

# Healthy Skin Matters

What's the body's biggest organ? You might be surprised to find out it's the skin, which you might not think of as an organ. No matter how you think of it, your skin is very important. It covers and protects everything inside your body. Without skin, people's muscles, bones, and organs would be hanging out all over the place. Skin holds everything together.



It also:

- protects our bodies
- helps keep our bodies at just the right temperature
- allows us to have the sense of touch

With the Flu season around the corner taking care of our skin is very important. It protects against infections - germs from the outside world travel to your inside world via three main systems--your lungs (through your nose and mouth), your intestines (through your mouth), and your skin (all over). Since your skin stops the outside world from getting in far more than the other two areas, it is your protective key. Washing your hands is of the most important steps we can take to avoid getting sick and spreading germs to others.

**Fall into Winter**



## Dates To Remember

- *November 1—Daylight Savings Time*
- *November 15— Clean out your refrigerator day*
- *November 26—Thanksgiving*
- *December 1—Eat your red apple day*
- *December 5—Volunteer day*
- *December 25—Christmas*

## Keeping those Holiday Pounds Off

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As the majority of us know only too well, any attempt at healthy eating goes sailing out of the window during the holiday season.

According to a recent Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day. WOW! Here are a few tips to try and keep those pounds off this holiday season:

- Portion Control—Studies have shown that the more food we're served, the more we will eat -- even if we don't particularly like what we're eating!
- Have a healthy breakfast. Study after study confirms that people

who eat breakfast end up eating fewer calories throughout the day. Successful losers never skip breakfast because it powers up the brain, gets the metabolism perking, and helps you perform any task better.

- Put it on a plate. It's hard to keep track of how much food you're eating when you nibble without using a plate. Serving meals and snacks on a plate will help you avoid the mindless hand-to-mouth munching that can add lots of extra calories.
- If you don't love it, don't eat it. This is the golden rule. Why waste calories on foods that

don't knock your socks off? One bite is usually enough to tell whether you love it. Use those extra calories for something you love!

- And last but not least keep moving. And experts agree that exercise is essential in helping you cope with stress. Further, getting regular activity can actually give you more energy to tackle that long holiday "to-do" list. If you just can't get to the gym, keep in mind that something is better than nothing. Do whatever you can to squeeze in 10-minute intervals of activity throughout the day.

## An Apple a Day *May* Keep the Doctor Away

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One might be quick to say the age-old saying, "An apple a day keeps the doctor away," as an attempt to get children to eat their fruits and vegetables, but what if this simple fruit really can prevent that trip to the doctor's office?

Apples have been consumed since ancient times, especially by the Greeks and Romans who recognized the healing benefits of this often overlooked fruit.

Jam-packed full of nutrients, the apple contains rich sources of vitamin C, dietary fiber, beta-carotene, flavonoids, phytosterols, antioxidants, and a wide range of vitamins, minerals, and amino acids - all ingredients the body needs for healing. Studies suggest that it helps lower cholesterol, helps in preventing different types of cancers and promotes digestive health.

Apples have an average of 80 calories per apple, and it is the perfect choice of food for you if you are trying to lose weight. Also, it provides 22 grams of carbohydrates, which make up 7% of recommended daily value, and some of these carbohydrates are complex carbohydrates that can give you a sustained energy boost.

So I guess it turns out that eating an apple can help keep the doctor

## Is It Safe to Refreeze Raw Meat and Poultry that Has Thawed?

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Once food is thawed in the refrigerator, it is safe to refreeze it without cooking, although there may be a loss of quality due to the moisture lost through thawing. After cooking raw foods which were previously frozen, it is safe to freeze the cooked foods. If previously cooked foods are thawed in the refrigerator, you may refreeze the unused portion. Freeze leftovers within 3-4 days. Do not refreeze any foods left

outside the refrigerator longer than 2 hours; 1 hour in temperatures above 90°F.

If you purchase previously frozen meat, poultry or fish at a retail store, you can refreeze if it has been handled properly, according to USDA.

DO NOT thaw meat at room temperature, such as on the kitchen counter.

Safety will depend on whether the raw product was handled properly before it was frozen, refrozen shortly after it was thawed, cooked to a safe temperature when it is eaten and handled safely if there are any leftovers.



# Turkey Leftovers

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## White Turkey Chili

(Serves 8)

1 tablespoon oil  
1/4 cup onion, chopped (See Tip 1)  
1 cup celery, chopped  
4 cups cooked turkey, chopped  
2 cans (15.5 oz.) Great Northern beans, drained  
2 cans (11 oz.) corn, undrained  
1 can (4 oz.) chopped green chilies  
4 cups turkey or chicken broth (See Tip 2)  
1 teaspoon ground cumin

Heat oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes. Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook

about 15 minutes over medium heat stirring occasionally until thoroughly heated.

Sprinkle mozzarella cheese on top, if desired.

### Cook's Tips:

You can substitute 1 tablespoon chopped dried onion for the chopped fresh onion or as recommended on the dried onion container.

If you have extra broth, use it instead of water when cooking vegetables or use it for some or all of the liquid in making rice. Use within a day or two or freeze.



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The Family and Consumer Sciences Department is an internal component of the University of Arkansas Division of Agriculture Cooperative Extension Service. The Department is a vital link that connects the resources of the university and citizens in the 75 counties across the state. The Family and Consumer Sciences faculty and County Extension Agents work collaboratively on programs aimed at making life better, healthier, and safer for individuals and communities in four broad areas:

- Food and Nutrition
- Health and Aging
- Marriage, Parenting, and Family Life
- Financial Management

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