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## FOOD SAFETY

Wash your hands for at least 20 seconds with soap and water. Make sure to scrub all areas of your hands including your palms, the back of your hands, between your fingers, and under your fingernails.

## Nutrition Basics: Tips for Following a Balanced Diet

The term “balanced” is a popular word used to describe diet and nutrition. What exactly does this term mean and how can you align your eating habits to follow this eating style?

A balanced diet is one that is made up of appropriate amounts of carbohydrates, fats, and protein. Essentially, a balanced diet is one that emphasizes fruits and vegetables, whole grains, lean protein, and low/no fat dairy products. Here are some tips for putting this into practice.



- At each meal, try to make  $\frac{1}{2}$  your plate fruits and vegetables,  $\frac{1}{4}$  grains, and  $\frac{1}{4}$  protein.
- Vary your fruit and vegetable intake.
  - Eat the rainbow—the more color on your plate, the better!
  - Try adding a new vegetable to a different meal each day and preparing the vegetables in different ways, such as steaming, roasting, or eating them raw.
    - Fresh, frozen, or canned vegetables are all great options. When selecting canned or frozen vegetables, choose products that are low sodium or rinse your veggies in water before preparing them to remove excess sodium.
  - Choose whole fruit as a snack, dessert, or as a side to a meal.
    - Whole fruit can be fresh, frozen, or dried, but make sure to look at the added sugar content—select products with no sugar added.
- Aim for making half of your grains whole grains.
  - Examples: whole wheat bread, barley, quinoa, brown rice, oatmeal, & popcorn
- Vary your protein intake to incorporate both animal and plant protein sources.
  - Animal protein: lean meats, poultry, & seafood
  - Plant protein: beans, legumes, nuts, & seeds
- Choose low/no fat dairy products.
  - Full-fat dairy products are high in saturated fat, so by choosing low/no fat dairy products you can still enjoy dairy while also reducing your intake of saturated fat.



## Roasted Carrot Soup

### Ingredients

- 8-12 carrots, peeled and cut
- 3 tbsp olive oil
- 1 yellow onion, chopped
- 2 cloves of garlic, minced
- ½ tsp ground coriander
- ¼ tsp ground cumin
- 2 cups vegetable broth
- 2 cups water
- 1 ½ tsp lemon juice

### Directions

1. Preheat oven to 400 degrees.
2. Peel and cut carrots diagonally into small pieces.
3. In a bowl, mix carrots with 2 tbsp olive oil.
4. Arrange carrots in a single layer on a baking sheet lined in aluminum foil.
5. Roast carrots for 25 to 40 minutes, turning carrots halfway through. Carrots should be easily pierced through by a fork.
6. Before carrots are done roasting, warm 1 tbsp olive oil over medium heat in a soup pot.
7. Chop onion and add to the soup pot. Cook, stirring occasionally, until the onion is softened, 5-7 minutes.
8. Mince the garlic and add to the soup pot with coriander and cumin. Cook for 1 minute.
9. Add vegetable broth and water to the soup pot.
10. Add roasted carrots to the pot when they are out of the oven. Bring to a boil over high heat, then reduce to a simmer (medium-low heat). Cook for 15 minutes.
11. Once the soup is done cooking, remove the pot from the heat and let it cool. Then pour soup into a blender. (Caution - soup will be hot!)
12. Blend until smooth and serve.

*Makes 4 servings*



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### Nutrition Facts

Roasted Carrot Soup  
Amount Per Serving

Calories 169	Calories from Fat 99
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 552mg	16%
Total Carbohydrates 19g	6%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 2g	4%
Vitamin A	142%
Vitamin C	14%
Vitamin D	0%
Calcium	7%
Iron	4%

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# What Can You Do With ... Turnips?

**Shopping:** Choose small turnips without any nicks or cuts. Smaller turnips will have the best flavor and texture.

**Storing:** Clean off any dirt on the turnips. Wrap turnips in a moist paper towel or cloth and place in a container. Turnips can last up to two weeks in the refrigerator.

**Preparation:** Peel and trim the tops before cooking.

**Cooking:** Turnips can be steamed, mashed, roasted, sauteed, pickled, or eaten raw.

**Nutrition:** Turnip roots are a great source of fiber, vitamin C and the B vitamins. Turnip roots also contain calcium and potassium as well as small amounts of other minerals. Turnip leaves have phytonutrients, which are beneficial due to their antioxidant and anti-inflammatory properties.



## Garlicky Mashed Turnips

### Ingredients

- 4 turnips
- 2 cloves of garlic, minced
- 3 oz low fat sour cream
- 2 tbsp unsalted butter
- ½ tsp salt
- ½ tsp black pepper



### Directions

1. Peel turnips and cut into medium-sized chunks.
2. Add chopped turnips to a large pot filled with water. Cover with a lid and boil the turnips until they're very soft, about 30 minutes.
3. Drain the turnips in a colander, emptying the pot of water. Let cool for 5 minutes and then add the turnips back to the same pot.
4. Mash the turnips with a potato masher or fork.
5. Mince the garlic, then add to the pot with all other ingredients.
6. Stir ingredients over medium-low heat for a few minutes until mixed together.
7. Cool and serve warm.

# National Diabetes Month

November is National Diabetes Month. According to the CDC 1.5 million Americans are diagnosed with diabetes every year. Diabetes is also the seventh leading cause of death in the U.S.



The purpose of National Diabetes month is to raise awareness of the disease and help prevent it. Diet and exercise are two ways you can lower your risk of developing diabetes.

## Recommendations:

- Follow a well-balanced diet that contains whole, minimally processed foods such as fruits and vegetables, whole grains, and lean meats.
- Aim for at least 150 minutes per week of moderate physical activity or 75 minutes per week of vigorous physical activity.
- Any type of movement throughout the day is ideal. You should move your body in ways that you enjoy and are right and appropriate for you.
- A walk around the house, stretching during breaks at work or between commercials, and even cleaning the house are all great examples of easy ways to incorporate physical activity into your daily routine.

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**Everyone has a role in ending hunger  
in our community. SM**

**National Diabetes Month**

**National Native American  
Heritage Month**

**Election Day and  
National Sandwich Day**  
November 3

**National Pickle Day**  
November 14