



FCS Newsletter

Get to Know the Mediterranean Diet

The diet followed by people who live in countries around the Mediterranean Sea has been shown to be more than just delicious. The so-called Mediterranean diet can help you limit daily calories so you can lose weight. It's also a healthy long-term way of eating.

The main focus of this diet is on eating plant-based foods. That means including fruits and vegetables in every meal and eating them for snacks and desserts too.

Switch from refined to whole-grain foods, including breads, cereal, rice and pasta. Also add legumes like peas and beans. Try to eat vegetarian dinner one or two nights a week.

People who successfully lose weight on this diet get about a third of their calories from healthy fats, use olive oil instead of butter and limit red meat. They eat more chicken and fish and choose low or no-fat dairy products.

Adapted from an Article by Joan McClusky

Top Tips for a Healthy Summer Vacation

Adapted from an Article in *Everyday Health*

Summer time is a time to relax and enjoy life, but it's also time to take precautions against the sun's harmful rays and excessive heat. Whether you spend your summer vacation in a tropical area, at home or at the beach keep safety first.

1. **Drink up the H2O.** Drink plenty of water and "avoid caffeinated and alcoholic beverages which can cause dehydration," says Jessica Bartfield, MD. "Fresh seasonal fruits and vegetables are a great way to keep you hydrated and also provide essential vitamins and nutrients."
2. **Exercise with caution.** If you exercise outside during the summer, do it early in the morning when temperatures are lower and the sun is less intense. Hot temperatures can also bring on painful muscle spasms called heat cramps. "When you drink lots of water but don't replace salt that's lost through perspiration, muscles can cramp up," says Bartfield. Try drinking electrolyte-filled beverages instead.
3. **Breathe easy.** Deeptie Shivakumar, MD, warns that if you're older, have medical conditions or have a sensitive respiratory condition, you're more prone to breathing difficulties in high heat and humidity. He recommends staying in air conditioning and taking cool showers.
4. **Wear shades.** Wearing sunglasses not only protects the lens, cornea and other parts of your eye, but also the eyelid and surrounding skin. Look for lenses that block both UVA and UVB rays and that have a large lens.
5. **Don't get a "base" tan.** There's no such thing and it certainly won't protect your skin from the sun's UV rays. When in the sun, be sure to wear sunscreen to protect your skin!
6. **Beware of critters.** Bugs thrive in warm climates. Protect yourself from bites, stings and infections by wearing an insect repellent that contains the common ingredient N-Diethyl-meta-toluamide, DEET or picaridin.

Three Myths About the Brain (That Should Go Away)

Adapted from an article by Lisa Feldman Barrett for NBC News

People have misunderstood the brain for thousands of years. You'd think we know better nowadays, given that neuroscientists can peer inside a human skull to observe a living, functioning brain. Sadly, we still have fairy tales mixed in with the facts.

Three brain myths, in particular, are repeated on an almost daily basis in news stories around the world.

Myth One: the hormone cortisol causes stress. Many news articles call cortisol the "stress hormone." That's simply not true. Cortisol's main purpose is to provide a quick burst

of energy when you need one. You constantly have cortisol in your bloodstream and your brain regulates the amount throughout the day to keep you alive and healthy.

Myth Two: the amygdala is responsible for creating fear and other emotions. Many years ago scientists removed the amygdala of rhesus monkeys who then behaved in a way that seemed to show that they were fearless. Ever since then, the amygdala has been caused the brain's fear circuit.

Nevertheless, science has obliterated this myth. Your amygdala in-

creases in activity during a wide range of mental phenomena and current scientific thinking is that the amygdala helps the brain deal with uncertainty or ambiguity.

Myth Three: the brain "lights up" in response to different stimuli. No human brain cell is ever dormant or switched off. Your whole brain is active all the time. Particular neurons may fire at faster and slower rates, but they're always in a flurry of activity, dashing off thousands of predictions of what you might encounter next and preparing your body to deal with it.

Healthy Raspberry Yogurt Muffins

By thismamacooks.com

1 3/4 cups all-purpose flour
1/3 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 (6 oz.) carton raspberry yogurt
1/3 cup canola oil
1 egg
1 cup raspberries

1. Preheat oven to 400 degrees F.
2. Spray, grease or put paper liners in 12 muffin cups.
3. In a medium mixing bowl, stir together dry ingredients.
4. In a small bowl, beat together yogurt, oil and egg,
5. Stir yogurt mixture and raspberries into dry mixture until almost blended,
6. Add raspberries and stir until batter is just blended. Do not over mix.
7. Spoon into prepared muffin cups.
8. Bake until nicely browned, about 20 minutes.



Brain Freeze Has Nothing to Do with Your Brain

By Joe Dziemianowicz

Frozen delights have a sucky side—and no, not the empty sugary calories. It's that all too common effect that goes by many names: ice cream headache, cold stimulus headache and, of course, brain freeze.

While the cause of brainfreeze hasn't been completely nailed down, "brain freeze is a misnomer," says neuroscientist Dewayne Godwin, Ph.D. "Rather than actually freezing your brain, it appears to change the temperature in the arteries that pass near the soft palate."

"There's a difference between blood vessels that are in the brain and those outside the brain," said Godwin. "Changes in the temperature of the blood vessels inside the brain would have no effect other than cooling the brain." That's because the brain itself doesn't have pain receptors.

Join us at our next FCS Committee Meeting on Wednesday, June 21, 2017 at The Wellness Center at Bayside.

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