

NOVEMBER IS NATIONAL DIABETES MONTH!

November is National Diabetes Month designed to make Americans more aware of how prevalent diabetes is in the U.S. Diabetes is a term to describe a metabolic disease in which there is high blood glucose levels. This occurs because of a lack of insulin production or the insulin being produced cannot be used properly or it's insufficient for the body.

Diabetes is a serious disease, affecting over 26 million people in the U.S. Unlike a cold, once you have diabetes, you cannot get rid of it. It can be managed through exercise, diet, lifestyle modifications and medication. Some diabetics require insulin shots daily to live. Also, not controlling diabetes can lead to serious consequences.

Risk factors for developing diabetes include: being overweight, lack of exercise, a strong family history of diabetes (parents, grandparents, siblings), a woman who had gestational diabetes or gave birth to a baby nine pounds or more, and age (over 45 years old).

If you are diabetic, make sure to follow these steps to prevent complications and help manage it.

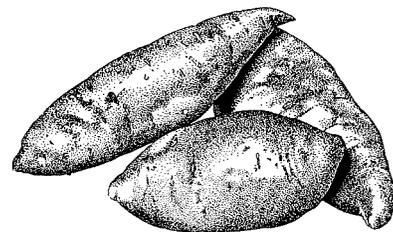
- Make healthy food choices and eat fruits, vegetables, whole grains and lean sources of protein and dairy products.
- Maintain a healthy weight. Lose weight if you have been told to do so; a 5-10 pound weight loss can help improve blood sugars.
- Take medications as prescribed.
- Do not skip meals.
- Keep your blood pressure, cholesterol and blood sugars within normal limits.
- Try to reduce the stress in your life.
- Most importantly have a good support system in place.
- Keep accurate food, exercise and blood sugar logs.

SPOTLIGHT ON: LOUISIANA YAMS

Yams or sweet potatoes, especially Louisiana ones have been called super foods because of all the nutrients you can get without eating too many calories. The LSU AgCenter has spent many years perfecting a sweet potato or yam that is high in beta carotene, that is flavorful and sweet but stays moist when cooked. Two of the most predominant varieties the Evangeline and Beauregard which make up all the yam production in Louisiana. Louisiana yams can be found fresh, frozen and canned and in a variety of ways on your grocery store shelves.

Fresh sweet potatoes are found in the fall and winter, but in the past few years they have gained popularity and are found year round in grocery stores.

One medium sweet potato has 130 calories, is fat free and cholesterol free. They are a good source of fiber; containing roughly about 4 grams per medium baked sweet potato. They are excellent sources of vitamins A and C; potassium, folate and calcium.



Points to remember about yams/sweet potatoes:

- Do not store fresh yams in the refrigerator or below 50°F.
 - Try not to wrap fresh yams with foil when baking.
 - If you wrap yams in foil, they are steamed not baked. They will not be syrupy and will not have the sweet, distinctive flavor of uncovered yams baked in a conventional oven.
 - Yams can be cooked in the microwave but won't have the sweet, syrupy flavor of oven-baked yams.
 - Most sweet potato dishes will freeze well.
 - Store sweet potatoes in a cool, dark, well-ventilated place where they will keep fresh.
 - Do not store sweet potatoes in a plastic bag.
 - Keep them away from exposure to sunlight or temperatures above 60°F, because higher temperatures will cause them to sprout.
 - Do not store sweet potatoes in the refrigerator if they are uncooked.
- Remember these tips and enjoy Louisiana yams all year round.

SUPER FOODS FOR WOMEN'S HEALTH

The following foods when eaten may help with certain conditions. Super foods are foods that have a high amount of vitamins, minerals and antioxidants that are low in calories. The following foods are considered super foods for women's health:

- Brain Health → salmon, blueberries, spinach and green tea
- Heart Health → fruits and vegetables, whole grains, salmon, soy, oats, tea and dark chocolate
- Digestive Health → yogurt, fiber, cranberries
- Weight Management → soy, eggs, almonds and walnuts
- Bone Health → calcium, soy, dairy, broccoli and salmon
- Eye Health → spinach, kiwifruit, oranges and broccoli
- Oral Health → cranberries and green tea
- Breast Health → yogurt, fruits and vegetables, fiber-rich foods and soy
- Menopause Relief → soy, flax seed
- Urinary Tract Health → cranberries and cranberry juice cocktail

Also try to add one of these foods in your daily diet.

- Soy → a diet high in soy foods may help reduce the risk of heart disease and certain types of cancer and help maintain bone health. Some evidence suggests that soy may help relieve hot flashes during menopause.
- Salmon → omega 3 fatty acids in fish/such as salmon, herring, tuna, sardines and mackerel can help reduce the risk of heart disease. Omega 3 fatty acids help lower LDL (bad) cholesterol levels and increase HDL (good) cholesterol levels.
- Blueberries → blueberries are packed with antioxidants, potassium and vitamin C.
- Spinach → research indicates that the antioxidants in spinach may help prevent or delay age-related eye problems and mental decline.
- Low-fat yogurt → yogurt may help maintain a healthy digestive system and help you get an adequate source of calcium in your diet.

TURKEY 101

Thanksgiving and Christmas are right around the corner; chances are you will be preparing turkey at one of those holidays. If you are a novice at cooking a turkey or this year is your first time cooking, the following tips will help you get through the holidays with no panics.

When buying a turkey plan on one pound of turkey per person or 1¼ pounds per person if it's stuffed. You always want it to be a young turkey. Young turkeys are usually the most tender. You can purchase a turkey fresh or frozen, it's a matter of your taste preference.

Frozen turkeys should be defrosted either in the refrigerator, in cold water, or in the microwave oven. When thawing a turkey you should plan ahead; for every five pounds of turkey you should allow 24 hours of thawing time in the refrigerator.



Refrigerator Thawing Times for a Whole Turkey

8-12 pounds	1-2 days
12-16 pounds	2-3 days
16-20 pounds	3-4 days
20-24 pounds	4-5 days

When cooking a turkey make sure to set the oven no lower than 325°F. You want to make sure that the internal temperature of the turkey reaches 180°F and if it's a stuffed turkey the stuffing must reach 165°F. Even if a turkey has a pop up indicator it is recommended you still check the internal temperature with a food thermometer.

Approximate Cooking Times for Turkey

<u>Un-Stuffed</u>		<u>Stuffed</u>
4-6 lbs. breast	1½ - 2¼ hours	8 - 12 lbs. 3 - 3½ hours
6-8 lbs. breast	2¼ - 3¼ hours	12 - 14 lbs. 3½ - 4 hours
8-12 lbs.	2¾ - 3 hours	14 - 18 lbs. 4 - 4¼ hours
12-14 lbs.	3 - 3¾ hours	18 - 20 lbs. 4¼ - 4¾ hours
14-18 lbs.	3¾ - 4¼ hours	20 - 24 lbs. 4¾ - 5¼ hours
18-20 lbs.	4¼ - 4½ hours	
20-24 lbs.	4½ - 5 hours	

Once the turkey is cooked serve within one hour after cooking. Remove the stuffing from the turkey right away and place in a dish. Try not to let the turkey stay at room temperature for more than two hours. Once the turkey is eaten, package the leftovers in containers. You want to carve all the meat off the bone and put the bones/carcass in Ziploc bags or containers. Keep in the refrigerator to make gumbo or soup. Cooked turkey keeps for 3-4 days in the refrigerator. Stuffing and gravy keeps for 1-2 days in the refrigerator. Other side dishes will keep for 3-4 days. You can freeze the leftovers. Frozen turkey, plain will keep 4 months at 0°F; turkey covered in broth or gravy frozen at 0°F will keep for 6 months. Stuffing and gravy will keep for one month.

If turkey isn't on either of the holiday menus that's okay too. Some people choose ham, roast, lamb or deer roasts for their family gatherings. Whatever meat choice you select you should have a food thermometer on hand to determine when the meat has reached a safe temperature.

- Beef and veal steaks, roasts and chops should be cooked to at least a minimum internal temperature of 145°F.
- Lamb steaks, chops and roasts should be cooked to a minimum internal temperature of 145°F as measured by a food thermometer before removing meat from the heat source.
- Pork steaks, chops and roasts to a minimum internal temperature of 145°F as measured with a food thermometer before removing meat from sauce.
- To remove the "gamey" flavor of wild game soak the meat or poultry in milk or red wine. You can also soak the meat in a solution of either 1 tablespoon of salt per quart of cold water or 1 cup vinegar per quart of cold water. Soak it overnight and discard the solution.
- Whole game birds should be cooked to a safe minimum temperature of 165°F as measured with a food thermometer in the innermost part of the thigh and wing and thickest part of the breast.
- Deer meat needs to be cooked to an internal temperature of 160°F.
- Duck, goose, pheasant, quail, Cornish hens and capon all need to be cooked to an internal temperature of 165°F.

If you have questions you can call the USDA's Meat and Poultry Hotline year round toll free at 1-888-674-6854. You can also check out the following websites: www.fsis.usda.gov; www.askkaren.gov

TIPS FOR FIT FAMILIES

Turn on any news show and chances are the subject of obesity/childhood obesity will be discussed. We recommend incorporating fitness into everyone's lifestyle. Especially since the holidays are around it's perfect time to be fit as a family. Here are some tips to promote fit families.

- Adopt healthy lifestyles and promote physical activity as much as possible.
- Incorporate more fruits, vegetables, whole grains and lean sources of protein into your diet.
- Balance the foods you eat with the calories you expend.
- Watch portion sizes because this can help with over eating; which can lead to weight gain.
- Cut back or eliminate soda consumption for everyone in your family.
- Children need 60 minutes of physical activity on most days of the week.
- Encourage kids to eat healthy snacks such as fruits, vegetables, low sugar cereals and yogurt.
- Children are more likely to try new foods that they have helped prepare so let them help you in the kitchen.

These tips will help you and your family stay fit.

For more information on any topic in this newsletter or any other topic please contact our office at :

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Next Issue Features:

**Mardi Gras Food Safety, Heart Health Month,
Healthy Habits for the New Year
and Much More!!!**

Kindest Regards,

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