



Food and Fitness



November 2009

Answerline is there for You

Is it really all right to cook a turkey from the frozen state? I've even heard that it is safer.

Can I make my pumpkins pies ahead of time? Is it best to bake them first and then freeze them?



Do pumpkin pies have to be kept in the refrigerator? I notice grocery stores do not have them refrigerated.

How do you safely prepare the "stuffing" in the slow cooker?

What "foods" travel best when sending items overseas? What is the time table for doing this?

These questions (and others that arise in managing a home) can be answered by AnswerLine, a joint project between Iowa State University Extension and Minnesota University Extension. Since March 1975, AnswerLine has been responding to over 20,000 questions a year with reliable research based information to help you make sound decisions.

Help is a phone call away - 1-800-262-3804.

Give Thanks—on a Diet

You have high blood pressure, high cholesterol or type 2 diabetes and you follow a special diet. How can you enjoy Thanksgiving dinner without ignoring your healthy food choices? Follow these tips for having a satisfying meal while making allowances for your special diet.

- If you are a guest, offer to bring a dish to pass that fits into your meal plan. Generally, a food that is good for you is good for everyone.
- Do not show up famished. It is better to eat a healthy snack before you arrive.
- Choose smaller portions and avoid going back for second helpings.

Try these Adjustments to the menu for a healthier meal

- **Turkey:** Remove the skin and limit your portion to the size of a deck of cards.
- **Sweet potatoes and mashed potatoes:** Limit these items to ½ cup servings.
- **Gravy:** Take one spoonful rather than letting your food swim in it.
- **Cranberries:** Use as a condiment to add flavor and color to your meal.
- **Vegetables:** Add plenty of cooked or raw vegetables, but limit or skip the ones with rich sauces.
- **Dessert:** Enjoy a small piece of pumpkin pie or apple crisp.



For Questions About...

Polk County
Congregate Meals
515-286-2062

Commodity &
Supplemental Foods
515-286-3655

Nutrition, Food
Preparation &
Food Safety
ISU AnswerLine
1-800-262-3804

How to Prevent Eye Disease

You can take some steps to stop eye disease.

Here are a few:



- **Avoid tobacco smoke.** Exposure increases the risk of cataracts and macular degeneration.
- **Eat Right.** A diet high in fruits and vegetables may protect against both cataracts and macular degeneration. Fatty fish may provide further protection against cataracts. And B vitamins from foods such as fortified cereals, leafy green vegetables, and citrus fruit may offer extra protection against macular degeneration.
- **Lose excess weight and control high blood pressure and diabetes.** These problems appear to increase the risk of cataracts and glaucoma.



- **Shield your Eyes.** Sunglasses that protect against ultraviolet light can reduce the risk of cataracts and possibly macular degeneration. And wearing goggles when using power tools or playing sports can prevent injuries that increase the risk of cataracts and glaucoma.

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**IOWA STATE
UNIVERSITY**
University Extension



SOUTHERN SWEETPOTATO CORN SOUP

8-10 Servings

Ingredients:

3 tablespoons margarine
 3 tablespoons all-purpose flour
 3 cups low-fat milk
 1 can (15 oz.) whole kernel corn, drained
 1/4 cup minced onions
 1/4 cup minced celery
 2 cups low-fat milk
 1/8 teaspoon salt
 pepper to taste
 3 cans (15 oz.) sweet potatoes, drained & diced

Preparation:

In large sauce pan melt margarine; add flour and blend. Gradually add 3 cups milk and cook over low heat, stirring constantly, until thickened.

In another pot, combine corn, onions, celery and 2 cups milk; cook over low heat until milk is simmering.

Add vegetable mixture to the white sauce in stockpot; season with salt and pepper. Add sweet potatoes. Heat to serving temperature, stirring occasionally.



... and justice for all

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