



National Diabetes Awareness Month

Diabetes can cause serious health problems, such as heart disease, stroke, and eye and foot problems. The good news is that Type 2 Diabetes can be delayed or even prevented. One of the best ways to delay or prevent diabetes is by losing a modest amount of weight, even just 5-7% of your weight. In order to do this, we recommend a reduced-calorie eating plan and physical activity for a minimum of 150 minutes a week.

In order to achieve your weight loss goal, we often recommend to program participants to keep a food log writing down everything you eat and drink. It will help you be accountable for the food and drinks that you consume and show you how many calories you take in versus how much you think you take in. Also exercise at least 30 minutes per day 5 days a week.

Portion size is important too because eating smaller portions to reduce the amount of calories you eat each day will help you lose weight. Choosing foods with less fat and drinking water instead of sugary beverages is also key. Ask your doctor or a registered dietitian what other changes you can make.

Join us for Food for Thought events during the month:

- On Wednesday, November 7th from 12:00p.m.—1:00p.m. at the Person County Office, we will be hosting our monthly Lunch N' Learn workshop on Keys to Embracing Aging. Cost is \$5 and includes lunch.
- On Monday, November 19th at 10:45 a.m. at the Granville Senior Center in Oxford, we will be hosting a program helping people get ready for the holidays, learning how to adapt recipes and make your family meals healthier.

- On Wednesday, November 28th at 10:00 a.m. at the Person County Office Building, we will hold a Navigating the Diet Maze workshop with guest speaker Dr. Carolyn Dunn, PhD, RD, LDN. It is free to attend but call 336-599-1195 to RSVP.
- On Friday, November 30th at 10:30 a.m. at the South Granville Senior Center in Creedmoor, we will be hosting a Food & Facts program. The topic will be meal planning, adapting recipes, using leftovers, and food safety.



Chicken Thighs with Mushrooms

Ingredients

- 1 Tbsp olive oil
 - 1 lb. chicken thighs, boneless and skinless
 - 1 tsp margarine
 - 1/2 onion, finely diced
 - 8 oz. mushrooms, sliced
 - 3 Tbsp balsamic vinegar
 - 1 1/2 cup chicken broth, low-sodium, fat free
- Nutrition Information: 205 calories, 11g fat, 105mg cholesterol, 6g carbohydrates, 21g protein, 1g fiber

Directions

Heat oil in a large Dutch oven over medium-high heat. Add chicken thighs and saute for 3 minutes per side. Remove from pan and set aside. Add margarine to pan and melt. Add onion and saute for 2 minutes. Add mushrooms and saute for 3-5 minutes until liquid is released; stirring frequently. Add balsamic vinegar to pan and cook with mushrooms for 1 minute. Add chicken thighs back to pan and place mushrooms on top of chicken. Pour chicken broth onto pan. Bring the chicken broth to a boil. Reduce the heat to medium-low, cover the pan with a heavy, tight-fitting lid, and simmer for 25 minutes.

Source - American Diabetes Association www.diabetesfoodhub.org

NC COOPERATIVE EXTENSION

NC Cooperative Extension
Person & Granville Counties
Family & Consumer Sciences
(FCS) Extension Agent

Jennifer Grable
jennifer_grable@ncsu.edu
[facebook.com/personcountyfcs](https://www.facebook.com/personcountyfcs)

336-599-1195 (Person)
919-603-1350 (Granville)