

## Tips From Sally Garrett County Extension Agent

### Managing Diabetes Through Nutrition

Diabetes is a fact of life for millions. According to figures from the American Diabetes Association, more than 17 million Americans are living with diabetes, and 16 million of them have type 2 (formerly known as adult onset diabetes), says Sally Garrett, Colorado County Extension Agent - Family & Consumer Sciences.

Diabetes can cause health problems throughout the body, but those who have type 2 can do a lot about improving their own health by keeping a careful watch on their nutrition.

People with diabetes can live long, healthy lives if they take good care of themselves - particularly by controlling blood glucose levels through good nutrition.

The first step in making good food choices is understanding the U.S. Department of Agriculture Dietary Guidelines, which were developed by nutrition experts. The goal of establishing these guidelines is to help people understand how their eating habits can affect their health.

These simple "ABC" guidelines can help everyone improve their health, whether or not they have diabetes:

- Aim for fitness by reaching a

healthy weight and being physically active each day.

- Build a healthy base by following the Pyramid guide food choices. Each day eat a variety of grains (especially whole grains) and a variety of fruits and vegetables, and keep foods safe.

- Choose a sensible diet that is low in saturated fat and cholesterol and moderate in total fat. Limit intake of sugars and salts, and drink alcohol in moderation, if at all.

Within these basic guidelines, the keys to controlling diabetes are: making wise food choices, exercising and taking prescribed medication as recommended by a health professional.

People with diabetes also must monitor their blood glucose levels regularly and make adjustments when needed. Blood glucose levels can be controlled by: reducing intake of starches and sugars, controlling portion sizes, increasing exercise and monitoring blood glucose levels.

Monitoring blood glucose levels can help people with diabetes reduce their complications affecting eyes, nerves and kidneys.

Planning meals may look like an impossible task, but it's really not that difficult. Information from

the American Diabetes Association and the American Diabetic Association is available by calling (800) 342-2382 or (800) 366-1655.

People with diabetes don't have to follow complicated meal plans or eat special foods. All they need to do is eat healthfully, the same foods as everyone else in the family. The key is making better food choices.

First, add up the amount of fiber you eat every day - fiber is found in fruits, vegetables, whole grains and beans.

Then, carefully monitor intake of sugar, fat and salt - eat less each day.

And be sure to choose foods from a wide selection each day.

These mealtime choices are good for everyone, whether they have diabetes or not. Healthy eating is a goal for everyone in the family.

Here are some tips to help make meal management easier:

- Eat meals and snacks at about the same times every day. People with diabetes especially need to do this in order help their bodies utilize carbohydrates.

- Eat about the same amount of food every day. Follow the meal plan and portion sizes ordered by your health professionals.

- For more interesting and appetizing meals, experiment with new foods and be willing to try new ones.

- Don't skip meals. That can lead to overeating at the next one.

- Use portion control; keep serving sizes monitored. And plan for eating out.

If you adopt good eating habits and eat nutritionally balanced diabetes meals, you will be making a great start. Add to that all the other healthy habits - such as exercising regularly - and you will be on the road to staying healthy, whether you have diabetes or not.

For more information on living with diabetes, plan to attend the "Cooking Well With Diabetes" Program which will be offered starting April 4, at the Colorado County Agriculture Building Conference Room. The Columbus Medical Coalition, which is a partnership of Columbus Community Hospital, CCH Home Health Management, St. Mark's Diabetes Education, Texas Cooperative Extension of Colorado County and Texas Extension Education Association of Colorado County. For more information or to register for the 4 week series, contact Betty Hajovsky, Community Relations, Columbus Community Hospital at

979-732-2372, extension 608.

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### Explore Delicious Easter Dinner Options

With the warmer temperatures come many traditions families anxiously await throughout the cold winter months.

Whether it's Opening Day of the baseball season, the first trip back to the beach or just the time-honored tradition of putting away the winter wardrobes, several signs of spring approach one-by-one to mark the dawning of a season many people call their favorite.

One telltale sign that winter has ended is the arrival of Easter, a Christian holiday that's typically celebrated in late March or early April.

Though the spring season is more likely associated with the return of the backyard barbecue, for many families the first big meal of spring is Easter Sunday dinner.

After a day spent scavenging for Easter eggs and filling up on Easter baskets full of candies and other treats, a good meal always goes a long way for celebrants of the holiday.

Similar to Christmas dinners, Easter dinners tend to differ depending on the family.

While the accepted main course for Thanksgiving is turkey, for Christmas and Easter the main course is less strict, and

many families choose everything from rib roast to ham.

Another favorite is lamb, such as the following recipe for "Roasted Shoulder of Lamb and Couscous," courtesy The Culinary Institute of America's "The Professional Chef (8th Edition)" (Wiley & Sons).

#### Roasted Shoulder of Lamb and Couscous

Makes 10 Servings

1 pound butter, soft  
2 ounces garlic, mashed to a paste with a pinch of salt  
3/4 ounce chopped parsley  
3/4 ounce chopped cilantro  
1 tablespoon dried thyme  
1 tablespoon ground cumin  
1 tablespoon ground paprika  
10 pounds lamb shoulder, square cut, excess fat and silver-skin removed  
1 ounce salt  
1 tablespoon ground black pepper  
4 fluid ounces extra-virgin oil, or as needed  
8 fluid ounces water, or as needed  
1 tablespoon cornstarch, mixed with 1/2 fluid ounce of water to make a slurry



3 pounds couscous  
Condiment  
1 tablespoon coarse salt  
1 tablespoon ground cumin  
1 tablespoon ground black pepper  
1. Preheat oven to 350 F.  
2. Mix the butter with the parsley, garlic, cilantro, thyme, cumin and paprika.  
3. Season the lamb with about 1 teaspoon of the salt and 1/4

teaspoon of the ground pepper. Coat the lamb with the seasoned butter.

4. Place the lamb on a rack in a roasting pan. Add enough of the oil and water to cover the bottom of the pan, but not touch the lamb. (The amount needed will depend on the size of the pan used.)

5. Roast uncovered in a 350 F oven, basting every 15 minutes, until a deep caramel cover develops, about 45 minutes.

6. Cover the lamb and continue to cook until the meat is extremely tender, two to three hours. Check the water/oil level every 30 minutes.

7. Remove the meat and keep it warm.

8. Degrease the liquid in the pan. Gradually add the slurry, whisking constantly. Adjust seasoning with salt and pepper.

9. Thinly slice the lamb and serve immediately with the couscous and condiment mix.

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### Colorado County Courthouse

#### Two Suits Filed In District Court

Two suits were filed in Colorado County District Court in the last week.

On March 16, Citibank, South Dakota, filed suit against S. Jones in a dispute over a credit card account. The suit says \$9,128 is owed.

On March 19, NCO Portfolio Management Inc. filed suit against Matthew Vickers in a dispute involving an award from

arbitrators. The suit states NCO is attempting to enforce an arbitrator's award of \$6,709.

#### Marriage Licenses

Kent Jefferson Priestley and Amy Sheree Polk, March 1.

Justin Duane Merkel and Rachel Rayne Schneider, March 5.

William Charles Blair and Jessica Jennean Will, March 6.

Francisco Javier Ramirez Diaz and Esmeralda Garcia, March 6.

Mark Anthony Godfrey and Roseanne Tritto, March 7.

Larry James Supak and Angela Lynn Ledesma, March 7.

John Douglas Sledge and Tracy Annette Luscombe, March 12.

Brian Thomas Hernandez and

Brie Anne Thiebaut, March 13.

Pedro Alvarez and Maria Sole-dad Duran, March 13.

Jerry Don Grissom and Lori Beth Knebl, March 14.

#### Divorces Granted

Virginia J. Kirschner and Bobby R. Raley, March 19.

Elisa Gamino and Guadalupe Gamino, March 19.

Teresa M. Barrios and Robert Barrios, March 19.

Sandra Jean Ross and Russell Wayne Ross, March 19.

Kelly F. Flanagan and Jack W. Flanagan, March 19.

Marvin Lee Kelly III and Mary Jane Kelly, March 19.

#### Divorce Filed

Donna J. Vernon and Virgil B. Vernon, March 18.

### Milk Production Remains Steady

Texas milk production totaled 569 million pounds during February, unchanged from last year's production of 569 million pounds.

January 2007 production totaled 618 million pounds.

The number of milk cows during February averaged 347 head, up 19,000 head from last year and unchanged from the January 2007 number.

Production per cow averaged 1,640 pounds during February, 95 pounds less than last year and 140 pounds less than January 2007.

Milk production in the 23 states participating in the monthly survey totaled 13.1 billion pounds, up 0.9 percent from production in these same states in February 2006.

January revised production, at 14.3 billion pounds, was up 1.8 percent from January 2006.

Production per cow during February averaged 1,586 pounds, unchanged from a year ago.

The average number of milk cows in the 23 states was 8.28 million head, 71,000 head more than last year but 3,000 head less than January 2007.

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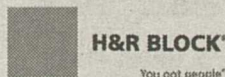
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