

Arkansas Medical Supply

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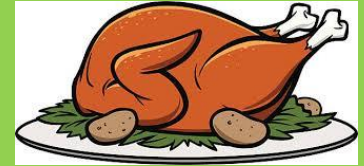


Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity- Try and at least take a slow walk and pick up the pace over time.
- Reduce Portion Sizes- Portion size is the amount of food you eat, such as 1 cup of fruit or 6oz of meat. If you are trying to eat smaller portions, eat a half of your meal instead of all of it and save the rest for later.
- Put Less on your plate- keep meat, chicken, turkey and fish portions to about three ounces which is about the size of a deck of cards. Drink a large glass of water 10 minutes before your meal so you feel less hungry.

AMS NEWSLETTER



November 2018

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

Calendar of Events

- Office will be closed for Thanksgiving Thursday 22nd and Friday 23rd
- November is National Caregivers appreciation month- Thank you to all the caregivers out there!

SU	M	T	W	TR	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 CLOSED	24
25	26	27	28	29	30	

Happy Thanksgiving!

Here are a few tips to keep it light this fall season



EAT THIS		THANKSGIVING	NOT THAT	
White Meat (Turkey Breast)			Dark Turkey Meat	
Mashed Potatoes (lightly drizzled with gravy)			Stuffing	
Green Beans			Candied Yams (with marshmallow topping)	
1 Dinner Roll (But if you have the willpower...skip it!)			Cornbread	
Homemade Cranberry Sauce			Jellied Cranberry Sauce	
Pumpkin Pie			Pecan Pie	
Calories: 731			Calories: 1,281	

Get festive AND healthy with this fruit platters shaped like turkeys. All you need are a few different colored fruits we used. Orange slices, kiwi, strawberries, blueberries, pineapple, and grapes and for the turkey body we used a half of a pear.



Get your pumpkin fix with this healthy PUMPKIN PIE PROTEIN SHAKE



- 1/2 banana
- 1/4 c. canned pumpkin
- 1 c. unsweetened almond milk
- 1/4 tsp. pumpkin pie spice
- 2 pkts. stevia
- 1 scoop vanilla whey protein powder
- 1-2 handfuls of ice
- *Blend and Enjoy!*

Calories: 208/ Fat: 3g / Carbs: 19g / Protein: 28g

<https://itstimetexas.org/tips-healthy-thanksgiving/lucasjamespersonaltraining.com/vectorstock.com>