

Family and Consumer Sciences “Connections” in Runnels County

TEXAS A&M
AGRI LIFE
EXTENSION

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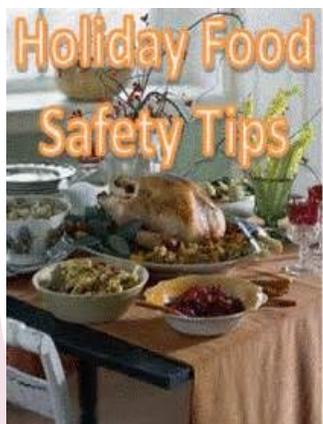
Texas A&M AgriLife Extension Celebrates National Diabetes Month

In November, Texas A&M AgriLife Extension recognizes National Diabetes Month. Created by the National Institute of Diabetes and Digestive and Kidney Diseases, this year’s slogan is “Small Steps, Big Difference,” and focuses on changes that can help prevent diabetes.

“Making several changes in lifestyle, like improving eating and exercise habits, can feel so overwhelming that we don’t make any changes at all,” said David Leal, program specialist with Texas A&M AgriLife Extension. “By focusing on simple tasks like walking or adding some fresh fruit as one of your snacks, hopefully we can celebrate our progress, and add more changes as we are able.”

Try these small steps that can make a big difference:

1. **Move more.** Take a walk at lunch or whenever you have the energy and could use a brain break. Start with 10 minutes and add as you are able. The extra muscle movement and circulation does wonders for mood and stress.
2. **Balance your plate.** Focus on a food habit that needs to improve. Replacing high calorie drinks with water or adding veggies to your dinner can really help improve your health over time.
3. **Set behavior goals.** Your goals should involve a change in your regular routine. Walking 3-5 times per week or packing your water bottle in your bag everyday are great ways to begin to be healthier.
4. **Get help.** Support and encouragement can make a big difference when making changes to your life. Find a walking buddy or ask for encouragement from family or friends. Building a support network can make your lifestyle easier to maintain and enjoy.



12 Tips for Holiday Eating

It's easy to get swept up in the holiday season. This season of religious and national celebrations includes favorite comfort foods and rich desserts for most people. But the feasts and parties that mark the season can tax the arteries and strain the waistline. By eating just 200 extra calories a day — a piece of pecan pie and a tumbler of eggnog here, a couple latkes and some butter cookies there — you could pack on two to three pounds over this five- to six-week period. That doesn't sound like much, except few people shed that extra weight in the following months and years.

You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of defensive eating and cooking, you can come through the holidays without making "go on a diet" one of your New Year's resolutions.

1. Budget wisely.
2. Take 10 before taking seconds.
3. Distance helps the heart stay healthy.
4. Don't go out with an empty tank.
5. Drink to your health.
6. Avoid alcohol on an empty stomach.
7. Put on your dancing (or walking) shoes.
8. Make room for veggies.
9. Be buffet savvy.
10. Don't shop hungry.
11. Cook from (and for) the heart.
12. Pay attention to what really matters.



<https://www.health.harvard.edu/blog/12-tips-for-holiday-eating-201212242506>

A Safe Holiday Meal

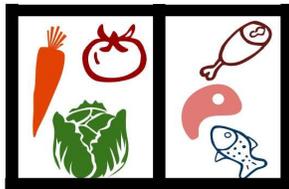


1 in 6 AMERICANS WILL GET A FOODBORNE ILLNESS THIS YEAR

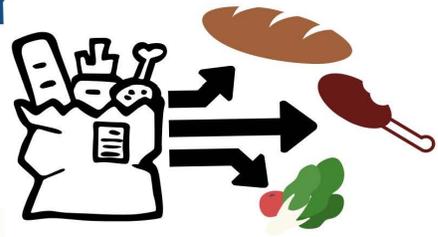
Follow these simple steps to ensure a **SAFE** holiday meal

SHOP SAFELY

Keep fresh fruits and vegetables **separate** from raw meat and poultry



Store perishable foods quickly: within **30 minutes**



PREPARE SAFELY

WASH HANDS, SURFACES, AND UTENSILS *between* EACH FOOD-PREP STEP

Never thaw frozen meat on the counter



THAW FORMULA: 24 HOURS FOR EVERY 4 POUNDS OF MEAT

Thaw it in the refrigerator instead



A FOOD THERMOMETER IS THE ONLY WAY TO KNOW THAT MEAT HAS BEEN COOKED TO A SAFE TEMPERATURE!



Keep **hot** foods above **140°**
Refrigerate **cold** foods at **40°**



COOK TURKEY AND CHICKEN TO

165° F

STORE SAFELY

Store leftovers in shallow containers for faster cooling

EAT or STORE 2 hours (& eat the leftovers within **3** days) cooked foods within



REHEAT LEFTOVERS TO 165° F!



TEXAS A&M AGRILIFE EXTENSION Distributed by the Texas A&M AgriLife Extension Service

Adapted from www.holidayfoodsafety.org

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

Did you know....November is
Banana Pudding Lovers Month
Try this unique pudding.

Banana Chocolate Pudding



Ingredients:

- 1 large avocado pitted and peeled
- 1 banana
- 1/2 cup cocoa powder-unsweetened
- 6 tablespoons honey
- 1/4 cup non-fat milk
- 1 teaspoon coffee powder
- 1 teaspoon vanilla

What to do:

1. Wash your hands, clean your cooking area and wash fruit.
2. Place all ingredients in the bowl of a food processor and blend until smooth.
3. Chill until ready to serve. Garnish with orange zest.

<https://dinnertonight.tamu.edu/recipe/banana-chocolate-pudding/>

Nutrition Facts

servings per container	
Serving size	(122g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 43g	16%
Dietary Fiber 7g	25%
Total Sugars 31g	
Includes 26g Added Sugars	52%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 495mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cooking Well with Diabetes is a cooking class designed to help people with diabetes and anyone that prepares food for them. This four-lesson course includes basic nutrition education to help plan meals and prepare food for people living with diabetes. Find quick dinner ideas and gain access to 25+ recipes that will help you cook well with diabetes.

Workshop Details

Date: Mondays starting November 1
Time: 10 am-12 pm
Location: Ballinger Senior Citizen Building
Registration Fee: \$15.00

Register at <https://runnels.agrilife.org/> by October 28.

Lessons include:

- Recognizing carbohydrate foods
- Planning balanced and satisfying meals
- Reducing fats in recipes
- Increasing use of healthier fats
- Improving sodium & fiber content in recipes
- Celebrating holidays sensibly



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