

HEALTH AND HUMAN SCIENCE NEWSLETTER

BITE-SIZED WISDOM WITH AMANDA

NATIONAL DIABETES MONTH: DIABETES AWARENESS

November is National Diabetes Month, a time to raise awareness about diabetes and the importance of prevention and management. Diabetes affects millions of Americans, but small lifestyle changes—like choosing balanced meals, staying active, and keeping regular health checkups—can make a big difference in lowering risk and improving quality of life. For those living with diabetes, managing blood sugar, following a care plan, and having support from family and healthcare providers are key to staying healthy. This month, let's take time to learn more, support one another, and spread awareness about the steps we can all take toward better health.

HEALTHY FALL RECIPE: SWEET POTATO CARROT CRISP

Ingredients:

- 4 medium sweet potatoes, peeled and cubed
- 2 pounds carrots, cut into 1/2-inch chunks
- 3/4 cup orange juice
- 2 tablespoons honey
- 2 tablespoons butter
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon ground cinnamon

Topping:

- 3/4 cup soft bread crumbs
- 1/4 cup chopped pecans
- 2 to 3 tablespoons butter, melted
- 2 teaspoons minced fresh parsley

DIRECTIONS

1. Preheat oven to 350°. Boil sweet potatoes and carrots in a large saucepan, reduce heat and cover for 15-20 mins. Transfer to a blender and blend the rest of the ingredients together till smooth. Pour into a greased 2-1/2-qt. baking dish. Mix together topping ingredients, sprinkle over potato mixture and bake for 45-50 mins

