

Nutrition News

Southwest Region Monthly Nutrition Newsletter November 2020

Chew on This: November is National Diabetes Month

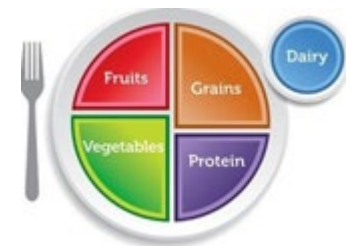
During November, The American Diabetes Association seeks to raise awareness about the symptoms and risk factors associated with diabetes since it affects one in ten Americans. However, these individuals can have a normal lifestyle since diabetes is manageable. While “management plans” typically include eating well and physical activity to maintain healthy blood sugar levels. Here are some eating tips that can be helpful when attempting to manage diabetes:

- **Eat a variety of foods.** Be sure to include foods from every food group in your diet.
- **Make half your plate fruits and vegetables.** Fruits and vegetables contain fiber, vitamins, and minerals that are good for overall health. Try to choose less starchy vegetables such as leafy greens, asparagus, carrots, and broccoli. Also, choose whole fruits more often than fruit juices.
- **Choose healthy carbohydrates.** Increase your fiber intake by making half of the grains you consume whole grains each day. Brown rice, oatmeal, whole wheat bread, and cereals are excellent sources of fiber.
- **Eat less fat.** Choose lean meats such as poultry and fish when possible. Consider baking, broiling, steaming, grilling, or boiling food as opposed to frying it. Select low-fat or fat-free dairy products.
- **Cut the salt.** Having diabetes increases the risk of hypertension. Use pepper, herbs, and seasoning to create flavorful dishes to decrease high blood pressure risk.
- **Avoid skipping meals.** Be sure to stick to a consistent routine to avoid inconsistent blood sugar levels, hunger, and the ability to focus.
- **Focus on your food.** Try to enjoy each meal free of distraction so that you can pay attention to your food intake without under or overdoing it.

Health Awareness

November is

World Diabetes Day 14th
Clean Out Your
Refrigerator Day 15th
Take a Hike Day 17th
Throw Out Your Leftovers
Day 29th
National Fig Week 1st
week
Split Pea Soup Week 2nd
week
American Diabetes Month
Sweet Potato Awareness
Month



- **Watch portions.** There is no need to completely cut out carbohydrate-rich foods but monitor the amount of carbohydrates you consume each day. Be sure to read labels and be aware of portion sizes.

Consult with your doctor and dietitian to develop an eating plan that best fits your needs. For more information on National Diabetes Month, visit The American Diabetes Association.

Sources:

<https://www.diabetes.org/nutrition>

<https://www.eatright.org/health/diseases-and-conditions/diabetes/eating-right-with-diabetes>

Get Moving: Go Play, Your Way!

Having diabetes increases the risk of heart disease. The American Heart Association and Centers for Disease Control recommend that Americans engage in at least 150 minutes of moderate-to-vigorous physical activity per week to decrease heart disease risk. However, 1 in 5 adults and teenagers do not meet the recommendation. People who have heart disease or at risk for heart disease may shy away from physical activity for fear it could further complicate their condition. But, research indicates that physical activity can decrease heart disease risk and improve the overall health of those with heart disease. Regardless of your heart disease risk category, regular physical activity may lower your risk and improve your health. Regular physical activity (at least 150 minutes per week) helps lower blood pressure and cholesterol levels, increases HDL “good” cholesterol levels, decreases LDL “bad” cholesterol levels, and helps us manage stress levels. Because the heart is a muscle, any activity helps strengthen it; however, aerobic exercises give the maximum benefit. Examples of aerobic exercises are dancing, running, walking, and swimming, which gets the heart pumping blood to all parts of the body. If you have limited mobility or disability, you can still exercise by doing activities within your ability range. If you are a beginner or it has been quite some time since you have exercised, check with your healthcare provider to ensure that exercising will not negatively impact your health. When beginning to exercise again, start slowly and work up to the 150 minutes per week recommendation and gradually increase the intensity. It is also recommended to incorporate stretching and muscle strengthening exercises twice a week in addition to aerobic exercise. Regular physical activity can help you in preventing cardiovascular disease or reducing the complications of existing heart disease.

Healthy Communities Showcase

To learn more about Healthy Communities in your parish, please contact your local extension office.



Get Growing: Gardening

South Louisiana climate is perfect for a successful fall and winter garden. Some produce can only be grown in cooler weather like cabbage, broccoli, collards, kale, garlic, root vegetables, and spinach. Our mild winters provide many cool days to work in your garden. Cooler weather also alleviates some of the pest problems you experience during other times of the year. You may notice that there are more bug and disease problems in spring and summer. For more information, consult the Louisiana Vegetable Planning Guide from the LSU AgCenter to find out which vegetables can be grown when and what soil conditions are needed to optimize the growth of your garden vegetables.



What to plant now	Days until harvest
Garlic	210
Mustard Greens	35-50
Shallots	50
Spinach	35-45
Turnips	40-50

Stirring it Up: Spaghetti Squash and Meatballs

Ingredients

- 1 small spaghetti squash
- 1 lb. 95% lean ground beef
- ¼ cup plain breadcrumbs
- 3 tbsp. grated, reduced-fat parmesan cheese (divided)
- ¾ cup of water
- 1 tsp garlic powder
- ½ tsp black pepper
- 2 cup low sodium spaghetti sauce

Directions

1. Fill a pot with 1-inch water and place the whole squash in the pot. Bring to a boil over high heat, cover, and cook 30 minutes, or until tender. Remove squash to a cutting board and let cool. Cut squash lengthwise, remove seeds with a spoon and scrape the squash with a fork. Shred it into noodle-like strands, cover, and keep warm.
2. In a large bowl, combine ground beef, breadcrumbs, 1 ½ tablespoon parmesan cheese, 1/4 cup water, parsley, egg, garlic powder, and pepper. Gently mix until combined; then form mixture into 8 meatballs.
3. Coat a large skillet with cooking spray. Cook meatballs over medium heat 8-10 minutes until browned while turning occasionally. Add spaghetti sauce and remaining ½ cup water. Cover and cook 10-15 minutes or until meatballs are no longer pink in the center.
4. Serve the spaghetti squash topped with sauce and meatballs. Sprinkle with remaining 1 ½ tablespoon of parmesan cheese just before serving. Enjoy!

Note: Makes 4 Servings

Nutrition Information

Nutrition Information for 1 serving size: 2 meatballs, 1 cup spaghetti squash, and ½ cup sauce
Calories 320; Total fat: 11g; Saturated fat: 4g; Cholesterol: 125mg; Sodium: 270mg; Total carbohydrate: 25g; Dietary fiber: 4g; Protein: 29g; Total Sugars: 9 g; Added Sugars included 0 g
Source: <http://www.diabetes.org/>



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Learn about:

- Healthful eating on a budget
- Physical activity
- Food safety

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- Food safety

Adults: <https://bit.ly/lisuadult>
Youth: <https://bit.ly/youthenroll>

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SNAP
USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

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