



# Happy Thanksgiving!



## Make the Right Thanksgiving Food Choices



November 2012

- Start the day off with a good breakfast so you won't be tempted to overeat.
- Nibble on raw vegetables with low-fat dips before dinner rather than salted nuts or cheese and crackers.
- Choose white rather than dark turkey meat, without the skin.
- Make mashed potatoes with low-fat milk and take it easy with the gravy. Skim the fat off the top of the gravy before serving. Or better yet, served baked sweet potatoes, you can top them with a little butter and cinnamon.
- Steam vegetables like peas and green beans rather serving them in a casserole with cream sauces.

Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace\_Keith@doh.state.fl.us



- Bake stuffing in a casserole dish rather than inside a turkey so you can make it with less fat. Bake with low-fat broth.
- Make cranberry sauce with fresh cranberries. Canned cranberry sauce is high in sugar.
- If you're going to drink a glass or two of wine, do it with dinner, rather than starting earlier. Consider diluting white wine with seltzer water to make a wine spritzer.
- Have dessert with everyone else, but choose pumpkin pie over pecan pie, or bring a dessert you've made. Top either kind with low-fat whipped cream.
- If you are eating away from home, don't take home leftovers. If you are eating at your house, send leftovers home with guests or freeze them as soon as possible.

## Last Minute Dessert Idea...

### Pumpkin Spice Cake

1 pkg yellow cake mix

- 1 pkg regular or sugar free instant vanilla pudding mix
- 1 cup canned pumpkin (NOT pumpkin pie mix)
- 1/2 cup oil
- 3 eggs
- 1 tbsp. pumpkin pie spice



Heat oven to 350

Beat all ingredients together until well blended. Pour into a 13x9" pan that has been sprayed with cooking spray.

Bake 32-35 minutes.

Let cool completely and frost with lite whipped cream or eat plain!

Depending on your dietary restrictions, you can always add walnuts and a few chocolate chips. Enjoy!

# Did you know... November is Diabetes Awareness Month?

Do you know the signs and symptoms of Diabetes? More Americans are developing this disease and children are developing adult-type diabetes as early as nine years old! Diabetes can be a devastating disease if not recognized and treated! Pay attention to your body's signals and those of your loved ones.



## Signs/Symptoms

- Increased thirst
- Lack of energy
- Frequent urination
- Unexplained weight loss

*For more information:*

## Risk Factors

- Family History
- Lack of exercise
- Unhealthy diet
- Overweight

*Contact Grace Keith,  
Health Educator*

## Prevention

- See your health care provider
- Exercise at least 30 minutes a day
- Control portions
- Cut back on carbohydrates and sugars

*850-926-0400, ext. 215  
Grace\_keith@doh.state.fl.us*

**Basic First Aid...** Please call for more information on the next class at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.



The next Hands-only CPR class is on Thursday, January 23, 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.

The Wakulla County Health Department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. The kiosk and electronic referral system were made possible through a grant sponsored by the Blue Foundation of Florida. There is no charge to use the kiosk.

