

hello  
August

## Family and Community Health "Connections" in Lampasas County

TEXAS A&M  
AGRI LIFE  
EXTENSION

### Staying Hydrated - Staying Healthy

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When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling or just sitting in the sun. Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

**How much water do you need?** A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. Thirst isn't the best indicator that you need to drink. "If you get thirsty, you're already dehydrated," said John Batson, M.D, a sports medicine physician with Low country Spine & Sport in Hilton Head Island, S.C., and an American Heart Association volunteer. Batson said the easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids.

**Water is best.** For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

**Not just for athletes or exercise.** Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids. People who have a heart condition, are older than 50 or overweight may also have to take extra precautions.

Source: Heart.org

### Are YOU Hydrated?

Feel hungry? Drink Water! It's easy to confuse being thirsty with being hungry.

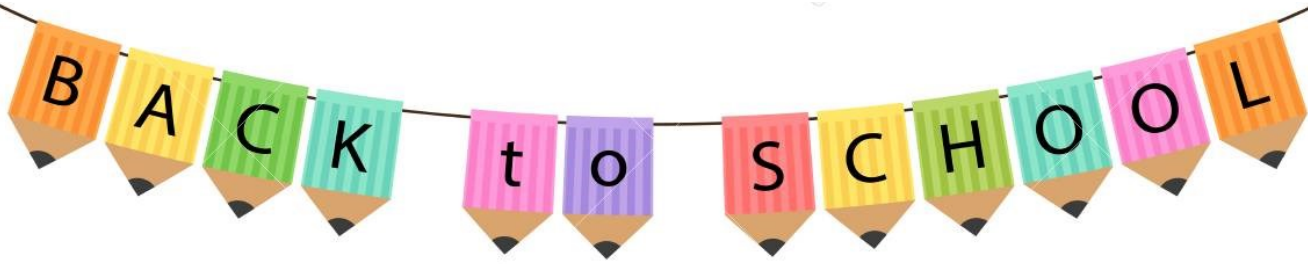
Children gain heat faster than adults when the outside temperature is higher than their body temperature.

Drink plenty of water before and during physical activity. Sweat = Water Loss

Research suggests drinking water can contribute to a healthy weight loss plan.



Source: Texas A&M AgriLife Extension and Dinner Tonight



## Healthy Back to School Tips for Mom

**Eat Right Learn the ABCs** of saving calories and money when you shop for groceries to pack your kids' lunches.

**A**- Always use ads and store bonus cards, which may offer discounts on healthy foods like fruits and veggies.

**B**- Buy produce in season to cut costs. Fall is often the best time of year to find a wide range of local produce.

**C**- Compare brands and package sizes to find the best buy. Be sure to read the Nutrition Facts label on packaged food to choose products with lower numbers for calories, saturated and trans fats, sodium, and sugars.

**Get Active** Kicking off the school year can be a busy time, leaving little room for physical activity. These three steps can help you find time to be active as a family.

1. Keep track of how your family spends time for one week.
2. Start small. Find two 30-minute time slots when your family can be active together after school or on the weekends.
3. Get going take a walk or ride a bike after dinner

**Reduce Screen Time** Kids spend a big part of their day sitting in the classroom, so you can help your children spend less time in front of the TV, computer, and video games—and more time having fun as a family—with these tips

**Turn off the TV** during mealtime and talk with your children about what they learned in school that day. Families who eat together tend to eat healthier.

**Limit screen time** to two hours each day for children 2 or older.

Source: National Heart, Lung, and Blood Institute

## Back to School Food Safety Tips

- **Make sure lunch bags and coolers are clean before packing.** Pack moist towelettes so children can clean hands before and after eating.
- **Use an insulated lunch bag or cooler and at least two cold sources,** such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food safely cold at 40°F or below until lunch time.
- **If packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot.** Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell children to keep the insulated container closed until lunchtime to keep the food at 140°F or above.
- For safety, instruct children to **discard all leftover food and used food packaging.**
- Remember the Fight Bac Principles of **Clean, Separate, Cook, and Chill.**



Source: Morning Ag Clips

## 5 Ways to Improve Eating Habits without Counting Calories



### Slow Down Your Eating

Stop racing through meal times by incorporating strategies that slow you down. You can try:

- Putting down your utensils between bites of food
- Creating a halfway point in your meal and taking a break from eating when you get to it
- Setting a timer or stopwatch so you have some feedback on how much time you've taken to eat

### Decrease Distractions

Multitasking while eating with activities such as watching television, working or scrolling social media can make it more difficult to recognize how much you've eaten. It can also reduce how full or satiated you feel from a meal. People who eat with distractions tend to feel hungrier and eat more later.

### Avoid Eating From Large Packages

Instead of eating foods directly from large containers, try eating only from bowls and plates. This requires you to choose your portion size before you start eating.

### Drink More Water

Being thirsty can easily be confused with feelings of hunger. Drinking a glass of water before eating snacks or meals may help you realize that you aren't as hungry as you may have thought.

### Sleep More

You can improve your sleep habits by adopting specific times to go to bed and wake consistently each day. In the evening, create a specific routine to follow, including dimming the lights and turning off screens to help you wind

Source: America Council on Exercise

#### Cranberry Almond Wrap

- 3 cups chicken or turkey (cooked or shredded)
- 1/2 cup almonds, sliced
- 2 ribs celery, diced
- 1/2 cup dried cranberries
- 1/4 cup light mayonnaise
- 6 (8 inch) whole wheat tortillas

#### Instructions

Combine chicken or turkey, almonds, celery, cranberries, and mayonnaise in a bowl. Cover. Refrigerate until ready to assemble.

Spoon 1 loosely packed cup filling onto each tortilla. Roll the tortilla and enjoy!



Source: Iowa State University Extension

### Did YOU know?

Almonds, like most nuts, are an excellent source of protein.

Almonds contain healthy monounsaturated fats.

Almonds are a good source of Vitamin E, calcium, and riboflavin.



Source: Texas A&M AgriLife Extension

## Easy Chicken Pot Pie



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### Ingredients:

- 1 $\frac{2}{3}$  cup frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken
- 1 10.75-ounce can condensed cream of chicken soup
- 1 cup reduced fat baking mix
- $\frac{1}{2}$  cup low fat or fat free milk
- 1 egg

### Instructions

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Pre-heat oven to 400°F.
4. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
5. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
6. Bake 30 minutes or until golden brown.
7. Let cool for 5 minutes and serve.

Source: blt.tamu.edu

**“August is like the Sunday of Summer” -Anonymous**



### Lampasas County News

**A Matter of Balance** Classes to be offered every Tues. & Thur. in Aug. 1-3 p.m. at the Sr. Center beginning Aug. 6. Class is free.

Do you have a fear of falling? Learn what you can do to manage your fear. Call Karen to reserve a spot.

**Do Well, Be Well with Diabetes** A 5 week program for people with type 2 diabetes. \$20 or \$30 / couple. Thursdays 6-8:30 p.m. beginning Aug. 19 at County Annex. (Information about Blood Glucose/Carbs/Avoiding Complications)

**Healthy Eating on a Budget** - Free program at Lampasas Library, Aug. 15 at 5:30 p.m.

**Brain Health** - Free program at Lampasas Library, Sept. 19 at 5:30 p.m.

*Family and Community Health “Connections” is provided by the following AgriLife Extension Family and Community Health Agents:*

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Janet Nelson, Coleman County  
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