



National Nutrition Month- Putting Your Best Fork Forward!



March 2018 Brazos County Better Living for Texans Newsletter

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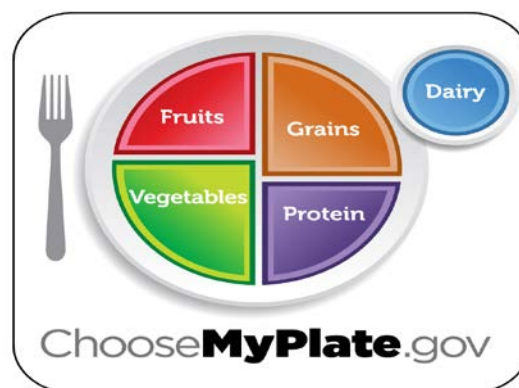
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March is officially National Nutrition Month and is dedicated to ensuring that people are eating well balanced diets! Starting small can help make lasting change that you enjoy, which include changing up our eating habits. Putting your best fork forward to find your healthy eating style can be tricky for some, but here are some helpful tips on what you can do:

1. Create an eating style that includes a variety of your favorite healthy foods.
2. Practice cooking more at home and experiment with healthier ingredients.
3. How much we eat is as important as we eat. Eat and drink the right amount for you, as MyPlate encourages us to do.
4. Find activities that you enjoy doing and be physically active most days of the week.
5. Consult a registered dietitian to help manage your weight or lower your health risks. They can provide personalized nutrition advice and listen to health-related needs.

Balanced diets consist of eating correct portions of food from all of the five food groups. These food groups are: protein, fruits, grains, vegetables, and dairy. We need all of the nutrients from each food group to live long and healthy lives. Make sure you are filling half your plate with fruits and vegetables. This provides a great way to add in colors, flavors and textures along with vitamins, minerals, and fiber!

Do you have trouble eating enough fruits and vegetables every day? Some simple tips are making a veggies wrap with roasted vegetables in a whole-wheat tortilla, grill colorful vegetable kabobs, keep cut vegetables and fruit handy for mid-afternoon snacks, or stuff an omelet with veggies. Adding vegetables or fruits into your cooking gives your meal extra nutrients. Check out www.chooseMyPlate.gov to use as a helpful tool when preparing meals.



March Exercise!

The weather is warming up and it's starting to get perfect for taking a walk outside! Walk Across Texas 2018 challenge has just kicked off in the Brazos County and will be going through April. Walking is a great exercise for any fitness level and age. There are many great parks and trails throughout Brazos County, especially great to take the children and pets and release some stress. If you want an additional challenge during your walk, try breaking it down into intensities:

Warm up walk: 5 minutes

10 minute mark: 25 side lunges

15 minute mark: 25 jumping jacks

20 minute mark: 25 plank pulling knees in and alternating

25 minute mark: 25 wide arm pushups

30 minute mark: 15 squats

35 minute mark: 20 crunches

40 minute mark: 20 jumping jacks

Cool down and stretch

Total workout time: 40 minute walk

Healthier Beef Goulash

Makes: 5 servings

Serving size: 1 ¼ cup

Ingredients:

1 pound (93%) lean ground beef
1 tbsp olive oil
½ bell pepper (chopped)
1 small onion (chopped)
½ cup carrots (shredded)
10 ounces frozen corn
1 cup fresh mushrooms (sliced)
1 10-ounce can tomatoes and green chilies
1 15-ounce can tomato sauce
2 cups whole grain elbow macaroni (cooked and drained)



Nutrition Information per serving: 1 ¼ cup

Calories 380
Total Fat 9 g
Saturated Fat 2 g
Sodium 390 mg
Carbohydrate 50 g
Protein 31 g

Directions:

1. Brown ground beef and drain off any fat and set beef aside
2. Heat the olive oil in a large skillet over medium-high heat.
3. Add bell pepper and onion. Sauté for 2 minutes.
4. Add mushrooms and corn and continue sautéing for 1 minute, add carrots to the skillet and sauté for 2 minutes, stirring occasionally.
5. Add beef, cooked macaroni, tomatoes and green chilies, and tomato sauce to sautéed vegetables.
6. Simmer about 15-20 minutes

*For more recipes and
information on healthy
nutrition habits, visit:
blt.tamu.edu*

