

RECIPE: Baja Turkey Burgers

(from the American Diabetes Association)

This turkey burger is anything but bland! Salsa verde gives the ground turkey patties a juicy flavor. Crunchy coleslaw & creamy avocado is piled on. Whole wheat English muffins are the preferred "bun" of choice for extra heart-healthy fiber, but a regular whole wheat bun works, too. Or if you're looking for a low carb meal, skip the bun entirely.

Servings: 4 **Serving size:** 1 burger

Exchanges: 2 Starch, 1 Nonstarchy vegetable,
3 Lean protein, 1.5 Fat

INGREDIENTS

| | |
|--|---------|
| lean ground turkey | 12 oz |
| salsa verde (divided use) | 1/2 cup |
| avocado (peeled & thinly sliced) | 1 |
| packaged coleslaw mix | 2 cups |
| salt | 1/8 tsp |
| whole wheat english muffins <u>OR</u> sprouted whole wheat buns | 4 |

DIRECTIONS

1. Preheat a grill to medium high.
2. In a large bowl, gently mix the turkey & ¼ cup of the salsa until just combined. Form the mixture by hand into four patties, about 4 inches in diameter.
3. Grill the burgers until well done (an internal temperature of at least 165° F), about 5 minutes per side. If desired, lightly grill the buns, too.
4. Onto the bottom portion of each bun, arrange ¼ of the avocado slices and sprinkle with the salt. Top each with a turkey burger patty, ½ cup of the coleslaw mix, and 1 Tbsp of the remaining salsa. If desired, add a slice of tomato and a lettuce leaf to each. Cover the burgers with a bun top and serve.

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Diabetes Newsletter

September 2020

Healthy Eating on a Budget and at Fast-food Restaurants

1. Plan Your Meals
2. Stick to Your Grocery List
3. Cook at Home
4. Cook Large Portions and Use Your Leftovers
5. Buy Generic Brands
6. Stop Buying Junk Food.
7. Stock up on Sales
8. Buy Cheaper Cuts of Meat
9. Replace Meat With Other Proteins
10. Shop for Produce That Is in Season
11. Buy Frozen Fruits and Vegetables
12. Buy in Bulk
13. Pack Your Lunch
14. Use Coupons Wisely
15. Appreciate Less Expensive Foods
16. Buy From Cheap, Online Retailers

(From *Clever Ways to Eat Healthy on a Tight Budget* by Adda Bjarnadottir, MS, RDN)

COVID-19/Coronavirus is most risky for people with diabetes, heart disease and other chronic conditions and those who are older. Signs and symptoms of COVID-19 may include fever, cough, diarrhea, and difficulty breathing. If you have these symptoms, call your ATC physician. For COVID-19 information & resources, go to: www.accesstocare.org/resources

Our goal always is to help our members stay as healthy as possible for a happy and productive life! To help achieve healthy living, this newsletter for members focuses on diabetes education, prevention and management.

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Eating healthy to keep blood sugar levels healthy is a challenge for everyone with diabetes. This can be even more so when making choices while grocery shopping on a budget or eating at fast-food restaurants. Here are some ideas to help you for the times you find yourself in these situations.

Grocery Shopping

Healthy eating starts at the grocery store. But successful shopping isn't always as simple as it seems. Your goal? To get the best deals on the healthiest, tastiest food. Use a shopping list to help you stay focused on buying foods that fit your meal plan and budget.

Tips to set you up for success:

- Plan a week's worth of meals before you go grocery shopping. (Check out sales and plan your meals around them!)
- Check what you already have on hand so you don't buy what you don't need.
- Make a shopping list based on your weekly meal plan. Organize your list by store section for quick and easy shopping.
- You know this one: don't shop hungry so you're not tempted to buy foods that aren't on your shopping list.
- Shop the outside aisles for fresh fruit, vegetables, dairy or dairy alternatives, meat, fish, poultry, and eggs.
- Shop the inside aisles for healthy options such as beans, lentils, flavored vinegars, spices, tuna fish, olive oil, and frozen fruit and vegetables (without sauce).
- Be wary of food claims like "lower in fat" or "reduced sugar;" it may still not be a healthy choice. Read the *Nutrition Facts* label to understand what the food contains.

Fast Food Tips

It's easy to eat an entire day's worth of fat, salt, and calories in just one fast-food meal. But it's also possible to make wise choices and eat a fairly healthy meal. What you order is the key. Here are some tips to get you started:

General Tips

- Order the smallest size for sandwiches, burgers, and sides.
- Split larger sandwiches or sides, like French fries.
- Ask for a salad or fruit instead of French fries.
- Avoid breaded and fried meats.
- Look up nutrition information on your phone or online before you go.

Drinks

- Drink water or other sugar-free drinks like unsweetened tea, coffee, light lemonade or diet soda.
- Avoid sugary drinks such as regular soda, sports drinks, sweet tea or coffee drinks with sugar and cream.

Sandwiches and Burgers

- Order the smallest sandwich or burger.
- Ask for grilled instead of fried chicken.
- If grilled is not available, remove breading and skin from chicken.
- Add extra vegetables like lettuce, tomato, and onion.
- Order it without cheese, bacon, mayonnaise or special sauces.
- Use mustard, salsa, hot sauce, or ketchup instead.
- Get sauces on the side and add it yourself so you use less.
- If available, ask for a whole wheat bun, wrap or bread.
- Scoop out some of the bread if it is a large bun or roll.

Sides

- Ask for fruit or a side salad instead of fries or chips.
- If you order fries, order a small and split it with someone.

Salads

- Ask for grilled chicken instead of fried.
- Ask for a low-fat dressing.
- If low-fat dressing is not available, ask for a vinegar and oil mix. It doesn't stick to the lettuce leaves as easily so you eat less.
- Always ask for the dressing on the side and plan to use less than half.
- Dip your fork into the dressing and then stick the food.
- Ask for salad without cheese and bacon.
- Avoid macaroni, potato and other salads with mayo or dressing.