

November is Georgia Pecan Month

Nuts, including Georgia pecans, are important in planning a healthy diet. Nuts, like pecans, are still considered part of the protein group (the purple section on the new plate). On MyPlate, one-half ounce of nuts is equivalent to one ounce of lean meat.

Research in the past decade confirms the many possible health benefits associated with eating pecans:

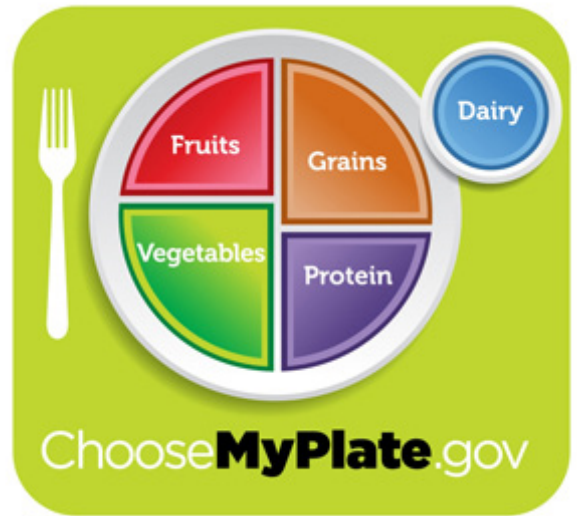
- Pecans may protect your mind
- Natural antioxidant in pecans may contribute to heart health and disease prevention
- Pecans play a role in lowering cholesterol
- Nuts like pecans may aid in weight loss and maintenance
- Pecans are nutrient-dense, providing more than 19 vitamins and minerals

Remember to practice moderation, as they are not calorie-free! A 1 oz. serving (a handful or roughly 20 halves) is 200 calories.

Pecan Trivia:

- Every pecan pie uses 1/2 lb. to 3/4 lb. of pecans. It takes about 310 pecan halves to fill a one-pound bag. So there are about 78 pecans used in every pecan pie!
- Pecans are the only tree nut that is truly native to the United States.
- Georgia leads the nation in pecan production. Georgia has been the top pecan producing state in the nation since the late 1800s.

Sources: Georgiapekansfit.org (Georgia Pecan Commission)
National Pecan Shellers Association



NOTE: The USDA hasn't changed their recommendations for healthy eating, only the graphic representation of what makes up a healthy diet has changed to make it easier for you to visualize.



HEALTH FACT: Sea salt is *not* lower in sodium than table salt, nor is it more natural or healthier.

Water Works



Water makes up 70 percent of the earth – and 60 percent of YOU. And it has some surprising health-enhancing powers. Water is a:

Waist slimmer

People who sip 2 cups (16 oz.) of water before a meal consume 13 percent fewer calories.

Headache Stopper

A study found that migraine sufferers who drank 1 liter of water daily had 21 fewer hours of pain over a two-week period.

Kidney Saver

Drinking enough water to produce 2 quarts of urine daily helps flush out junk that could cause a kidney stone.

Source: *Women's Health* / September 2011

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Percentage of people who try to slim down after a doctor tells them they should lose a few. (Only 39% of overweight people attempt to diet if their physician *DOESN'T* suggest it.)

Source:

Archives of Internal Medicine from Women's Health (June/11)

Three Questions to Ask Your Doctor About Exercise

Are you considering adding exercise to your daily routine? Or do you want to increase your exercise level significantly? There's a safe way for almost everyone to be more active. Even if you have a health condition, there are exercises you can do that offer great health benefits.

One way to get started is to talk with your doctor about the exercises and physical activities that are best for you. If you have a specific health issue that you are concerned about, ask your doctor for some tips to help you exercise safely. Here are some questions to consider:

1. Are there any exercises or activities I should avoid?

Your doctor can make recommendations based on your health history, keeping in mind any recent surgeries and ongoing health conditions such as arthritis, diabetes, or heart disease.

2. Is my preventive care up to date?

Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.

3. How does my health condition affect my ability to exercise?

Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.

From Go4Life (www.nia.nih.gov/Go4Life), an exercise and physical activity campaign from the National Institute on Aging at National Institutes on Health. It has exercises, success stories, and free materials to help you get ready, start exercising, and keep going.

National Family History Day

Each year since 2004, the Surgeon General has declared **Thanksgiving** to be **National Family History Day**.

Over the holiday or at other times when families gather, the Surgeon General encourages Americans to talk about, and to write down, the health problems that seem to run in their family.

Learning about your family's health history may help ensure a longer, healthier future together.

From the Office of the Surgeon General (www.SurgeonGeneral.gov)

Did you know ???

According to the American Journal of Obstetrics and Gynecology, women who are exposed to frequent second-hand smoke are 70 percent more likely to have abnormal Pap smear results.

How to roast the perfect pecan

Basic Toasted Pecans

- Preheat oven to 300 degrees.
- Place 1/2 cup of shelled pecans on a baking sheet in a single layer.
- Roast for approximately 7 minutes. Check toward the end, to be sure they don't burn.

Dry Sautéed Pecans

- Heat a dry sauté pan over medium high heat.
- Add shelled pecans and roast, tossing or stirring frequently. Do not leave unattended, as the pecans can burn quickly.
- When the pecans are browned, remove the pan from the heat and turn the nuts onto a cool plate to stop them from cooking further.