

In Good Health

Johnson County

November 2023
Vol 1 Issue 10

Upcoming Events

Join us for one of our events!

Four-Course Living

November 30 6:00 - 7:45 PM
January 8 11:00 AM - 1:00 PM

Gingerbread Magic - Family Fun

December 7th 6:00 - 8:00 PM
December 8th 6:00 - 8:00 PM

Kitchen Restore Donation Drive

December 2nd 10:00 AM - 12:00 PM
December 21 10:00 AM - 12:00 PM



Scan the QR code or visit
bit.ly/EMFVEvents
to Register!



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Master Food Volunteer
Johnson County

Need a speaker? Have questions about food or
nutrition or our classes? Contact Us!

foodhelp@jocogov.org

Featured Article

Bread and starchy vegetables are rich in carbohydrates which act as fuel for our bodies and are often found as staples on our dinner tables. Although carbohydrates are an essential macronutrient in our diet, it's important for individuals with diabetes to portion their servings of carbohydrates with each meal to help manage their blood glucose levels. Thanksgiving is a holiday that will oftentimes consist of an overload of carbohydrates. Therefore, it's important to prevent overconsumption of carbohydrates and portion your plate in a way that will best benefit your health. According to the Academy of Nutrition and Dietetics, some ways that individuals can prevent overeating during thanksgiving and ensure they are helping their blood glucose levels from rising drastically include:

- Try starting your day with a small meal that includes whole grains, fruit, vegetables and some type of lean protein. Skipping meals before the event may tempt some people to overeat later.
- Check out the buffet options before loading your plate to avoid adding food options that don't really interest you or meet your dietary needs.
- Get movement after your holiday meal rather than jumping right into desserts.
- Modify the recipes that you bring to the Thanksgiving meal to contain less of things that our not so good for our bodies. You can cut down on the salt, sugar, or oil without significantly altering the end product.
- Load up on options that contain fruits and non-starchy vegetables to help increase your intake of dietary fiber.

Thanksgiving is a great time for gathering with family and friends over food. With just a little preparation, you can enjoy celebratory foods mindfully and still experience all that the holiday has to offer.

In Good Health,
Katie Sparks
NWMSU Dietetic Intern



Recipe of the Month

Pumpkin Bread

Yield: 1 loaf

Ingredients

- 1/3 cup melted coconut oil or extra-virgin olive oil*
- 1/2 cup honey or maple syrup
- 2 eggs
- 1 cup pumpkin purée
- 1/4 cup milk of choice or water
- 1 1/2 teaspoons pumpkin spice blend
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 3/4 cups white whole wheat flour or regular whole wheat flour
- Optional: 1/2 cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit...
- Pinch of ground cinnamon, for sprinkling on top

Preparation

1. Preheat oven to 325 degrees Fahrenheit and grease 9x5 inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and whisk until blended.
3. Add the pumpkin puree, milk, pumpkin spice, baking soda, vanilla and salt, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean.



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Fun Food Facts

You can swap out very few ingredients in your favorite recipes by using what you may already have in your pantry!

- Low-sodium vegetable broth in your mashed potatoes to add flavor and cut back on butter.
- Substitute applesauce for oil or butter in muffins and quick breads.
- Fat-free yogurt in place of sour cream or mayonnaise for dips and sauces.
- Sliced or slivered almonds can make for a tasty, crunchy topping in place of onions rings.
- Reduced-fat or fat-free cheese for salads and snacking.

Kitchen Corner

Have you ever wondered how to ensure you are properly cooking your holiday meal to the right temperature?

You can sometimes tell the food you are preparing is cooked to the correct temperature by the sight and smell but not always that is why you must have a food thermometer in your kitchen. A food thermometer is used for more than just meat, it's also used when reheating foods to ensure the proper temperature is reached. Remember to keep food out of the temperature danger zone which is between 40-140 degrees Fahrenheit. The risk for the growth of bacteria occurs if a food is within this zone.

- Fish- 145 degrees Fahrenheit
- Steaks, roasts, and chops - 145 degrees Fahrenheit
- Ground beef and pork - 160 degrees Fahrenheit
- Poultry and reheated leftovers - 165 degrees Fahrenheit

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