



Food Stamp Nutrition Education Program
A joint project of Texas AgriLife Extension,
Texas Department of Human Services,

TEXAS A&M
AGRI LIFE
EXTENSION

Swisher County
310 West Broadway
Tulia, Texas 79088

March, 2017

Spring Fun Food

17 Health Tips for 2017

Dedicate yourself to a healthy lifestyle in 2017 with these food, nutrition and physical activity tips.

1. EAT BREAKFAST

Start your morning with a healthy breakfast that includes lean, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. MAKE HALF YOUR PLATE FRUITS AND VEGGIES

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. WATCH PORTION SIZES

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. BE ACTIVE

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. FIX HEALTHY SNACKS

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

6. GET TO KNOW FOOD LABELS

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

7. CONSULT AN RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. FOLLOW FOOD SAFETY GUIDELINES

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth. Learn more about home food safety at www.homefoodsafety.org.

9. GET COOKING

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I...videos at www.eatright.org/howdoi will get you started.

10. DINE OUT WITHOUT DITCHING YOUR GOALS

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

11. ENACT FAMILY MEAL TIME

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. BANISH BROWN BAG BOREDOM

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

13. DRINK MORE WATER

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

14. EXPLORE NEW FOODS AND FLAVORS

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or

Your family. Try different versions of familiar foods like purple asparagus, Honeycrisp apples, broccoflower or quinoa.

15. EAT SEAFOOD TWICE A WEEK

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. CUT BACK ON ADDED SUGARS

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar. Visit www.choosemyplate.gov for more information.

17. EXPERIMENT WITH MORE PLANT-BASED MEALS

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

Eat Well Live Well Boost your Activity Did You Know

Regular physical activity improves blood flow, lowers blood pressure and cholesterol, helps control blood sugar and can help you lose extra weight and get fit. It can also help you to feel better and avoid more health problems later on!

5 Tips to get Started:

1. Start slowly. Walking, working in the garden, dancing or playing outdoors with kids is a good way to start.
2. Choose an activity you enjoy and you know you can do. Get a friend or family member to join you.
3. Be active most days of the week. Work towards at least 30 minutes a day. It can be done all at once or broken down into three 10-minute sessions.
4. Stop for pain. If you feel pain, slow down or stop until the pain goes away. If it comes back, consult your doctor before continuing.
5. Step up your pace. As your comfort/fitness levels improve, you may be able to increase the amount and or pace you exercise. Be sure to consult your doctor before you increase your exercise routine.

Examples of Activities at Different Levels of Intensity

Light Slow, weeding the garden, light housework (such as dusting)

Moderate Brisk walking (17-minute miles), leisurely cycling, dancing, slow swimming, using exercise equipment (including stationary cycle, rowing machine, stair-climbing machine) at a moderate pace, golf (without a cart), yoga, tai chi and Pilates.

Vigorous Running (10 minute miles), fast walking (12 minute miles), tennis, aerobic exercises, rapid cycling, climbing hills or stairs, basketball, squash, racquetball, dancing (ballet, fast ballroom, square, tap), gymnastics, rope skipping, using exercise equipment (stationary cycle, rowing machine, stair-climbing machine) at a vigorous pace.

Remember to consult your doctor before starting a new exercise routine and wear proper footwear for activity.

Did You Know

An adolescent girl or boy may require around 2000 calories per day, as well as a moderately active middle-aged female. Calorie needs are individualized according to age, gender, weight, height and amount/type of exercise a person gets.

SAMPLE MENU AT 2000 CALORIE LEVEL

BREAKFAST

Cold cereal
1 cup shredded wheat cereal
1 tablespoon raisins
1 cup fat-free milk
1 small banana
1 slice whole wheat toast 1 teaspoon soft margarine
1 teaspoon jelly

LUNCH

Smoked turkey sandwich
2 ounces whole wheat pita bread
1/4 cup romaine lettuce
2 slices tomato
3 ounces sliced smoked turkey breast
1 tablespoon mayo-type salad dressing
1 teaspoon yellow mustard
1/2 cup apple slices
1 cup tomato juice



DINNER

Grilled top loin steak
5 ounces grilled top loin steak
3/4 cup mashed potatoes
2 teaspoon soft margarine
1/2 cup steamed carrots
1 tablespoon honey
2 ounces whole wheat dinner roll
1 teaspoon soft margarine
1 cup fat-free milk



SNACKS

1 cup low-fat fruited yogurt

DID YOU KNOW

Fruits and vegetables contain substances that protect tissues and cells of our body from damaging effects of oxidation—the same process that rusts cars and turns sliced –apples and bananas brown when exposed to air.

FRUITS AND VEGGIES

MORE MATTERS!

Your plate should look like a colorful box of crayons

Eat Well Live Well

RED	GREEN	WHITE	YELLOW & ORANGE	BLUE & PURPLE
Cranberries	Avocadoes	Bananas	Apricots	Blueberries
Raspberries	Green apples	White nectarines	Cantaloupe	Dried plums
Watermelon	Kiwifruit	Cauliflower	Mangoes	Purple grapes
Radishes	Asparagus	Garlic/onions	Pumpkin	Black olives
Red peppers	Cucumbers	Mushrooms	Summer squash	Purple cabbage
Red potatoes	Spinach	Turnips	Sweet corn	Eggplant
Heart Health	Vision health	Heart Health	Lower cancer risk	Lower cancer risk
Memory	Lower cancer risk	Healthy cholesterol levels	Heart health	Urinary tract health
Lower Cancer Risk	Strong bones & teeth	Lower cancer risk	Vision health	Memory
Urinary tract health			Healthy immune system	Healthy aging



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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Spring Fun Food Facts Newsletter is produced by the Swisher County Office of Texas A&M AgriLife Extension Service. If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact Swisher County Extension office at 806-995-3726 at least 2 weeks prior to the program or event.

Sincerely,

Calley Bunnels

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Texas A&M AgriLife Extension Service MONTHLY Educational Programs

PROGRAMS

Car Seat Class

Wednesday

March 29, 2017

at 2:00 p.m.

Safe Riders Car Seat Distribution Program

at 2:00 p.m. in Annex Meeting Room

Pre-Registration Required

Call 995-3726