



Kay County Health News

NOVEMBER 2013

Did you know one of the potential benefits of a Certified Healthy business is health plan savings for employers and employees?

Mary Rhyne, Editor
433 Fairview
Ponca City, OK 74601

580-765-9015
kchealthnews@yahoo.com

This newsletter is funded through the cooperative efforts of United Way of Ponca City and Smart Start Kay County.



Butternut Squash Salad

1 TBSP olive oil
1 lb butternut squash, cut into 1/2 " slices
1/4 c chicken or vegetable broth
1/2 tsp dried sage, crushed
1/4 tsp salt
1/4 tsp pepper
6 cups mixed salad greens
1 medium apple cut into bite-size pieces
1/2 medium red onion, thinly sliced

Dressing:

3 TBSP balsamic vinegar
3 TBSP olive oil
1 TBSP dried sage, crushed
1/4 tsp salt
1/4 tsp pepper
2 oz goat cheese

Heat oil over medium heat. Add squash; cook 5 minutes or until golden brown, turning occasionally. Add broth, sage, salt and pepper. Cover and cook 5 minutes or until squash is just tender. In large bowl toss greens, with apple and onion. Combine dressing ingredients and drizzle over greens. Sprinkle with cheese. Gently top with squash. Serves 8.

Per serving: 130 calories, 9 gm Fat (monounsaturated fat, 5 gm, poly fat 3 mg) Fiber 2 gm, Vit A 3207 IU, Vit C 17 mc, Folate 17 µg, Potassium 372 mg, Calcium 50 mg, Iron 1 mg

www.recipe.com

Squash with Cranberries

2 lbs butternut squash or sweet potatoes
1/4 tsp ground cloves
2 TBSP margarine
1 1/2 cups cranberries
1/2 c cranberry juice cocktail or apricot nectar
1 tsp finely shredded orange peel
1/3 cup maple syrup (or sugar free syrup)
1/4 cup chopped walnuts, toasted
Orange peel strips, optional

Peel and slice squash or sweet potatoes into slices 1/2" thick. In large skillet cook vegetables and cloves in melted margarine, covered over medium heat for 8 minutes or until nearly tender. Stir occasionally. Add cranberries, juice or nectar and shredded orange peel. Heat to boiling; reduce heat. Simmer, covered, for 5 minutes or until squash is tender, turning once or twice. Remove from heat.

Gently stir in maple syrup and nuts. Garnish with orange peel strips. Serve immediately. Serves 6-8.

Amount per serving: Calories: 160; Fat: 7 g; Saturated fat: 1 g; Carbohydrate: 31 g; Fiber: 4 g; Protein 2 g, Vit A (RE) 907; Vit C (mg) 28; Sodium (mg) 53; Calcium (mg) 40

www.recipe.com



What to Eat Now

Winter squash is in season now. Selecting produce in the peak season can make a difference in both flavor and price. Winter squash is very low in Fat, Cholesterol and Sodium. It is also a good source of Vitamin E, Thiamin, Niacin, Vitamin B6, Folate, Calcium and Magnesium, and a very good source of Vitamin A, Vitamin C, Potassium and Manganese.



What's in a Name?

Squash are gourds belonging to the *Cucurbita* genus. Gourds, along with cucumbers and melons, are vine crops of the Cucurbitaceae family. There are two main squash varieties: winter and summer. Winter squash are not grown or harvested in winter, but picked when fully ripe and feature a hard shell with thick, inedible skin and hollow seed cavity with fully developed seeds. The thick shell allows it to be stored for several months. Summer squash are picked immature and have a soft shell.

The most common varieties of winter squash grown in the United States include:

Acorn, a smaller, acorn-shaped squash with dark green skin, deep furrows and yellow-orange flesh.

Butternut, a long, pear-shaped squash with tan skin and orange, sweet flesh; the most popular variety.

Buttercup or **Turban**, named for its “wrapped” layers, usually a dark green shell with orange, mealy flesh.

Hubbard, a golden or green squash notable for its bumpy, thick skin.

Spaghetti, a yellow-skinned squash whose flesh forms translucent spaghetti-like strands when cooked.

www.harvestofthemonth.cdph.ca.gov

Selecting Winter Squash

Look for squash with a skin without blemishes, soft spots, cuts, breaks or uncharacteristic discoloration. Winter squash is very heavy for its size and has a tough, semi-glossy skin. Usually selecting the squash with the deepest color provides the most nutrients.

Peeling Winter Squash

Winter squash can be tricky to peel. Microwaving the squash 1-3 minutes (depending on size) will soften the skin. Use a sharp knife or vegetable peeler. A dull blade makes the job more difficult and more dangerous. Cut off the ends of the squash to help keep the squash stable while you are peeling it. Always cut away from yourself or from the top of the squash down to the cutting board. The tough skin makes it especially dangerous to cut towards yourself.

Finicky Eaters?

If you have finicky eaters at your home sometimes you just have to be creative! Increase the nutritive content of mashed potatoes by mashing equal portions of white potatoes with sweet potatoes or butternut squash. This beautifully colored mashed potatoes doesn't taste all that different than traditional mashed potatoes! Try calling them Pistol Pete's mashed potatoes (or another name to draw the interest of your family).

Roasted Seeds

Roasted seeds make a delicious and nutritious snack. Let children slosh through the fibers collecting the slippery seeds! Children will enjoy the tasty seeds as a snack after helping harvest the seeds.

1 quart water

2 Tablespoons salt

2 cups pumpkin or squash seeds

1 Tablespoon vegetable oil or melted, unsalted butter

Preheat oven to 250°F. Pick through seeds and remove any cut seeds. Remove the stringy fibers. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain and then spread on kitchen towel or paper towel and pat dry. Place the seeds in a bowl and toss with oil or butter. Spread evenly on a large cookie sheet or roasting pan. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir every 10 minutes, until crisp and golden brown. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Yield: 2 cups

Source: <http://urbanext.illinois.edu/pumpkins/seed.cfm>

November: National Diabetes Month

National Diabetes Month is observed each year to spotlight the disease and its affects. Early diagnosis and treatment is crucial to prevent development of further health problems. Left untreated diabetes can lead to serious health problems.

Prevalence

- Nearly 26 million Americans have diabetes.
- Another 79 million Americans have prediabetes, increasing their chances of developing type 2 diabetes.
- Projections are that 1-in-3 American adults will have diabetes in 2050 unless the trend changes.

Toll on Health

- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of kidney failure.
- Diabetes is the leading cause of blindness among adults.
- The rate of amputation for diabetics is 10 times higher than for people without diabetes.
- About 60-70% of people with diabetes have nerve damage that could result in pain in their feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Cost of Diabetes

- The estimated cost of diagnosed diabetes in 2012 is \$245 billion, including \$176 billion in medical costs and \$69 billion in reduced productivity.
- One in 10 health care dollars is spent treating diabetes and its complications.
- One in five health care dollars is spent caring for people with diabetes

If you have a family history of diabetes, you are at risk.

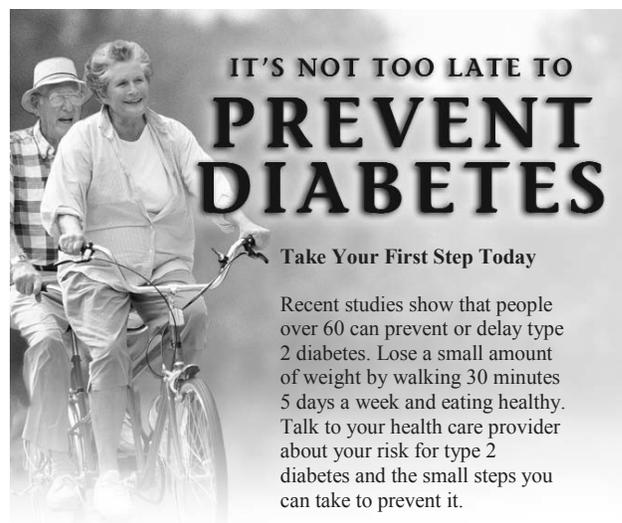
- If you have a mother, father, brother or sister with type 2 diabetes you are at risk.
- Women who had gestational diabetes when pregnant are at risk for developing diabetes in the future, and so is their child from that pregnancy.
- You can prevent or delay type 2 diabetes by losing a small amount of weight if you are overweight and by being more physically active.
- Talk to your family and find out what your family history includes. Share details with your doctor.

Family support is important for diabetics.

- It is important for the family to work together to manage diabetes to stay healthy and prevent complications.
- People with diabetes can lower their risk for serious health problems by managing the ABCs of diabetes -A1C, Blood Pressure, Cholesterol and stopping smoking.
- Having a strong family support system helps diabetics cope with the daily challenges of the disease.
- Managing diabetes isn't easy but its worth it. It is easier if you set goals and make a plan.

National Diabetes Education Program has a number of resources to raise awareness of your risks and managing diabetes. Access the following resources, and much more, through their website.

- Family Health History Quiz
- Help a Loved One with Diabetes
- Tasty Recipes for People with Diabetes
- DiabetesAtWork.org
- Diabetes HealthSense
- Helping the Student with Diabetes Succeed: A Guide for School Personnel



IT'S NOT TOO LATE TO PREVENT DIABETES

Take Your First Step Today

Recent studies show that people over 60 can prevent or delay type 2 diabetes. Lose a small amount of weight by walking 30 minutes 5 days a week and eating healthy. Talk to your health care provider about your risk for type 2 diabetes and the small steps you can take to prevent it.

For more information about diabetes prevention, call 1-800- 438-5383 and ask for "It's Not Too Late to Prevent Diabetes"

Squash Soup with Thai Gremolata

2 lbs butternut squash cut into 1-inch cubes
2 cups chicken broth
14 oz can unsweetened coconut milk
1/4 cup finely chopped onion
1 TBSP packed brown sugar
1 TBSP soy sauce or fish sauce
1 tsp Asian chili sauce or crushed red pepper
2 TBSP lime juice
Thai Gremolata:

1/2 cup snipped fresh cilantro or basil
1/2 cup peanuts
1 TBSP lime peel

In a slow cooker stir together all soup ingredients except the lime juice. Cover and cook 4-5 hours on low or 2 to 2.5 hours on high. Use an immersion blender to carefully puree the soup; or transfer soup to food processor or blender in small batches and puree. Stir in lime juice.

In a small dish combine the Thai Gremolata ingredients. Sprinkle on top of soup to serve. Serves 6.

Per serving: 189 calories, Fat 10 g, (monounsaturated 3 g, polyunsaturated 2 g) Fiber 4 g, Protein 5 g, Vit A 133 IU, Vit C 30 mg, Potassium 567 mg, Calcium 81 mg

www.recipe.com

Name This News

This newsletter is available to Kay County businesses, agencies, schools, or any other workplace participating in the Certified Healthy Business program. The purpose is to encourage a healthy lifestyle through sharing of ideas, information, recipes, exercise tips, local events and more. We want your involvement! This newsletter is for YOU and we want YOUR ideas in selecting a name for it. Let's see what creative minds are working in Kay County. Submit your ideas to kchealthnews@yahoo.com

Fitness in the Workplace

We know many worksites are interested in the health and fitness of their employees. We would like to spotlight activities in worksites around Kay County that encourage employees to improve their mental and/or physical well-being. Other worksites might like to adapt your ideas for their employees! Take a minute to write a short explanation and share it with us. Tell us about who, what, when, where, why and how of the activities you conduct when writing your short story. Don't forget to tell us the benefits you have seen from your efforts if you have conducted the activity long enough to see results. Send your information to kchealthnews@yahoo.com