

MUSTARD-MAPLE PORK ROAST

INGREDIENTS:

- 1 pork loin roast
- 2 Tablespoons Dijon mustard
- 1 Tablespoon maple syrup
- 2 teaspoons dried sage
- 1 teaspoon grated orange peel
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 can sliced potatoes
- 2 cups chopped carrots
- 1 Tablespoon oil

RECIPE:

DIABETES FRIENDLY

- Preheat oven to 325°F. Stir together mustard, maple syrup, sage, orange peel, 1/4 teaspoon salt, and pepper. Spoon mixture onto the roast. Place roast face-side up in shallow roasting pan. Cook uncovered for 45 minutes.
- Meanwhile, cook potatoes in a covered large saucepan in enough boiling salted water to cover for 5 minutes. Add carrots and cook for another 5 minutes. Drain.
- Toss together potatoes, carrots, oil and remaining 1/4 tsp salt. Place in roasting pan around pork roast. Cook uncovered for an additional 45 minutes –1 hour until meat thermometer reaches 155°F. Remove from oven, cover roast with foil and let sit for 15 minutes.



Recipe Source: <http://www.eatingwell.com/recipe/269912/mustard-maple-pork-roast/>

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TIPS TO HELP CONTROL BLOOD SUGAR LEVELS

- Avoid excess sugar
- Add protein and fiber into snacks and meals
- Watch portion sizes
- Eat smaller, more frequent meals
- Read food labels and pay attention to carbohydrate amounts and added sugar

Diabetes Awareness

There are two types of diabetes. What is the difference?

Type 1: Type 1 diabetes is a genetic condition in which the pancreas does not produce, or does not produce enough insulin. Without insulin, sugar cannot enter the body's cells to be used for energy. This causes an increase in blood sugar which can lead to further health problems.

Type 2: Type 2 diabetes is a condition in which the body becomes resistant to insulin. This means that when the pancreas produces insulin, the body cannot properly use it to absorb the sugar from food. This leads to high blood sugar.

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