

November Tweets

1. November is the American Diabetes Month. If you have diabetes, it is important to manage your food intake, being physically active daily and keeping weight under normal limits. Plan to visit www.diabetes.org to find helpful resources on diabetes.
2. Regular meals and snacks help refuel you if you have diabetes. Keeping food intake consistent will help stable your blood sugar levels.
3. Green smoothies made out of leafy greens such as kale and spinach, have certain phytonutrients that may help lower inflammation, which can reduce the risk of heart disease and certain cancers. Liz Applegate, Ph.D. the director of sports nutrition, UC Davis.
4. Probiotics can help decrease the symptoms of not only irritable bowel but can be as effective for yeast infection in women.
5. If your diet lacks adequate amount of fruits and vegetables using chia seeds can help to add more fiber in your diet.
6. Chia seeds are a good source of omega-3, so if you are not a huge fan of salmon go for chia seeds.
7. Coconut water is good to replenish electrolytes after a hot day workout but remember that it adds 15 calories per ounce.
8. Cold and flu season is around the corner. Give a boost to your immune system to fight against seasonal viruses. Protein, Vitamin A, C and E are great immune boosting nutrients.
9. Potatoes are a good source of potassium, fiber and vitamin C, and are low in calories. Potatoes can be added to many winter dishes such as meatloaf, stews and chili or even by themselves.
10. Holiday season is a time for class parties. If your child has a food allergy make it safe for him by reminding the teachers. In addition you can offer to provide treats as well.
11. Parsnips are a very good source of vitamin C, folate and fiber. The smaller and firm parsnips taste delicious in a stew, soup or mashed
12. Okra is a good source of vitamin C. Try adding okra to your holiday stir fry dishes or soups. To avoid the slime while cooking wash okra right before cooking.
13. The traditional gravy is usually loaded with fat. Try refrigerating the fat drippings so fat layer can be easily removed as it hardens before adding it to the contents of your gravy.
14. November 16th is world Diabetes Day. To successfully manage your diabetes, understand your food portions and proportions. Balance your carbohydrates, protein and fats to keep your blood sugar level stable.
15. Fresh cranberries are a good source of antioxidants, Vitamin A and C. Plan to use cranberries in your stuffing or add them to roasted root vegetables.
16. Bring a healthy dish to your Thanksgiving Potluck. Bean salad with fresh vegetables or whole grain pasta salads are great potluck items.
17. Give a healthy twist to traditional holiday dishes. Instead of green beans casserole try steamed green beans with cooked onions and mushrooms, drizzled with olive oil and topped with parmesan cheese.
18. Eat healthy during Thanksgiving feast by controlling your portions. Try using smaller plates, spoons and glasses instead of large ones.

19. Go low on fat and sugar while baking holiday recipes. Reducing the amount of fat and sugar by $\frac{1}{4}$ will not make much difference in the final product. Try substituting butter or shortening with vegetable oil for a healthier option.
20. Add more vegetables to your feast...Try adding spinach or kale to any rice dish or make a vegetable soup for an appetizer.
21. During the holiday season, try to stay shy from salt. Instead try sprinkling your vegetables with fresh or dried herbs, lemon juice or pepper.
22. Make your thanksgiving healthful by using fat free dairy products in your dips, pie toppings, sauces, soups or desserts.
23. Lighten your holiday fat and sodium content by using the low sodium ,fat free chicken broth or make your own in advance and freeze.
24. For Holiday party shopping, pack your grocery cart with plenty of fresh fruits and vegetables and wholegrain bakery items.
25. Keep the food safe this Holiday season by keeping your raw meats separate from ready to eat foods.
26. Cook your bird to the right internal temperature by checking with a meat thermometer. Make sure to check the temperature chart.
27. Make physical activity a new tradition for Thanksgiving. Weather permitting; try taking a stroll in the neighborhood after the dinner with the entire family.
28. Thanksgiving leftovers can be healthy too. Try adding the leftover turkey to whole grain pasta with vegetables, chili, vegetable stir fry with brown rice or whole grain noodle soup.
29. Persimmons are in season! When shopping for persimmons, look for fruit deep red in color with glossy skin. Use the ripe fruit immediately since it gets mushy.
30. Walnuts are a good source of Omega 3 fatty acids, fiber and protein. Eating 14 halves a day can reduce your risk for heart disease, keep you full for longer and are a good option for vegetarians.

Special Days Baas4edon YEARLY CALENDAR