



Family and Community Health “Connections” in Lampasas County



Texas A&M AgriLife Extension Services

September is National Childhood Obesity Awareness Month

Volume 5, Issue 9

September 2018

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One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news?

Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and get more active.

Make a difference for kids: spread the word about strategies for

preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.



How can National Childhood Obesity Awareness Month make a difference?

We can all use this month to raise awareness about the obesity epidemic and show people how you can help work towards a solution.

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Here are just a few ideas:

- Make small changes, like keeping fresh fruit within reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier.

Help them provide healthy food options and daily physical activities for students.

- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.





Small tricks to help you shed pounds and keep them off

If you're struggling to lose weight, you probably feel like the odds are stacked against you. You're not necessarily wrong. But don't throw your hands up and resign yourself to keeping those extra pounds. There are strategies that can help you chip away at excess weight. Below are some simple tips that you can use to get the scale moving in the right direction — and keep it there.

- **Don't diet; improve your diet.** Don't focus your eating solely on weight loss; focus on overall health. Follow a diet that is rich in fruits, vegetables, and healthy fats. Over all, choosing a sustainable diet that is focused on health and not just weight can help you make lasting

improvements. "

- **Exercise regularly.** This has been said a million times, but it can't be emphasized enough: boosting your activity level can help you lose weight and keep it off. Your metabolism slows with age, which means you burn fewer calories to keep basic body functions going. At the same time, bone and muscle mass decline and fat mass increases. This insidious pattern happens naturally as you get older unless you take steps to avoid it.
- **Try a variety of strategies.** Different diets work for different people. Sometimes finding the right strategy takes trial and

error. One approach that holds promise for many is mindful eating — taking the time to stop and really focus on and enjoy your food. Another simple trick is to put your fork down between bites instead of holding it in your hands. Pick it up when you are going to take the next bite.

- **Persevere.** Losing weight is really hard to do, and many people fail many times before they succeed. Don't give up. Each day, commit to eating a little bit less. If you go off track, recommit the following day and keep at it over time.

Source: *Harvard University*

Fruits and Veggies-More Matters

Eating fruits and vegetables has many health benefits.

People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk of:

- Heart disease
- Type 2 diabetes
- Some types of cancer
- Obesity
- High blood pressure

Communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables.

Make a difference: Spread the word about tips for healthy eating and encourage communities, organizations, families, and individuals to get involved.

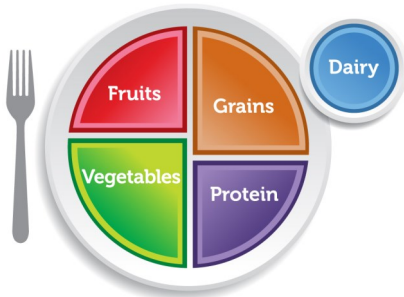


Source: *healthfinder.gov*





Some Myths about Nutrition



Myth: To lose weight, you have to give up all your favorite foods.

Fact: You don't have to give up all your favorite foods when you're trying to lose weight. Small amounts of your favorite high-calorie foods may be part of your weight-loss plan. Just remember to keep track of the total calories you take in. To lose weight, you must burn more calories than you take in through food and beverages.

TIP: Limiting foods that are high in calories may help you lose weight. The Dietary Guidelines for Americans 2015-2020 have estimated daily calorie needs based on a person's age, sex, and physical activity level.

Myth: Grain products such as bread, pasta, and rice are fattening. You should avoid them when trying to lose weight.

Fact: Grains themselves aren't necessarily fattening—or unhealthy—although substituting whole grains for refined-grain products is healthier and may help you feel fuller. The Dietary Guidelines for Americans 2015-2020 recommend consuming grains as part of a healthy eating plan. At least half of the grains you eat should be whole

grains. Examples of whole grains include brown rice and whole-wheat bread, cereal, and pasta. Whole grains provide iron, fiber, and other important nutrients.

TIP: Try to replace refined or white bread with whole-wheat bread and refined pasta with whole-wheat pasta. Or add whole grains to mixed dishes, such as brown instead of white rice to stir fry. Check out ChooseMyPlate for more tips to help you add whole grains to your eating plan.

Myth: Choosing foods that are gluten-free will help you eat healthier.

Fact: Gluten-free foods are not healthier if you don't have celiac disease or are not sensitive to gluten. Gluten is a protein found in wheat, barley, and rye grains. A health care professional is likely to prescribe a gluten-free eating plan to treat people who have celiac disease or are sensitive to gluten. If you don't have these health problems but avoid gluten anyway, you may not get the vitamins, fiber, and minerals you need. A gluten-free diet is not a weight-loss diet and is not intended to help you lose weight.

TIP: Before you decide to avoid a whole food group, talk with your health care professional if you believe you have problems after you consume foods or drinks with wheat, barley, or rye.

Myth: Dairy products are fattening and unhealthy.

Fact: Dairy products are an

important food group because they have protein your body needs to build muscles and help organs work well, and calcium to strengthen bones. Most dairy products, such as milk and some yogurts, have added vitamin D to help your body use calcium, since many Americans don't get enough of these nutrients. Dairy products made from fat-free or low-fat milk have fewer calories than dairy products made from whole milk. Learn more about the dairy group.

TIP: Adults should have 3 servings a day of fat-free or low-fat dairy products, including milk or milk products such as yogurt and cheese, or fortified soy beverages, as part of a healthy eating plan. If you can't digest lactose, the sugar found in dairy products, choose fortified soy products, lactose-free or low-lactose dairy products, or other foods and beverages with calcium and vitamin D:

Calcium—soy-based beverages or tofu made with calcium sulfate, canned salmon, or dark leafy greens such as collards or kale

vitamin D—cereals or soy-based beverages



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WE'RE ON THE WEB AT
LAMPASAS.AGRILIFE.ORG



Chipotle Chicken Taco Salad

Dressing:

- 1/3 cup chopped fresh cilantro
- 2/3 cup fat-free sour cream
- 1 tablespoon minced chipotle chile
canned in adobo sauce
- 1 teaspoon cumin ground
- 1 teaspoon chili powder
- 5 teaspoons fresh lime juice
- 1/4 teaspoon salt

Salad:

- 4 cups shredded romaine lettuce
- 2 cups roasted boneless skinless chicken
breast chopped
- 1 cup cherry tomatoes halved
- 1/2 cup diced peeled avocado
- 1/3 cup thinly vertically sliced red onion
- 1 (15 oz can) low sodium black beans,
rinsed and drained
- 1 (8 3/4 oz) can no salt added whole

1. To prepare dressing, combine dressing ingredients and stir well.
2. To prepare salad, combine lettuce and remaining ingredients.
3. Drizzle dressing over salad; toss gently to coat. Serve immediately.

Source: dinnertonight.org "I used adobo sauce recently in a cheese spread & it was delicious."

Karen DeZarn



Lampasas County News



Dinner Tonight! Healthy Cooking School:

October 11th, 6-8 p.m. at Lampasas Farm Bureau. Registration is \$20/person, but with sponsorship from Farm Bureau registration for the first 50 is reduced to \$15/person. Call the office today to register. This event is for older youth and adults. The theme this year is Path to the Plate. <http://pathtotheplate.tamu.edu/>

Family mealtime is important. You create close bonds, teach your children about healthful eating, and are a good role model. Looking for something for dinner tonight (this evening)? Then let us help you with our meals and menu ideas. Healthy and delicious, these recipes cook up in a snap. Whether it's beef, chicken, pork, vegetarian, snack, holiday or other recipes you'll find them here. <https://dinnertonight.tamu.edu/recipes>

Family and Community Health "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Community Health Agents:

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- Linda Wells, Burnet County
- Vacant, Coke/Sterling Counties
- Janet Nelson, Coleman County
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- Vacant, Irion/ Schleicher Counties
- Kim Miles, Jones County
- Karen DeZarn, Lampasas County
- Whitney Whitworth, Llano County
- Vacant, Mason/Menard Counties
- Jacque Behrens, McCulloch County
- Staci Winders, Nolan County
- Kandice Everitt, Runnels County
- Kailey Miller, San Saba County
- Jane Rowan, Taylor County
- Courtney Redman, Tom Green County
- Barbara Brown, BLT Regional Program Manager
- Mandi Seaton, D7 Regional Program Leader