

# hapitimes



## Want to Help Prevent Type 2 Diabetes? These Nutrition Tips Can Help

There are so many ways to help reduce your chances of developing type 2 diabetes. Check out these suggestions and choose those that work best for you.

- Keep meat, chicken, turkey and fish portions to about 3 ounces.
- Try to be active for at least 30 minutes, 5 days a week. Walking is a great way to get started.
- Catch up with friends during a walk instead of by phone.
- Eat more vegetables, fruits and whole grains.
- Choose brown rice instead of white rice.
- At fast-food restaurants, try grilled chicken (with skin removed) instead of a cheeseburger.

- Find a water bottle you really like and use it daily.
- Keep a healthy snack with you, such as fresh fruit, a handful of nuts or whole-grain crackers.
- Keep a food diary for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.
- Compare food labels. Choose foods lower in saturated fats, trans fats, cholesterol, calories, salt and added sugars.

*Source: National Institute of Diabetes and Digestive and Kidney Diseases*

## Did You Know? Checking High Blood Pressure

Blood pressure is measured using two numbers. The first, called systolic blood pressure, measures the pressure in your blood vessels when your heart beats. The second, diastolic blood pressure, measures the pressure in your blood vessels when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you would say “120 over 80” or write “120/80 mmHg.”

- A blood pressure less than 120/80 mmHg is normal.
- A blood pressure of 130/90 mmHg or more is too high.
- People with levels between 120/80 and 130/90 have a condition called prehypertension, which means they are at higher risk for high blood pressure.



*Sources: American College of Cardiology; American Heart Association*



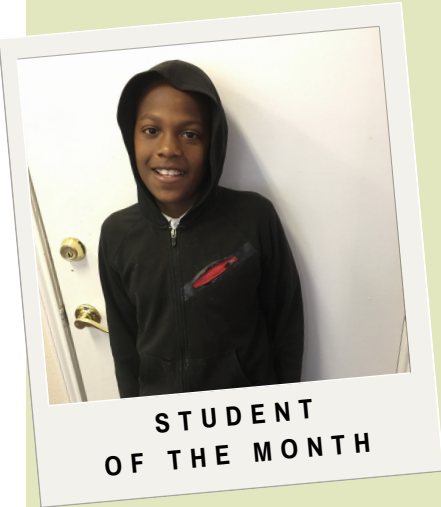
**Inside the Villas of Sorrento**

**NUTRITION**

Kids in our after-school program colored plates with their favorite fruits and vegetables for an "Eat the rainbow" exercise. We're also making homemade granola bars this month.

**FITNESS AND FUN**

We are playing kickball at the park and musical chairs indoors with the kids.... We're starting to read Juni B Jones book series.... There is a Valentine's Day party planned for February 14 -- details coming soon (ask at the front office).



**Name:** LaKendrick  
**Age:** 11  
**Favorite food:**  
Broccoli & rice  
**Favorite sport:**  
Football  
**Favorite fruit:**  
Strawberries  
**Favorite school subject:** Math  
**What makes him happy:** His mother and getting good grades in school

**COMMUNITY GARDEN**

We're gathering more soil to re-pot new plants and getting more vegetable seeds.

**PROPERTY NEWS**

Leasing Special!: 1/2 off deposit & \$200 off the first month's rent.

**Fruit Skewers with Chocolate Yogurt Dip**

**INGREDIENTS**

- Strawberries
- Red grapes
- Raspberries
- Greek yogurt
- Cinnamon
- Cocoa power
- Honey
- Optional: Semi-sweet chocolate chips or chopped or shaved chocolate

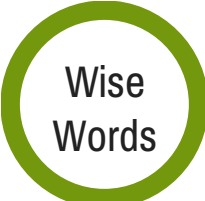


Also needed: wood skewers or toothpicks.

**INSTRUCTIONS**

Make dip by mixing greek yogurt with cocoa powder, cinnamon, and honey (two teaspoons of cocoa and one teaspoon of cinnamon and honey per cup of yogurt). If adding chocolate, add chips or chopped or shaved chocolate from a chocolate bar.

Compose the fruit on skewers or toothpicks and serve with yogurt dip.



"I find that the harder I work, the more luck I seem to have."

—THOMAS JEFFERSON