



Winchester
District
Memorial
Hospital

Preventing Diabetes

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Quote of the Day

You'll never change
your life until you change
something you do daily.
The secret of your success
is found in your daily
routine.

-John C. Maxwell



Canadian Diabetes Prevention Program

If you're like a lot of Canadians, the pandemic has brought some changes to your eating and exercise habits. Sometimes for the better and because we're human, sometimes for the worse.

If you would like to make some positive changes but don't know where to start or you're looking for ongoing support in making changes, Diabetes Canada has a new **free program** that may be just what you're looking for.

In partnership with LMC Healthcare, Diabetes Canada now offers the '**Canadian Diabetes Prevention Program**'. This is a free 12 month wellness program for people who have been diagnosed with prediabetes or are at high risk of developing type 2 diabetes.

This free program offers personal health coaching which includes regular telephone calls, online education modules, tools and resources as well as monthly workshops. The goal of the program is to help you make diet and lifestyle changes that will help you reduce your risk of developing type 2 diabetes.

To find out if you can join the program, you must first answer a screening questionnaire online. There's about a dozen questions and once that's done, they let you know immediately if you can join. If the answer is 'yes', someone from Diabetes Canada will contact you by telephone to go through the details of the program. Interested? Here's the link:

<https://www.diabetes.ca/diabetes-prevention-program>



Baked Sausages and Vegetables with Gravy

This is a great fall recipe. You can use any variety of vegetables you have on hand; green beans, turnip, sweet potatoes, cauliflower. Anything goes!. To lower the calories and fat, use turkey or chicken sausages instead of regular Italian sausages.



Main Ingredients

- 8 Italian sausages
- 4-5 medium potatoes cut in 4
- 4 carrots cut into 2 inch chunks
- 2 onions cut into large chunks
- 2 garlic cloves, minced or 1 tsp garlic powder
- 2 tsp Italian seasoning
- Dash of salt and pepper

Ingredients for Gravy

- 2 tbsp. melted margarine or butter
- 2 ½ tbsp. flour
- 2 cups low sodium beef broth
(I use 1 bouillon cube dissolved in 2 cups hot water)

Nutritional Analysis – for 1 large serving

650 Calories; 42g Carbohydrates; 4g Fibre;
26g Protein; 30g Fat; 650mg Sodium;
1400mg Potassium

Directions

1. Preheat oven to 390° F.
2. Place chopped potatoes, carrots and onions in a roasting pan or rectangular Pyrex dish.
3. Sprinkle Italian spices, garlic, salt and pepper over vegetables and toss to coat.
4. Add sausages on top of vegetables.

For the gravy:

5. In a medium size bowl, mix melted margarine and flour together then slowly add the beef broth while stirring constantly with a fork.
6. Pour gravy mixture down side of the pan (don't pour over the sausages or vegetables).
7. Bake 25 minutes. Turn sausages. Bake for another 25 minutes or until potatoes are soft.

A Reminder about our Clinic

Due to COVID-19 pandemic restrictions, our classes have been suspended. However, we are still available by email, telephone and in person for our clients. Please don't hesitate to contact us if you have any questions or concerns.

Stay healthy and stay safe!