



## DINING WITH DIABETES



NATIONAL EXTENSION WORKING GROUP

**Do you have diabetes or at risk of diabetes?**

**Enroll in Mississippi State University's Dining With Diabetes Program four-lesson series.**

**You will learn about diabetes self-care, healthy eating, portion control, and reducing your risk!**

**Cooking demo and lunch included  
Lunch sponsored by Friends of the Library**

**Date: March 2, 9, 16 and 23, 2023**

**Time: 11:30 a.m. - 1:00 p.m.**

**Location: Margaret Reid Crosby Memorial Library**

**Call the Pearl River County Extension Service Office at  
601-403-2280 to register or for more information.**



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EXTENSION

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**If you have  
comments or  
suggestions for  
the newsletter,  
please contact me.**



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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director



American  
Heart  
Association.

## 10 ways to improve your heart health

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



6 Choose minimally processed foods.



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

## Choose Healthy Fats



Fat is an essential nutrient for our bodies. It provides energy and helps our digestive system absorb certain vitamins from foods. But what types of fat should you be eating?

**Saturated Fats** – We should limit foods high in saturated fat. Saturated fat raises the levels of LDL cholesterol—the "bad" cholesterol. This in turn raises our risk of heart disease. Saturated fats occur naturally in many foods such as meat and dairy products. Plant-based foods that contain saturated fats include coconut, coconut oil, palm oil and palm kernel oil.

**Unsaturated Fats-** Unsaturated fats may help improve blood cholesterol levels. Select food with unsaturated fats from plants such as in avocados, olives and walnuts and fish such as in salmon, trout, and herring. Unsaturated oils include canola, olive, safflower, soybean, and sunflower oil.

**Trans Fats-**Trans fat in foods is formed through a manufacturing process that changes a liquid oil into a solid fat at room temperature. Trans fats have been found to raise bad (LDL) cholesterol levels and lower good (HDL) cholesterol levels. Trans fats were typically found in foods like margarine and processed foods. However, USDA has taken steps to remove artificial trans fats from the food supply.

**Tips for Choosing Healthy Fats-**Read the Nutrition Facts Label for the fat content of a food. To make an informed decision, choose foods with unsaturated fats and little or no saturated or trans-fat. Try recipes that use oil instead of butter, shortening, margarine or lard.

- Cut back on foods containing saturated fat including desserts and baked goods such as cakes, cookies, donuts, pastries, and croissants.
- Reduced the amount of whole milk and full-fat dairy foods and dairy desserts consumed.
- Build meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils, as well as soy foods, skinless chicken, seafood, and lean meats.
- Switch from butter or cream cheese on toasted bread or bagels to a nut butter or a spread of avocado with a squeeze of lemon. These spread options contain healthier fats.
- Order baked or steamed options instead of fried foods. A dash of hot sauce or a spoonful of salsa adds flavor without adding fat.

# Veggie Stuffed Egg Muffins



## INGREDIENTS

- 2 jars (4-ounces each) Roasted red bell peppers
- 1 green onion
- 2 cups, packed baby spinach
- ½ cup crumbled reduced-fat feta cheese
- 12 large eggs
- ¼ cup low-fat milk
- 1 tsp Italian seasoning
- ½ tsp kosher salt

1. Preheat oven to 350°F. Spray the cups of a 12-cup muffin pan generously with non-stick cooking spray.
- 2.
3. Finely chop roasted red bell pepper, green onion and spinach; divide evenly among muffin cups. Top with feta cheese.
4. Whisk eggs with milk, Italian seasoning, salt and pepper in a large bowl.
5. Pour egg mixture evenly among muffin cups and bake until eggs are set, about 22-25 minutes.
6. Cool in muffin tin for 5 minutes before removing.

NOTE: Be sure to coat muffin pan cups thoroughly so that eggs can easily be removed. A toothpick can be used around the edges to help release them from the tin. A silicone muffin pan can be useful here too, but you'll still need to coat the cups with non-stick cooking spray.