



Sweet Home Woman Swaps Take-Out for Healthy Living

After a diagnosis of type 2 diabetes last year, Jennifer Arant made it a priority to trade take-out for home-cooked meals. This change, along with regular walking, helped cut her blood sugar readings in half and gave her a new lease on life.

[Read Jennifer's Story](#)



"I knew this could have a positive outcome as long as I was willing to make changes."

– Jennifer Arant



A Plant-Based Diet Gets Results

By Richard Evans, MD

While the last 50 years have brought an explosion of new options for treating type 2 diabetes, none have altered the cornerstone of effective treatment: eating a proper diet, increasing exercise and achieving a healthy weight. Learn how a plant-based diet can help.

[Be Persuaded](#)



Eating a Plant-Based Diet Is Doable!

By Kate Newkirk, RDN, LD

When people hear about plant-based eating, they imagine a lot of salad on the menu – but the truth is much more interesting! Try these five tips for adding plant-based foods into your diet and you'll soon enjoy the health benefits these simple changes can make.

[Get on Board](#)



Give Your Fingers a Rest with Continuous Glucose Monitoring

By Angie Frederic, RDN, CDE and
Donna Keen, RN, CDE

The U.S. Food and Drug Administration recently approved continuous glucose monitoring devices for adults. The best part of this news? You can stay on top of your blood sugar levels without pricking your finger!

[Learn More](#)

Creamy Cashew White Sauce Over Steamed Vegetables

This healthy, delicious take on traditionally heavy white sauce will surprise you with its savory-goodness. Try it over veggies or whole grain pasta in place of cheese sauce and enjoy more protein with less fat!

[Try the Recipe](#)



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