

November is National Diabetes Month

This is a great time to raise awareness of the disease and to make lifestyle changes to reduce your risk of diabetes or manage a pre-existing case.

Reduce your risk for developing Type 2 diabetes by assessing your lifestyle and start by taking small steps such as increasing level of physical activity and insuring that most food choices are nutrient-rich such as: fruits, vegetables, low-fat and fat-free milk products, whole grains and lean meats. Incorporate a comprehensive exercise routine made up of aerobic, strength and flexibility training. With these positive actions, you can reduce your risk of diabetes and stay healthier longer. For more in-depth information on diabetes basics and prevention, visit American Diabetes Association's webpage: <http://www.diabetes.org/diabetes-basics/prevention/>

Recipe of the Month: Pumpkin Pie Shake

Ingredients

- 1 cup plain or vanilla yogurt
- 1 cup pumpkin puree
- 1 tsp pumpkin pie spice
- One-half teaspoon vanilla
- 1 Tbsp brown sugar (or other sweetener)
- 7-10 Ice cubes

Preparation

Combine all ingredients in a blender until smooth. Makes 2 servings.



Talking Turkey?



There are more choices than ever before when it comes to buying your Thanksgiving bird. Read this guide to decode:

Basted or Self-basted: Bone-in poultry products that have been injected or marinated with a solution of either butter or edible fat, broth, stock, water, spices or any other approved substances.

Free Range or Free Roaming: Poultry that has had free access to the out-of-doors for over 51% of their lives (compared to remaining in their coop).

Fresh: "Fresh" turkeys are stored at a temperature no lower than 26°F.

Hen or Tom: The sex of the turkey: hen (female) and tom (male) indicates size, not tenderness.

Minimally Processed: The raw product has not been fundamentally altered which includes grinding, smoking, drying, fermenting, etc.

Natural/All Natural: Products that do not have artificial flavor, color, synthetic ingredients, chemical preservatives, and is minimally processed.

Organic: Produced according to the USDA's organic standards including feed and housing.

Move of the Month

Reverse Crunches

Lie on your back with knees bent, feet a few inches off the floor. Slowly contract the abdominals, focusing on rotating the pelvis up and bringing your knees towards your rib cage. Concentrate on letting your abs do the work. Hold at the top then slowly lower your knees to the starting position.

