

Family and Consumer Sciences

“Connections” in Lampasas County

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Family Meals - Fast, Healthful!

You are running in 10 directions! It is 4 p.m. You need to pick up your child at day care, stop at the store, and run several errands. And you need to get ready for an evening meeting. How do you put a healthful supper on the table, too?

A few timesaving steps can help you prepare an easy family meal - with less stress. Use time you save to enjoy family.

Plan Ahead.

- **Keep meals simple!** Food that keeps your family healthy can be a quick fix. Unless it is a special occasion, spend time together, not on making time-consuming meals!
- **Cook when you have more time** - maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.
- **Do some tasks ahead** - a few hours of the day before your meal. Wash and trim vegetables or make

SOURCE: Nibbles for Health 10 Nutrition Newsletter for Parents of Young Children, USDA, FOOD and Nutrition

Three Quick-To-Fix Family Foods

- **Hearty soups:** Add canned or frozen vegetables to tomato or chicken soup.
- **Pasta dish:** Mix chopped lean ham or deli meat, and cooked vegetables into macaroni and cheese.

fruit salad. (Your child can help.) Cook whole-grain noodles for pasta salad. Cook lean ground meat of tacos.

Shop for time savers.

• **Buy partly prepared foods.** Try grated cheese, cut up chicken, and mixed salad greens to save time. These foods often cost more, so check the price.

• **Stock your kitchen.** Get foods that you can make and serve in a hurry, such as:

- Dried or canned fruit (juice or water pack)
- Unsweetened frozen fruit
- Vegetables and beans
- Canned meat, poultry, and fish
- Canned soups or stew
- Whole-grain bread
- Brown rice
- Lowfat cheese
- Lowfat yogurt
- Frozen meals



Save time in your kitchen.

• **Cook once for everyone.** Does your child like plain vegetables, meat, rice, or noodles? If so, set some aside before you add other ingredients. You won't need to take time to prepare different foods.

• **Cook a fast way.** Broil, stir-fry, or microwave when you can. Roasting and baking take longer.

• **Make no-cook meals:** Try salads with canned tuna, chicken, or beans; cold sandwiches; raw vegetables and yogurt dip; and fruit. Kids like finger foods!

• **Double or triple the amount.** Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Enjoy kitchen help.

• **Involve your little helper.** Ask your child to set the table, pour milk, or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.



Remember that some canned foods are high in sodium. Check the nutrition Facts label to select food slower in sodium.

Your ideas:

SOURCE: Nibbles for Health 10 Nutrition Newsletter for Parents of Young Children, USDA, FOOD and Nutrition



Food Safety and Nutrition Reminders for Going Back to School

The school year is here and it is important to keep food safety and nutrition in mind when going back to school, A University of Nebraska-Lincoln extension educator said.

Many parents will want to pack a lunch for their children and there are important safety tips to remember when doing so.

Perishable food such as cold-cut sandwiches and yogurt should not be out of refrigeration for more than two hours; otherwise students are at risk of getting sick from a foodborne illness.

One way parents can keep lunches cool is to freeze a water bottle,

which will serve as both an ice pack and will melt into a refreshing drink by lunch time.

The lunch box should also be cleaned. One thing that a lot of people forget to do is to clean the lunchbox with warm, soapy water before each use.

Here are some more tips for making after-school snacks nutritious.

Make sure to include foods that have at least two different food groups. Suggested snacks such as apples and peanut butter, or fruits and vegetables dipped in a low-fat

yogurt are good choices. Another idea could be an oatmeal cookie along with a glass of low-fat milk.

Studies have shown that families eating together are healthier and happier. This is because eating as a family helps people build relationships and communication skills and meals are likely to be healthier at home. We need to emphasize that eating as a family is important. It doesn't necessarily have to be dinner.

For more information about food, nutrition and health, visit: <http://food.unl.edu/web/fnh/home>

SOURCE: Institute of Agriculture and Natural Resources

Pick an activity that gets you out of the house and into the company of others. Isolation contributes to depression, and it can sap motivation.



Movement and Your Mind

There's a veritable mountain of research to support the physical benefits of regular exercise. But studying its effect on mental states is a lot harder -emotions aren't as easily measured as physical effects, and assessing them depends on the subjective reporting of the person experiencing them (or the observations of people whom that person interacts).

That disclaimer noted, scientific studies have confirmed fairly consistently what exercisers have reported for millennia: that exercise is good for the mind as well as the body. Studies have found that it can improve mood, reduce anxiety, and produce a sense of well-being. This provides the positive feedback that encourages us to keep training. What's more evidence has been accumulating that exercise can reduce depression in many people, and may even help prevent it in the first place.

Sound body, sound mind

A review by the independent Cochrane Collaboration, based on 35 studies, concluded that exercise is moderately effective for reducing depressive symptoms in adults, compared with no therapy. In a small number of studies, it provided effects comparable to -though not greater than- antidepressants or therapy. The reviewers noted, however, that when studies of poorer quality (they weren't adequately controlled, for example), the difference between exercise and no therapy became less conclusive. A second review, published in the American Journal of Preventive Medicine, included 25 regularly, even at low levels (such as walking or gardening) are less likely to subsequently develop depression.

And a British study published in JAMA Psychiatry, which followed 11,135 people

(initially in their twenties) for more than 25 years, found that the more physically active they were, the less likely they were to have symptoms of depression. Sedentary people who started exercising three times a week, for instance, reduced their risk of depression five years later by almost 20 percent. Of course, the relationship between depression and physical activity goes two ways, since depressed people are less likely to exercise.

Why would moving your body benefit your emotional state? There are several possible reasons. Exercise, particularly aerobic exercise, may boost levels of neurotransmitters- notably dopamine, norepinephrine, and serotonin- that influence mood. Psychology also comes into play. Any type of exercise can provide a sense of control and accomplishment. It also can serve as a distraction or time-out.

Harnessing the Power of Exercise

If you are among the millions of people suffering from depression, it's important to seek medical attention; exercise probably cannot replace therapy or medication, especially for people who are severely depressed. But it may well be recommended as part of your overall treatment plan, and in any case, it has no side effects and can benefit your health in many other ways. Here are some tips to keep in mind, whether you're living with depression or simply looking to maximize exercise's mood-boosting benefits:

- Pick an activity that gets you out of the house and into the company of others. Isolation contributes to depression, and it can sap motivation.
- Any exercise appears to help, but it has to suit you and you have to do it regularly—ideally most days of the week. If you don't like jogging or lifting weights, try walking or swimming. Consider the setting, too; hiking in the woods may be more rewarding than running on a treadmill, for example.



- If you find exercise boring, try listening to audio books or music during the activity. For variety, alternate moderate exercise with short bursts at higher intensity, also known as interval training.



SOURCE: http://www.berkeleywellness.com/healthy-mind/mind-body/article/movement-and-your-mind?s=EFA_160614_AA1&st=email&ap=ed

Hyperthermia: Too Hot for Your Health

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Being hot for too long can be a problem. IT can cause several illnesses, all grouped under the name *hyperthermia*.

• **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.

• **Heat cramps** are the painful; tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Find a way to cool your body down. Rest in the shade or in a cool building. Drink plenty of fluids, but not those with alcohol or caffeine.

• **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.

• **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke—A Medical Emergency

If you have a heat stroke, you need to get medical help right away. Older people living in homes or apartments with out air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- Not sweating even if it is hot

Who Is At Risk?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging

- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines; they may make it harder for your body to cool itself
- Taking several prescription drugs, ask your doctor if any of your medications make you more likely to become overheated
- Being overweight or underweight
- Drinking alcoholic beverages

How Can I Lower My Risks?

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, curtains closed during the hottest part of the day.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example go to the shopping mall, movies, library, senior center, or a friend's house.
- If you need help getting to a cool place, ask a friend or relative. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush hour times.

SOURCE: National Institute on Aging

Triple Berry Smoothie

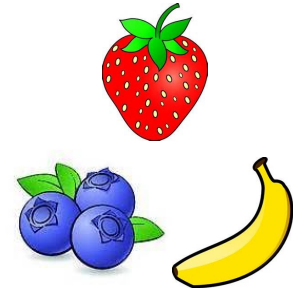
Yield: 6 servings

Ingredients

- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 banana
- 1/2 cup fat-free yogurt
- 1 cup low-fat milk
- 1/2 cup ice cubes

Instructions

1. Wash your hands and clean your cooking area.
2. Wash strawberries and blueberries.
3. Blend banana, ice, yogurt, milk and berries together until a smooth drink is formed.
4. Pour into a cup and enjoy a very fruity, healthy smoothie



| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size 1 cup | |
| Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 170 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 85mg | 4% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 3g | 12% |
| Sugars 22g | |
| Protein 8g | |
| Vitamin A 2% | Vitamin C 60% |
| Calcium 25% | Iron 2% |

What you need

Utensils

- Measuring cups
- Blender



Prep Time

5 minutes

Cost per serving

\$0.90

Lampasas/Burnet County News



Do Well Be Well with Diabetes:

Aug. 9, 16, 23, 30 & Sept. 6
 at Lampasas Co. Annex- 6-8 p.m.
 \$20/person or \$30/couple

Food Handlers: Aug. 29, 6:30-8:30 at
 Briggs Baptist Church Fellowship Hall.

Dinner Tonight! Healthy Cooking School: September
 29th 6-8 p.m. at Lampasas Farm Bureau. Registration is
 \$15/person, but with sponsorship from Farm Bureau and
 Ajinomoto/Windsor Foods registration for the first 50 is
 reduced to \$10/person

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