



Healthy Fontana Newsletter: Diabetes Prevention Month!

City of Fontana sent this bulletin at 11/01/2021 07:00 PM PDT

Having trouble viewing this email? [View it as a Web page.](#)



November 2021 | Volume 2, Issue 11

November is Diabetes Prevention Month

In this month's newsletter, we are focusing on ways diabetes can be prevented by taking a few easy steps. Preventing and managing diabetes can help you live a longer and healthier life.



"Diabetes is like a roller coaster-it has its ups and downs, but it's your choice to scream or enjoy the ride."

Diabetes is a health condition that affects how your body turns food into energy. The food we consume turns into sugar or glucose that

gets released in the bloodstream and signals the body to release insulin. Insulin helps convert the body to usable energy. Diabetes is a result of when the body doesn't create enough insulin or has trouble using insulin and having too much sugar in the blood can create a host of health problems. Diabetes can lead to heart and kidney disease and loss of vision.

The CDC recommends changes to one's lifestyle can be one of the greatest tools in preventing diabetes. Simple changes like including more fiber rich foods into the diet such as beans, chickpeas, whole grains, and leafy greens can be super beneficial. Consuming foods high in fiber help to make us feel full longer and can help lower overall blood sugar levels. The CDC also recommends swapping out

Vegetable Chili Boat



Prep time: 20 mins

Cook time: 25 mins

Makes: 6 servings

What you need:

2.5 tsp canola oil

1/2 c. fresh peeled & diced onion

1/2 c. fresh seeded and diced green bell pepper

1/2 c. canned low-sodium pinto beans (drained & rinsed)

1/2 c. canned low-sodium kidney beans (drained & rinsed)

trans fats with healthier fats such as olive, sunflower, or canola oil. Check out this month's recipe featuring a ton of hearty fiber rich and tasty ingredients to get you started on a diabetic friendly meal.

Did you know that adding veggies to your diet is easier when you grow them yourself? Consider growing your own vegetables and fruits in a community garden plot in the City of Fontana! For more information on leasing a plot, visit <https://www.fontana.org/491/Garden-Plots> or call the Cypress Neighborhood Center at (909) 349-6988.

Additionally, one of the biggest changes one can make is being more active for better health. The American Diabetes Association recommends getting at least 150 minutes of physical active time a week. Looking for some motivation and a community of supporters? Join Healthy Fontana's **Fontana Walks** program! Fontana Walks encourages daily activity for better health and monthly events bring the community together for this common goal. For more information about this FREE walking program, see 'Upcoming Events' to the right or contact Healthy Fontana.

Resources: American Diabetes Association | CDC

'Tis the Season! Being Thankful Can Be Good for Your Health!

As the holidays approach, watching what we eat and being active are not the only ways we can stay healthy. Harvard Medical School states, "*In positive psychology research, **gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.***"

The next time you're sitting at the dinner table with family, start a conversation around what they're thankful for that day. Consider making it a tradition to have everyone share what they are thankful for. Harvard adds "*being grateful helps people connect to something larger than themselves...whether to people, nature, or a higher power.*" This season, remember: **giving thanks can make you healthier!**

Healthy Fontana is Thankful for:

* The **Fontana Walks!** program continues in its 5th year of implementation & monthly in-person events have been up and running since July 2021.

* Our annual **Let's Move on the Trail FREE Health & Safety Expo** last month brought in over 1,800 attendees who received a variety of free resources and giveaways.

* **All of you!** Thank you to our readers of this newsletter, participants of our program, and stakeholders for your continued support.

1/2 c. canned low-sodium black beans (drained & rinsed)

1.5 tbsp. chili powder

1.5 c. canned low-sodium diced tomatoes

1 c. low-sodium chicken stock

hot sauce (optional, to your liking)

1/4 c. canned low-sodium tomato paste

Tortilla chips

1/4 c. reduced-fat cheddar cheese (shredded)

1/4 c. low-fat shredded mozzarella cheese, low moisture, part-skim

To Make:

1. Heat oil in a large pot over medium-high heat. Add onions & peppers. Cook for 2-3 minutes or until soft. Add beans and stir. Add chili powder. Stir and cook for ~1 minute for flavors to infuse.
2. Add tomatoes, stock, and hot sauce. Boil and simmer without a cover for 10 minutes. Add tomato paste and mix well. Let cook for another 10 minutes and reduce heat. Simmer to keep warm.
3. Combine cheeses and use as a topping along with chips.
4. Serve hot and enjoy!

Recipe from USDA's "What's Cooking? USDA Mixing Bowl!"

Upcoming Events:

- 11/11: Veteran's Day Holiday (City of Fontana observed)
- 11/13: **Fontana Walks!** at Mary Vagle Nature Center | 8:00am
- 11/25 & 11/26: Thanksgiving Holiday

(City of Fontana
observed)



Connect with Healthy Fontana!

Community Services Department

16860 Valencia Avenue | Fontana, CA 92335

Healthy Fontana Hotline (909) 350-6542

www.healthyfontana.org | healthy@fontana.org

Stay Connected with the City of Fontana:



SUBSCRIBER SERVICES:

[Manage Subscriptions](#) | [Unsubscribe All](#) | [Help](#)

Powered by



[Privacy Policy](#) | [Cookie Statement](#) | [Help](#)