

Words on Wellness

Your extension connection to nutrition and fitness

November is American Diabetes Month.

Enjoying Thanksgiving Dinner When You Have Diabetes

For the nearly 26 million children and adults living with diabetes, the Thanksgiving meal can cause some anxiety when it comes to maintaining healthy blood sugars. Mashed potatoes, rolls, stuffing, sweet potatoes or winter squash, and pumpkin pie are all carbohydrate sources. Controlling your blood sugar means watching the amount of total carbohydrate consumed at a meal. The following tips can help control blood sugar levels while allowing you to still enjoy the festive holiday meal.

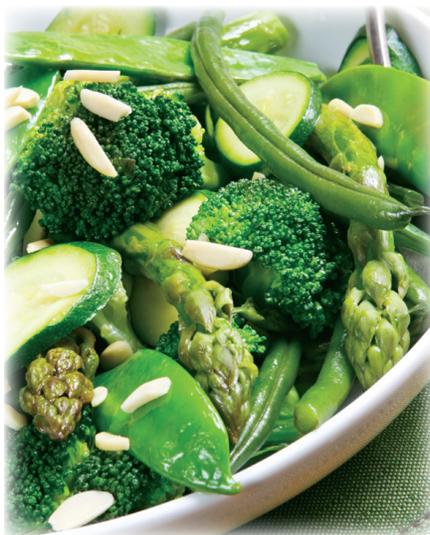
Be physically active. Compensate for the extra food you eat by being more active than usual. Instead of napping after Thanksgiving dinner, go for a walk or start a new family tradition of some type of physical activity (ice skating, flag football, hiking, bike ride).

Be selective. Eat your favorite special foods and pass on the rest. For example, eat the stuffing and pass on the mashed potatoes or rolls.

Choose reasonable portions. Instead of eating a heaping pile of stuffing, enjoy $\frac{1}{2}$ cup or an amount about the size of a baseball.

Offer to bring a dish. Bring a side of non-starchy vegetables like seasoned steamed green beans or a green salad. They will help to fill you up and keep you from eating other high-calorie foods.

For more information on diabetes, visit www.diabetes.org



Old-Fashioned Stuffing

Serves: 10 (Serving size: $\frac{1}{2}$ cup)

Ingredients

- 8 cups dried whole wheat bread cubes
- 3 Tablespoons margarine or butter
- 2 cups diced celery
- 1 cup chopped onions
- $\frac{1}{4}$ cup sliced mushrooms or one can mushrooms (optional)
- 1 teaspoon ground sage
- $\frac{3}{4}$ teaspoon poultry seasoning
- 1 teaspoon pepper
- 3 cups chicken or turkey broth

Directions

1. Toast bread cubes and set aside – see “Tips” below.
2. Melt margarine or butter in a medium sized frying pan.
3. Add celery and onion, cook until tender, about 10 minutes.
4. Add mushrooms, seasoning, and broth. Cook 5 minutes.
5. Remove from heat and add toasted bread cubes. Cover and let stand 10 minutes. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Tip

Bread cubes can be toasted by cutting 15 to 20 slices of bread into cubes, spreading the cubes evenly over a cookie sheet, and bake at 350°F for 10-15 minutes, or until lightly browned.

Nutrient information per serving

118 calories, 4.5 grams total fat, 0 mg cholesterol, 17 grams carbohydrate, 1.5 grams fiber, 2.8 grams protein, 398.5 mg sodium

For more recipes and to access the full nutritional profile of this recipes, visit www.extension.iastate.edu/foodsavings.



SafeFood App Helps You Know How Hot to Cook Your Meat

Not sure how hot to cook your turkey? Download the ISU SafeFood App from iTunes for your iPhone, iPod touch, or iPad. The SafeFood App will help you quickly find the right internal meat temperature for safe cooking and eating. <http://itunes.apple.com/us/app/safefood/id376503723?mt=8> Other turkey questions? Call Iowa State University Extension's AnswerLine at 1-800-262-3804.

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Food Safety Tips for Stuffing

For many, stuffing is an essential part of the Thanksgiving meal. For optimum safety and uniform doneness, the USDA recommends cooking stuffing separately. However, if stuffing a turkey is a tradition, follow these food safety tips to ensure that the stuffing and turkey are safe to eat.

- Cook any meat, poultry, or seafood you plan to use as an ingredient in the stuffing before adding it to the stuffing and turkey.
- The wet ingredients (e.g., broth) for the stuffing can be prepared ahead of time and refrigerated. Do not mix the wet and dry ingredients (e.g., bread crumbs) until just before stuffing the mixture into the turkey cavity. Remember not to let the prepared stuffing cool. Spoon it directly into the turkey cavity after it is made.
- Stuff the turkey loosely. About $\frac{3}{4}$ cup stuffing per pound of turkey.
- Do not stuff turkeys that are to be grilled, smoked, fried, or cooked in the microwave.
- Immediately place the stuffed turkey into an oven set no lower than 325°F. Cook the turkey until the turkey and the stuffing have both reached 165°F. Check the temperature with a food thermometer. Refrigerate the turkey and stuffing within 2 hours after cooking.
- Use leftovers within 3 to 4 days. Reheat leftovers to a safe minimum internal cooking temperature of 165°F. Visit www.4daythrowaway.org for more information on using leftovers.

Adapted from *Turkey Basics: Stuffing* found at http://www.fsis.usda.gov/PDF/Turkey_Basics_Stuffing.pdf

Keeping Active When It Is Cold Outside

Being physically active can sometimes be a challenge when it is cold outside. However, children still need 60 minutes or more and adults need 30 minutes or more daily of moderate physical activity. Here are some tips to keep you and your family active when it is cold outside:

1. Dress in layers and head outside for a family walk.
2. Go sledding.
3. Build a snowman.
4. Try cross-country skiing.
5. Turn on the music and dance!
6. Check with your local park and recreation centers for organized indoor sports such as basketball. They often have leagues for both children and adults.
7. Choose an exergaming video game like Wii® Fit or Dance Revolution.
8. Go to an indoor pool and swim laps.
9. Check with the local school to see if it offers open gym in the evenings or on the weekends when community members can play basketball, walk, or participate in other active games.
10. Limit TV and computer sedentary time to two hours or less daily.

For more information on children and physical activity, read the *Pyramids of Health—Raising Healthy Kids* publication found at

<https://store.extension.iastate.edu/ItemDetail.aspx?ProductID=5541>



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