

Mixed Fruit Salad

6 Servings

Ingredients

- ◆ 1 can mandarin oranges, drained
- ◆ 1 can fruit cocktail, drained
- ◆ 1 can pineapple chunks, drained
- ◆ 2 apples (chopped)
- ◆ 1 banana (sliced)

Directions

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

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Eat a Variety of Colors

The average person might not care to know the details regarding which nutrients they're getting when they eat fruits and vegetables, but eating a variety of different colors on a daily basis can help ensure that you're eating healthier.

Having a variety of colors on our plates not only makes for an attractive meal, but it also provides for a broader range of nutrients. An added benefit is that kids are often drawn to the colors and may be more willing to try new, healthy foods.

Fruits and vegetables contain natural antioxidants that help to keep our bodies working at their best. Nutrients like calcium, fiber, folate, iron, potassium, sodium, and vitamin A & C are found within the color spectrum of fruits and vegetables.

In addition, fruits and vegetables are low in calories and come in various shapes, sizes, and textures...all of which can contribute to making dining fun as well as healthy.

Take advantage of the natural beauty and variety found in fruits and vegetables to help your family try new foods.

Remember to buy fruits and vegetables that are in season—they will be cheaper and fresher.

For more information on fruits and vegetables, contact your local Better Living for Texans Office. We'd love to hear from you!

Source: www.fruitsandvegiesmorematters.org.

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10 Tips to Help Cut Back Salt and Sodium

It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1. THINK FRESH

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/ luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2. ENJOY HOME-PREPARED FOODS

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3. FILL UP ON VEGGIES AND FRUITS — THEY ARE NATURALLY LOW IN SODIUM

Eat plenty of vegetables and fruits — fresh or frozen. Eat a vegetable or fruit at every meal.



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4. CHOOSE DIARY AND PROTEIN FOODS THAT ARE LOWER IN SODIUM

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5. ADJUST YOUR TASTEBUDS

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

6. SKIP THE SALT

Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.



7. READ THE LABEL

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8. PAY ATTENTION TO CONDIMENTS

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

This information was found on:

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

9. ASK FOR LOW-SODIUM FOODS WHEN YOU EAT OUT

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

10. BOOST YOUR POTASSIUM INTAKE

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

We're moving!!



The Extension Office has been located in the first floor of the court house but not any more!! Our new office is almost ready and we will be moving this month. Our new physical address will be **813 South Houston**. We will be between the LeeRoy Colgan Building (old Women's Building) and the County Barn across the street from Forrest Park Community Center.

