

PantryPress



Spiced Sweet Potatoes

Serves: 6

Ingredients

2 (15oz) cans of sweet potatoes, rinsed and drained
1 Tbsp olive oil
1 teaspoon chili powder
1 teaspoon paprika
1 teaspoon onion powder
¼ teaspoon cayenne
Salt and pepper to taste

Directions

1. Preheat oven to 450 degrees F. In a small bowl, mix oil and all seasoning together.
2. Rinse and drain sweet potatoes then cut into bite size pieces. Toss potatoes in oil mixture and combine until potatoes are evenly coated with seasonings.
3. Spread coated potatoes in a single layer on a prepped baking sheet and roast in oven for about 15 minutes or until potatoes are heated through.
4. Let cool, serve warm, enjoy!

Nutrition Info

177 Calories
3g Fat
37g Carbohydrates
2g Protein
95mg Sodium

9 Ways to Avoid Illness this Season

It is that time of year again; cold and flu season is upon us! Check out the tips below to find out how you can protect yourself from getting sick this season.

Lifestyle & Wellness

Eat a balanced diet – Eating food from all 5 food groups grains, dairy, protein, and especially lots of fruits and vegetables rich in vitamins A & C, is important to support a strong immune system and overall health. It is best to avoid tobacco products and too much alcohol, as these are known to weaken the immune system

Get enough sleep – Not having enough sleep can weaken your immune system. Aim for 7-9 hours of quality sleep each night.

Exercise regularly – Moving your body can help support your immune system which helps protect you from getting sick. Movement can also be a way to relieve some unwanted stress.

Hygiene & Sanitation

Wash your hands – Knowing when to wash your hands can keep harmful germs away. For example, wash hands prior to preparing food, before eating, after handling pets and garbage, and using the bathroom. Always use soap and water, scrubbing for at least 20 seconds.

Cover coughs and sneezes – Try to avoid coughing or sneezing into your hand. Instead, cover your cough with the inside of your elbow. If soap and water are unavailable, use hand sanitizer (with at least 60% alcohol) to disinfect your hands after after coughing.

Clean and disinfect – Surfaces that get touched often, such as doorknobs and countertops, should be cleaned regularly to avoid spreading germs that can make us sick. It is also important to avoid sharing personal items that can spread germs, like toothbrushes, towels, and razors.

Best Practices

Do not touch your face - To prevent germs from entering your body, avoid touching your eyes, nose, or mouth. Always use clean hands to touch your face.

Stay home when sick – It is best to stay away from others when you are feeling sick, not only to avoid spreading germs but to let your body rest. Do not plan to leave the house until you have been fever-free for 24 hours or symptoms have gone away.

Handle food properly – Washing produce, cooking to proper temperatures, and refrigerating leftovers within 2 hours will help keep germs away from the food you eat.

Related Links:

<https://health.maryland.gov/phpa/pages/preventing-infectious-disease.aspx>

<https://www.health.harvard.edu/staying-healthy/how-to-prevent-infections>

Marion County Public Health Department

NUTRITION SERVICES



Indiana
Department
of
Health

