



Good Eats for Thanksgiving

Thanksgiving is a time full of family and friends, laughter, and emotion. It is also a time that we often tend to overeat while we are enjoying or feeling anxious of the celebration. Staying health conscious is a little easier once you know all the good foods you are eating this year.

Turkey is a traditional favorite for Thanksgiving dinner. A 4oz serving size of turkey has about 27 grams of protein and all nine essential amino acids. One of those amino acids is Tryptophan which is one of the building blocks that makes up the protein in turkey. One of tryptophan's most important roles is helping to release the "happy chemical," serotonin, in the brain. Turkey is also a great source of B vitamins.

Cranberries contain a tremendous amount of polyphenols which are rich in bioactive compounds that serve as antioxidants specifically beneficial to heart health. They also help decrease inflammation and help with treating urinary tract infections. A lot the polyphenols are in the cranberries skin, so use the whole cranberry this year.

Green Beans are a good source of vitamins and minerals, and are packed with bone building calcium, phosphorous, and vitamin K. Calcium makes up our bones and teeth, and is essential in maintaining our skeletal structure and metabolism. One cup of green beans provides approximately 10% of the daily vitamin K requirement.

Pumpkin is a winter squash rich in beta-carotene, a compound in your body that turns into vitamin A. One cup of pumpkin contains enough beta carotene to meet 245% of your daily intake of vitamin A, which can be thought of as your eye vitamin. Lutein and zeaxanthin are also found in pumpkin and linked to eye health in the form of decreased risk of age-related macular degeneration and cataract formation! Remember that when you grab that second piece of pie!

Practice gratitude for the food on your plate and how it is nourishing your body and enjoy the day with thankfulness in your heart.

<https://www.houstonchronicle.com/lifestyle/renew-houston/nutrition/article/Fun-Facts-About-Your-Thanksgiving-Plate-15715876.php>

November is Diabetes Awareness Month

Sir Frederick Banting, co-discovered insulin, the hormone that regulates blood sugar levels, along with Charles Best in 1922. National Diabetes Day is marked every year on Sir Frederick Bantings birthday, November 14.

Diabetes is a disease that causes high blood glucose or sugar. Insulin is needed to move the sugar, but diabetes limits the body's ability to make enough insulin. When the body can't make enough insulin or can't use the insulin the right way, sugar builds up in the blood. This can cause harm to the eyes, kidneys, and nervous system.

Some risk factors for diabetes include, high blood pressure, high blood glucose, being overweight, and smoking. Per the American Diabetes Association 37 million+ Americans have diabetes. Nearly 1 in 2 has diabetes or prediabetes.

Some common warning signs of diabetes to look for:

- * Urinating often
- * Feeling very thirsty
- * Feeling very hungry-even though you are eating
- * Extreme fatigue
- * Blurry Vision
- * Cuts/bruises that are slow to heal
- * Weight loss-even though you are eating more (Type 1)
- * Tingling, pain, or numbness in the hands/ feet (Type 2)

Early detection and treatment of diabetes can decrease the risk of developing complications of diabetes like heart, kidney, nerve and eye diseases. Making healthy lifestyle changes and attending regular visits with your healthcare provider can help you stay on top of your health.

Diabetes.org

