



# HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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## Blueberries Better Blood Pressure



Is there anything the blueberry isn't good for? This tiny powerhouse was first brought to nutrition fame by the "Blueberry Man," James Joseph, Ph.D., whose research credits blueberries with the potential to reverse age-related decline in brain function. Blueberries have since been linked to stronger bones, brighter moods, and even protection against radiation-induced free radical damage. According to a 2015 study published in the Journal of the Academy of Nutrition and Dietetics, **eating just one cup of blueberries per day may also assist in lowering blood pressure.** Try adding two half-cup servings of blueberries to your day to help with keeping your blood pressure in check. Simply snack on blueberries plain or add them to yogurt, cereal, smoothies, or salads.

source: [www.dole.com](http://www.dole.com)

# Diabetes Corner

## WEIGHTY QUESTION

Could artificial sweeteners, designed as an alternative to calorie-rich sugar, actually cause you to gain weight? The 2010 Dietary Guidelines Advisory Committee concluded, “A few observational studies reported that individuals who use non-caloric sweeteners are more likely to gain weight or be heavier. This does not mean that non-caloric sweeteners cause weight gain; rather, that they are more likely to be consumed by overweight and obese individuals.”



Image: Thinkstock

## Monthly Diabetes Support Groups

*Learning about Diabetes is easy in the Roanoke Valley! Look at all the opportunities:*

*Littleton Senior Center - 1st Tues 11:00-12:00*

Tues, Jul 5 11:00- 12:00

Tues, Aug 2 11:00-12:00

*J.W. Faison Center, Jackson -2nd Thurs 1:00-2:00*

Thurs, Jul 14 1:00-2:00

Thurs, Aug 18 1:00-2:00

*CADA Bldg at Rich Square -1st Thurs 12:00-1:00*

Thurs, Jul 7 12:00-1:00

Thurs, Aug 4 12:00-1:00

*Jo Story Senior Ctr, RR - 3rd Tues 11:00-12:00*

Tues, Jul 19 11:00-12:00

Tues, Aug 16 11:00-12:00

*Halifax Regional Medical, Bldg 1- 2nd Mon 6:30-7:30pm*

No programs in July or August

*Scotland Neck Senior Ctr - 2nd Mon 12:00-1:00*

Mon, Jul 11 12:00-1:00

Mon, Aug 8 12:00-1:00





### **Skinny Key Lime Pie Bars**

- 6 squares low-fat honey graham crackers, finely crushed (1/2 cup)
- 2 tablespoons butter, melted
- 1 teaspoon sugar
- 1 package (4-serving size) sugar-free lime-flavor gelatin
- 3/4 cup boiling water
- 1 container (16 oz) fat-free cottage cheese
- 1 package (8 oz) fat-free cream cheese, softened
- 1 container (8 oz) frozen fat-free whipped dessert topping, thawed
- Key limes or limes, cut in wedges (optional)

In a small bowl, combine crushed graham crackers, butter, and sugar. Press crumb mixture in the bottom of a 2-quart square baking dish. Refrigerate while preparing filling. In a large bowl, combine gelatin and the boiling water. Stir until gelatin is dissolved. Set aside. In a blender or food processor, combine cottage cheese and cream cheese. Cover and blend or process until smooth, stopping several times to scrape sides of container. Whisk 1/2 cup of the cottage cheese mixture into the gelatin mixture. Whisk in remaining cottage cheese mixture

until smooth. Fold in whipped dessert topping. Spoon filling over chilled crumb mixture. Cover and refrigerate for 8 to 24 hours or until filling is firm. To serve, cut into squares and top with lime wedges, if desired.

Source: [www.bettycrocker.com](http://www.bettycrocker.com)

### **BrainBashers Puzzle**



Imagine you have one cup of tea and one cup of coffee.

Place a spoonful of the tea into the coffee and stir well.

Then place a spoonful of the tea/coffee mixture back into the tea.

Does the cup of coffee now contain more tea, or the cup of tea more coffee?

Source: [www.brainbasher.com](http://www.brainbasher.com), Design © Kevin Stone 2016



BrainBasher Answer on bottom of pg 4

# Cook From the Garden

## Peach Salsa

- 1 cup peaches, chopped
  - 1/2 red bell pepper, finely chopped (1/2 cup)
  - 1/4 red onion, finely chopped (1/4 cup)
  - 1 whole jalapeño pepper, rinsed, seeded, & finely chopped
  - 1 Tbsp fresh cilantro, finely chopped
  - 2 tsp lemon juice
- Mix all ingredients. Cover and refrigerate until ready to use.
- Serve: spoon over grilled fish, chicken or pork for a refreshing summer taste.

Source: usda mixing bowl,  
[www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa](http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa)

## Cucumber Salad with Tomatoes

- 2 cup cucumbers, diced
  - 1 cup tomatoes, seeded & diced
  - 1/4 cup onion, chopped
  - 2 cup rice or couscous, cooked
  - 2 tsp dill weed, chopped
  - 1/2 cup low-fat Italian dressing
- Toss all ingredients together. Chill for 1 hour before serving.

Source: USDA mixing bowl,  
[www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-salad-tomatoes](http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-salad-tomatoes)



**Grilled fish tacos with Peach**



*Image: [thirtysomethingblog.com](http://thirtysomethingblog.com)*

## BrainBasher Puzzle Answer:



Surprisingly, they are actually the same. After both swaps have taken place, both cups contain the same amount of liquid that they each started with. So, any tea missing from the cup of tea is now in the cup of coffee. The same amount of coffee must be now missing from the cup of coffee, and must be in the cup of tea.



Source: [www.brainbasher.com](http://www.brainbasher.com), Design © Kevin Stone 2016