

MAY 2021 | ISSUE NO.22

MAY IS MENTAL HEALTH AWARENESS MONTH

In 1949, Mental Health Month was created to raise awareness about the importance of mental health and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental health is essential for a person's overall health.

Did you know there's a connection between diabetes and mental health?

People with diabetes are 2 to 3 times more likely to have depression than people without diabetes.

People with diabetes are 20% more likely to have anxiety at some point in their life than those without diabetes.

Diabetes distress happens to 33% - 50% of people with diabetes in any 18-month period.

Leaving mental health issues untreated can worsen your prediabetes or diabetes and vice versa. Please talk to your doctor if you are concerned about your mental health. You are not alone!



NO WEIGHTS NEEDED WORKOUT

<p>1</p> <p>20 secs High knees</p>	<p>2</p> <p>20 secs Jumping lunges</p>	<p>3</p> <p>20 secs 180 Squat jumps</p>
<p>4</p> <p>20 secs Mountain climbers</p>	<p>5</p> <p>20 secs Side plank (right)</p>	<p>6</p> <p>20 secs Side plank (left)</p>

Complete 3 sets | Rest for 10 seconds between exercises

WHAT'S IN SEASON FOR MAY?



BLACKENED SALMON FAJITAS

INGREDIENTS:

- 1 lbs. salmon (cut into 4 pieces)
- 2 limes
- 2 tsp Cajun seasoning
- 1 cup grape tomatoes (sliced)
- 1 avocado (sliced)
- 3/4 cup red onion (sliced)
- Flour Tortillas (*sub for whole wheat/lettuce cups)

SAUCE INGREDIENTS:

- 1/3 cup of plain yogurt
- 2 tbsp. lime juice
- 1 tbsp. cilantro (chopped)



INSTRUCTIONS

- Season the salmon (lime juice and Cajun seasoning).
- Heat large nonstick skillet with 2 tsp oil and then add salmon skin-side down. Place lid on and cook for ~4 min per side over medium-high heat.
- Prep veggies and add them to a separate skillet with 2 tsp oil and sauté for 5 min or so over medium-high heat.
- Once the salmon is done cooking, transfer it to a plate and use a fork to flake it; then, add it to the skillet with the veggies.
- Last, make the sauce. Whisk the yogurt, lime juice, and cilantro together.
- Fill each tortilla with some of the salmon/pepper mixture, add the avocado slices, and drizzle the sauce.

Serves: 4 | Calories: 486kcal
Carbohydrates: 49g | Protein: 31g | Fat: 20g |
Saturated Fat: 4g | Cholesterol: 65mg |
Sodium: 481mg | Potassium: 1237mg | Fiber:
8g | Sugar: 9g | Vitamin A: 2821IU | Vitamin C:
100mg | Calcium: 134mg | Iron: 4mg

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