

# November 2024

*Non-Metro New Mexico Area  
Agency on Aging*

## Nutrition Corner

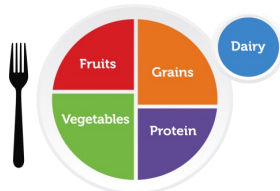


This month we focus on bringing awareness about diabetes, which effects millions of people. **Diabetes is a condition that causes blood sugar to rise.** November is dedicated not only to supporting individuals who are living with diabetes but also educating individuals about preventing this disease.

### **SIMPLE STEPS TO PREVENTING DIABETES**

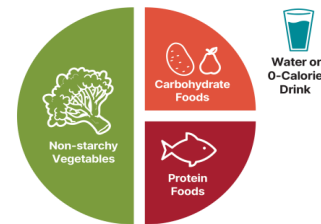
Making lifestyle changes can help reduce the risk of developing diabetes. Here are five steps of prevention:

1. Lose extra weight. Make realistic goals and maintain a healthy weight.
2. Be more active. Moving your muscles more improves their ability to use insulin and absorb glucose.
3. Eat more plants. Fiber in fruits, vegetables, legumes, and whole grain foods slows the absorption of sugar in your body and interferes with the absorption of dietary fat and cholesterol.
4. Choose healthy fats (unsaturated fat). Foods such as Olive Oil, nuts, seeds, and salmon promote healthy cholesterol levels and good heart health.
5. Eat appropriate portion sizes. Using the MyPlate visual helps us to make healthy choices. Serve fruits and vegetables on half of your plate, protein on 1/4 of the plate, and complete it with whole grains.



mayoclinic.org

### Meal Planning with the Diabetes Plate



The American Diabetes Association recommends a low-carb meal pattern to support diabetes management. When using a 9-inch plate, half of the plate should be filled with non-starchy vegetables. These include carrots, broccoli, cauliflower, beets, and many more. One-quarter of the plate should be filled with lean protein. Examples of protein are chicken breasts, fish, and lean cuts of beef and pork. The last quarter of the plate should be filled with foods such as berries, citrus fruits, or whole grains.

For more information on healthy food choices, please visit:

[diabetesfoodhub.org](https://diabetesfoodhub.org)

Please contact your physician if you have questions or concerns about your health.

This month's recipes are high in protein and fiber and meet the nutritional guidelines of the American Diabetes Association.

## Sweet Potato and Black Bean Soup

### Ingredients:

Serves: 3

- 1 TBSP Olive Oil
- 1 small yellow onion (minced)
- 1 tsp fresh Ginger (minced)
- 15 oz can Black Beans (rinsed and drained)
- 2 large Sweet Potatoes (peeled and diced)
- 3 cups low sodium Chicken Broth
- 13.5 oz can Lite Coconut Milk
- 1 TBSP Chili Powder
- 5oz Fresh Baby Spinach



### Directions:

1. Preheat a large pot over medium heat.
2. Add 1 tablespoon of olive oil and onion, garlic, and ginger to the pot. Cook, stirring occasionally, until onion softens, 4–5 minutes.
3. Add black beans, sweet potatoes, broth, coconut milk, tomatoes, and chili powder. Bring to a simmer and cook, covered, for 15–20 minutes, until the potatoes are tender.
4. Stir in the baby spinach until wilted.

(diabetesfoodhub.org)

**NMNMAAA Is Hosting Our First Signature Event  
On November 13th in Santa Fe, NM**

## **The Senior Difference Health Fair/EXPO 2024**

**The NEW annual event will focus on familiarizing attendees from throughout NM about NMNMAAA and the many services we provide to Seniors/Older Adults in the 32 counties we represent.**

**Visit: [nonmetroaaa.com](https://nonmetroaaa.com) for more information**

# Meatloaf Muffins with Sweet Potato Topping

Serves: 12



## Ingredients:

- 2 Sweet Potatoes (about 24 oz)
- 1 TBSP Margarine
- 20 oz lean Ground Turkey
- 1 TBSP Chili Powder
- 1/4 tsp Black Pepper
- 1 tsp Garlic Powder
- 1/3 cup finely diced Onions
- 1/2 cup Corn Meal or Oats
- 2 TBSP Ketchup

## Directions

1. Preheat oven to 425 degrees F. Line a muffin pan with muffin papers.
2. Clean the potatoes and prick them several times with a fork. Bake the potatoes in the oven for 20 minutes. Remove the potatoes from the oven and microwave them for an additional 5 minutes or until soft. Remove the skins from the potatoes and place the potatoes into a medium bowl. Mash with a potato masher and whisk in the margarine. Mix well.
3. In a medium bowl, mix together the meatloaf ingredients.
4. Scoop about 1/4 cup meatloaf mixture into each lined muffin cup. Bake for 25 minutes. Top each cooked meatloaf muffin with a scoop of sweet potatoes.

(diabetesfoodhub.org)

But wait! Aren't Sweet Potatoes considered a "starchy vegetable"?

Sweet potatoes have more fiber than their cousins, the white potatoes. Fiber slows down the absorption of sugar in the body. Sweet potatoes also have other healthy nutrients such as Vitamin A, Vitamin C, Manganese, B6, and Potassium. So people with diabetes can still enjoy sweet potatoes in moderation and when paired with a lean protein.



# Happy Thanksgiving

*From Non-Metro AAA*

