

# Family and Community Health “Connections” in Lampasas County

## November is Diabetes Awareness Month

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year’s focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there’s also good news: Taking charge of your health may help you prevent diabetes health problems.

### TIPS to get started!

#### **Manage your blood glucose, blood pressure, and cholesterol levels.**

Research shows that managing your diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.

- B is for blood pressure.
- C is for cholesterol.

Ask your health care team what your ABCs goals should be.

#### **Take small steps toward healthy habits.**

Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you manage your diabetes ABCs. You don’t have to do it all at once. Start slow and build healthier habits from there.

#### **Take your medicines on time.**

Remember to take your medicines even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

#### **Reach or maintain a healthy weight.**

If you have overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

#### **Take care of your mental health.**

Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.

#### **Work with your health care team.**

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about your diabetes.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or financial help for diabetes care.

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#### Inside this issue:

Diabetes Awareness Month	1
Happy Fall Yall— Food Safety	2
Select Healthy Portions for Thanksgiving foods!	2
Wild Game	3
Lampasas County News	4
Apple Bread Pudding Recipe	4



Source: National Diabetes Month 2023 - NIDDK (nih.gov)

# Happy Fall Yall!

Fall can be a fun and delicious time for baking desserts and other yummy treats! Let's keep your family and friends safe when serving and sharing your wonderful goodies!

*Did you know **raw flour, batter, dough, and baking mixes are not ready-to-eat food?***

Raw flour and eggs need to be thoroughly baked or cooked before eating, most flour has not been treated to destroy illness causing bacteria. Heat-treated flour can be purchased but keep in mind it can alter or destroy the properties in flour that allow for rising in bread and other baked products. It is not recommended to heat treat flour at home with an oven or microwave, as there is no evidence that this will kill pathogens. *Salmonella* is more heat resistant when moisture is low.

Refrigerate cream frostings or egg-rich, cream, custard, cheese, vegetable, or meat-filled baked goods within 2 hours of baking. This can include pumpkin pies, cheesecakes, flan, or bread pudding just to name a few sweet and delicious treats.

It is recommended that caramel apples be eaten fresh or refrigerated (within 2 hours), once the apple has been punctured with a stick. There is the possibility of a harmful bacteria called *Listeria monocytogenes* that may multiply on the apple after puncturing.

Autumn fall flavors: pumpkin, apple, cinnamon, maple, and other warm spices.

Enjoy making your favorite fall desserts with cinnamon



Sources and more information:  
[homebaking.org](http://homebaking.org)  
[foodsafety.gov](http://foodsafety.gov)  
<https://namamillers.org/>

<https://www.fda.gov/consumers/consumer-updates/raw-doughs-raw-deal-and-could-make-you-sick>

Article by: Julie Prouse

## Select Healthy Portions of Your Favorite Thanksgiving foods!

Fill two-thirds of your plate with **plant-based foods** and the other third with healthy food portions.



**Salad**  
 Serving size: 1 cup  
**about the size of a baseball**  
 Calories: about 100-150, depending on the dressing

**Turkey**  
 Serving size: 3 ounces  
**about the size of 1 deck of cards**  
 Calories: about 132 (white meat)

**Gravy**  
 Serving size: ¼ cup  
**about the size of a golf ball**  
 Calories: about 30-50

**Potatoes**  
 Serving size: ½ cup  
**about the size of a tennis ball cut in half**  
 Calories: about 145

**Stuffing**  
 Serving size: ½ cup  
**about the size of a standard ice cream scoop**  
 Calories: about 180 calories

**Cornbread**  
 Serving size: 1 medium muffin or square  
**about the size of a bar of soap**  
 Calories: about 175 without butter

**Butter or margarine**  
 Serving size: 1 teaspoon  
**about the size of 1 die**  
 Calories: about 36

**Cranberry sauce**  
 Serving size: ¼ cup  
**about the size of a golf ball**  
 Calories: about 105

**Pie**  
 Serving size: 1/8 of 9" pie  
**about the size of a standard light bulb**  
 Calories: about 323 for pumpkin, 456 for pecan

Source: [mdanderson.org/food](http://mdanderson.org/food)

# Wild Game

*Did you know wild game meat is a local, natural food source that is nutritious, delicious and possibly a less expensive alternative to meat products sold in the grocery store?* Wild game has been enjoyed for generations in Texas. Harvesting wild game, wild birds, and fish not only benefits humans for food consumption but the game species themselves by reducing populations to healthy, sustainable levels.

However, safe handling and processing in the field, and proper storage, is critical to preventing spoilage and foodborne illness. Properly handled, prepared, and packaged game meat, birds, or fish stored in a freezer at 0°F (-18°C) should be consumed within 8-12 months for best quality. Freezing prevents bacterial growth, but it does not kill pathogens that may be present on wild game meat. Deer are known to carry *E. Coli* and game birds could carry *Salmonella*. If storing in the refrigerator at 40°F or below, consume or freeze meats within 2-3 days.

USDA recommends cooking venison, rabbit, and wild hog products to 160°F and game birds to 165°F. Game meats can be cooked in a variety of ways, depending on the cut of meat or age of the animal. They can be roasted, braised, stewed, pan fried, and of course marinated to tenderize or enhance the flavor.

### Texas Hunting Season

Dove (Regular) - Sept. 1 or 14th (depending on Zone)

White-tailed Deer - Archery (252 counties) - Sept. 30; General begins Nov. 4

Rio Grande Turkey - Archery-only - begins Sept. 30; Regular begins Nov. 4

Duck (Regular) - Regular - varies on Zone

For more dates: <https://tpwd.texas.gov/huntwild/hunt/>



Wild Game	Calories	Protein (grams)	Fat (grams)
Turkey	163	25.7	1.1
Duck (Mallard)	152	23.1	2.0
White-tailed deer	149	23.6	1.4
Dove	145	22.9	1.8

\*Adapted from North Dakota State University Wild Side of the Menu No. 1 Care and Cookery

Article by: Julie Prouse

From Field to Plate: Benefits of Locally Harvested Wild Game in Texas and How to Keep it Safe - TX A&M AgriLife Ext. - EFN-056 publication

<https://tpwd.texas.gov/education/hunter-education/online-course/hunting-skills-1/field-care>

## Texas A&M AgriLife



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### Lampasas County News

**Walk N Talk** walking program to be offered at Hanna Springs Sculpture Park Pavilion. The program Walk N Talk – Rethink Your Drink is a free 8 week walking program that will be offered on Saturday mornings beginning Nov. 3 at 10:00 am. During this series, friends, family and others from the community come together to support one another in a fun, simple way. Those who participate will enjoy walking with friends, build confidence in choosing healthy beverages, develop healthy habits with ease and have a great time! The Walk-N-Talk sessions last 30-45 minutes. Topics focus on beverages that support hydration, nutrition and healthy weight and other topics like not gaining weight over the Holidays can also be added. Please register by emailing or calling Karen.

**New Texas Extension Education Association Club** to begin. 2nd Mondays of the month, 1 p.m. at the Estates of Lampasas (807 N. Ridge St., Lampasas) beginning Nov. 13. Call Karen for information. The Lampasas Club meets the 1st Thursdays at 1 and the Kempner Club meets the 2nd Thursdays at 6 pm. The Mission of the Texas Extension Education Association is to work with Texas A&M AgriLife Extension to strengthen and enrich families through educational programs, leadership development and community service.

## Family and Community Health “Connections”

is provided by the following

AgriLife Extension

### **Family and Community Health Agents:**

Courtney Parrott, Brown County

Kailey Roberts, Burnet County

Chanie Schaffner, Coleman County

Milissa Wright, Concho Valley

Kelli Maberry, Jones County

Karen DeZarn, Lampasas County

Whitney Whitworth, Llano County

Jessica Holbrook, Mason County

Carrie Ross, McCulloch County

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McKinley Crownover, San Saba County

Kim Miles, Taylor County

Courtney Redman, Tom Green County

Stacy Drury, D7 Regional Program Leader

Lorena Iverson, BLT Regional Project Specialist

### Turkey Taco:

- 8 Corn Tortillas
- 1 lb. turkey leftovers
- 1 cup low fat Monterey Jack cheese blend
- 2 cups lettuce, sliced thin
- 1 bunch cilantro for garnish

#### *Instructions:*

1. Dice and brown the turkey in a skillet. Place in bowl for assembly.
2. Shred lettuce. Place in bowl for assembly.
3. Place cheese in bowl for assembly.

### Cranberry Salsa:

- 15 oz whole berry cranberry sauce
- 1/2 apple, seeded
- 1 jalapeño, seeded
- 1 tsp sugar
- 2 tbsp. ginger, chopped and peeled
- 2 tbsp. cilantro
- 1 tbsp. lemon juice

#### *Instructions:*

Cranberry Salsa— In a food processor add the cranberry sauce, apple, jalapeño, sugar, ginger, cilantro, and lemon juice. Blend well. Place in bowl for assembly.

## Turkey Tacos & Cranberry Salsa

*This is a great recipe for Thanksgiving leftovers!!*



### **Nutrition Facts**

Turkey Tacos and Cranberry Salsa	
Amount Per Serving	
Calories 273	Calories from Fat 54
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 48mg	16%
Sodium 128mg	5%
Potassium 182mg	5%
Total Carbohydrates 35g	12%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 20g	40%
Vitamin A	13%
Vitamin C	10%
Calcium	13%
Iron	10%

\* Percent Daily Values are based on a 2000 calorie diet.

### **Assemble the Tacos!**

On a corn tortilla place the turkey, then lettuce, then cranberry salsa, then cheese! Enjoy your Thanksgiving leftovers!!