



Winchester
District
Memorial
Hospital

Preventing Diabetes

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Health Quote of the Day

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”

~Doug Larson.”

Holiday Tips and Wishes for 2019!

When it comes to holidays and celebrations like Christmas and New Year's Eve, temptations are all around us! Below you'll find a few basic tips to help keep you on target:

- The best piece of advice we can give you is to find a way to keep or get moving—for example, enjoy a walk (even if you have to drive to a safe area), try snowshoeing, dust off those skates or use video games like Wii. If you go outside, dress in layers to stay warm, use ice grips on your shoes and try walking poles or ski poles for stability.
- Whether eating at home or away, always fill half your plate with vegetables. This leaves less room for the more tempting and higher calorie items like meat, potatoes, cheese, stuffing, etc., etc.
- If you drink, try to stick to wine, beer and spirits mixed with diet pop. Coolers, eggnog and mixes using juice and regular pop add a lot of extra sugar and calories.



**That being said,
there is still
room to enjoy a
few treats—just
not too many
and not every
day—choose
wisely, ‘cause it’s
gotta be worth it!**



Leftover Turkey Mulligatawny soup

- 1 turkey carcass, broken into large pieces
- 4 1/2 quarts (18 cups) of water
- 1/3 cup water
- 4 cloves garlic
- 3 pieces peeled fresh gingerroot (1-inch cubes)
- 1/4 cup vegetable oil
- 2 tbsp. curry powder
- 3/4 tsp ground cumin
- 2 large potatoes, peeled and cubed
- 4 cups chopped onions
- 3 carrots, sliced
- 1 cup canned unsweetened light coconut milk
- 1/4 cup fresh lime juice
- 1/3 cup finely chopped fresh coriander

Nutrition facts for 1 serving: 160 calories, 7g fat, 3g protein, 23g carbohydrates, 2g fibre, 100mg sodium

1. In a large kettle or stockpot combine the carcass with 4 1/2 quarts of the water, or enough to cover it, and simmer the mixture, uncovered, for 3 hours.
2. Strain the stock through a large sieve into a large bowl, return it to the kettle, and boil it until it is reduced to about 10 cups.
3. In a blender purée the garlic and the gingerroot 1/3 cup water.
4. In a heavy dutch oven, heat the oil over moderately high heat until it is hot but not smoking then add the purée, stirring, for 2 minutes, or until the liquid is evaporated.
5. Add the potatoes, the onion, the carrots, and 5 cups of the stock and simmer the mixture, covered, for 30 minutes, or until the vegetables are very soft.
6. Stir in the remaining stock, the coconut milk, the lime juice, and salt to taste, simmer the soup for 10 minutes, and stir in the chopped coriander.
7. The soup keeps, covered and frozen, for 2 months.
8. Serve the soup garnished with coriander sprigs.

Makes about 14 cups or 10 servings

Rachelle's note—this is my favorite leftover turkey recipe. I often cut back on the potatoes to one large and add a generous 1/2 cup of barley :) mmm mmm good. I often don't have fresh ginger and use 1 tsp powder or leave it out if you don't like ginger.

FYI

If weight loss is one of your New Year's resolutions, the next **'Your Best Weight'** program is scheduled for January 28th, 2020. If you would like to attend, call 613 774-2420 ext. 6765 to register.

If you would like to know more about the physical activity guidelines for pre-diabetes and get a free pedometer and resistance band, you can sign up for the **'Physical Activity'** session scheduled for February 4th, 2020. Call 613 774-2420 ext. 6765 to register.

For recipes and more, check out Cart2Table.ca

