 medium sweet potatoes (about 1 ½ pounds), peeled and cut into 1-inch chunks

1 large red onion, chopped

½ cup olive oil

Salt and pepper

1 small jalapeno pepper, (carefully remove seeds, discard, and dice)

1-2 garlic cloves, peeled

Juice of 2 fresh limes

2 cups cooked black beans, drained (canned are fine)

1 red bell pepper, seeded and finely diced

¾ cup chopped fresh cilantro

## PREPARATION:

Heat oven to 400 degrees. Put sweet potatoes and onions in a large bowl and toss with 2 Tbsps. of the olive oil (taken from the ½ cup). Sprinkle with salt and pepper. Spread out on a single layer on 1-2 large baking sheets. Roast, turning occasionally, until potatoes begin to brown on corners and are just tender inside, 30-40 minutes. Remove from oven; keep on pan until ready to mix with dressing.

In a blender or food processor, mix jalapeno, garlic, lime juice, remaining olive oil and a sprinkle of salt and pepper. Process until well blended.

In a large bowl, put roasted potatoes and onion, beans and red pepper and toss with dressing. Add chopped cilantro and gently toss again. ENJOY!

# DO YOU HAVE PREDIABETES?

## Prediabetes Risk Test

- 1** How old are you?  
 Less than 40 years (0 points)  
 40—49 years (1 point)  
 50—59 years (2 points)  
 60 years or older (3 points)
- 2** Are you a man or a woman?  
 Man (1 point) Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?  
 Yes (1 point) No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?  
 Yes (1 point) No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?  
 Yes (1 point) No (0 points)
- 6** Are you physically active?  
 Yes (0 points) No (1 point)
- 7** What is your weight status?  
 (see chart at right)

Write your score in the box.

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Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
	You weigh less than the amount in the left column (0 points)		

Add up your score.

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**If you scored 5 or higher:**

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

### LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit [DoIHavePrediabetes.org](http://DoIHavePrediabetes.org) for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

