

# Breakroom Buzz



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## November is National Sweet Potato Month

**Yams vs. Sweet Potatoes.** Yams are tubers with rough and scaly skin, and very lightly colored flesh. Sweet potatoes have smooth skin with flesh ranging from orange to purple or white. *You will find sweet potatoes most often in grocery stores.*

**Why eat sweet potatoes?** Because they are a powerhouse of good nutrition! They are fat free, high in vitamins C and A, a good source of calcium and potassium, and an excellent source of fiber. You cannot beat that at 100 calories per 3.5 ounces!

### Try this savory option:

Wash hands with soap and water. Preheat oven to 425°, place parchment paper or tinfoil on rimmed baking sheet, wash and dice sweet potatoes into 1 inch cubes, toss with a small amount of olive oil. Spread in an even layer on baking sheet, sprinkle with seasoning (garlic, pepper, herbs) to taste, Bake 30-40 minutes, or until desired texture (chewy to crisp)

Source: Adapted by Mary Liz Wright, Nutrition & Wellness Educator, Mississippi State University Extension & North Dakota State University Extension, Prairie Fire.

## Are you at risk?

### PREDIABETES

COULD IT BE YOU?



- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pound
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native

**If you are at risk of developing diabetes, please make an appointment with your healthcare provider.**

Source: Centers for Disease Control and Prevention, 2021

## I Didn't Know That!

### World Kindness Day is November 13, 2021

This is a global day that promotes the importance of being kind to each other, yourself, and to the world. Incorporating kindness into your day can make you feel better physically, emotionally, and mentally.

Here are just a few suggestions for completing a least one act of kindness daily for a week:

- Rake leaves for a neighbor.
- Write a thank you card or thinking of you card to someone.
- Pay for someone's movie ticket or lunch in a drive thru.
- Give a sincere compliment to someone.
- Text someone a good morning.
- Put a surprise note in a significant other's or child's lunch box.
- Write a letter to deployed or wounded member of the military.
- Instead of texting or emailing, make a phone call to a family member who lives afar.
- Bring in favorite food or snacks to your office mates.
- Making gift purchases think about buying a for a child in need or part of an organized effort.

Don't forget to practice self-kindness such as, mediating, going for a nature walk, dancing to a favorite song.

Source: Adapted by Tessa Hobbs-Curley, Family Life Educator. American Psychological Association, "When doing good boosts health, well being. September 3, 2020. <https://www.bradaronson.com/acts-of-kindness/>; <https://www.womenshealthmag.com/uk/health/mental-health/a3460066/physical-benefits-of-kindness/>; Tessa Hobbs-Curley, Family Life Educator, 2020