

# Family and Community Health “Connections” in Tom Gren County

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## November is Diabetes Awareness Month

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Having diabetes means glucose (sugar) levels in your blood are too high. Your body depends on glucose for energy. When you eat, most of the food turns into glucose. Your blood carries the glucose to other parts of your body. When you have diabetes, your body has trouble turning glucose into energy. Instead of being used by your body, glucose builds up in your blood and your body is starved of energy. Over time, high blood glucose can damage almost every part of your body. Diabetes is a chronic condition and is a leading cause of disability and death in the United States. Diabetes increases the risk of serious health problems like heart disease, stroke, blindness, nerve damage, and kidney failure.

### Types of Diabetes

- Type 1: Caused by a problem with the immune system. There is no way to prevent type 1 diabetes.
- Type 2: most common form of diabetes. You are more likely to get type 2 diabetes if you're overweight and inactive
- Gestational diabetes: diabetes that some women develop during pregnancy. Gestational diabetes increases the risk of health problems for you and the baby.

### Risk factors for type 2 diabetes

- Over age 45
- Overweight and obese
- Have high blood pressure
- Have a parent or sibling with type 2 diabetes
- Have prediabetes
- Are African American, Alaska Native, Native American, Asian American, Hispanic or Latino, Native Hawaiian, or Pacific Islander

### Symptoms of type 2 diabetes

- Being very thirsty or hungry
- Feeling more tired than usual
- Urinating (peeing) more than usual
- Losing weight for no reason
- Having cuts or bruises that are slow to heal
- Having blurry vision
- Feeling numb or tingly in your hands or feet

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Source: [health.gov](https://www.health.gov)

## 7 Ways to Lighten Up Your Holiday Menu

Between holiday parties and family get-togethers, it can sometimes be hard to keep things healthy. The holidays are known for rich dishes and decadent desserts. While we certainly don't want to take away from classic dishes or family recipes, there are simple ways to lighten up those dishes by swapping an ingredient or adding a veggie!

1. **Swap sour cream for Greek yogurt.** When making casseroles, sauces, dips and more, swap out the sour cream for plain Greek yogurt for fewer calories and fat.
2. **Skip condensed soup and make an easy homemade version.** Canned condensed soup can be packed with sodium. Cut down on the amount of sodium in your holiday dishes with an easy homemade version. It only takes a few ingredients that you probably already have on hand like butter, flour, milk and stock, to make.
3. **Opt for whole wheat or whole grain breads.** Whole wheat and whole grain bread are high in fiber and other important nutrients. And don't forget to use whole wheat bread for your stuffing!

4. **Add flavor with herbs and spices, not butter, cream, sugar or salt.** Try adding fresh garlic or thyme to your mashed potatoes to add flavor without a lot of salt or butter. Or, season veggies with fresh lemon juice over butter.
5. **Load up on fruits and veggies.** Include a fruit or veggie tray at your gathering for healthy munching. Plus, you'll fill up on healthy fruits and veggies!
6. **Add veggies where you can.** Pureed cauliflower is a great addition to mashed potatoes, casseroles, macaroni and cheese, and more. Or add chopped veggies or greens to stuffing instead of meat.
7. **Healthy baking substitutions.** Use mashed avocado, ripe bananas or applesauce instead of butter, oil or sugar in baked goods.



Source: [healthyfamilyproject.com](http://healthyfamilyproject.com)

## Portion Control at Holiday Meals

The holidays can be difficult when it comes to our internal struggle to stay healthy while still enjoying our favorite holiday treats. Below are a few key tips, tricks and mantras to get you started on the right track this holiday season:

- **Don't go to the table starving.** This means don't skip meals. Skipping meals seems like a nice way to reduce the amount of calories you consume but is likely to make you eat more food faster when you finally do eat. Make sure to keep your regular meal schedule so your body can trust you to provide.
- **Give yourself permission to eat the foods you like.** It is perfectly healthy to come to the table hungry and eat until you are full—"until you are full" being the operative phrase. Eating until we are full does not mean eating until we are sick.
- **Eat slowly and savor your food.** Don't be too quick to scarf down your food; learn to savor every bite. Try using every few minutes to focus on a different aspect of your meal. Using all the senses will help you, not only enjoy your food more thoroughly but also extend the time it takes to eat.
- **Stop when you are full, not past-full.** Pay close attention to how you feel while eating. Choose to slow down and stop eating when you feel you are getting full. This may even mean waiting a few minutes to see how you feel before finishing your plate or getting second helpings.
- **Pick a good mantra.** When you are tempted to keep eating simply because the holiday foods are special and taste so good, use the following mantras to help: "I can make this food again anytime I want" OR "The leftovers will be delicious."

Source: [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)

## Meet the Apple Family

We've all heard the saying "an apple a day keeps the doctor away"- and for good reason. With only about 80 calories in a small apple, they also contain healthy nutrients like fiber, vitamins and minerals. When it comes to cooking, apples have many uses-a delicious addition to both sweet and savory recipes.

### Popular types of apples:

**Braeburn:** Red-orange color with a touch of yellow. Crisp, juicy and sweet with a hint of spice. Great for snacking and salads.

**Cortland:** Red color with some green. Sweet with a little bit of tart flavor, not as crisp as other apples. Good for snacking, salads and baking.

**Empire:** Dark red color. Juicy, crisp with a sweet-tart flavor. Good for any type of dish.

**Fuji:** Red and yellow color. Firm and very sweet. One of the most popular apples that are delicious to eat raw.

**Gala:** Red color with yellow throughout. Crispy, juicy and very sweet. Another popular apple that's best eaten raw.

**Golden Delicious:** Light yellow color. Sweet and crisp. Good for snacking and baking.

**Granny Smith:** Light green color. Very tart and firm. An excellent baking apple!

**Honey Crisp:** Light red color with yellow background. Crispy, juicy and sweet. A new variety that's quickly become a popular snacking apple. Also good for salads and applesauce.

**Jazz:** Red color with some yellow background. Sweet and tart, very crisp. A great snacking apple.

**Jonagold:** Red color with light yellow top. Firm, juicy and sweet-tart flavor. Great for both eating raw and baking.

**McIntosh:** Deep red color. Tart, juicy and very soft texture. Best eaten raw or to make applesauce.

**Pink Lady:** Light red-pink color. Juicy and tart with a bit of sweetness. Best for eating raw.

**Red Delicious:** Shiny, dark red color. Heart shaped with knobs or "feet" at the bottom. Sweet and juicy – one of the most well-known apples. Best eaten raw.

**Rome Beauty:** Bright red color. Firm with a touch of tartness. Not great for eating raw, best for baking.

### Appetizing apple ideas:

- Snack on apple slices with peanut butter (compare labels to find one without added salt or sugars).
- Make applesauce by cooking chopped apples with cinnamon and nutmeg.
- Make a salad with chopped up apples, walnuts, balsamic vinegar and spinach.
- Add diced apples to your homemade turkey meatloaf.
- Mix canned, low sodium tuna with chopped apples, celery and ¼ teaspoon or less Dijon mustard for a sandwich or salad.
- Slice thin and layer apples with low sodium turkey, low fat, low-sodium cheese and lettuce on a whole wheat tortilla wrap.
- Blend chopped apple, frozen banana, low fat, no added sugar vanilla yogurt and orange juice for a refreshing smoothie.
- Stuff an apple (with core removed) with raisins, cinnamon and oats. Cover with foil and bake at 325 degrees F for 45-55 minutes.



Sources: heart.org

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### County Website:

<http://tomgreen.agrilife.org/fch/>

### Facebook:

<https://www.facebook.com/TomGreenCountyFCH/>

### Family and Community Health "Connections"

is provided by the following

**Texas A&M AgriLife Extension Service**

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### Tom Green EEA News

⇒ **District 7 TEEA Fall Training meeting** will be held in San Saba on **November 12, 2020**.

⇒ **Veribest Club meeting:**

November 10, 2020

Santa Fe Depot @ 10:00 a.m.

Program: "Santa Fe Depot Tour & Dutch Treat"

Hostess: Rub Matscheck

## Apple Bread Pudding

### Ingredients:

Cooking Spray

1 large egg

1 large egg white

1 cup fat-free milk

2 tablespoons brown sugar blend

1 teaspoon vanilla extract

1 teaspoon cinnamon

1/2 teaspoon ground cloves or allspice

6 slices light, whole-grain bread, cubed

3 medium apples (cored, cut into 1/2-inch cubes)

1/2 cup of any of the following: raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, chopped walnuts, pecans, or almonds (optional)

### Directions:

1. Preheat oven to 350 degrees Fahrenheit.

2. Lightly spray a 9-inch square baking dish with cooking spray.

3. In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.

4. Add the bread and apple cubes. Add the raisins (or other fruit or nuts) if desired. Stir until combined.

5. Spoon the mixture into the baking dish. Bake for 40-45 minutes.

