



STAY HEALTHY AND SAFE IN HOT WEATHER

This is an important message from the U.S. Department of Health and Human Services. When you must be outdoors in hot weather, take steps to stay cool and healthy. Cut down on outdoor exercise and other hard tasks. Drink two to four glasses of cool, non-alcoholic fluids every hour. Rest often in shady areas. Wear light clothing and protect yourself from the sun with a wide brimmed hat, sunglasses and sunscreen - SPF 15 or higher. To learn more, call 800-CDC-INFO.

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WHAT KINDS OF FOODS DO I NEED TO EAT AS I AGE?

When you get older, your body begins to need fewer calories, but you need just as many nutrients. Nutrient-dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories.

Eat more of these nutrient-dense foods

- fruits and vegetables (choose a range of types with vibrant colors)
- whole grains, like oatmeal, whole-wheat bread, and brown rice
- fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium
- seafood, lean meats, poultry, and eggs
- beans, nuts, and seeds

Eat less of these foods

- sugar-sweetened drinks and desserts that have added sugars
- foods with butter, shortening, or other fats that are solid at room temperature
- white bread, rice, and pasta made from refined grains

Source: The National Institute of Diabetes and Digestive and Kidney Diseases

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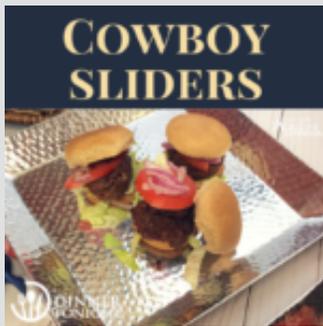
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BENEFITS OF LEMON WATER

- 1. Promotes hydration
- 2. Good source of vitamin C
- 3. Improves your skin quality
- 4. Supports weight management
- 5. Aids digestion
- 6. Freshens breath
- 7. Helps prevent kidney stones

Read more at: www.healthline.com/health/food-nutrition/benefits-of-lemon-water#1



Ingredients:

- 1 large red bell pepper sliced into strips
- 1.5 cup mushrooms sliced
- 1 onion thickly sliced
- 2 medium zucchini sliced
- 1 medium summer squash
- 1.5 pound chicken breast cut into equal size cubes
- 3 tablespoons olive oil
- 1 tablespoon oregano dried
- 1 tablespoon parsley dried
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika

Makes: 9 servings
Serving Size: 1 slider
Calories 71
Total Fat 0 g
Sodium 10 mg
Carbohydrate 18 g
Protein 1 g

Directions:

1. Wash your hands and clean your preparation area. Heat your grill to grill over medium-high heat.
2. Chop red onion and garlic cloves. Measure ingredients.
3. Add ground beef, barbecue sauce, red onion, garlic cloves, chili powder, and chile peppers in adobo sauce to a bowl. Mix ingredients.
4. Form hamburger mixture in to slider sized patties – about 2 inches in diameter.
5. Grill the hamburger patties over medium high heat for about 8 minutes on each side or until slider patties reach 165°F.
6. Build cowboy sliders on multi grain hamburger buns with lettuce, tomatoes and pickles.

For more recipes and information on healthy nutrition habits, visit: <https://dinnertonight.tamu.edu/>

Having trouble falling asleep?

To prepare for a restful night, Andrew Weil, MD, director of the Center for Integrative Medicine at the University of Arizona, recommends this breathing technique, which acts like a natural tranquilizer. "Unlike sleep medications, which often lose effectiveness over time, 4-7-8 breathing is subtle at first but gains power with practice," Weil says.

Try it: Place the tip of your tongue just behind your upper teeth and keep it there throughout the exercise. Exhale completely through your mouth, making a gentle whoosh sound. Close your mouth and inhale quietly through your nose for a count of four. Now hold your breath for seven counts and follow with an eight-count whoosh exhale through the mouth. Complete three more cycles, repeating every five minutes until you drift off.

how to: 4-7-8 breathing

The 4-7-8 breathing technique helps when you're feeling stressed, anxious or have trouble sleeping.

It causes an automatic nervous system shift from a sympathetic (fight or flight reaction) state to a parasympathetic response.

BREATHE IN THROUGH YOUR NOSE FOR 4 SECONDS

HOLD YOUR BREATH FOR 7 SECONDS

EXHALE THROUGH YOUR MOUTH FOR 8 SECONDS

REPEAT AS MANY TIMES AS YOU NEED