

A message from NUTRITIONAL DEVELOPMENT SERVICES

11/17/2021

Greetings from NDS! Happy Wellness Wednesday. Today's topic focuses on the November's Harvest of the Month produce: Winter Squash!

November Harvest of the Month: Winter Squash

PA Harvest of the Month highlights winter squash during the month of November.

Did you know that all winter squash skin is technically edible but the texture of the thinner-skinned varieties, such as acorn and delicata squash, is more pleasant than thicker-skinned varieties. The most common varieties of winter squash are acorn, butternut, delicata, spaghetti, buttercup, carnival and hubbard squashes, and pumpkin.

Compared to summer squashes, which are picked when immature, winter squashes have a denser texture and flavor and thicker skin that allows for a longer storage life. Most winter squash are good sources of Vitamin C; Vitamin C is important in the body's healing process and may play a role in guarding against heart disease and cancer. Vitamin C also helps the body absorb iron. Delicata, butternut, hubbard, carnival, and pumpkin squash are great sources of Vitamin A as well. Vitamin A is important in immune function and eye health.

For more information on winter squash including selection, storage, handling, and preparation, click [here](#).

A message from NUTRITIONAL DEVELOPMENT SERVICES

11/10/2021

Greetings from NDS! Welcome to our first posting for Wellness Wednesday. Today our topic is Diabetes:

November is American Diabetes Month

The American Diabetes Association (ADA) promotes American Diabetes Month in November to raise awareness about diabetes and share helpful resources for preventing and detecting diabetes. Diabetes is one of the leading causes of disability and death in the United States. If not managed appropriately and well-controlled, diabetes can lead to other serious health problems, such as blindness, nerve damage, and kidney disease.

There are two main types of diabetes: type 1 and type 2. Both types of diabetes impact the way the body regulates glucose, or blood sugar. Glucose fuels many of the body's organ systems, but in order to work in the body and enter cells, glucose needs insulin. Think of insulin as the key glucose needs to enter the body's cells. In type 1 diabetes, the body does not produce insulin (the key is missing). In type 2 diabetes, the body is insulin resistant, or doesn't respond to insulin as well as it should; this can later progress to the body not producing enough insulin (the key is broken).

Some lifestyle strategies to prevent type 2 diabetes include losing extra weight, being more physically active, eating healthy plant foods, eating healthy fats, and skipping fad diets.

For more information on diabetes prevention strategies, click [here](#).

For further information on diabetes management, type 1 and type 2 diabetes, prediabetes, and actions the ADA is taking this November, click [here](#).

(If you have a need for carbohydrate counts for items served during breakfast or lunch, please contact NDS R.D., Jean Falk (jfalk@ndsarch.org) to be added to the monthly email distribution list.)