

## SPOTLIGHT ON: LOUISIANA YAMS

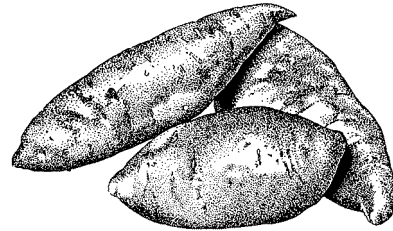
Sweet potatoes or yams have been grown in Louisiana for over 200 years. Yams are grown in several parishes around the state, mostly in the northern and central part of the state. The two dominant varieties of yams grown here are the Beauregard and Evangeline.

Nutritionally speaking, yams are considered a superfood, because of their optimum nutritional properties. One medium yam or sweet potato has about 130-150 calories, fat free, cholesterol free, a great source of fiber; and are high in Vitamin A and C, potassium, folate and calcium. Yams are also excellent sources of complex carbohydrates and are high in antioxidants.

When purchasing sweet potatoes choose sweet potatoes that are firm, do not have cracks, spots, soft spots or look damaged. Store your sweet potatoes in a cool, dry place (under 60°F) but not in the refrigerator. You also want to make sure the air can circulate freely and do not store in a plastic bag. Make sure to store the potatoes away from sunlight too.

Yams are versatile and come in a variety of ways: fresh, frozen, canned and in a variety of foods like pancakes, pies, biscuits and much more! Try to add more sweet potatoes to your diet for optimum nutrition.

For more information on Louisiana Yams contact our office.



## NOVEMBER IS AMERICAN DIABETES MONTH

Every November we celebrate American Diabetes Month as a way to remind everyone that diabetes is a serious, lifelong disease that can be prevented and controlled. Over 26 million adults and children have diabetes in the United States. Also, over 79 million Americans have pre-diabetes and are at risk for developing Type 2 diabetes.

It's important to take steps to prevent diabetes or delay the onset of diabetes. The following are lifestyle changes you can make to prevent the development of diabetes:

- A modest weight loss (even 10 pounds) can help decrease the risk for type 2 diabetes in adults.
- Make being physically active for 30 minutes a day, at least 5 days a week a priority.
- Choose healthy foods and snacks for the whole family such as fresh fruit and vegetables, lean sources of protein, low-fat or fat-free dairy products and whole grain breads and cereals.

For those of you who have diabetes you may manage your diabetes by:

- Making healthy food choices.
- Staying at a healthy weight.
- Being physically active every day.
- Keep your blood glucose as close to normal as possible.
- Make sure to keep blood pressure and cholesterol levels controlled and within normal limits.
- Always take medications as prescribed.

Following these steps can keep you healthy and your diabetes in control.

## FALL FITNESS

It's fall, that time of year where the temperatures are cooler and we spend more time outside. What better time of year to start getting fit and try to avoid all those unwanted extra pounds that creep up around the holidays. Fitness experts agree that exercising and being physically fit is a no brainer to better health. The following 10 tips can help you be fit and enjoy being fit in the fall.

1. Take advantage of the low humidity and cooler temperatures and get outside.
2. Think outside the box. Walking, bike riding and running are all exercises, but so is raking leaves and working in the yard. So think of non-traditional ways to be more physically active.
3. Watch TV while being active. Many people have a favorite show that they must watch faithfully weekly. With technology of TIVO and DVR you can record your favorite shows and watch them while walking on the treadmill or riding your stationary bike.
4. Integrate exercise into your daily life. Park farther away from the doors of the store; if the kids are at dancing or soccer practice use that time to walk or exercise too.
5. Rejuvenate yourself. Learn relaxation techniques or take up yoga classes to rejuvenate your mind, body and spirit.
6. Remember the 30 day rule. It takes 3-4 weeks for the body to adapt to lifestyle changes. Most people give up their fitness programs within the first month; so hang in there and it will be routine.
7. Strive for the 3 c's. Commitment, consistency and convenience are all what make successful fitness programs.
8. Be safe. The fall usually means it gets dark earlier and it's dark early in the morning. Make sure you bring a flashlight or wear reflective clothing and exercise in well lit areas.
9. Dress in layers. It may be cool when you first go outside, but as you become active your body temperature increases. Look for fabrics and clothing that wick moisture away from your skin so you are not exercising with wet clothing stuck to you. Don't forget the sunglasses, UV protection is a must year round.
10. Find your motivation. Everyone is motivated differently, so find your motivation or goal and start working from there.

Source: Justin Price, Chris Freytag, and Todd Durkin, [www.webmd.com](http://www.webmd.com)

## FRUITS AND VEGETABLES IN SEASON FOR FALL/WINTER

Apples	Coconuts	Tangerines	Parsnips
Radicchio	Sweet Potatoes	Leeks	Pear
Rutabagas	Dates	Mushrooms	Persimmons
Brussels Sprouts	Grapefruit	Oranges	Winter Squash
Chestnuts	Kale	Turnips	

Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## FOOD SAFETY FOR THE HOLIDAYS

The holidays are upon us and that means family gatherings, parties, dinner parties all where food is served. However, your holidays could be ruined if you or your guests get food poisoning. Symptoms of food poisoning are vomiting, diarrhea and flu like symptoms which can start hours or days after you've eaten the contaminated food. In most people food poisoning lasts 24-72 hours and goes away without seeking medical treatment.

To prevent food poisoning you want to practice the four basic steps of safe food handling.

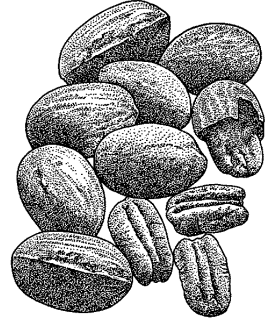
1. Clean - Make sure all food contact surfaces are clean, by using warm, soapy water.
2. Separate - Don't give bacteria a chance to multiply. Separate raw fruits and vegetables from raw meats, fish and poultry. Use separate cutting boards, one for foods that will be cooked and one for foods that will not be cooked. Make sure you never put cooked foods on the same plate that held them raw; unless you washed it with warm, soapy water.
3. Cook - food is safely cooked when it reaches a high enough internal temperature to kill all harmful bacteria. Always use a food thermometer to test the internal temperature of a food. If reheating gumbos, soups, stews and gravies bring them to a rolling boil. Do not eat uncooked cookie dough because it may contain raw eggs.
4. Chill - Make sure to refrigerate foods quickly because harmful bacteria grow rapidly at room temperature. Make sure to refrigerate leftovers and takeout foods within two hours. Also, those leftovers only have a lifespan of 3-4 days. Anything more than that, they need to be tossed. Following these tips can ensure that your holidays won't be spoiled by food poisoning.

## PECANS

It's that time of year in Louisiana, pecan season. Most of us use pecans in many of our holiday recipes. Pecans are a good source of protein and rich in B-vitamins. Pecans are also high in unsaturated fat which is heart healthy too. Pecans are also low in cholesterol and can be eaten as a snack, mixed in salads, candies, cookies, pies, casseroles and breads. You can say pecans are a versatile nut!

One ounce of pecans, which is 18-20 halves, have 200 calories, 3 g protein, 12 g monounsaturated fat and 6 g polyunsaturated fat. Pecans contain 19 vitamins and minerals such as Vitamin A, E and folic acid. One ounce of pecans also gives us 10% of the recommended daily allowance for fiber and they are sodium free! They are a perfect fit for anyone's diet.

Store your pecans in airtight containers for one year in the refrigerator or several years in the freezer. About 2½ pounds of pecans in the shell will yield 1 pound of shelled nuts or about 4 cups.



## TURKEY TIPS 101

With Thanksgiving and Christmas right around the corner, chances are you or someone in your family will cook a turkey. I have pulled a few items of interest from our "Let's Talk Turkey" publication.

- Plan on 1 pound of turkey per person or 1¼ pounds per person if it's pre-stuffed. Usually a young turkey is more tender than others.
- Defrost your turkey in the refrigerator and plan 24 hours for every 5 pounds of turkey.
- Always cook your turkey on 325°F or higher and make sure the turkey reaches an internal temperature of 165°F.
- An 8 to 12 pound turkey unstuffed will take approximately 2¾ to 3 hours. A stuffed turkey (8-12 pound) will take approximately 3 to 3½ hours in a 325°F oven.
- Cooked turkey will keep for 3-4 days in the refrigerator. Stuffing and gravy will keep 1-2 days in the refrigerator. A cooked turkey can be safely frozen for up to 4 months in the freezer.

For more information on preparing turkey, contact our office for "Let's Talk Turkey" publication.

## UPCOMING EVENTS

- Rouse's Cooking Demonstration on November 12 - 10:00 a.m. at Rouse's Supermarket in Youngsville. Theme: Holiday Dishes
- Holiday Program - Our annual holiday program will be November 18 - 9:30 a.m. Tickets are \$3.50 per person. Topics to be presented are the 2010 Dietary Guidelines, My Plate, Decorating Ideas and Heritage Skills. You must purchase tickets prior to November 16, by calling the office at 898-4335 or coming by the office at 1105 W. Port St. in Abbeville. The program will be held in our office at 1105 W. Port St. in Abbeville.

# A HAPPY & HEALTHY HOLIDAY!

*For more information on any topic in this newsletter or any other topic please contact our office at :*

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### Next Issue Features:

12 Changes to Your Diet, Heart Health Month  
and Much More!!!

Kindest Regards,

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