



MASSACHUSETTS
GENERAL HOSPITAL

Dear [participant],

We have attached this week's personal food and health tips for you below.

Sincerely,
The **ChooseWell 365** Study Team

YOUR TIPS Week of September 18, 2017

1 **REDUCING SUGAR**

Did you know that there are 12 to 14 teaspoons (or 12 to 14 packets) of sugar in the 20 ounce bottle of soda you bought recently? Craving soda but want to reduce your sugar intake? Switch to a 12 ounce can instead, or even better, switch to a diet soda.

2 **BLOOD SUGAR CONTROL**

Looking to decrease your diabetes medication? Regular exercise can help to lower your blood sugar. Increasing your activity may help reduce your medication dose over time. Can you add 10 minutes of activity each day to your routine? Walking is a good place to start.

YOUR WEEKLY RECIPE

Braised Brussels Sprouts with Mustard and Thyme

4 Servings (side dish)
93 Calories/Serving

Ingredients

- 1 tablespoon unsalted butter
- 1 pound medium Brussels sprouts, trimmed and halved
- 2 large shallots, thinly sliced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 tablespoons unsalted chicken stock, divided
- 2 1/2 teaspoons Dijon mustard
- 1 teaspoon honey
- 1 1/2 teaspoons chopped fresh thyme

Preparation

1. Melt butter in a nonstick skillet over medium heat. Add Brussels sprouts to pan, cut side down; cook 2 minutes, without stirring. Add shallots to pan; toss to combine. Cook 2 minutes. Sprinkle with salt and pepper. Add 1/4 cup stock to pan; cover partially, and cook 3 minutes or until Brussels sprouts are crisp-tender. Combine remaining 2 tablespoons stock, mustard, and honey in a bowl; stir into sprout mixture. Sprinkle with thyme. Cook 1 minute, stirring well.

Recipe: <http://www.myrecipes.com/recipe/braised-brussels-sprouts-mustard-thyme>

Recipe used with permission from *Cooking Light*