

May 2016 Newsletter Volume 3, Issue 1



Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds and keeps teeth and gums healthy. Fruits high in vitamin C include orange, grapefruit, kiwi and papaya.

(Source: choosemyplate.gov; Photo: pinksith.com)

Losing Weight: Getting Started

By Centers for Disease Control

Losing weight is harder than just deciding to diet; it takes commitment and a well-thought-out plan.

1. **Make a commitment.** Making the decision to lose weight/change your lifestyle/become healthier is a big step. Start by simply making the commitment to yourself. Write down why you want to lose weight and sign the bottom like it's a contract. This will help keep you motivated.
2. **Take stock of where you are.** Talk to your health care provider; he or she can evaluate your height and weight and weight-related risk factors you may have. Ask for follow-up appointments to monitor changes. Keep a "food diary" for a few days and write down everything you eat. You'll become more aware of what and when you're eating. Examine your current lifestyle and identify things that might pose challenges to your goals.
3. **Set realistic goals.** Set short-term goals and reward your efforts along the way. Focus on two or three goals that are specific, realistic and forgiving. Understand that setbacks may happen and that's OK!
4. **Identify resources and information and support.** Find family and friends who will support your weight loss efforts. Making lifestyle changes can feel easier when you have others you can talk to and rely on for support. Joining a weight loss group or visiting a health care professional such as a registered dietitian, can help.
5. **Continually "check in" with yourself to monitor your progress.** Revisit the goals that you have set for yourself and evaluate your progress regularly. If you're having trouble meeting your goals you may need to reevaluate/rewrite them.

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Chambers County
FCS Committee

Best Bets for Brain Health

By Berkeley Wellness

1. Exercise your body
2. Stay mentally stimulated
3. Have a friends and family plan
4. Keep a lid on blood pressure
5. Strive to keep diabetes at bay
6. Watch your weight
7. Control cholesterol
8. Reduce inflammation
9. Eat smart
10. Treat depression

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Apple Cookies

By Rachel Schultz



- 1 apple
- 1/4 c. peanut butter
- 1/4 c. almonds, sliced
- 1/4 c. walnuts, chopped
- 1/4 c. shredded coconut
- 1/4 c. chocolate chips

Slice apple into rings and remove core. Spread peanut butter over one side of ring. Top with almonds, walnuts, coconut and chocolate chips. Makes about 8 cookies.

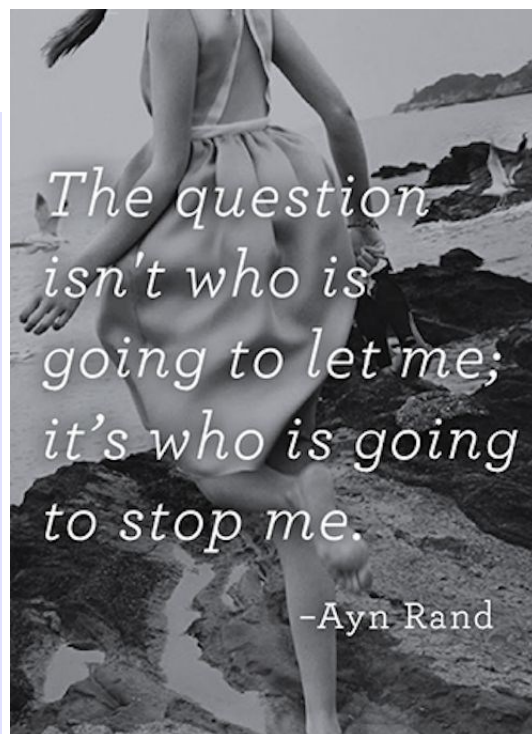
Bad Foods That Are Now Good

By Olivia Tarantino & Eat This, Not That

Once someone has been seen in a negative light it's hard to change opinions—no matter how strong the re-branding effort may be. Foods are no different. But not all foods deserve their bad reputations!

New nutrition research emerges every day and there a number of formerly bad eats that scientists are finding out aren't so bad after all. Here's a list of misunderstood foods that you can cross off of your "do not eat" list!

1. **Everything with fat.** Not all fats are bad! In fact, the right kinds of fats help increase satiety, maximize your metabolism, protect against heart disease and improve vitamin uptake.
2. **Eggs.** Eating whole eggs can help keep you slim. The yolk contains a nutrient called choline that boosts metabolism and turns off belly fat genes. It can also help lower the risk of heart disease!
3. **Butter.** Real butter is actually an excellent source of fatty acids that can support weight loss.
4. **Nuts.** Nuts are high in calories, so they need to be eaten in moderation, BUT they are chock full of nutrients like heart-healthy fiber and omega-3s.
5. **Potatoes.** Potatoes might be full of carbs, but their also very filling which means they'll keep your hunger pangs away more than refined carbs.
6. **Coconut oil.** Coconut oil has saturated fat but it's a "healthy" saturated fat which battles bacteria!
7. **Red wine.** Red wine is high in antioxidants which work in several ways to help you lose weight!
8. **Coffee.** Not only does it give you energy, it also boosts metabolism and may even reduce your chances of developing type 2 diabetes.



You're Invited!

Next FCS Committee Meeting:
June 15, 2016 | 12 p.m.
Wellness Center at Bayside

We will be making gifts for senior citizens and discussing upcoming summer AgriLife/FCS programming.