



Naugatuck Valley Health District

Proudly Serving: Ansonia, Beacon Falls, Derby, Naugatuck,
Seymour and Shelton



Newsletter

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*Happy Thanksgiving from your
friends at Naugatuck Valley
Health District!*

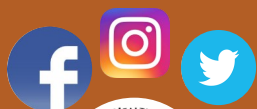
**Contact Us At
NVHD**

98 Bank Street
Seymour, CT 06483
Phone: (203) 881-3255
www.nvhd.org

Are You Following Us On

Social Media?

@naugvalleyHD
#naugvalleyHD



November is American Diabetes Month!

Diabetes is a serious disease that can often be managed through physical activity, diet, and the appropriate use of insulin and other medications to control blood sugar levels. People with diabetes are at increased risk of serious health complications including premature death, vision loss, heart disease, stroke, kidney failure, and amputation of toes, feet, or legs.

More than 100 million U.S. adults are now living with diabetes or prediabetes, according to a new report released today by the Centers for Disease Control and Prevention (CDC). The report finds that as of 2015, 30.3 million Americans – 9.4 percent of the U.S. population – have diabetes. Another 84.1 million have prediabetes, a condition that if not treated often leads to type 2 diabetes within five years.

Anyone aged 45 years or older should consider getting tested for diabetes, especially if you are overweight. If you are younger than 45, but are overweight and have one or more additional risk factors, you should consider getting tested.

Additional risk factors include:

- Having a parent, brother, or sister with diabetes.
- African American, American Indian, Asian American, Pacific Islander, or Hispanic American/Latino heritage.
- Having a prior history of gestational diabetes or birth of at least one baby weighing more than 9 pounds.
- Having abnormal cholesterol with HDL ("good") cholesterol is 35 or lower, or

triglyceride level is 250 or higher.

- Having high blood pressure measuring 140/90 or higher.
- Being physically inactive—exercising fewer than three times a week.
- Being overweight or obese.

Research has shown that people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating.

**For more information visit:
www.diabetes.org or speak with
your doctor.**

source: www.cdc.gov; www.diabetes.org



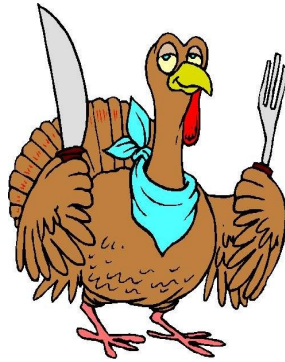
1 in 11
Americans has
diabetes today.

Food Safety Tips for your Holiday Turkey

Food handling errors and inadequate cooking are the most common problems that lead to poultry-associated foodborne disease outbreaks in the United States.¹ Follow these four food safety tips to help you safely prepare your next holiday turkey meal.

1. Safely Thaw Your Turkey

[Thaw turkeys](#) in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Never thaw your turkey by leaving it out on the counter. A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe as it moves into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.



2. Safely Handle Your Turkey

Raw poultry can contaminate anything it touches with harmful bacteria. Follow the four steps to food safety – [cook, clean, chill, and separate](#) – to prevent the spread of bacteria to your food and family.

[Clostridium perfringens](#) is a bacteria that grows in cooked foods left at room temperature. It is the second most common bacterial cause of food poisoning. The major symptoms are vomiting and abdominal cramps within 6 to 24 hours after eating. Many of these outbreaks have been linked to foods commonly served during the holidays, such as turkey and roast beef. Refrigerate leftovers at 40°F or colder as soon as possible and within two hours of preparation to prevent food poisoning. Use a food thermometer to check for a safe internal temperature.

3. Safely Stuff Your Turkey

Cooking stuffing in a casserole dish makes it easy to make sure it is thoroughly cooked. If you put stuffing in the turkey, do so **just before** cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and may then cause food poisoning. Wait for 20 minutes after removing the bird from the oven before removing the stuffing from the turkey's cavity; this allows it to cook a little more. Learn more about how to [prepare stuffing safely](#).

4. Safely Cook Your Turkey

Set the oven temperature to at least 325°F. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. Learn more about [safe minimum cooking temperatures](#) and how to use a [food thermometer](#) for turkey and other foods.

Source: www.cdc.gov

Enjoying Thanksgiving with Diabetes

Thanksgiving can be challenging for people with diabetes who are trying to manage blood glucose levels and weight. Many traditional Thanksgiving foods are high in fat as well as carbohydrates, but with careful planning, you can make healthy choices that fit into your diabetes meal plan and enjoy this wonderful celebration with friends and family. Enjoy these tips from the Joslin Diabetes Center.

The Right Thanksgiving Food Choices

- Start the day off with a good breakfast so you won't be tempted to overeat.
- Nibble on raw vegetables with low-fat dips before dinner rather than salted nuts or cheese and crackers.
- Choose white rather than dark turkey meat, without the skin.
- Make mashed potatoes with low-fat milk and margarine instead of butter, and take it easy with the gravy. Skim the fat off the top of the gravy before serving.
- Steam vegetables like peas and green beans rather than serving them in a casserole with creamed sauces.
- Bake stuffing in a casserole dish rather than inside a turkey so you can make it with less fat. Bake with low-fat broth and margarine.
- Make cranberry sauce with fresh cranberries. Canned cranberry sauce is high in sugar.
- If you're going to drink a glass or two of wine, do it with dinner, rather than starting earlier. Consider diluting white wine with seltzer water to make a wine spritzer.
- Don't take home leftovers.

Source: www.jocelyn.org

5 FOODS TO LOWER HIGH BLOOD PRESSURE

Cocoa Powder contains flavanols, plant based nutrients that reduce blood pressure

Pumpkin is loaded with potassium, which helps the body become more efficient at getting rid of excess sodium

Spinach is loaded with three blood-pressure lowering ingredients; potassium, folate and magnesium

Garlic contains allicin and glutathione which offers blood pressure lowering benefits

White Beans have fiber, protein, and iron, nutrients that work to keep your heart healthy because they control weight, lower your cholesterol, provide magnesium, potassium and calcium.

November's Fall Recipe- Turkey Pumpkin Chili

INGREDIENTS:

- 1 large yellow onion, diced (about 2 cups)
- 1 medium bell pepper (red, yellow, or orange), diced
- 6 garlic cloves, minced (or 3/4 teaspoon garlic powder)
- 1½ pounds ground turkey or chicken
- One 15-ounce can white beans, drained and rinsed
- One 28-ounce can diced tomatoes with liquid
- ¼ cup tomato paste, no salt added
- One 14-ounce can pumpkin puree
- 1 cup reduced-sodium chicken or vegetable broth
- 2 tablespoons chili powder
- 1 tablespoon cocoa powder
- 1½ teaspoons ground cinnamon (or 1 tablespoon pumpkin pie spice)
- 2½ teaspoons ground cumin
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon cayenne pepper (optional)
- 4 cups baby spinach leaves
- Avocado (optional)
- Sour cream or Nonfat plain Greek yogurt (optional) or Cilantro (optional)

DIRECTIONS:

1. Liberally coat a large pot or Dutch oven with oil spray and warm over medium-high heat.
2. Add the onion and bell pepper and sauté, stirring occasionally, for about 7 minutes, or until the onion softens.
3. Add the garlic, stir everything together, and cook until fragrant, about 30 seconds.
4. Add the ground turkey or chicken. Use a spatula or large spoon to break up the meat as it cooks. Continue to cook about 6 to 7 minutes, until fully cooked.
5. Add the beans, diced tomatoes, tomato paste, pumpkin puree, broth, chili powder, cocoa powder, cinnamon (or pumpkin pie spice), cumin, black pepper, and optional cayenne pepper, and stir.
6. Reduce heat and simmer for 20 to 30 minutes, stirring occasionally.
7. Right before serving, add the spinach and mix throughout.
8. Enjoy the chili with desired toppings, such as avocado, nonfat plain Greek yogurt, cilantro, and salsa. Source: www.skinnytaste.com



NVHD SERVICES

Immunizations: Vaccines for adults and children are given at NVHD, by appointment, 203-881-3255, ask for Kristin.

Flu Clinics: Flu shots will be given at NVHD by appointment, 203-881-3255, ask for Kristin.

Insurance accepted:

Aetna, Cigna, Anthem, Connecticutcare, BC/BS, Medicare Part B

Lead Program for Children:

Children up to age 6 are screened for lead by their doctor. Education, case management, physician referral, environmental investigations are provided for children with high lead levels. Call Jamie for more information at 203-881-3255.

NauVEL: Grants available to remove lead hazards from your home for eligibility and applications call Carol, at 203-881-3255.

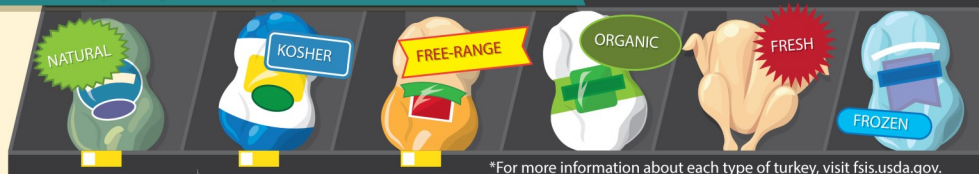




LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:

Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PreguntelelaKaren.gov for questions in Spanish.

