

Family and Community Health “Connections” in Runnels County

November is Diabetes Awareness Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year’s focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there’s also good news: Taking charge of your health may help you prevent diabetes health problems.

TIPS to get started!

Manage your blood glucose, blood pressure, and cholesterol levels.

Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

- A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.
- B is for blood pressure.
- C is for cholesterol.

Ask your health care team what your ABCs goals should be.

Take small steps toward healthy habits.

Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don’t have to do it all at once. Start slow and build healthier habits from there.

Take your medicines on time.

Remember to take your medicines even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

Reach or maintain a healthy weight.

If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

Take care of your mental health.

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.

Work with your health care team.

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or financial help for diabetes care.

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DID YOU KNOW?

About 1 in 5



people in the U.S. with diabetes
don't know they have the disease

NIDDK
NIH

Source: National Diabetes
Month 2023 - NIDDK (nih.gov)

Happy Fall Yall!

Fall can be a fun and delicious time for baking desserts and other yummy treats! Let's keep your family and friends safe when serving and sharing your wonderful goodies!

*Did you know **raw flour, batter, dough, and baking mixes are not ready-to-eat food?***

Raw flour and eggs need to be thoroughly baked or cooked before eating, most flour has not been treated to destroy illness causing bacteria. Heat-treated flour can be purchased but keep in mind it can alter or destroy the properties in flour that allow for rising in bread and other baked products. It is not recommended to heat treat flour at home with an oven or microwave, as there is no evidence that this will kill pathogens. *Salmonella* is more heat resistant when moisture is low.

Refrigerate cream frostings or egg-rich, cream, custard, cheese, vegetable, or meat-filled baked goods within 2 hours of baking. This can include pumpkin pies, cheesecakes, flan, or bread pudding just to name a few sweet and delicious treats.

Article by: Julie Prouse

It is recommended that caramel apples be eaten fresh or refrigerated (within 2 hours), once the apple has been punctured with a stick. There is the possibility of a harmful bacteria called *Listeria monocytogenes* that may multiply on the apple after puncturing.

Autumn fall flavors: pumpkin, apple, cinnamon, maple, and other warm spices.

Enjoy making your favorite fall desserts with cinnamon



Sources and more information:

homebaking.org

foodsafety.gov

<https://namamillers.org/>

<https://www.fda.gov/consumers/consumer-updates/raw-doughs-raw-deal-and-could-make-you-sick>

Select Healthy Portions of Your Favorite Thanksgiving foods!

Fill two-thirds of your plate with **plant-based foods** and the other third with healthy food portions.



Salad

Serving size: 1 cup

about the size
of a baseball

Calories: about 100-150,
depending on the
dressing

Turkey

Serving size: 3 ounces

about the size
of 1 deck of cards

Calories: about 132
(white meat)

Gravy

Serving size: ¼ cup

about the size
of a golf ball

Calories:
about 30-50

Potatoes

Serving size: ½ cup

about the size of a
tennis ball cut in half

Calories: about 145

Stuffing

Serving size: ½ cup

about the size of a
standard ice cream scoop

Calories: about
180 calories

Cornbread

Serving size: 1 medium
muffin or square

about the size of
a bar of soap

Calories: about 175
without butter

Butter or margarine

Serving size: 1 teaspoon

about the size
of 1 die

Calories: about 36

Cranberry sauce

Serving size: ¼ cup

about the size
of a golf ball

Calories: about 105

Pie

Serving size: 1/8 of 9" pie

about the size of
a standard light bulb

Calories: about
323 for pumpkin,
456 for pecan

Source: mdanderson.org/food

Wild Game

Did you know wild game meat is a local, natural food source that is nutritious, delicious and possibly a less expensive alternative to meat products sold in the grocery store? Wild game has been enjoyed for generations in Texas. Harvesting wild game, wild birds, and fish not only benefits humans for food consumption but the game species themselves by reducing populations to healthy, sustainable levels.

However, safe handling and processing in the field, and proper storage, is critical to preventing spoilage and foodborne illness. Properly handled, prepared, and packaged game meat, birds, or fish stored in a freezer at 0°F (-18°C) should be consumed within 8-12 months for best quality. Freezing prevents bacterial growth, but it does not kill pathogens that may be present on wild game meat. Deer are known to carry *E. Coli* and game birds could carry *Salmonella*. If storing in the refrigerator at 40°F or below, consume or freeze meats within 2-3 days.

USDA recommends cooking venison, rabbit, and wild hog products to 160°F and game birds to 165°F. Game meats can be cooked in a variety of ways, depending on the cut of meat or age of the animal. They can be roasted, braised, stewed, pan fried, and of course marinated to tenderize or enhance the flavor.

Texas Hunting Season

Dove (Regular) - Sept. 1 or 14th (depending on Zone)

White-tailed Deer - Archery (252 counties) - Sept. 30; General begins Nov. 4

Rio Grande Turkey - Archery-only - begins Sept. 30; Regular begins Nov. 4

Duck (Regular) - Regular - varies on Zone

For more dates: <https://tpwd.texas.gov/huntwild/hunt/>



Wild Game	Calories	Protein (grams)	Fat (grams)
Turkey	163	25.7	1.1
Duck (Mallard)	152	23.1	2.0
White-tailed deer	149	23.6	1.4
Dove	145	22.9	1.8

*Adapted from North Dakota State University Wild Side of the Menu No. 1 Care and Cookery

Article by: Julie Prouse

From Field to Plate: Benefits of Locally Harvested Wild Game in Texas and How to Keep it Safe - TX A&M AgriLife Ext. - EFN-056 publication

<https://tpwd.texas.gov/education/hunter-education/online-course/hunting-skills-1/field-care>

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is provided by the following

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County News

Come support Runnels County 4-H on November 4 by purchasing a delicious BBQ meal plate during the Hunters Dinner in Ballinger. Meal starts at 5:30 pm at the Ballinger Community Center.



Turkey Tacos & Cranberry Salsa

Turkey Taco:

- 8 Corn Tortillas
- 1 lb. turkey leftovers
- 1 cup low fat Monterey Jack cheese blend
- 2 cups lettuce, sliced thin
- 1 bunch cilantro for garnish

Instructions:

1. Dice and brown the turkey in a skillet. Place in bowl for assembly.
2. Shred lettuce. Place in bowl for assembly.
3. Place cheese in bowl for assembly.

Cranberry Salsa:

- 15 oz whole berry cranberry sauce
- 1/2 apple, seeded
- 1 jalapeño, seeded
- 1 tsp sugar
- 2 tbsp. ginger, chopped and peeled
- 2 tbsp. cilantro
- 1 tbsp. lemon juice

Instructions:

Cranberry Salsa— In a food processor add the cranberry sauce, apple, jalapeño, sugar, ginger, cilantro, and lemon juice. Blend well. Place in bowl for assembly.

This is a great recipe for Thanksgiving leftovers!!



Nutrition Facts	
Turkey Tacos and Cranberry Salsa	
Amount Per Serving	
Calories 273	Calories from Fat 54
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 48mg	16%
Sodium 128mg	5%
Potassium 182mg	5%
Total Carbohydrates 35g	12%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 20g	40%
Vitamin A	13%
Vitamin C	10%
Calcium	13%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.

Assemble the Tacos!

On a corn tortilla place the turkey, then lettuce, then cranberry salsa, then cheese! Enjoy your Thanksgiving leftovers!!