

# CROCKPOT PORK TENDERLOIN



## Ingredients:

- 1 lb. lean pork tenderloin
- 1/4 C. soy sauce, low sodium
- 1 1/2 T. Dijon mustard
- 4 tsp. olive oil
- 3 T. Walden Farms maple syrup
- 1 T. + 1 1/2 tsp. dried minced onions
- 1 tsp. onion powder
- 1 1/2 tsp. garlic powder

## Nutrition Facts

Servings 4.0

### Amount Per Serving

calories 205

### % Daily Value \*

<b>Total Fat</b> 10 g	<b>15 %</b>
Saturated Fat 2 g	<b>10 %</b>
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 60 mg	<b>20 %</b>
<b>Sodium</b> 695 mg	<b>29 %</b>
<b>Potassium</b> 54 mg	<b>2 %</b>
<b>Total Carbohydrate</b> 5 g	<b>2 %</b>
<b>Dietary Fiber</b> 0 g	<b>2 %</b>
<b>Sugars</b> 2 g	
<b>Protein</b> 24 g	<b>49 %</b>

## Directions:

1. In a medium mixing bowl, combine all ingredients except pork; stir to mix.
2. Place pork tenderloin in crockpot; pour marinade over pork.
3. Cook on low 5 hours, turning tenderloin during cooking.
4. Slice and serve, pouring desired amount of marinade over the pork.

November 2024 

## Healthy Size Clinic Will be Closed

**Thursday November 28**

in observance of the Thanksgiving holiday.

We will resume normal business hours the following week.

## Supplement Spotlight:

### CHROMATE \$25

Chromium is the “master” nutrient for controlling blood sugar. Adding chromate to your diet supports the conversion of food to energy and increases metabolic rate. It is an important part of a complete weight loss program.

Chromate helps to promote:

- Reduced cravings, especially sugar\*
  - Reduced fat rebound
  - Healthy cholesterol levels
    - Lean body mass
  - Healthy weight control
- Normal energy metabolism

*Our Location!*

1307 N. Cutting Ave.

Jennings, LA. 70546



Believe it or not, Its holiday season! Thanksgiving is right around the corner and you may be concerned about getting through the holiday season without weight gain.

## Here are some helpful tips for the holiday season!

### 1. Stop eating when you are full.

Instead of fixing a large, overflowing plate, down size your plate. Fill your plate with your vegetables and meat first. Put your unhealthy options on your plate last. Also use a small spoon to serve yourself.

### 2. Walk around and talk to people.

Rather than lingering around the food tables, focus your attention on the entire celebration, such as the people you may only see once a year!

### 3. Plan a workout date the next morning.

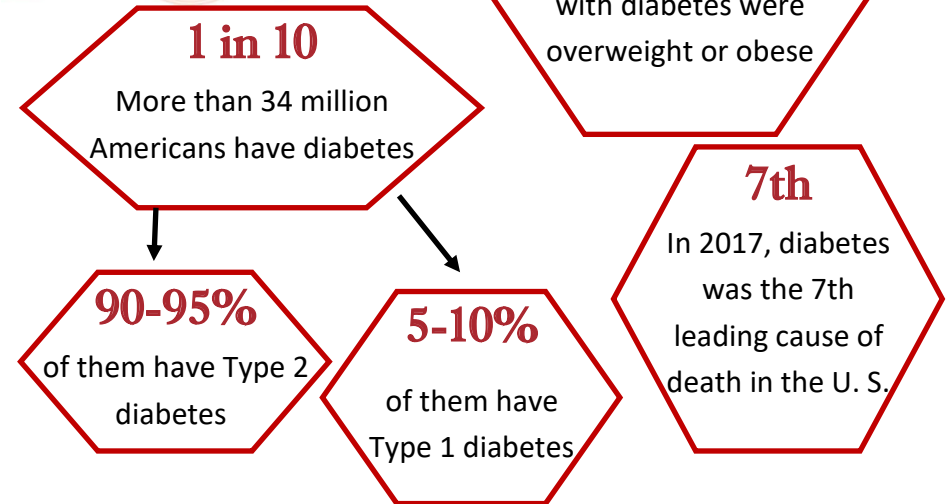
Instead of feeling bloated and lethargic the day after, schedule a fitness date with a friend for that morning. The sooner you get back on track the better you will feel!

### 4. Volunteer to help clean up.

Instead of helping yourself to a second serving, offer to help clean up. Physically removing yourself from the table will help take your attention away from the food.

### 5. Plan a post meal walk or activity.

Having a fun physical activity planned for the whole family will help keep you from overeating and keep everyone active & entertained. You can also plan a walk after your meal. Most likely, some of your family and friends will want to join you.



**Insulin:** A hormone that helps blood sugar enter the cells in your body where it can be used for energy. Without insulin, blood sugar can't get into cells & builds up in the bloodstream

## TYPE 1

- ◆ The pancreas does not produce insulin or makes very little
- ◆ Thought to be caused by an autoimmune reaction
- ◆ Not caused by diet & lifestyle habits
- ◆ No way to prevent it

## TYPE 2

- ◆ Cells don't respond normally to insulin
- ◆ Can be managed with healthy eating & being active
- ◆ Caused by poor diet, low activity levels, family history & obesity
- ◆ Pancreas increases insulin production to try to get cells to respond. Eventually, your pancreas can't keep up & your blood sugar rises, causing prediabetes & type 2 diabetes

