

Physical Activity

Physical activity is defined as any bodily movement produced by your muscles that requires energy. This means any kind of movement you make during leisure time, transport time (like walking to the store), or your work activities counts as physical activity. Everyone can benefit from physical activity, no matter your age, sex, race or ethnicity, health condition, shape or size. Regular physical activity can help improve overall health, fitness, and quality of life but it can also help reduce your risk of chronic conditions like type 2 diabetes, heart disease, depression and anxiety, and dementia.



Types of Physical Activity

Cardio or aerobic activity is moderate or vigorous activity that gets you breathing harder and your heart beating faster. Examples include brisk walking, biking, dancing, running, swimming laps, and yard work. Cardio exercise can benefit brain, bone, and joint health. It improves circulation which can be good for skin and muscle health.



Strength training is any exercise that makes your muscles work harder than usual. It increases your muscles' strength and joint flexibility, but also helps to strengthen bones. Examples include yoga, lifting weights, climbing stairs, body weight exercises like push-ups and squats, and tai chi. Strength training helps improve balance and coordination and can help prevent falls.

How Much Do I Need?

Age	Cardio	Strength	Cadence
3-4 years	At least 180 minutes, at least 60 at moderate intensity		Daily
5-17 years	At least 60 minutes of moderate-to-vigorous; include strength 3x/week		Daily
18-64 years	150 minutes moderate or 75 minutes vigorous	Exercises that involve all major muscles at least 2x/week	Weekly
65+ years	Same as adults	Focus on balance and strength exercises 3x/week	Weekly

Food Safety Tips

Leftovers can be kept safely in the refrigerator for 3 to 4 days or frozen for 3 to 4 months.

Although frozen food will be safe indefinitely (if it was safe when it was frozen), food can lose moisture and flavor when stored for longer times.

Shop Simple with MyPlate

Shop Simple is a new tool from MyPlate that can help you find grocery savings in your area. With it you can:

- Learn timesaving kitchen tips
- Make a weekly meal plan
- Learn serving ideas for fruit, vegetable, grain, protein, and dairy foods
- Find stores in your zip code that accept SNAP

Scan the QR code to start!





Sweet Potato Shepherd's Pie

Makes 8 servings, 1 cup each

Ingredients

- 2 pounds sweet potatoes, peeled and diced
- 1 cup low fat milk or milk alternative
- 1 tablespoon oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 pounds lean ground beef (or ground turkey)
- 2 medium carrots, diced (or 1 cup canned carrots, drained)
- 1 cup frozen peas (or canned peas, drained)
- 1 small tomato, diced (or ½ cup canned tomato)
- 2 tablespoons tomato paste

Directions

1. Preheat oven to 325F.
2. Place potatoes in a large pot and cover with water. Bring to a boil, then reduce heat to a simmer. Cook for about 15 minutes, or until potatoes are tender. Drain potatoes and return them to the pot.
3. Add milk and mash until smooth. Season with salt and pepper, set aside.
4. Over medium heat, add oil to a large pan. Add onions and garlic and sauté until softened, about 5 minutes.
5. Add ground beef and cook until browned.
6. Stir in carrots, peas, tomato, and tomato paste.
7. Spread beef mixture in a 9x12 baking dish. Top with mashed sweet potatoes and spread them into a smooth layer.
8. Place the pan on a cookie sheet (this catches any liquid that may bubble over). Bake uncovered for 30 minutes.

Note: Two cups of frozen mixed vegetables can be used in place of carrots and peas.

Nutrition Facts

Sweet Potato Shepherd's Pie
Amount Per Serving (1 cup each)

Calories 477	Calories from Fat 180
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 7g	35%
Trans Fat 1g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
Cholesterol 102mg	34%
Sodium 172mg	7%
Potassium 1313mg	38%
Total Carbohydrates 37g	12%
Dietary Fiber 7g	28%
Sugars 14g	
Protein 37g	74%
Vitamin A	510%
Vitamin C	52%
Vitamin D	0%
Calcium	10%
Iron	27%

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

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org



What can you do with: Fresh Cranberries



Cranberries are tart fruits that grow on low vines, and we mostly see them in canned sauce or dried. But fresh berries have a lot to bring to the table!

- **Choosing:** Fresh cranberries should be firm to the touch, shiny, and a dark red color. Throw away fruit that is soft or has dark spots.
- **Storing:** Cranberries like to be cold! Keep them in their plastic bag and store in the crisper drawer. If they aren't bagged, transfer them to an airtight container or zip-top bag. You can also freeze them in the bag or container.
- **Preparing:** Fresh, raw cranberries are very sour by themselves. Rinse them under cold water and pick out any that are soft before adding them to recipes.
- **Uses:** Cranberry sauce is a seasonal favorite, but they are great additions to baked goods, pancakes, stuffing, and smoothies. Add a cup to your apple pie filling!
- **Nutrition:** Cranberries are high in vitamin C and antioxidants that can promote heart health.
- **Fun Fact:** Cranberries are native to northeastern North America and the first commercial bog was planted in Dennis, MA, in 1816.

A CLICK N' COOK RECIPE
MORE AT: [CLICKNCOOK.ORG](https://www.clickncook.org)

CRANBERRY PUMPKIN MUFFINS



Ingredients

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{3}{4}$ teaspoon allspice (or pumpkin pie spice)
- $\frac{1}{3}$ cup vegetable oil
- 2 large eggs
- $\frac{3}{4}$ cup canned pumpkin
- 2 cups cranberries, fresh or frozen (chopped)

Directions

1. Preheat oven to 400F. Line muffin tin cups with paper liners or lightly spray with cooking spray.
2. Sift or whisk together dry ingredients (flour through allspice).
3. In another bowl, beat oil, eggs, and pumpkin until combined. Add wet ingredients to dry ingredients and stir.
4. Fold in chopped cranberries.
5. Spoon batter into muffin cups and bake 15-20 minutes until an inserted toothpick or knife comes out clean.

Happy Thanksgiving!



Holiday meals, like the holidays themselves, are supposed to be fun and relaxed, a time to enjoy with friends and family (in person or virtually).

For people who are worried about balancing their diet pattern while also enjoying seasonal favorites, holiday meals can be stressful. This year, try to incorporate some traditions that are focused on your holistic (or whole body) health.

- **Let go of food rules.** An all-or-nothing mentality can cause feelings of guilt. Food doesn't have moral value, meaning it isn't "good" or "bad". Accept that you are going to eat food you enjoy during the holidays.
- **Ramp up self-care.** Schedule some down time for yourself before the calendar gets busy.
- **Remind yourself: It's just one day.** "Holiday Season" is real, but the big meals are usually over one day (or a few, depending on the holiday). And the recipes come around only once a year!
- **Get a good night's sleep.** This will give you the physical and mental energy to handle challenging situations.
- **Eat breakfast.** Skipping meals can increase stress and food binges. And nobody wants to be hangry.



NOVEMBER 2021

National Diabetes Month

Sweet Potato Month

U.S. Antibiotic Awareness Week

November 18-24

National Nachos Day

November 6

Clean Out Your Refrigerator Day

November 15

Eat a Cranberry Day

November 23