Recipe of the Month
Go for the Gold
Fitness Tips for the Everyday Olympian
Cranberry Turkey Salad Recipe

Ingredients:
- 2 cups cooked turkey breast cubed
- 4 cups romaine lettuce, torn into small pieces
- 1 large red apple, cored & cut into small pieces
- 1 orange peeled and segmented (or use a small can of mandarin oranges)
- 1/4 cup dried cranberries
- 3 tablespoons walnuts, coarsely chopped
- 3 kiwifruit, peeled and sliced

Dressing ingredients:
- 1 cup jellied whole-berry cranberry sauce
- 1/4 cup frozen orange juice concentrate, thawed

Preparation:
1. In a medium bowl, combine turkey, apple pieces, cranberries, orange & walnuts.
2. In a small bowl, mix cranberry sauce and orange juice concentrate.
3. Arrange lettuce leaves among four plates.
4. Just before serving gently toss turkey mixture with dressing.
5. Garnish with kiwi slices. Makes 4 servings.

Source: www.webmed.com

Glucose Control is a Balancing Act
Carbohydrate foods raise your blood glucose. Insulin and physical activity lower blood glucose. Why is this important to know? Because, to help keep your blood glucose from going too high or too low, you need to balance:
- The amount of carbohydrate you eat.
- The type and amount of physical activity you do.
- Any diabetes medicine you take.

Good blood glucose control keeps you healthy!

How do Carbohydrate, Insulin, and Physical Activity Work Together in the Body?

Carbohydrate—Food is made up of three main nutrients: carbohydrate, protein, and fat. These nutrients provide energy (or fuel) for your body. This booklet focuses on carbohydrate, but it is good to remember that protein and fat are also important parts of your diet.

Insulin—Insulin is a hormone made by the pancreas, and it helps glucose enter the body’s cells. In people without diabetes, the pancreas releases insulin into the blood as needed to keep blood glucose levels in balance. As the blood glucose level rises after food eaten, the amount of insulin released matches with the blood glucose level. In people with diabetes, however, the body does not make insulin or it does not use insulin effectively.
- Type 1 diabetes develops when the pancreas stops making insulin completely.
- Type 2 diabetes occurs when the pancreas cannot make enough insulin or the body becomes resistant to the insulin that is produced. Insulin resistance is often a result of being overweight or obese.

If your body does not have enough insulin, or if the insulin is not working properly, your blood glucose levels can rise too high. Having high blood glucose for long periods of time can cause problems with your eyes, kidneys, nerves or heart. For this reason, many people with diabetes need to take medicines to help control their blood glucose. These medicines may include pills and/or injections.

Different diabetes medicines work in different ways. Some lower your blood glucose. Others help your body use insulin better.

Source: MERCK American Diabetes Association
Eatright. American Dietetic Association

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