



Beaver Bites
Healthy Tips

from O.S.U. Nutrition Education Program, Klamath County Extension Service

November is **National Diabetes Awareness Month**. Diabetes is a serious disease in which blood sugar levels are above normal. Diabetes can lead to problems such as heart disease, stroke, vision loss, kidney damage and nerve damage. Diabetes is more common in older adults but children and teens can develop it too. For some people diabetes can be prevented. One way to prevent diabetes is to aim for a healthy weight. To do this—pay attention to your portions. Here's a few ways to picture your portions:

- 1 cup = size of a baseball
- 3 ounces = size of deck of cards
- ½ cup = size of ice cream scoop
- 1 ½ ounces = size of 4 dice

Are you wondering how many cups and ounces you should eat in a day? Go to www.mypyramid.gov to get your own personal plan. Here's a kid-tested recipe that's easy to make for a healthy snack or dessert. *Hint: for lower sugar version use sugar-free pudding.*

Instant Pumpkin Pudding (6 servings)

- 1 can (15-ounce) plain pumpkin
- 2 teaspoons pumpkin pie spice
- 1/8 teaspoon salt
- 1 12 oz. can evaporated milk (or 1 ½ cups low fat milk)
- 1 package (3.5-ounce) instant vanilla pudding mix

Instructions:

1. In a large mixing bowl, stir together pumpkin, salt and spice.
2. Slowly stir in milk until smooth.
3. Sprinkle in instant pudding powder a little at a time until mixed.
4. Refrigerate until serving time. Serve with whipped light cream and chopped nuts.

Nutrition Facts	
Serving Size 1/2 cup (145g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 3g	
Vitamin A 210%	Vitamin C 0%
Calcium 8%	Iron 4%

This recipe is high in Vitamin A, calcium, fiber, and low in fat. For more recipe ideas go to <http://healthyrecipes.oregonstate.edu/>