Healthy Bytes

Health Management and Education Quarterly Newsletter
Our goal is to provide you with the latest news in the world of diabetes and tips for better managing diabetes, and information about health classes.

Inside this issue:

Health Education Opportunities
Making Changes in the New Year
Veggie Chili Recipe

Winter 2015

Healthy Bytes

Interested in Learning more about Diabetes?

Preventing Diabetes Living Healthy
Learn strategies to delay or prevent pre-diabetes or diabetes

Let’s Get Started
Overview of diabetes basics and self-management strategies

Strategies for Control
Learn the effects of daily choices on blood sugar and how to improve control

Dining with Diabetes: The Basics
Class offering overview of basic diabetes nutrition

Dining with Diabetes: Advanced
Practice carbohydrate management and meal planning

(Prerequisite: Dining with Diabetes: Basics or In Charge & In Control)

In Charge & In Control
Multi-session class discussing all aspects of diabetes (9+ hours)

Diabetes Recharge Workshop
Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals

Want Information about Heart Health?

Do More with Heart Failure
Interactive class with a registered nurse, dietitian, and pharmacist to assist with daily management of heart failure

Keep the Beat: Strategies for a Healthy Heart
Learn how to keep a healthy heart through lifestyle changes

Ready to Quit Smoking?

Strategies to Quit Tobacco
Workshop providing tools to help stop tobacco use

SToP: Stop Tobacco Program
Multi-session program to help you successfully quit tobacco use

Veggie Chili — 8 Servings
The beans and veggies in this dish make it a great source of fiber with 10 grams per cup.

Ingredients
- 1 tbsp canola oil
- 1 medium onion, chopped
- 4 carrots, sliced
- 1 green bell pepper, chopped
- 1 zucchini, chopped
- 2 garlic cloves, minced
- 1 tbsp chili powder
- 1 (16oz) can kidney beans, rinsed and drained
- 1 (16oz) can black beans, rinsed and drained
- 1 (15oz) can tomato sauce
- 2 (14.5oz) cans no-salt-added diced tomatoes in juice

Instructions
1. Heat oil in a large soup pot over medium-high heat.
2. Add onion and carrots and sauté 5 min. Add green pepper and zucchini and sauté another 2 min.
3. Add garlic and sauté 30 sec. Add chili powder and all remaining ingredients; bring to a boil.
4. Cover, reduce heat, and simmer 30-35 min. or until the vegetables are tender.

Serving Size: 1 cup
Calories 179, Carbohydrate 33 g, Fiber 10 g, Protein 9 g
Fat 3 g (Saturated Fat 0 g), Sodium 492 mg

Recipe from:

Other Learning Opportunities

On Demand e-Learning
Learn about various health conditions in your own time and at your own pace. Many topics available on livinghealthy.ucdavis.edu

Honour Yourself: Advance Care Planning & More
Interactive class to ensure your health and personal care wishes are documented

Living Healthy with Chronic Pain
Class designed to enhance self-management skills and improve quality of life for those struggling with chronic pain

8 Weeks to a Healthier You
Multi-session series to help those with chronic health conditions overcome barriers and achieve effective and healthy self-care skills

Stress Management
Workshop focusing on innovative approaches to managing stress

Easy Breathing
Learn about new treatments and self-care for asthma and COPD

Achieving a Healthy Weight
Overview of healthy weight loss strategies for a non-diet approach

Living Light Living Well*
Multi-phase weight management and lifestyle program

* Fee Applies

Most sessions free.

For information and a complete list of times and locations, please call (916) 734-0718 or visit our website at livinghealthy.ucdavis.edu.