

Light BLT Dip

Preparation Time: 5 minutes

Ingredients:

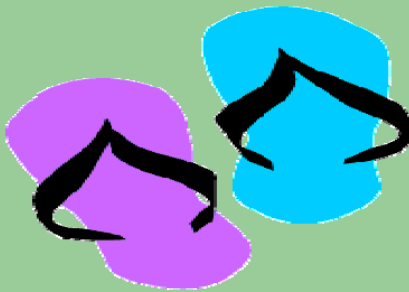
9 strips lean turkey bacon, cooked crisp & chopped
4 small tomatoes, diced
1 cup non-fat plain Greek yogurt
1 cup light sour cream
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Directions:

1. Mix all ingredients together in a medium bowl.
2. Refrigerate for 1 hour before serving.
3. Serve with whole grain crackers, carrots/celery, or pretzels.

Nutrition Facts:

Serving Size: 1/4 cup
Servings per Recipe: 12
Total carbohydrates: 3g



Keep in mind during the summer months with increased activity, insulin doses may need adjusted!!

PDRRC CORNER

SWIM PARTY: August 1, 2015 from 6:30-8:30 at Splashdown in East Peoria. Please RSVP by July 25th!

SWEET KIDS CRUISE IN: To benefit the PDRRC is August 30, 2015 from 11:00am-3PM at the top of the hill in Creve Coeur. One of our patients will choose a car to win a trophy...many baskets to bid on, a handmade quilt, along with other raffle items, food and FUN. All proceeds come to the PDRRC!

ADA Walk to Stop Diabetes: September 26, 2015. Corn Crib, Normal, IL.

JDRF WALK: October 4, 2015 East Peoria Civic Plaza Park Levee District.

Did you know.... That at room temperature..

Apidra Insulin opened is stable at no greater than 77° for 28 days.
Novolog Insulin opened is stable at no greater than 86° for 28 days.
Humalog insulin opened is stable at no greater than 86 for 28 days.

Diabetes Education Program for School and Daycare Personnel August 25, 2015 from 8:30 am- 3:00pm. Jump Trading Simulation & Education Center, Peoria, Illinois

There are updated Diabetes Medical Management Plans (DMMP). Soon to be available on our website. If you have a clinic appointment this summer please bring your **COMPLETED DMMP** to your clinic visit . If you are mailing/ faxing /emailing DMMP forms please make sure they are **COMPLETED**. This also includes Medication Forms that your school may require.

New Drivers:

A Medical Form needs to be filled out by your Endocrinologist. This form is available at the drivers facility or you can go online to obtain at www.cyberdriveillinois.com

For any forms needing a physician signature please allow 2 weeks to complete (DMMP, Medication forms, Drivers forms, FMLA paperwork, or any other forms that may require a provider signature).

TRANSITION PROGRAM:

We have been piloting a transition program in some clinics and will roll it out to all clinics soon. This program has been developed to support children and young adults in our clinic as they get older and gain independence. This program aims to ensure they have information to help them best take care of their health as adults.