

November
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EAT BETTER FOR LESS

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Moving Ahead During American Diabetes Month

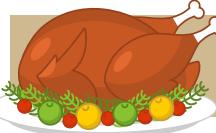
According to the Centers for Disease Control and Prevention (CDC), more than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it. Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. American Diabetes Month helps bring attention to diabetes and its impact on millions of Americans.



Some of the early signs and symptoms of diabetes are:

- Increased thirst
- Irritability
- Frequent urination
- Blurred vision
- Extreme hunger
- Slow-healing sores
- Unexplained weight loss
- Frequent infections, such as gums or skin infections and vaginal infections
- Fatigue

If you are experiencing these symptoms, talk to your doctor.



Living with diabetes? You can still enjoy your Thanksgiving feast. Try these ideas:

- Roast your turkey rather than fry it.
- Enjoy appetizers with lots of vegetables. Stick to green veggies rather than starchy, carbohydrate-heavy options.
- Stay well hydrated throughout the day.
- Be aware of the amount of alcohol you consume. Alcoholic drinks are usually full of carbs and can interact with certain medications.
- After the meal, get the family or friends together to take a walk before enjoying a Thanksgiving nap.



Crustless Pumpkin Pie

Ingredients

- 3/4 cup sugar
- 2 eggs
- 1/2 cup baking mix
- 1 can (15 ounce) pumpkin
- 1 can (12 ounce) nonfat evaporated milk
- 3 1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla

Directions

1. Preheat oven to 350 degrees F. Lightly oil or spray a 9-10" pie plate.
2. Combine all ingredients in a medium bowl or a blender.
3. Beat 2 minutes with mixer until smooth or blend one minute on high.
4. Pour into pie plate.
5. Bake 55-65 minutes, or until knife inserted into center comes out clean.
6. Cool slightly and refrigerate. Serve cold. Refrigerate leftovers within 2 hours.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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<https://food.unl.edu/food-calendar/november/american-diabetes-month>, <https://www.mayoclinic.org/diseases-conditions/diabetes/symptoms-causes/syc-20371444>, <https://www.eatgathergo.org/recipe/crustless-pumpkin-pie/>