

Transformed Apple Salad

- 1 can (20 oz.) unsweetened pineapple chunks
- 1/4 cup Splenda No Calorie Sweetener, Granular
- 2 Tbsp. lemon juice
- 2 Tbsp. water
- 2 tsp. poppy seeds
- 7 tart apples, cored & chopped
- 2 Tbsp. cornstarch
- 1/2 cup light mayonnaise
- 2 cups green grapes
- 1/3 cup pecans or walnuts, chopped & toasted



Drain pineapple, reserving juice. Place pineapple juice in a saucepan. Add Splenda & lemon juice & bring the mixture to a boil. In a small bowl, combine cornstarch & water, stirring until smooth. Add cornstarch mixture to the juice, stirring constantly. Return to a boil & cook for 2 minutes. Cool the thickened mixture for about 30 minutes, then stir in mayonnaise & poppy seeds. Combine grapes & chopped apples in a large bowl. Pour dressing over the fruit & mix carefully. Sprinkle pecans over the salad & serve.

Makes 15 servings
Serving Size: 3/4 cup
Prep Time: 30 minutes
Cooling Time: 30 minutes

Cal: 150 Chol: 5 mg Fat: 5 g
 Sat Fat: 1 g Sod: 75 mg Fiber: 3 g
 Sugars: 3 g Carb: 22 g Protein: 1 g
 Exchanges/serving: 1 1/2 fruit, 1 fat
 Carbohydrate choices: 1 1/2



Diabetes Newsletter

Control your diabetes.
For Life.

PIKE COUNTY HEALTH DEPARTMENT

NOVEMBER, 2008

WHAT YOU NEED TO KNOW ABOUT FLU VACCINE

Why get vaccinated?

Influenza ("flu") is a contagious disease. It is caused by the flu virus, which can be spread by coughing, sneezing, or nasal secretions. Other illnesses can have the same symptoms and are often mistaken for the flu. But only an illness caused by the flu virus is really influenza.

Anyone can get the flu, but rates of infection are highest among children. For most people, it lasts only a few days. It can cause:

- ? fever
- ? sore throat
- ? chills
- ? fatigue
- ? headache
- ? cough
- ? muscle aches

Some people get much sicker. The flu can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can cause high fever, diarrhea and seizures in children. On average, 226,000 people are hospitalized every year because of the flu and 36,000 die - mostly elderly. **Influenza vaccine can prevent the flu.**

Who should get inactivated influenza vaccine?

- ? All children from 6 months through 18 years of age.
- ? Anyone 50 years of age or older.
- ? Women who will be pregnant during the flu season.
- ? Anyone with long-term health problems with:
 - ? heart disease
 - ? kidney disease
 - ? liver disease
 - ? lung disease
 - ? asthma
 - ? metabolic disease, such as diabetes
 - ? anemia, and other blood disorders
- ? Anyone with a weakened immune system due to:
 - ? HIV/AIDS or other diseases affecting the immune system
 - ? long-term treatment with drugs such as steroids
 - ? cancer treatment with x-rays or drugs
- ? Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.
- ? Anyone 6 months through 18 years of age on long-term aspirin treatment.

- ? Residents of nursing homes and other chronic-care facilities.
- ? Health care providers.
- ? Household contacts and caregivers of children from birth up to 5 years old.
- ? Household contacts and caregivers of
 - ? people 50 years and older
 - ? anyone with medical conditions that put them at higher risk for severe complications from influenza
- ? People who provide essential community services.
- ? People living in dormitories, correctional facilities, or under other crowded conditions, to prevent outbreaks.
- ? People at high risk of influenza complications who travel to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.

How can I learn more?

- ? Ask your immunization provider. They can give you the vaccine package insert or suggest other sources of information.
- ? Call your local or state health department.
- ? Contact the Centers for Disease Control and Prevention (CDC):
 - ? Call 1-800-232-4636 (1-800-CDC-INFO)
 - ? Visit CDC's website at www.cdc.gov/flu

**Pike County Health Department
ADULT FLU CLINICS**

<u>Date</u>	<u>Time</u>	<u>Location</u>
Friday, November 7, 2008	9 am - 5 pm	Health Dept
Friday, November 14, 2008	9 am - 5 pm	Health Dept
Monday, November 24, 2008	9 am - 6 pm	Health Dept
Friday, December 5, 2008	9 am - 5 pm	Health Dept

The above clinics are for those 19 years of age and older.

Please bring Medicare or Medicaid Card.

Cost without Card: **\$25.00**

DIABETES AND THE HOLIDAYS - Build a healthy menu plan!

Celebrations of any kind often center on food. Thanksgiving, Christmas, Birthdays, and Valentine's Day are a few of the many opportunities we have to get together with friends and family and to serve our favorite foods.

Everyone wants to be included in the celebration and festivities, and often that may mean eating foods that may not be healthy or a part of their meal plan. For those with diabetes, finding foods that fit into their meal plan is often difficult.

Favorite family foods are often high in fat, sugar, sodium or a combination of these. In addition, for those with diabetes, many snack-type foods as well as menu items are high in carbohydrates, which can cause blood sugars to rise too high. To help individuals with diabetes and those who will be serving foods to individuals with diabetes, University of Illinois Extension is presenting "Diabetes and the Holidays" in Pike County.

This workshop will be held at 5:30 pm on November 13th at the Pike County Farm Bureau Building, 1301 E Washington, Pittsfield. The \$10 registration fee covers the cost of the meal and handout materials. Topics covered during the workshop will include: staying on your meal plan, finding the carbohydrates in food, and demonstrations and tastes of foods for the holiday season.

Advance registration is required by November 11th. We reserve the right to cancel the program if a minimum level of participants is not met. To register for the class, contact the Pike County office of University of Illinois Extension, at 285-5543.

**November 14, 2008 has been set as World Diabetes Day.
The theme is "Diabetes in Children and Adolescents".
The goals include raising awareness of warning signs of diabetes and promote healthy lifestyles to help prevent Type 2 diabetes in children.**

Pike County Diabetes Support Group

NOVEMBER - Thursday, November 13, 2008, 4-5 pm
Speaker: Jennifer Holcomb, Nurse Practitioner, with Quincy Medical Group.

DECEMBER - No Support Group Meeting

JANUARY - Thursday, January 8, 2009, 4-5 pm
Look for your next newsletter in February.