

# WELLNESS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

# WAYS



*Ideas For Eating Better For Less . . . . .*

## What Does Nutrition and Physical Activity Have To Do With Diabetes?

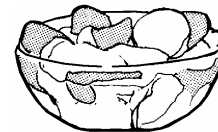
Some individuals are able to prevent or control their diabetes by eating a healthful diet and being physically active every day.

- ◆ See a health care provider to find out if you have diabetes.
- ◆ Eat a healthful diet and include plenty of fruits and vegetables every day.
- ◆ Get your body to a healthful weight and maintain that weight.
- ◆ Be physically active at least 30 minutes each day, most days of the week.

### **Mexican Salad** Serves 4.

2 cucumbers  
2 oranges  
Juice of 1 lime or lemon

1/2 tsp. chili powder  
1/2 tsp. salt



1. Wash cucumbers, oranges and lemon or lime under cold running water.
2. Peel then slice cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and orange into a medium size bowl.
4. Add lemon or lime juice, chili powder and salt.
5. Lightly toss. Serve cold. Can be served over lettuce or beans.

NUTRITION FACTS (per serving) - Calories 35 ~ fat 0 g ~ calories from fat 0 ~ sodium 300 mg ~ total carbohydrate 8 g ~ fiber 2 g

## Carrots and Rice Serves 6.

3 cups water

1 cup low-sodium broth

1 cup rice

2 cups canned or cooked carrots, sliced

1/2 cup cheddar cheese, shredded

1. Bring water and broth to a boil.
2. Stir in rice.
3. Simmer rice until tender.
4. Add carrots to rice. Mix gently.
5. Place carrot and rice mixture in an oven-safe dish.
6. Bake at 325°F for 25 minutes.
7. Stir gently and sprinkle cheese on top. Bake until cheese melts.



NUTRITION FACTS (per serving) - Calories 180 ~ fat 3.5 g ~ calories from fat 35 ~ sodium 110 mg ~ total carbohydrate 30 g ~ fiber 2 g

## Holiday Food Safety Tips

- ◆ Always work with clean utensils, counter tops and wash your hands frequently when preparing and serving food.
- ◆ Thaw frozen chicken or turkey in the refrigerator.
- ◆ Do not partially cook food and finish cooking later. Cook foods until they are done, then cool quickly in the refrigerator or freezer.
- ◆ Use leftover chicken or turkey and stuffing within 3 to 4 days; gravy within 1 to 2 days, or freeze for later use.
- ◆ Cooked perishable foods (meat, poultry, dishes containing eggs, dairy products, stuffing) can safely sit at room temperature no more than two hours.
- ◆ Do not serve foods containing raw eggs.



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FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

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