November – December 2007

With the holiday season right around the corner people are becoming busy and forgetting about living a healthy lifestyle. It is difficult to keep yourself healthy during such a hectic time. This issue of *HEALTHY LIVING* includes food safety for holiday meals, maintaining a healthy body, and some simple yet delicious holiday recipes.

**Cooking a Turkey:**
A food thermometer should be used to ensure a safe minimum internal temperature of 165 °F has been reached to destroy bacteria and prevent food borne illness.

**APPROXIMATE COOKING TIMES**
(325 °F oven temperature)

<table>
<thead>
<tr>
<th>Unstuffed (time in hours)</th>
<th>Stuffed (time in hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 6 lb breast.........1 ½ to 2 ¼</td>
<td>8 to 12 lbs............3 to 3 ½</td>
</tr>
<tr>
<td>6 to 8 lb breast.......2 ½ to 3 ½</td>
<td>12 to 14 lbs...........3 ½ to 4</td>
</tr>
<tr>
<td>8 to 12 lbs............2 ½ to 3</td>
<td>14 to 18 lbs...........4 to 4 ½</td>
</tr>
<tr>
<td>12 to 14 lbs............3 to 3 ½</td>
<td>18 to 20 lbs...........4 ½ to 4 ½</td>
</tr>
<tr>
<td>14 to 18 lbs............3 ½ to 4 ½</td>
<td>20 to 24 lbs...........4 ½ to 5 ¼</td>
</tr>
<tr>
<td>18 to 20 lbs............4 ½ to 4 ½</td>
<td></td>
</tr>
<tr>
<td>20 to 24 lbs............4 ½ to 5</td>
<td></td>
</tr>
</tbody>
</table>

**Storing Leftovers**
Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming.
When it comes to weight loss, there’s no lack of diets promising fast results. There are low-carb diets, high-carb diets, low-fat diets, grapefruit diets, cabbage soup diets, and blood type diets, to name a few. But no matter what diet you may try, to lose weight, you must take in fewer calories than your body uses. Most people try to reduce their calorie intake by focusing on food, but another way to cut calories may be to think about what you drink.

Calories in drinks are not hidden (they’re listed right on the Nutrition Facts label), but many people don’t realize just how many calories beverages can contribute to their daily intake. As you can see in the example below, calories from drinks can really add up. But there is good news: you have plenty of options for reducing the number of calories in what you drink.

**Better Beverage Choices Made Easy**

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don’t “stock the fridge” with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.

Be a role model for your friends and family by choosing healthy, low-calorie beverages.
5 Ways to Outsmart the Flu

Whether or not you get the shot, try these tricks.

**Wash, over and over**  Your hands need attention. Use plain old soap and water, and make sure to rub vigorously for 15 to 20 seconds.

**Avoid crowds**  The flu virus thrives on socializing. Do more shopping online than at the mall, and try to cover your face if someone sneezes near you.

**Keep hydrated**  Membranes in your nose and throat trap viruses and move them back out in the form of mucus. Drink lots of fluids and gargle to keep your membranes in fighting shape, says Neil Schachter, MD, author of The Good Doctor's Guide to Colds and Flu. But avoid humidifiers; they can spread germs.

**Do vitamins**  Vitamin C may not fight off colds, but several experts still recommend it for keeping you healthy during flu season. Vitamin D and selenium may guard against the flu, too. Foods like orange juice or yogurt are usually fortified with vitamin D. And OJ has plenty of C. Brazil nuts and beef have loads of selenium.
Mashed Honey-Roasted Sweet Potatoes

6 pounds sweet potatoes, peeled and cut into (1-inch) cubes
5 tablespoons honey, divided
4 tablespoons unsalted butter
3/4 teaspoon salt

Preparation
Preheat oven to 375°. Place potatoes in a single layer on 2 large baking sheets coated with cooking spray. Lightly spray potatoes with cooking spray. Bake at 375° for 1 hour or until tender, stirring occasionally. Place the potatoes, 1/4 cup honey, butter, and salt in a large bowl, and beat with a mixer at medium speed until smooth. Drizzle with 1 tablespoon honey.

Yield 12 servings (serving size: 1/2 cup) Nutritional Information: CALORIES 140(25% from fat); FAT 3.9g (sat 2.4g, mono 1.1g, poly 0.2g); PROTEIN 1.4g; CHOLESTEROL 10mg; CALCIUM 24mg; SODIUM 154mg; FIBER 2.4g; IRON 0.4mg; CARBOHYDRATE 26.2g

Spicy Chicken Soup

1 (7-ounce) can chipotle chiles in adobo sauce
1 teaspoon olive oil
1 cup chopped green bell pepper
1/2 cup chopped green onions
1 tablespoon bottled minced garlic
1 teaspoon ground cumin
2 cups chopped cooked chicken breast strips (such as Louis Rich; about 12 ounces)
2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth
1 (14 1/2-ounce) can diced tomatoes and green chiles, undrained (such as Del Monte)
1 (11-ounce) can whole-kernel corn with sweet peppers, drained

Preparation:
Remove 1 chile from can; reserve the remaining chiles and sauce for another use. Mince chile. Heat the oil in a large saucepan over medium-high heat. Add bell pepper, onions, garlic, and cumin; saute 4 minutes or until the vegetables are soft. Stir in minced chile, chicken, broth, tomatoes, and corn. Bring to a boil; reduce heat, and simmer 3 minutes.

Nutritional Information: CALORIES 358(30% from fat); FAT 11.8g (sat 2.8g, mono 4.4g, poly 2g); PROTEIN 40.6g; CHOLESTEROL 95mg; CALCIUM 65mg; SODIUM 1536mg; FIBER 4.9g; IRON 2.5mg; CARBOHYDRATE 23.3g
North Carolina Hospitality Training

This educational program is available to area businesses, organizations, and agencies interested in developing the needed skills involved in outstanding customer service. The curriculum was developed by NC Cooperative Extension and Dept. of Parks, Recreation, and Tourism Mgmt. at NC State University. This 8 hour training will be taught in 2 sessions, the first session will be Tuesday, November 27 and 2nd session will be Tuesday, December 4. Each session will be from 1:00-5:00pm. Some of the highlights include:

* Learn 7 hospitality traits
* Understand the role of excellent customer service
* Practice skills in hospitality, customer retention, and community pride
* Learn skills that are personally and professionally beneficial.

Cost is $25 and includes training manual, 8 hour training, window decal and snacks. Make checks payable to McDowell County Cooperative Extension.

Contact Molly Sandfoss or Cheryl Mitchell at (828) 652-7874

Event Location
Cooperative Extension Conference Room, County Admin Bldg, 2nd floor, 60 E Court St.
Marion, NC 28752