

# Family and Community Health “Connections” in Lampasas County



## March is National Nutrition Month



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National Nutrition Month® actually started as National Nutrition Week in 1973. Interest and excitement grew and National Nutrition Month® was inaugurated in 1980. The first National Nutrition Week campaign was launched in 1973 with

a presidential proclamation, TV and radio public service announcements, news releases, and bumper stickers, all featuring the theme “Invest in Yourself—Buy Nutrition.” From the beginning National Nutrition Week was enthusiastically embraced by

American Dietetic Association (ADA) members as an opportunity to promote the profession as well as to serve as a vehicle for delivering nutrition education messages.

Source: Academy of Nutrition and Dietetics

## Healthy Eating Habits are Key

Research has shown that healthy eating patterns, which include the recommended amounts from each food group, can have a positive effect on our health.

For example, healthy eating patterns have been associated with a reduced risk of cardiovascular disease, also known as heart disease, type 2 diabetes, some

types of cancer, and overweight and obesity. MyPlate is a guide to help you develop a healthier eating style, which is also known as an eating pattern and includes all of the foods and beverages you eat and drink.

MyPlate divides the meal into five food groups. This helps us make better food choices and build a

balanced meal. The five food groups include:

- ◆ Fruits
- ◆ Vegetables
- ◆ Grains
- ◆ Protein
- ◆ Dairy

Using MyPlate to find your healthy eating style now will help you build a healthy eating pattern over time.

<https://www.choosemyplate.gov/>



# NATIONAL NUTRITION MONTH®

MARCH 2019

[www.eatright.org](http://www.eatright.org)

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

<https://www.eatright.org/food/resources/national-nutrition-month>

## Benefits of Physical Activity

The latest Physical Activity Guidelines have found that some benefits from physical activity can happen with as few as 5 minutes of activity; whereas other benefits may be realized over time.

These include:

- ◆ Improved mood
- ◆ Feeling more energized, as well as getting better sleep
- ◆ Increased focus and concentration
- ◆ Reduced blood pressure and improved blood sugar control

Different types of activities may offer different benefits, especially depending on the age group.

**Aerobic activity** is anything that gets your heart rate up – this can include vigorous activities such as running, swimming laps or jumping rope. It can also include moderate-intensity activities such as brisk walking, bicycling or ballroom dancing.

**Muscle-strengthening** activities are those that usually make the muscles work against some type of resistance. Typical activities include things such as lifting weights or doing push-

ups, but it may also include other activities that create heavy work for the muscles.

A third category that deserves some attention are **bone strengthening** activities. These types of activities are specifically recommended for children and adolescents, because they're still at an age where they're building more bone tissue. Many aerobic and muscle strengthening activities also help to build upon bone strength, such as hopping, skipping, or jumping.

For older adults, **balance training** activities are recommended as a way to strengthen some muscles and reduce the risk of falls.

**Flexibility** activities are also important and can help maintain range of motion in joints.

Source: Academy of Nutrition and Dietetics



## Step-up your Seafood with Safety

When buying seafood it is important to use safety precautions whether it is fresh or frozen. The following are signs to look for when buying seafood:

### Fresh

- ◆ No darkening or drying around the edges should appear on the fish.
- ◆ Smell should be fresh and mild, not fishy, sour, or ammonia-like.
- ◆ Eyes should be clear and bulge a little.
- ◆ The flesh should spring back when pressed.

### Frozen

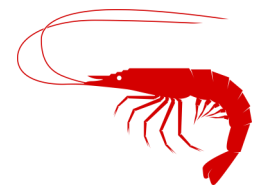
- ◆ Avoid buying seafood in open, torn, or crushed

- ◆ Avoid buying packages above the “frozen line” or top of the freezer case.
- ◆ Don't buy fish that has signs of frost or ice crystals.

Properly thawing seafood is also important and should be done by placing the frozen seafood in the refrigerator overnight. If you need to thaw the seafood quickly, place it in a tightly sealed plastic bag and immerse it into cold water.

It is important to keep your seafood safe until you eat it. If you plan to use it within two days, store it in the refrigerator. If the seafood will not be used within two days, store it in the freezer in a tightly, moisture proof packaging.

Source: [http://fcsagents.tamu.edu/food\\_and\\_nutrition/fn\\_agent\\_newspaper\\_articles/index.php](http://fcsagents.tamu.edu/food_and_nutrition/fn_agent_newspaper_articles/index.php)



## Making Fruits and Vegetables the Easy Choice!

In Texas, three out of four deaths are attributed to a chronic disease. However, studies show an intake of at least two and half cups of vegetables and fruits per day as part of a healthy eating pattern can reduce the risk of certain chronic diseases.

Lifestyles are hectic; however, increasing fruit and vegetables can be easy. Here are a few tips for making fruits and vegetables the easy choice!

**Choose to make half your plate fruits and vegetables.** The rest of your plate should be one-quarter grains and one-quarter protein foods with low-fat dairy on the side. MyPlate is a guide to making a healthy meal yet not every meal will look like MyPlate. For example a sandwich may not fit in each portion of the plate; however, making a sandwich with whole grain bread, lean protein, a slice of low-fat cheese, and adding lots of vegetables with a side of fruit make a healthy plate.

**Choose a variety of colors.** The colors in fruit and vegetables are not just to make them look pretty. Fruit and vegetable colors are complex and those colors pack a healthy punch in reducing the risk of developing various chronic diseases. Be sure to vary the colors on your plate.

**Choose whole fruits and vegetables over juice.** Children and adults eat most of their fruits and vegetables in the form of fruit juice, which can contain added sugars and make it higher in calories. Choosing whole fruits and vegetables provides fiber, less added sugar, vitamins, and minerals. Eating patterns high in these nutrients have shown to reduce the risk of developing certain cancers.

**Choose to prep your snacks ahead of time.** Busy schedules can sometimes mean reaching for unhealthy snacks. During the weekend, package small snack bags of bell peppers, carrots, strawberries, or your favorite fruit or vegetable for the week. Place them in a spot you can see in the refrigerator. This may help to limit choosing less healthful and tempting snacks!

**Choose to make fruits and vegetables exciting.** Create a fruit and veggie contest. Making fruits and vegetables part of a child's healthy eating pattern establishes positive behaviors early. Children learn from watching you. Try having a fruit and veggie contest once a week. It can be a simple game of name five blue fruits! The prize could be choosing the fruit for dessert tonight.

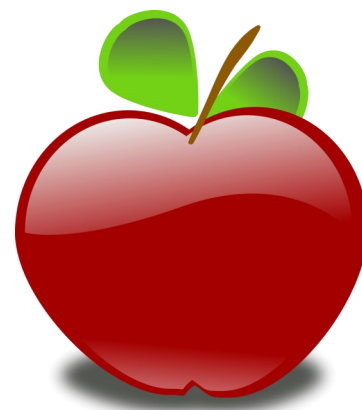
**Choose to flavor your water.** Flavored drinks are in every grocery store. However, they

can be full of added calories. You can make your own flavored water by freezing diced fruits or vegetables and adding them to your water. When you finish your water have the fruit or vegetable as a snack! It can be as easy as freezing slices of cucumber or whole raspberries and adding them to your water!

**Choose fruit and vegetables to start the day.** Fruits can be an easy choice at breakfast food. However, mix in some vegetables too. Try adding spinach to your eggs, avocado to your toast, or tomatoes to a breakfast sandwich.

Choosing fruits and vegetables can be an easy task, if you plan and prepare healthy options in advance. Making small creative changes can benefit your overall health. Overtime choosing more fruits and vegetables can help prevent chronic disease.

Source: [http://fcsagents.tamu.edu/food\\_and\\_nutrition/fn\\_agent\\_newspaper\\_articles/index.php](http://fcsagents.tamu.edu/food_and_nutrition/fn_agent_newspaper_articles/index.php)



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Serves: 2

Calories: 380

# California Chicken Pasta

Dressing:

- 1/3 cup orange juice
- 1/4 teaspoon curry powder
- 1/4 teaspoon ground pepper
- 1/8 teaspoon salt
- 1 tablespoons white wine vinegar
- 1 teaspoon canola oil
- 1/4 cup small diced avocado

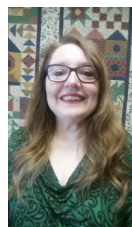
Ingredients:

1. In a large serving bowl combine pasta, chicken, celery, scallion, and cilantro.
2. In a small bowl combine orange juice, curry powder, salt, pepper, vinegar and oil. Stir well
3. Pour dressing over salad and toss well.
4. Add avocado and toss gently.

Salad:

- 1 1/3 cups cooked penne or similar pasta
- 8 ounces skinless chicken breast cooked and diced (about 2 cups)
- 1 large celery stalk thinly sliced
- 1 large scallion trimmed and chopped
- 1 tablespoon minced fresh cilantro

Source: Dinnertonight.tamu.edu



## Lampasas County News

Master of Memory is a 5 lesson series to help older adults understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory. Classes are Thursdays, March 28-April 25, 10:00-

11:00 a.m. Cost is \$10. RSVP by Monday, March 25,

Food Handlers—2 Hour Class is being offered Friday, March 29th, 3:00-4:30 p.m. Cost is \$20.

Food Manager 2-Day Certification Training is being offered April 15 & 16, 8:00 a.m.—5:00 p.m. Cost is \$125. RSVP by April 8.

Classes above are being offered at the Lampasas County Annex Conference Room, 209 S. Pecan St., Lampasas.

If you are interested in becoming a Master Wellness Volunteer please call Karen. You will receive 40 hours of training focusing on physical activity, nutrition, food safety, food demonstrations, child health, various AgriLife Extension health programs and more. Volunteers will help teach and/or promote programs in the county.

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

Courtney Parrot, Brown County

Vacant, Burnet County

Janet Nelson, Coleman County

Milissa Wright, Coke/Concho/Menard and Sterling County

Vacant, Jones County

Karen DeZarn, Lampasas County

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