# Community Newsletter

## Colorado County

TEXAS A&M AGRILIFE EXTENSION

January 2022

## Howdy Colorado County!

## HEALTHY START TO A NEW YEAR

As the New Year approaches, so does a great time to revisit your health goals and reset your priorities. “Making small lifestyle changes can make a big difference in your health and wellbeing” says Dr. Sumathi Venkatesh, a Health Specialist with Texas A&M AgriLife Extension Service.

***Eat healthy foods*** **–** Eat plenty of fruits and vegetables every day. Your diet should consist of about 2.5 cups of vegetables and 2 cups of fruits, which can be in fresh, frozen, canned, and dried forms. Include a variety of protein foods and replace butter with heart-healthy oils. Intentionally buy and include more whole grains and low-fat dairy products. Watch for your sodium intake. Let your salt intake not be more than a teaspoon a day.

***Stay hydrated –*** Set a goal to drink half a gallon of water per day. Drinking enough water is critical for maintaining strength and for preventing dehydration. Hydration is probably one of the key factors to maintain your physical and mental health. A general rule of thumb is to drink eight 8-oz. glasses of water per day. For those who are active you may need more water, especially before and after you exercise.

**Be physically active –** Exercise has numerous health benefits by improving blood sugar, blood pressure, and blood cholesterol levels. Try getting 30 minutes of moderate to vigorous physical activity for at least five days a week. If you struggle with time, incorporate physical activities in your daily routine by washing your car or mowing the lawn.

**Improve mental health –** Managing stress and your emotional wellbeing is particularly important for good mental health. If you allow situations to overwhelm you, it may induce stress and may affect your daily activities. Practice mindfulness by having a non-judgmental attitude towards yourself and others. Adequate sleep is important to take care of your emotional wellbeing. Most adults need about 8 hours of sleep every day.

**Manage health conditions –** Untreated or poorly managed health conditions such as obesity, diabetes, heart disease, or hypertension can be detrimental to your health and may severely impact the quality of your life. Following a healthy diet, exercising regularly, taking prescribed medications, and regularly following up with a physician can prevent or delay complications associated with these conditions.

For more information on Texas A&M AgriLife Extension health and nutrition programs, contact your local County Extension Office at 979-732-2530.

**Texas A&M AgriLife Extension Service**
**Colorado County**

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FAMILY AND COMMUNITY HEALTH
TEXAS A&M AGRILIFE EXTENSION


HEALTHY START TO A NEW YEAR
♥ Eat Healthy Foods
♥ Stay Hydrated
♥ Be Physically Active
♥ Improve Mental Health
♥ Manage Health Conditions
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# What's Cooking!

January 2022

## Chew on This: The Benefits of Fiber

Fiber positively influences the gut microbiome, which is made up of communities of bacteria within the digestive tract. These bacteria help us to digest food, regulate the immune system, and help to produce vitamins. These communities of bacteria work cooperatively with fiber by feeding the good bacteria in our gut.

Recipe adapted from:
www.eatsmartmovemoreva.org

Credit fiber tip from:
https://www.lsuagcenter.com/



## Carrot Pineapple Muffins

Prep Time 10 minutes / Cook Time 25 minutes
Servings 12 muffins

### Ingredients

- Nonstick cooking spray
- 1 cup carrots, shredded
- 3/4 cup crushed pineapple canned in juice 1/3 cup sugar
- 1/3 cup unsweetened applesauce
- 2 eggs
- 1 1/2 cups whole-wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt

### Instructions

1. Heat oven to 425°F. Spray a muffin tin with nonstick cooking spray.
2. In a mixing bowl, combine carrots, pineapple, sugar, applesauce, and eggs together.
3. 3. In a separate mixing bowl, mix flour, baking soda, nutmeg, and salt together.
4. 4. Combine wet ingredients with the dry ingredients and spoon batter into the muffin tin.
5. Bake 13-17 minutes or until a toothpick inserted in the center comes out clean. Let sit for 5 minutes before eating.

### Quick Tips:

- For a slightly different flavor, try replacing the nutmeg with cinnamon.
- 1 carrot is equal to about 1 cup shredded carrot.
- You can freeze this dish, for up to 6 months, for quick and easy leftovers!

**Nutrition Facts**

12 servings per container

| Serving size | 1 serving (62.02g) |
|---|---|
| **Amount per serving** | |
| **Calories** | **100** |
| | % Daily Value* |
| **Total Fat** 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 30mg | 10% |
| **Sodium** 170mg | 7% |
| **Total Carbohydrate** 20g | 7% |
| Dietary Fiber 2g | 7% |
| Total Sugars 8g | |
| Includes 8g of Added Sugars | 16% |
| **Protein** 3g | |
| Vitamin D 2mcg | 0% |
| Calcium 15mg | 0% |
| Iron 1mg | 4% |
| Potassium 124mg | 3% |

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.

**Please feel free to contact me if you have any questions.**

Sincerely,

*Ja'Shae Horn*

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