

**NEW THIS ISSUE**

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**NATIONAL DIABETES AWARENESS MONTH**

The vision of the American Diabetes Association (ADA) is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main missions of the Association. National Diabetes Awareness Month is an important element in this mission with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease. What to look forward to this month:

**Weekly recipes.** The ADA will share nutritious recipes for every meal of the day. Learn tips on how to plan, prepare, and serve these healthy recipes at [www.diabetes.org](http://www.diabetes.org)

**Thanksgiving Day meal tips.** Preparing a holiday meal? Check out the seasonal recipes from the ADA to ensure you don't miss out on the autumn flavors you love.

**National lunch day.** On November 17th, the ADA will show Americans how to "Lunch Right with Every Bite" to make better food choices and enjoy healthful meals.

**Harvest of the Month**



Vegetable: Sweet Potato

Fruit: Persimmon



**Get to know the harvest**

- Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, such as a pantry or garage.
- Toss sliced Fuyu persimmons into salads or add to stir-fry recipes.
- Both persimmons and sweet potatoes contain Vitamin A. This vitamin can help fight infection, keep your skin healthy, and your vision good.

**SWAP OUT: Holiday Sweets**  
**SWAP IN: Fresh Fruit**



Craving something sweet? Try swapping out calorie-packed holiday treats in favor of these tasty fruit-based options. Not only will they satisfy a sweet tooth, they are filled with good-for-you nutrients.

- ◆ Give baked apples a try for a light, but sweet dessert. Good varieties for baking include Golden Delicious, Granny Smith, or Rome; they hold shape and taste great with a fresh cherry and almond topping. Cherries provide antioxidant protection and almonds will give you a dose of healthy fat.
- ◆ Pair strawberries with a creamy Greek yogurt for a tasty dip that provides both protein and essential Vitamin C. Strawberries are an especially low calorie fruit as well.
- ◆ Pears make an excellent dessert when heated. Try poaching (gently simmering) pears in orange or apple juice. The pears retain their shape and will be very flavorful. Plus, the edible skin is a great source of fiber.