Lean cuts of meat can be included as part of a healthy diet. Be sure to stick to the recommended serving size of the palm of your hand. The pork chop recipe below is a simple, tasty dish you can serve your family any night of the week. Top loin and sirloin pork chops are leaner cuts, which can help limit your saturated fat intake.

Busy Day Pork Chops

Makes 4 servings

Ingredients:

- ¼ cup fat-free milk
- ¼ cup seasoned bread crumbs
- ¼ cup grated Parmesan cheese
- ¼ tsp. salt
- ¼ tsp. garlic powder
- 1/8 tsp. pepper
- 4 boneless pork loin chops (4 oz. ea.)
- Cooking spray

Directions:

1. Preheat oven to 375 degrees F. Place milk in a shallow bowl. In another shallow bowl, toss crumbs with cheese and seasonings.
2. Dip pork chops in milk, then coat with crumb mixture. Place on a baking sheet coated with cooking spray; lightly spritz chops with cooking spray.
3. Bake 8-10 minutes on each side or until a thermometer reads 145 degrees F. Let stand 5 minutes before serving.

Nutrition Info Per Serving: 178 calories, 7g Fat, 3g saturated fat, 57mg cholesterol, 207mg sodium, 3g carbohydrate, 23g protein.

American Diabetes Month take place each November and is a time to come together to raise awareness for diabetes. There are 2 important key messages from the International Diabetes Federation to keep in mind not only during the month of November, but all year long. The first message is to **act to change your life today**. Healthy eating is an important part of managing all types of diabetes. A healthy lifestyle could prevent up to 70% of type 2 diabetes. With a healthful diet of leafy vegetables, fresh fruit, whole grains, lean meat and unsweetened yogurt and nuts, one can reduce their risk of type 2 diabetes or reduce complications in those with diabetes. Also, by focusing on the youth and encouraging healthy eating habits at a young age, we can help halt the rise of the diabetes epidemic.

The second message from the International Diabetes Federation is to **act to change the world tomorrow**. Access to affordable healthy food is essential to reducing the global burden of diabetes and ensuring global sustainable development. Diabetes is a growing epidemic, with almost 400 million adults living with diabetes in 2014, and a prediction of almost 600 million adults to have type 2 diabetes by 2035. Up to 11% of total healthcare expenditure in every country across the globe could be saved by tackling the preventable risk factors for type 2 diabetes. Also, up to 70% of type 2 diabetes cases could be prevented or delayed by adopting healthier lifestyles, equivalent to up to 150 million cases by 2035.