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For more information regarding Better Living for Texans in Brazos County, please contact:

Stephanie Sechrist

**Better Living for Texans
Nutrition Educator**

stephanie.sechrist@ag.tamu.edu

(979)-823-0129

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Making the Most out of March!

March 2017 Brazos County Better Living for Texans Newsletter

March is National Nutrition Month! National Nutrition Month is dedicated to ensuring that people are eating well balanced diets. A balanced diet consists of eating correct portions of foods from all five of the food groups. The five food groups are: grains, protein, dairy, fruits, and vegetables. Balanced diets are important because without consuming foods from all food groups, our bodies won't absorb all the nutrients we need to live long and healthy lives. Instead of filling our stomachs with foods that are convenient, but have low nutritional value, let's start selecting balanced nutritional meals that make the most out of our food choices this month!

The best way to ensure that you and your families are eating nutritional meals is to prepare meals at home and in advance. By cooking at home and planning in advance to pack lunches and snacks for on the go, you can retake control of your family's nutrition, save money on eating out, and feel full longer. Preparing your own meals allows you to make the most of your food choices because you can visually see what food groups are missing. You can then maximize each meal's nutritional value and be creative with different flavors.

Cooking at home together also provides the opportunity to spend more time with your family as well as time to teach your children how to lead a healthy lifestyle. If you've got a picky eater at home, have them help prepare meals with you! People are more likely to try new foods if they are involved in the process of making it.

A useful tool to use when preparing meals is the My Plate guide below. My Plate helps you visually see how much of each food group you should have in a balanced meal and helps you see what's missing from your plate! Remember, you can also try combining all food groups into easy one-dish meals. See the recipe page for a delicious example to try!



Make the Most of your March Exercise!

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This March, get outside and walk! The Walk Across Texas 2017 challenge is still going on here in the Brazos Valley through April. Walking is an excellent, simple, and low impact exercise for anyone of any age or fitness level. Plus, the weather this time of year is beautiful! The sun is starting to stay out later, the chilly winds are disappearing, and the grass is getting greener. So before it's too hot again, get outside and enjoy the beauty of Brazos County. Trail walking around any of the numerous parks in the county is a great activity to involve the whole family in. Take the pets and children, get off the phone and away from your screens, and decompress while exercising in sweet fresh air!

For an added exercise challenge, try breaking up your walk into 5 minute brisk walk sessions and adding in muscle toning stops.

Total time: 40 minute walk

5 minute mark: 20 jumping jacks

10 minute mark: 15 squats

15 minute mark: 20 sit ups

20 minute mark: 10 push ups

25 minute mark: 20 jumping jacks

30 minute mark: 15 squats

35 minute mark: 20 sit ups

40 minute mark: 10 push ups

Cool Down: Stretch and drink water!

For more information on Walk Across Texas, visit:

walkacrosstexas.tamu.edu



Make the Most of your March Recipes!

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The great thing about this **Spanish Omelet** recipe, other than how nutritious it is, is that it is easy to prepare in large quantities! It can then be cut into serving sizes and frozen for a quick and easy healthy breakfast or snack at any time. This recipe can be easily personalized to your taste preferences. You can add meat, different seasonings, and substitute whatever vegetables you desire. Get creative and have fun with this healthy one-dish recipe!



Nutritional Information per Serving

Makes: 5 servings Serving size: 1/5 of omelet

| Key Nutrients | Amount | % Daily Value |
|-----------------------|----------------|---------------|
| Total Calories | 250 calories | |
| Total Fat | 9 grams | 14% |
| Protein | 15 grams | |
| Carbohydrates | 30 grams | 10% |
| Dietary Fiber | 3 grams | 12% |
| Saturated Fat | 3 grams | 15% |
| Sodium | 220 milligrams | 9% |

Source: What's Cooking? USDA Mixing Bowl. National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention, Control Your Diabetes. For Life. Recipes and Meal Planner Guide.

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Ingredients

| | |
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| 5 small potatoes, peeled and sliced | 3 whole eggs, beaten |
| 1 tablespoon olive oil (or vegetable cooking spray) | 5 egg whites , beaten |
| 1/2 medium onion, minced | 3 ounces part skim mozzarella cheese, shredded |
| 1 small zucchini, sliced | 1 tablespoon Parmesan cheese |
| 1 1/2 cups green or red peppers, sliced thin | Pepper and garlic salt with herbs (to taste) |
| 5 medium mushrooms, sliced | |

Utensils

| | | |
|----------------|--------------------|-----------------|
| Knife | Medium pot | 10-inch pie pan |
| Cutting board | Skillet | |
| Measuring cups | Medium mixing bowl | |

Instructions

1. Preheat oven to 375°F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick large skillet, add oil or vegetable spray and warm at medium heat.
4. Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg and cheese mixture into the cooked vegetables.
6. Oil or spray a 10-inch pan or oven-proof skillet. Transfer potatoes and eggs mixture to pan. Spread with Parmesan cheese and bake omelet until firm and brown on top, about 20–30 minutes.

For more recipes and information on healthy nutrition habits, visit:

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