

Words on Wellness

November Is National Diabetes Month



Diabetes is a chronic health condition that affects more than 37 million U.S. adults. In the last 20 years the number of adults diagnosed has more than doubled, and one in five of all adults with diabetes do not know they have it.

Most of the food we eat is converted into glucose (sugar). Glucose is used as energy to fuel our bodies, including our muscles and brains. Too much glucose in our blood causes damage to our eyes, nerves, kidneys, and hearts. Insulin is a hormone that allows our body to use glucose for energy.

Type 2 diabetes occurs when a person's body does not use insulin well. More than 90% of people with diabetes have type 2, which develops over many years. You can manage symptoms or prevent type 2 diabetes by being physically active, eating nutritious food, and maintaining a healthy body weight.

Type 1 diabetes is when a person's body does not make enough insulin. People with type 1 diabetes need to take insulin to manage their blood glucose.

Talk to your health care provider if you have questions about diabetes or visit the CDC Diabetes [website](http://www.cdc.gov/diabetes/basics), www.cdc.gov/diabetes/basics, for more information.

Sources: [Centers for Disease Control and Prevention](http://www.cdc.gov), www.cdc.gov
[Iowa Public Health](http://go.iastate.edu/QC72N8), go.iastate.edu/QC72N8

Fiesta Skillet Dinner

Serving Size: 1 1/2 cups | Serves: 5



Ingredients:

- 1 can (15.5 ounces) Mexican style tomatoes
- 1 can (15.5 ounces) black beans (drained and rinsed)
- 1 cup frozen (or canned) corn
- 1 tablespoon chili powder
- 2 cups cooked chicken, diced
- 1 cup prepared instant brown rice (1/2 cup uncooked)
- 1/2 cup 2% reduced fat cheddar cheese, shredded

Directions:

1. Mix the tomatoes, black beans, corn, chili powder, and chicken in a large skillet. Cook over medium heat until heated through.
2. Add the cooked rice and stir thoroughly. Top with shredded cheddar cheese.
3. Serve hot.

Nutrition information per serving:

360 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 55mg cholesterol, 790mg sodium, 50g total carbohydrate, 10g fiber, 6g sugar, 31g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](http://SpendSmart.EatSmart), spendsmart.extension.iastate.edu.

Cooking in a Hurry

When time is short for cooking, having a stocked pantry and freezer can be a game-changer. By keeping healthy staple ingredients on hand, you can shorten a meal's cook time and save money. Try these tips to save time and money the next time you need a meal in a hurry.

Use Quick and Easy Recipes: Planning and purchasing ingredients for easy recipes that only need a few ingredients can simplify cooking. Many healthy, quick recipes can be found at [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu/), go.iastate.edu/1E3RBW, and [MyPlate](https://myplate.gov), www.myplate.gov.

Purchase Pantry Staples: Nonperishable food items are budget friendly, and their long shelf life reduces food waste. Many delicious meals only need a few canned goods, a protein, and a whole grain pasta or rice. Some canned foods are very high in sodium, so choose low-sodium or no-salt-added options when available.

Soups in a Snap: Many quick meals can center around a nutritious bowl of soup. Make it a meal when served with a salad, whole-grain bread, and a glass of low-fat milk.

Use Frozen Vegetables: Frozen vegetables are a great way to add flavor, nutrients, and color to your meals. Frozen vegetables have nearly the same nutritional benefits as fresh, and many entrees and side dishes can be planned around a frozen vegetable.

Sources: [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu/), spendsmart.extension.iastate.edu/
[MyPlate](https://myplate.gov), myplate.gov/myplate-kitchen

Sleeping Is Time Well Spent

Sleep is as important to our health as good diet and exercise. Adults need seven to nine hours of sleep per night, and many people do not get enough. Quality sleep allows our brains and bodies to rebuild and repair. Lack of good sleep raises the risk of heart disease, obesity, stroke, and dementia.

Healthy sleep is not only the amount of time spent in bed, but also getting quality, uninterrupted rest on a consistent sleep schedule. Use these tips to give your body and brain the restful recharge it needs for optimum health:

- Be physically active during the day.
- Create a good sleep environment that is quiet, dark, and cool.
- Go to bed and get up at a consistent time, even during weekends.
- Remove electronic devices from the bedroom.
- Avoid stimulants such as nicotine and caffeine.
- Limit alcohol and large meals close to bedtime.
- Talk to your health care provider if you have persistent sleeping issues.

For more information about sleep and sleeping disorders, visit the [Centers for Disease Control and Prevention](https://www.cdc.gov/sleep), www.cdc.gov/sleep.

Sources: [CDC](https://www.cdc.gov), www.cdc.gov
[National Institutes of Health](https://newsinhealth.nih.gov), newsinhealth.nih.gov

Copyright 2022 © Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.
PM 2099 November 2023

Here for you.
Now.
Always.

Iowa State University
Extension and Outreach

AnswerLine

Call 1-800-262-3804

extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

extension.iastate.edu/

humansciences

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



Share with us your thoughts!
go.iastate.edu/BBYBJQ