



Thankful for Health



During the holiday season, we often think about the many things for which we are thankful. It might be family, friends, or a good job. It may also be our ability to keep ourselves healthy by eating good food and partaking in physical activity. Here are a few more ways to think about being thankful for health and physical activity.

- If you are able to do physical activity outdoors, you might be thankful for the clean, crisp air that allows you to breathe. Walking outdoors in the sunshine increases your exposure to Vitamin D, which promotes calcium absorption, bone growth, immunity and decreases inflammation.
- Exercising reduces stress by releasing your body's endorphins which elevates your mood. People who engage in regular physical activity have fewer heart attacks and strokes, lower blood pressure and higher levels of HDL (healthy cholesterol) than non-exercisers. For some, it also improves quality of sleep and keeps you energized.
- Maybe you are thankful that physical activity helps you to maintain a healthy weight. Physical activity, especially walking, can be free and is relatively easy to do. By enjoying physical activity, we are able to strengthen the heart and lower disease risk. It also tones the arms, legs and torso. During the holiday season, you might be especially thankful for physical activity when you feel like you've eaten too many desserts, and now have a way to work those extra calories off.
- As you exercise, you might be thankful that you have a good friend to go with you. Maybe you have a spouse or child that likes to go and talk about their day. To be surrounded by friends and family and to be able to forget the stresses of the day may make you grateful for all you have.
- While you are doing physical activity, you can take a few minutes to think of all the things that make you thankful. By doing so, you can live a healthy life.

Source: University of Nebraska-Lincoln Extension

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Thanksgiving Turkey Tips

As Thanksgiving approaches, planning and preparing for the holiday dinner can result in anxiety and questions. What kind of turkey should you buy? Should you buy a frozen or fresh turkey? How do you store the turkey?



A few simple steps will ease holiday fears and ensure a delicious and safe meal for family and friends. The following tips may help you prepare a successful and safe holiday meal.

Thanksgiving Turkey Tips:

- **Plan ahead.** Cut down on holiday anxiety and stress by planning ahead. Plan the menu two to three weeks before the holiday. Shopping early for your Thanksgiving meal will ease the countdown tension
- **Fresh or Frozen?** That is one of the Thanksgiving turkey questions. There is no difference in quality between a fresh or frozen turkey. You can buy a frozen turkey in advance and take advantage of special sales. Fresh turkeys provide convenience because they don't require thawing, but they have shorter shelf lives. Before buying, make sure there is enough space in the refrigerator or freezer.
- **When to buy the bird.** A whole frozen turkey takes about 24 hours per four to five pounds to thaw in the refrigerator. Purchase a frozen turkey as far in advance as necessary to safely thaw it in the refrigerator. If buying fresh, purchase it only one to two days before the meal and keep it refrigerated.
- **How do you know when it's done?** A whole turkey is safe when cooked to a minimum internal temperature of 165 degrees Fahrenheit (°F) throughout, as measured with a food thermometer. Insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast, not touching bone to measure the temperature.
- **Carving and food safety.** Worried about food safety when carving and serving turkey? It's best to let the turkey rest for 20 minutes before carving to allow juices to set, and it will carve easier. Use a clean cutting board that has a well to catch juices. Make sure the knife is sharp before you start carving.
- **Storing leftovers.** It's important to store leftover turkey (cut into smaller pieces) in shallow containers and put them in the refrigerator or freezer within two hours of cooking. Use refrigerated leftover turkey, stuffing and gravy within three to four days. If freezing leftovers, use within 2 to 6 months for best quality. Reheat leftovers thoroughly to 165 °F.

Source: University of Nebraska-Lincoln Extension

November: American Diabetes Month



Did you know every 20 seconds, someone is diagnosed with diabetes? That is more than 4,300 friends,

neighbors, co-workers, and family members a day. November is American Diabetes Month and there are many ways to prevent or delay type 2 diabetes, such as eating healthy, being physically active, quitting smoking, and maintaining a healthy weight. Check out the following information on defining diabetes, preventing/delaying type 2 diabetes.

What is Diabetes?

Diabetes: is a disease that impacts the way our body uses fuel from our food.

- When we eat, our body breaks down food for energy into glucose or sugar in our blood.
- For glucose to be used, insulin, a hormone produced by the pancreas, must be present.
- Symptoms of type 1 and 2 diabetes are frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue, numbness in hands and feet, and frequent infections.
- For all types of diabetes, management includes working with your health care team to eat healthy foods, monitor carbohydrate intake and blood sugar levels, exercise appropriately and maintain a healthy weight.

Type 1 Diabetes: is usually diagnosed in children and young adults and occurs in 5-10% of people with diabetes. People with type 1 diabetes must take insulin because the body does not produce insulin.

Type 2 Diabetes: is the most common form, either the body does not produce enough insulin, or the body is not able to use the insulin. Treatment may include taking diabetes medication or insulin therapy.

Pre-diabetes: 57 million people in the US have prediabetes, a condition that may result in long term damage to the body and an increased risk for heart disease and stroke.

Before people have type 2 diabetes, they almost always have pre-diabetes (blood glucose levels higher than normal but not high enough to be diagnosed as diabetes).

In the Diabetes Prevention Program Study, people with pre-diabetes who were physically active 30 minutes a day and reduced their body weight by 5-10% showed a 58% reduction in developing diabetes.

Delaying & Preventing Type 2 Diabetes

Eat Healthier: This is a great way to lower your risk for type 2 diabetes and heart disease. Start building a healthier plate by eating more vegetables, fruits, leaner meats, whole grains, and low-fat dairy. Check out www.MyPyramid.gov to help you focus on foods you need more of. MyPyramid has eating plans and tools to plan and assess food choices.

Be Active: Physical activity can help lower your risk for pre-diabetes, type 2 diabetes, heart disease, and stroke. It is never too late to be physically active. Find others who are trying to be active, join a group for exercise or support or find a walking buddy, and work together to reach your goals. Aim for 30 minutes on most days.

Quit Smoking: If you do not smoke make a plan to never start, and if you do smoke, challenge yourself to quit. Within a few years of quitting your risk of stroke and coronary artery disease are similar to non-smokers.

Maintain a Healthy Weight: Being overweight raises your risk for type 2 diabetes, heart disease, and stroke. You do not have to lose a lot of weight; even 10–15 pounds can make a difference. People who have lost weight and kept it off are typically physically active most days, eat breakfast, and journal about food and activity habits.

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No-Crust Pumpkin Pie

Pumpkin is an excellent source of vitamin A and fiber. Pies without crusts may take less time to prepare and also contain lower amounts of added sugars and fats.

2 large eggs
1/4 teaspoon salt
1 (15 ounce) can pumpkin
1 3/4 teaspoon pumpkin pie spice*
1 cup non-fat dry milk
1/4 cup all-purpose flour
2/3 cup sugar
1 cup water



Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Spray a 9-inch pie plate with non-stick cooking spray. Set aside.
3. Crack eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Add remaining ingredients except water and mix together.
4. Slowly stir in water until well mixed. Pour into prepared pie plate.
5. Bake for 45 to 55 minutes or until a knife inserted 1-inch from the center comes out clean.
6. Cool completely before cutting. Store leftovers in the refrigerator for up to four days.

Notes:

* Substitute 1 teaspoon cinnamon, 1/2 teaspoon ginger, and 1/4 teaspoon nutmeg for pumpkin pie spice if desired.

Nutrition Information:

Yield: 8 Servings- Serving Size (1/8 of pie): Calories 150, Total Fat 1.5g, Saturated Fat 0.5g, Cholesterol 65mg, Sodium 140mg, Total Carbohydrates 29g, Fiber 2g, Total Sugars 23g, Protein 6g, Vitamin A 180%, Vitamin C 4%, Calcium 15%, Iron 8%

Source: University of Nebraska-Lincoln Extension