Port Huron Hospital
Diabetes Education

Dealing with Diabetes

October, November & December 2013

Try this fun recipe at the end of summer or fall!

PEACH MELBA

Ingredients:

1 ½ cups of water
¼ cup of sugar
2 tsp. fresh lemon juice
¼ tsp. pure vanilla extract
1 medium peach, peeled, halved and pitted
2 tsp. no-sugar-added raspberry jam
½ cup sugar free, reduced fat vanilla ice cream
2 fresh raspberries

Makes 2 servings

PREPARATION

1. In a small saucepan bring water and sugar to a boil. Add the lemon juice and vanilla. Reduce the heat to low. Add the peach halves to the syrup and cook for 7 to 8 minutes. Remove the saucepan from the heat and allow the peach halves to cool in the syrup for 30 minutes.
2. Using a slotted spoon, place the peach halves in dessert dishes. Cut into slices if so desired. Heat the jam in a microwave safe container for 10 to 20 seconds until melted.
3. Top the peaches with scoops of the ice cream, drizzle with the jam and garnish with fresh raspberries.

NUTRITION INFORMATION

Per serving: calories 90, fat 2g (sat fat 1.3g) carbohydrates 20g (fiber 4g, sugars 1g) cholesterol 5mg, sodium 25mg, potassium 220mg, protein 2g, phosphorus 50mg, Exchanges Fruit 0.5, Carbohydrate 1

Screenings

BLOOD PRESSURE SCREENING
(NO Registration Required)
High blood pressure is referred to as a “silent killer” because it has no symptoms, while damaging your arteries, heart, and other organs. Walk in for a free screening and to learn more about high blood pressure. **FREE**

- **Wednesdays, October 2, November 6 & December 4; 8:30 to 10 a.m.; 55 Plus, 1320 Washington Ave., Port Huron**

FOOT SCREENING
(Registration Required)
Dr. Anthony Bianchi will be here to answer your questions on your foot problems. **FREE**

- **Fridays, October 11 & December 13; 9 a.m. to 12 Noon; 55 Plus, 1320 Washington Ave., Port Huron**

Upcoming Support Group Meeting Dates

All meetings are 6 - 7 p.m. in the Wismer Third Floor Classroom at Port Huron Hospital

October 15: *Trick or Treat! Sink your teeth into good oral hygiene.*

November 19: *‘Tis the Season to be Jolly: Hints for healthy holidays*

December: *No meeting*

This newsletter will be mailed to you every quarter. It identifies the dates and topics for our monthly diabetes support group meetings. Call Port Huron Hospital Diabetes Education at 810.989.3362 with questions or comments.