

Managing Diabetes in the Heat

- People with diabetes get dehydrated (lose too much water from their bodies) more quickly.
- High temperatures can change how your body uses insulin. You may need to test your blood sugar more often and adjust your insulin dose and what you eat and drink.

Warm-weather wisdom:

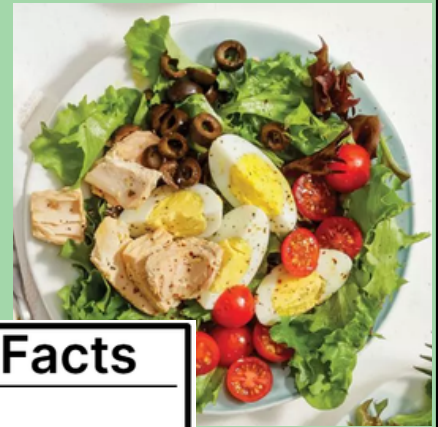
- Drink plenty of water—even if you're not thirsty—so you don't get dehydrated.
- Avoid alcohol and drinks with caffeine, like coffee, soda, and energy or sports drinks. They can lead to water loss and spike your blood sugar levels.
- Check your blood sugar before, during, and after you're active. You may need to change how much insulin you use.
- Wear loose-fitting, lightweight, light-colored clothing.
- Wear sunscreen and a hat when you're outside. Sunburn can raise your blood sugar levels.
- Don't go barefoot, even on the beach or at the pool.
- Use your air conditioner or go to an air-conditioned building or mall to stay cool. In very high heat, a room fan won't cool you enough.

Source: CDC ([click here for full article](#))

Nicoise-Inspired Salad

- 1 (5-oz) package arugula or other salad greens
- 1/3 cup light Italian salad dressing (divided)
- 4 hard-boiled eggs (peeled and quartered)
- 1/4 cup canned, sliced black olives (drained)
- 1 (5-oz) can tuna packed in water (drained and flaked with a fork)
- 2 cup grape tomatoes

1. In a large bowl, add the lettuce and 3 Tbsp of the vinaigrette and toss well to combine. Arrange on a platter or individual plates.
2. Top the salad with the eggs, olives, tuna, and tomatoes. Drizzle with the remaining vinaigrette and serve.



Nutrition Facts	
4 Servings	
Serving Size	2 cups
Amount per serving	
Calories	200
% Daily value*	
Total Fat 13g	17%
Saturated Fat 2.7g	14%
Trans Fats 0g	
Cholesterol 190mg	63%
Sodium 320mg	14%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Added Sugars 0g	0%
Protein 14g	
Potassium 490mg	10%

Watermelon Lime Slushie

- 2 cups watermelon
- 2 cups ice
- 1/4 cup lime juice (from 2 limes)
- 2 tbsp fresh mint leaves (plus more for garnish)

Puree the watermelon, ice, lime juice, and mint in a blender until you get a slushie consistency. Pour into glasses and garnish with a sprig of mint (optional).



Nutrition Facts	
4 Servings	
Serving Size	6 oz (about 3/4 cup)
Amount per serving	
Calories	25
% Daily value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Added Sugars 0g	0%
Protein 1g	
Potassium 105mg	2%