

featured recipe

Marinated
Carrot Salad

Source: Gump family recipe
Serving size: 1/2 cup
Servings per recipe: 6

Ingredients

- 1 pound carrots
- 1/2 cup onion, diced
- 1/4 cup parsley, chopped
- 1 Tbsp vinegar
- 1 Tbsp water
- 1 tsp sugar
- 1/2 tsp salt & pepper
- 2 Tbsp vegetable oil



Instructions

1. Peel carrots, and place in saucepan of water. Bring water to boil and cook carrots 20 minutes. Rinse carrots in cold water.
2. Slice carrots in 1/4 inch rounds. Dice onion and chop parsley. Put these into a medium size mixing bowl.
3. Make marinade. With a fork, mix vinegar, water, sugar, salt & pepper in small bowl. Add oil and mix again.
4. Add marinade to vegetables, and stir gently to combine. Refrigerate 2 hours or more, to mix flavors.
5. Serve cold.

1 IN 3 ADULTS
HAS PREDIABETES.
COULD BE YOU,
YOUR BARBER,
YOUR BARBER'S
BARBER.



TAKE THE RISK TEST
DolHavePrediabetes.org

The Ad Council

Prediabetes is when your blood sugar is higher than normal, but not high enough yet for a diagnosis of type 2 diabetes. If left untreated, prediabetes can lead to type 2 diabetes. With an early diagnosis, prediabetes can be reversed.

Take the risk test at:
DolHaveDiabetes.org.

If you score high on the test,

- Ask your health care provider for a blood test for prediabetes
- **Find a program** to help you make small changes to reverse prediabetes and prevent type 2 diabetes. Call your county health department to see what they offer.
- **There are 4 things you can do** to prevent or reverse prediabetes:
 - Manage your weight
 - Get active
 - Eat healthy
 - Quit smoking

The good news is that you can make small changes now to avoid getting type 2 diabetes in the future!

Mary Lee Bourbeau

Mary Lee Bourbeau
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Finger Lakes Eat Smart New York

PEOPLE WITH PREDIABETES ARE AT
HIGHER RISK
FOR DEVELOPING TYPE 2 DIABETES,
STROKE AND HEART DISEASE

TAKE THE RISK TEST:
DolHavePrediabetes.org

*But taking action will reduce your risk.
Visit DolHavePrediabetes.org to learn more.*

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