

DIABETES & ORAL HEALTH

Did you know that having high blood sugar can take a toll on your mouth? 1 in 5 cases of total tooth loss is linked to diabetes!



High blood sugar increases your risk for having inflamed and bleeding gums (gingivitis), as well as periodontal disease.



Diabetes also leaves you more vulnerable to infections like oral thrush (candidiasis).



People with diabetes may produce less saliva/experience dry mouth, which can lead to cavities.



Sometimes flavors don't taste as rich if you have diabetes, which can effect your diet and lead to cavities if you add too much sugar to your food.

To keep a healthy smile try eating a healthier diet, exercise more, avoid smoking, brush twice a day with a soft brush, and see your dentist for regular checkups.

NATIONAL SENIOR HEALTH & FITNESS DAY

This nationwide health & fitness event is held annually on the last Wednesday in May. The goal of this day is to promote the importance of being physically active & how that improves the health of older adults. There's so many ways you can celebrate this day and make it fun!

- Exercises can be done at home- check out YouTube videos or dance to your favorite songs.
- Go to a community pool or swim at home. Pool activities reduces stress on joints.
- Find a park that has a walking-trail.
- Work in your garden.
- Attend a fitness class.



GRILLED FRUIT KABOBS DESSERT

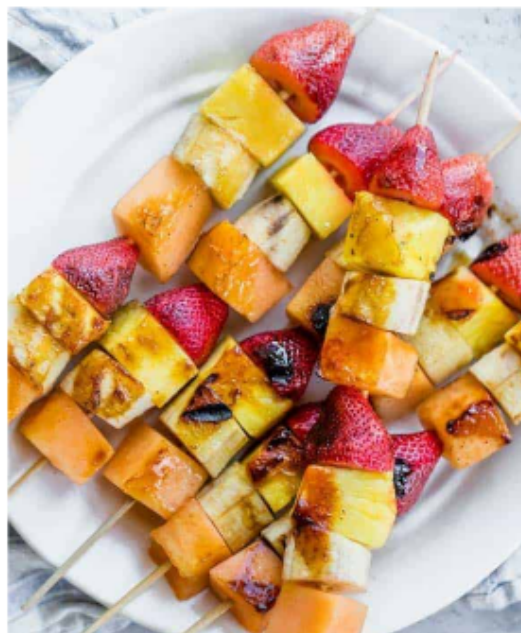
This summer, add grilled fruits kabobs to your barbecue spread. Grilling fruit caramelizes the natural sugars in them for a sweet, easy and healthy dessert

INGREDIENTS:

- 3 cup Pineapple chunks cut into 1" pieces
- 3 Banana cut 1" pieces
- 3 cup Cantaloupe chunks cut into 1" pieces
- 3 cup Strawberries stems removed
- Coconut oil spray
- 3 tablespoon Maple syrup for drizzling
- Plain yogurt for dipping (optional)

INSTRUCTIONS:

- Soak the skewers in water for 20 minutes, to prevent them from burning while grilling the skewers
- To make the fruit kabobs, thread two pieces each banana, pineapple, strawberry and cantaloupe onto skewer. Repeat process to assemble as many skewers as you'd like to make.
- Drizzle with olive oil and maple syrup.
- Grill on preheated grill for about 10 minutes, turning occasionally until the fruit softens and chars.
- Enjoy immediately, and dip in yogurt, if desire



NUTRITION

Serving: 1 skewer
Calories: 99kcal, Carbohydrates: 25g, Protein: 1g, Sodium: 5mg, Potassium: 302mg, Fiber: 2g, Sugar: 21g, Vitamin A: 960IU, Vitamin C: 34.5mg, Calcium: 25mg, Iron: 0.5mg

REACHING OUR GOALS, TOGETHER

COOKING WITH CATHY- FLAT BELLY SALAD!

TUESDAY, JUNE 10TH 2021

12:00 PM EDT

(Click the link below to register. After you register you will get a confirmation email with the Zoom meeting information)



[CLICK THIS BUTTON TO REGISTER FOR COOKING WITH CATHY!](#)