



# HEALTHY TIDBITS

Serving Families in Halifax & Northampton Counties

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## September is National Cholesterol Education Month

**Heart disease and stroke** are two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found. There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control.

### Ways to Prevent or Treat High Cholesterol:

**Eating a healthy diet.** Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.

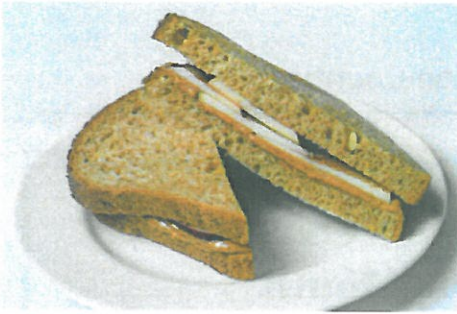
**Exercising regularly.** Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.

**Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.

**Not smoking.** If you smoke, quit as soon as possible.

source: [www.cdc.gov](http://www.cdc.gov)

## Diabetes Corner



### PEANUT BUTTER & APPLE SLICES SANDWICH

- 2 slices 100% whole-wheat bread
- 2 tablespoons natural peanut butter
- 1 small apple (or 10 halved grapes)
- ½ teaspoon cinnamon

Spread peanut butter on whole wheat bread.

Slice apple into thin slices and place on peanut butter.

Sprinkle with cinnamon.

Add the top piece of bread to your PB&A sandwich and enjoy!

Serving Size: 1 sandwich

Vegetables: 0 cups

Fruits: 1 cup

Calories: 399 calories

Carbohydrates: 46 grams

Fiber: 9 grams

Protein: 17 grams

Fat: 18 grams

Sodium: 319 mg

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

### 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, Sept 6 11:00- 12:00

Tues, Oct 4 11:00-12:00

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

Thurs, Sept 8 1:00-2:00

Thurs, Oct 13 1:00-2:00

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

Thurs, Sept 1 12:00-1:00

Thurs, Oct 6 12:00-1:00

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

Tues, Sept 20 11:00-12:00

Tues, Oct 18 11:00-12:00

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

Mon, Sept 12 6:30-7:30pm

Mon, Oct 10 6:30-7:30pm

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

Mon, Sept 12 12:00-1:00

Mon, Oct 10 12:00-1:00







## MED INSTEAD OF MEDS

Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of many chronic diseases.



Eating the Mediterranean way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet.

**CHECK OUT THE NEW WEBSITE  
FOR TONS OF RECIPES AND TIPS  
ON HOW TO EAT THE MED WAY!!**

**<http://medinsteadofmeds.com>**

## 7 SIMPLE STEPS TO MED:

- **CHANGE YOUR PROTEIN** - Eat primarily plant-based foods. Replace red meat with plant-based proteins, such as beans and legumes often. Eat seafood at least three times per week. Include fatty fish, such as mackerel and salmon. Avoid fried fish. Eat white-meat poultry, such as turkey and chicken, at least twice a week.
- **EAT MORE VEGETABLES** - Get at least three servings (cups) of vegetables per day. Choose a variety of colors and eat more of the dark green, leafy vegetables such as collards, kale, spinach, and turnip greens.
- **EAT MORE FRUIT** - Get at least two servings (cups) of fruits per day. Choose a variety of colors.
- **SWAP YOUR FATS** - Choose olive oil. Replace solid fats (e.g., butter and margarine) and other oils with olive oil. Use olive oil for cooking, in dressings and marinades. Aim to consume at least 4 tablespoons per day, while keeping within your calorie budget.
- **SNACK ON NUTS & SEEDS** - Choose at least three ounces (3 small handfuls) of nuts and seeds per week, while keeping within your calorie budget. Avoid candied, honey-roasted and heavily salted nuts and seeds.
- **MAKE YOUR GRAINS WHOLE** - Choose whole grain foods such as oatmeal, quinoa, brown rice, and popcorn. When choosing bread and pasta, look for "whole" in the first ingredient on the ingredient list (e.g., "whole grain wheat").
- **RETHINK YOUR SWEETS** Limit your sugar intake (i.e. sugar-sweetened snacks, candies, desserts, beverages, etc.) to no more than 3 servings per week.



# Mark Your Calendar



**25th Annual Harvest Days**  
**September 30 - October 1, 2016**  
**Friday 9AM-3PM; Saturday 9AM-4PM**

**4H Rural Life Center**

**NC HWY 903, Halifax, NC**

**Hay Rides \* Cotton Pickin' Contests \* Inflatables \* 4H Children's Games**  
**Entertainment \* Firefighter's Association \* Tri-County Horse Show**  
**Agricultural Museum \* Wildlife \* Farm Animals**

## ***SERVSAFE***

SERV SAFE is a food safety course developed by the Educational Foundation of the National Restaurant Association.

October 10-13, 2016

8:30AM - 3:00PM

J.W. Faison Administrative Building, Jackson, NC

For more information call, Northampton County Cooperative Extension, 534-2711