

# **November 2021**

## **11/1/2021 Natl Diabetes Month**

November is National Diabetes Month! Nationwide, about 8.5% of adults have Type 2 diabetes. In Texas, 10% have diabetes. Panola County, however, has 13% of adults with diabetes. I'm Clarissa Moon here with some tips on preventing and managing this chronic condition.

This year's slogan for National Diabetes Month is "Small Steps, Big Difference". Diabetes self-management is like a three-legged stool. Medication, nutrition and physical activity are the three legs to that stool and they are all important! If you remove one of the legs, you'll crash.

So, what small steps can you take that will benefit the three legs to your stool?

- Make sure you're taking your medicine as directed by your doctor
- Monitor glucose as directed by your doctor
- Spread your carbohydrates throughout the day
- Make half your grains whole grains
- Focus on non-starchy vegetables

Hopefully this tips can give you a good start for self-management.

For more information visit [panola.agrilife.org](http://panola.agrilife.org)

## **11/8/2021 Sleep your way to better health**

There's nothing quite as nice as sleeping in a warm bed while it's cold and wet outside. You can call it a guilty pleasure if you'd like, but really, sleep is good for you! I'm Clarissa Moon here with 8 tips to get your 8 hours in.

1. Create a sleep schedule and stick with it as much as possible
2. Aim for 7+ hours- this is the minimal amount of sleep for optimal health
3. Give yourself a buffer. Set a reminder on your phone to go off every night 30 minutes before you want to conk out
4. Reserve your bed for sleep
5. Avoid alcohol and caffeine before bed
6. Make your bed a sanctuary, splurge on the nice sheets or essential oils to make it a happy place
7. Exercise regularly and outdoors if you can. It's good for your circadian rhythm, and well, everything.
8. Don't smoke

There you have it! 8 tips for 8 hours, do your part to make the world a happier, well rested place.

<https://www.acsm.org/docs/default-source/files-for-resource-library/afi/sleep-your-way-to-better-health-infographic.pdf>

## **11/15/2021: Make a Healthy Twist to your Favorite Thanksgiving Recipes**

Thanksgiving is just around the corner and I don't know about you but I am incredibly excited for all the delicious food. Everyone has their favorite thanksgiving dishes, but they all come with a price. This is a food-centered holiday and we tend to crank up the sugar and fat in our recipes. This year, I'm asking you to consider adding a healthy twist to some of your favorite dishes. I'm Clarissa Moon asking you to hear my prayer.

- Experts say that sugar, fat and sodium content can be reduced without a noticeable difference in taste. Try these tactics:
  - If a recipe calls for one cup of sugar, consider using  $\frac{3}{4}$  or  $\frac{2}{3}$  of a cup instead. If it calls for a half cup of fatty ingredient, try  $\frac{1}{3}$  cup instead.
  - Use nonfat dairy ingredients
  - Use low-sodium broth instead of butter in your mashed potatoes
  - Try using more herbs and spices instead of salt and sugar.
- Modifying a complicated recipe will take time to perfect so we recommend giving it a test run before the big day.

If you need help modifying recipes or would like to learn more about healthy holiday tips, visit [panola.agrilife.org](http://panola.agrilife.org)

<https://today.tamu.edu/2020/11/20/how-to-make-healthier-thanksgiving-recipes/>

## **11/22/2021: 7 Tips for a Healthier Thanksgiving**

Thanksgiving is almost here and we will officially begin the holiday season. Holidays are often a challenging time when it comes to health and habits. I'm Clarissa Moon here with 7 quick tips on having a healthier thanksgiving.

- Eat breakfast- it's tempting to save room for later but this can tempt you to overindulge. Just a small breakfast will be enough to help keep your appetite in check.
- Stay active- schedule some time in your day to get a little exercise whether it's an early morning jog or an afternoon football game with family.

- Portion control. The biggest tip here is to use a 9-inch plate. We tend to eat everything on our plate, regardless of hunger. Using a smaller plate to begin with limits the amount of food you get in the first place.
- Keep it light- do some simple ingredient substitutions in your favorite dishes to cut back on unnecessary fat, sugar or calories
- Go slow- take your time. Savor every bite and drink water between bites. Give your brain 20 minutes to let you know when you're full.
- Know your limits- If you're a huge fan of sweets like me- this can be difficult. Try smaller portions of dessert and/or find a healthier alternative when you're still craving more.
- Family and friends- this is the true reason we celebrate Thanksgiving.

There you go! 7 tips for having a healthy turkey day. Start the season off right and don't let your health take the back burner!

### **11/29/2021: Leftovers = Makeovers**

You know Thanksgiving is over when you have a fridge full of casseroles and turkey. If you find yourself getting tired of eating your thanksgiving leftovers day after day, consider giving those leftovers a makeover. I'm Clarissa Moon here with some tips on reviving your sad leftovers.

First of all- make sure it's safe. All perishable foods can only stay at room temperature for two hours. If you had ham sitting out for 4-5 hours, it's time to say goodbye. Then, reheat your leftovers to 165 degrees. Bring sauces, soups and gravies to a rolling boil before serving again.

Now for the fun part- makeovers!

Extra rice can be used in soups, casseroles or meatballs. You can actually freeze rice too!

Leftover bread and rolls can make an excellent bread pudding! You could also dry it out for breadcrumbs or French toast.

Fruit can be added to salads, breads, pancakes, and more.

Veggies can be used in salads, omelets, casseroles, or more.

Leftover meat can be used for sandwiches, soup, casseroles or tacos!

Hopefully this gives you some good tips on giving those leftovers a makeover. For more info, visit [blogs.cornell.edu](https://blogs.cornell.edu) or [panola.agrilife.org](https://panola.agrilife.org)

[https://blogs.cornell.edu/cceherkimer/2021/04/12/makeovers-for-your-leftovers/?fbclid=IwAR10w0oc2WnwcPNDsvBVB7-uv5RuNsba5l92\\_GGYpnudYskvI1eh-0gLnCw](https://blogs.cornell.edu/cceherkimer/2021/04/12/makeovers-for-your-leftovers/?fbclid=IwAR10w0oc2WnwcPNDsvBVB7-uv5RuNsba5l92_GGYpnudYskvI1eh-0gLnCw)