



# Get to Know the Facts About Diabetes!

## *In this issue...*

- Myths and Truths About Diabetes
- November exercise tip
- November Recipe- Sweet Potato Muffins

For more information regarding Better Living for Texans, please contact:

## **Katie Cook**

Better Living for Texans  
Extension Assistant

Katie.cook@ag.tamu.edu  
(979)-823-0129

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

## **November 2017 Brazos County Better Living for Texans Newsletter**

Diabetes is a serious issue in our society and many people have misleading facts about it. Below are some myths that are associated with diabetes, along with the true facts:

**Myth:** Diabetes is caused by eating too much sugar

**Truth:** Type 1 diabetes is caused by genetics and unknown factors that trigger its onset. Type 2 diabetes is caused by genetics and lifestyle factors. Diets high in calories from any source contributes to weight gain which increases your risk of developing type 2 diabetes.

**Myth:** Women with diabetes shouldn't get pregnant.

**Truth:** Women who manage their diabetes well can have a normal pregnancy and give birth to a healthy baby.

**Myth:** Diabetes doesn't run in my family, so I'm safe.

**Truth:** Your family history is only one of the several risk factors for type 2 diabetes.

**Myth:** You have to lose a lot of weight for your diabetes to improve.

**Truth:** Losing just 7% of your body weight can offer significant health benefits. This would be like losing 15 pounds if you weigh 200.

Make sure you are talking with your health care provider about your risk of developing diabetes.

Click the link below to take the Type 2 Diabetes Risk Test from the American Diabetes Association.

<http://www.stopdiabetes.com/get-the-facts/risk-test.html>



Photo Source: <https://www.organicfacts.net/diabetes.html>

Source: <http://www.stopdiabetes.com/>

# November Exercise Tip- No Quit November!

We are coming into the holidays, which mean lots of good food and enjoying friends and family. With all of this good food, we want to make sure that we are exercising as well. Core strength is very important for any exercise, as well as posture and your daily activities. Below is a schedule for 30 days to increase core strength by doing a plank every day, each day holding it a little longer than the day before.

## Planksgiving 30 days of Thanks and Planks

Day 1: 20s	Day 13: 1 min 10s	Day 25: rest
Day 2: 30s	Day 14: 1 min 20s	Day 26: 2 min 15s
Day 3: 30s	Day 15: rest	Day 27: 2 min 15s
Day 4: 35s	Day 16: 1 min 20s	Day 28: 2 min 30s
Day 5: rest	Day 17: 1 min 30s	Day 29: 2 min 45s
Day 6: 40s	Day 18: 1 min 30s	Day 30: 3 min
Day 7: 45s	Day 19: 1 min 45s	<b>*Completed!*</b>



## Sweet Potato Muffins

Makes: 30 servings

### Ingredients:

4 Tbsp margarine  
½ cup sugar  
2/3 cup mashed sweet potatoes  
1 egg  
¾ cup flour  
2 tsp baking powder  
½ tsp salt  
½ tsp cinnamon  
½ tsp nutmeg  
½ cup skim milk  
¼ cup chopped pecans  
¼ cup chopped raisins



### Directions:

1. Wash your hands and clean your cooking area
2. Pre-heat your oven to 400F
3. In medium mixing bowl, cream margarine and sugar
4. Add egg and sweet potatoes; mix well
5. In the large bowl, stir flour with baking powder, salt, and spices.
6. Alternate adding milk and the potato mixture to the lar bowl with your dry ingredients
7. Fold in nuts and raisins
8. Spoon into greased 1 ½ inch muffin tins, filling each 2/3 full
9. Bake at 400F for 10 minutes or until golden brown
10. Let cool for about 5 minutes before serving

### Nutrition Information per serving: 1 mini muffin

Calories 53  
Total Fat 2 g  
Saturated Fat 0 g  
Sodium 92 mg  
Carbohydrate 8 g  
Cholesterol 7 g  
Protein 1 g

For more recipes and  
information on healthy  
nutrition habits, visit:  
[blt.tamu.edu](http://blt.tamu.edu)