

# Family and Community Health “Connections” in Lampasas County



Brought to you this month by Barbara Brown

**March is National Nutrition Month**® created by the Academy of Nutrition and Dietetics found at eatright.org. Each year they invite you to learn about making informed food choices and developing healthful eating habits. How savvy are you in making healthy choices? Test yourself below.

Source: <https://www.eatright.org>

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⇒ Only people with medical conditions, such as diabetes or high blood pressure need to eat healthfully. **FACT or FICTION?**

⇒ Added sugars and naturally occurring sugars are the same. **FACT or FICTION?**

⇒ Foods that contain carbohydrates should be avoided. **FACT or FICTION?**

⇒ A vegetarian diet can provide the recommended amount of protein for people of all ages. **FACT or FICTION?**

⇒ Adding salt at the table is the main source of sodium in the US. **FACT or FICTION?**

**Answers on page 3.**  
Source: <https://www.eatright.org>  
National Nutrition Month® Campaign Too Kit

## Are you having trouble losing weight even though you're making healthier choices?

**The Skinny on Portions.** The problem might not be what you are eating. In fact, portion control is often the most challenging hurdle. A study from Cornell University found the average adult eats 92 percent of whatever he or she puts on his/her plate. As a general rule, if we see it, we eat it.

**Rethink Your Eating Habits.** Small steps can help you conquer portion sizes.

- ◆ Cook high-calorie foods in smaller amounts, so there isn't enough for seconds or thirds.
- ◆ Pre-plate the high calorie foods in the kitchen and leave the serving dishes off the table and out of sight.
- ◆ Use small plates and bowls to help you serve smaller portions.
- ◆ Serve veggies and salad family style to encourage yourself to take second helpings of high-nutrient, lower calorie foods.

Source: <https://www.rush.edu/news/portion-control-weight-loss>



## How to Raise a Future Foodie

Move over picky eaters—make room for children who are miniature gourmets, or “foodies.” These kids are anything but finicky. Young foodies love trying new foods, recipes and restaurants. They are interested in cooking, baking and learning about food. Intrigued? Then you’ll be happy to learn that raising a foodie is a lot easier than you might expect. Here’s how:

### Lead by Example

It’s easy to assume that kids are happiest feasting on chicken nuggets or macaroni and cheese. But that’s only the case when those are the foods they’re used to eating. In reality, research reveals that children are most likely to prefer the foods their parents eat. There’s also another benefit of cooking with your child—when you take time to find recipes and cook them together, you have more time to bond and develop a shared interest.

### Spend Time Together in the Kitchen

One of the best ways parents can cultivate children’s appreciation and curiosity about food is by cooking with them. When children learn to value the culinary aspect of eating, they carry that sentiment with them for the rest of their lives.

### Think Beyond Flavor

During meal times, try to focus on food’s sensory qualities such as it’s aroma, color and texture in addition to it’s flavor. Instead of simply asking, “Do you like tonight’s burrito?” you might also say, “Do you like the crispy texture of the tortilla?”

### Raise a Restaurant Critic

One of the best ways to teach kids an appreciation for gourmet food is to take them to lots of different kinds of restaurants, when and if possible. There, they can sample new dishes that are prepared differently than what the usually eat at home. If possible, choose restaurants where your child can see meals being prepared in the kitchen. That way you can discuss the ingredients and cooking methods.

### Make it Multicultural

Cuisines from around the globe can expose children to all kinds of flavors and textures they might not normally have the opportunity to eat.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/how-to-raise-a-future-foodie>

Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

**FICTION:** A healthful eating style can be beneficial for everyone. Proper nutrition is needed throughout life – for growth and development at a young age and as we get older. It can also help with managing many chronic diseases or reducing their risk.

Added sugars and naturally occurring sugars are the same.

**FICTION:** Sources of naturally occurring sugars, such as fruit and milk, provide important nutrients, like vitamins and minerals. Sugars that are added to foods and beverages often contribute calories but lack nutrients that are needed for good health.

Foods that contain carbohydrates should be avoided.

**FICTION:** Carbohydrates are the body's main source of energy. Many nutritious foods are sources of carbohydrate, including fruits, vegetables, and whole grains. These foods provide vitamins, minerals and dietary fiber, which can positively affect our health.

A vegetarian diet can provide the recommended amount of protein for people of all ages.

**FACT:** A vegetarian eating style can meet nutrient needs, including protein, for infants to older adults, if it's well-planned and includes a variety of foods.

Adding salt at the table is the main source of sodium in the U.S.

**FICTION:** Most of the salt we consume come from foods that are already prepared. Some are more obvious because they taste salty, like canned soups. In other foods, like breads, the salt may not be noticeable. Choose foods with lower amounts of sodium and look for descriptions such as "No Salt Added" or "Reduced Sodium" when shopping.

## How did you do with the National Nutrition Month® Quiz?

To learn about making informed food choices and developing healthful eating habits through the life stages, go to [eatright.org](http://eatright.org).

Sources: [eatright.org](http://eatright.org) National Nutrition Month Quiz



### Make Every Bite Count

How do we “make every bite count”? Focus on nutrient-dense foods and beverages, limit those higher in added sugars, saturated fat, and sodium, and stay within calorie limits.

Establishing a healthy dietary pattern early in life may have a beneficial impact of the course of decades. It's never too late to improve food and beverage choices, and establish a dietary pattern. The core elements that make up a healthy dietary pattern include:

- **Vegetables of all types**—dark green, red and orange; beans, peas and lentils, starchy and other vegetables
- **Fruits**, especially whole fruit
- **Grains**, at least half of which are whole grain
- **Dairy**, including fat-free milk, yogurt, and cheese, and/or lactose free versions and fortified soy beverages
- **Protein foods**, including lean meats, poultry, and eggs; seafood; beans, peas and lentils; and nuts, seeds and soy products
- **Oils**, including vegetable oils and oils in food, such as seafood and nuts

Source: 2020-2025 American Dietary Guidelines Executive Summary; Make Every Bite Count

# Oven Roasted Chicken and Vegetables

## Ingredients:

- ◇ 3 cups cooked meat from roasted or rotisserie chicken
- ◇ 2 cups fresh baby carrots
- ◇ 2 cups frozen potato wedges
- ◇ 1 cup green beans *fresh or frozen*
- ◇ 1 cup frozen bell pepper and onion stir fry
- ◇ 1 cup grape tomatoes
- ◇ 1 1/2 tbs olive oil
- ◇ 1/2 tsp herbed seasoning *no salt added*



## Directions:

1. Preheat oven to 475 degrees F.
2. In a large bowl, toss carrots, potatoes, green beans, bell pepper and onion stir-fry, tomatoes, olive oil and seasonings.
3. In a 15x10x1 inch pan, arrange chicken and vegetables.
4. Roast uncovered 20-25 minutes or until vegetables are crispy tender and chicken is hot.

Serves 5

Source: <https://dinnertonight.tamu.edu/recipe/oven-roasted-chicken-and-vegetables/#more-2080>

## Lampasas County News

The **Lampasas Community Gardens** is growing. It is located behind the Hanna Springs Pool at 501 E. North Ave., Lampasas

The webpage is at:

<https://lampasascommunitygardens.blogspot.com/>

Facebook page is at:

[lampasascommunitygardens](https://www.facebook.com/lampasascommunitygardens)

Email is:

[lampasascommunitygardens@gmail.com](mailto:lampasascommunitygardens@gmail.com)

Workdays are Sunday afternoons 2-4 pm

On Sunday March 7th at 2:30 Master Gardener Amy Parke will offer a **gardening demo on Starting your Garden**

SAVE THE DATE: There will be a ribbon cutting event on **Saturday, April 17.**

Monthly Early Childhood Educator trainings offered. Call Karen for information.

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