



DIABETES AWARENESS

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 38 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

1. Know your risks for developing diabetes.
2. Manage your blood glucose, blood pressure and cholesterol levels.
3. Take small steps toward healthy habits.
4. Take your medicines on time.
5. Reach or maintain a healthy weight.
6. Take care of your mental health.
7. Work with your health care team.

Sources: [CDC](#) and www.niddk.nih.gov

MENTAL HEALTH

DO: Take time to rest and relax during the break. Take time for yourself. Practice Gratitude. Work on your Bucket List!

DONT: Don't stress. Be cautious about comparing yourself with others. Don't overspend. Don't try to be Super Woman or Super Man.

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*YOU ARE NEVER
TOO OLD TO SET A
NEW GOAL OR
DREAM A NEW
DREAM*
C.S. Lewis”

THE BEST FRUITS AND VEGETABLES TO EAT IN NOVEMBER

Apples
Cranberries
Grapefruit
Kiwi
Lemons
Limes
Mandarins
Oranges
Pears
Persimmons
Pomegranates
Tangerines



Beets
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Kale
Parsnips
Pumpkins
Rutabagas
Sweet Potatoes
Turnips
Winter Squash

Featured Recipe Seafood Stuffed Mirliton/Chayote

Ingredients:

3 mirlitons, halved, cored
1 onion, chopped
2 garlic cloves, minced
1/2 cup chopped celery
2 tbsls chopped fresh parsley
3 tbsls butter
1 tbsls olive oil
1 cup chicken broth
1 cup small uncooked shrimp
6 ounces crabmeat
Italian seasoned breadcrumbs
butter



Directions:

1. Steam or boil mirlitons until flesh is just tender - try not to overcook or the shell will fall apart. Cool slightly and scoop out the fles, leaving 1/4 inch shell. Set the flesh aside.
2. Saute the onion, garlic, celery and parsley in the butter and olive oil over medium heat for about 20 minutes until very tender, adding chicken broth if the vegetables become dry and begin to stick. Add the squash and mash with a potato masher. Cook until squash liquid evaporates.
3. Stir in the shrimp and crabmeat and cook until most shrimp are pink, about 2 minutes. Add enough bread crumbs to absorb any liquid in the mixture. Fill the mirliton shells with the mixture. Sprinkle with additional crumbs and dot generously with butter.
4. Bake at 350 degrees for about 20 minutes until topping is crisp and golden.

