

Cheese and Rice Stuffed Peppers

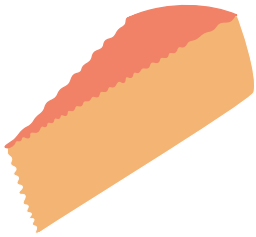
Ingredients



- 4 medium green bell peppers
- 2 cups of cooked brown rice
- 1 cup of reduced-fat cheddar cheese
- 2 tbsp. parsley
- 1/2 tsp. salt
- 1/8 tsp. fresh ground black pepper

Preparation Instructions

1. Preheat the oven to 300 degrees F.
2. Slice off the tops of the peppers. Wash the peppers and remove the cores and seeds. Stand the pepper cups upright in a saucepan containing 1/2 cup boiling water. Cover tightly and allow to steam for 5 minutes. Remove and drain.
3. In a large bowl, mix together the rice, cheese, parsley, salt, and ground pepper. Divide the mixture and stuff each pepper.
4. Stand the peppers in a loaf pan or cupcake tins. Bake for about 15 minutes, until the filling is hot and the cheese melts.



Source: The American Diabetes Association at www.diabetes.org

To learn more, visit www.ncdiabetes.org or contact your local health department.

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Diabetes Prevention

a family tradition

Easy Ways to Add Activity to Each Day

Most of us lead busy lives. Jobs, families, and other responsibilities fill up each day. So you might think you don't have time to walk, ride a bike or enjoy other activities that keep you fit.

Luckily, there are ways to squeeze in activities without squeezing you for time. Often, it's as simple as combining activity with things you already do.

- + We all have errands to run! Next time, park in a space farthest away from the entrance of your destination. This will add more walking steps to each day.
- + Vacuum one room each day. By doing a little housework each day, you add activity to your life and you won't spend all day Saturday cleaning!
- + March in place while you watch TV.
- + Lift jugs of water while you talk on the phone.
- + Turn up the volume and dance with your kids.
- + On your lunch break, walk around the company parking lot for 10 minutes.
- + Break your 30 minutes of activity up into 10-minute spurts. Walk for 10 minutes before work, 10 minutes at lunch, and 10 minutes after work.
- + Take your kids to the park.
- + Walk or ride your bike when going someplace nearby.

Don't Super Size Me

We live in a world of huge food portions. Super size fries. Biggie drinks. Talk about the land of plenty! In the end, all these temptations only super size us!

Healthy food choices are not enough when it comes to preventing diseases like diabetes. Portion control plays an important role, too. Here are some tips to help you and your family eat less.

- + Split your meal with your child
- + Eat half of your meal and put the other half in the refrigerator for tomorrow
- + Eat off of a smaller plate, like a salad plate
- + Don't eat until you feel stuffed. Stop eating once you don't feel hungry anymore. It takes about 20 minutes for your body to sense it's full.
- + Drink a glass of water before each meal.
- + Eat slowly



**1 serving of meat
is about the size
of your palm or
a deck of cards**



**1 serving of cheese
is about the size
of your thumb**



No More Excuses!

You're only human. So, it's natural to think of reasons why you can't get active. So, use this chart to find a solution to what's stopping you.

Problem

Answer

"I don't have time." ▶ *Instead of doing 30 minutes of activity a day all at once, try breaking the 30 minutes down into 10 minute portions throughout the day.*

"It's too hot outside." ▶ *Swim, dance in the house, or march in place while watching TV.*

"Exercise is boring." ▶ *It doesn't have to be. Mix up your routine. Include many different activities so you don't get in rut.*

"I don't have exercise clothes." ▶ *Loose clothing, comfortable shoes and socks are all you need.*

"After I work all day, I just want to sit on the couch and relax. I'm too tired." ▶ *Take a walk before work or walk at the mall on your lunch hour.*

"What if I hurt and ache afterwards?" ▶ *Remember to take it slow. Start with easier activities at first and build up as you go.*



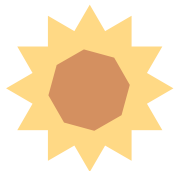
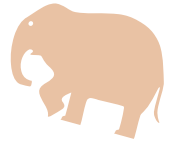
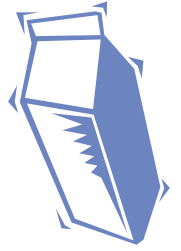
How to Make the Switch from Whole Milk to Skim

Many people prefer the taste of whole milk. Here's how to make the transition to skim milk easy! For one or two weeks, fill your glass only half full with whole milk. Pour in skim milk for the other half. Once you and your kids get used to the taste, try using only skim milk. Chances are, this exercise has gotten you used to the taste.

Skim milk has the same nutrients as whole milk but with much less fat. It's an ideal choice for you and children over the age of two.

Fun Trivia

- 90% of our nation's broccoli is grown in one state. Which state is it?
- Apples are related to what flower family?
- Who was the first person to walk around the world?
- What country produces 66% of the world's garlic?
- What fruit and the tree that bears it is actually a member of the cashew family?
- How many varieties of rice are there?
- What vegetable is 91% water?
- When was the treadmill invented?
- What zoo was the first to have a treadmill for an elephant?
- What vegetable is actually a member of the sunflower family?



Sources: Dole Food Company, Inc. at www.dole5aday.com; Guinness World Records at www.guinnessworldrecords.com; Food Reference at www.foodreference.com; www.foodfunandfacts.com; www.americanartifacts.com; www.alaskazoo.org; 9. The Alaska Zoo in Anchorage, 10. Lettuce, 1970 to October 5, 1974, walked 14,450 miles, 4. China, 5. China, 6. 15,000, 7. Cabbage, 8. 1859, **Answers:** 1. California, 2. Rose, 3. The first verified walker was David Kunst who, from June 20,