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JANUARY 2021

Nutrition and the World Wide Web

Have you ever searched the internet to find weight loss tips, easy exercises, healthy recipes, or something similar? People often turn to the internet to learn more about health and nutrition. The tricky part is finding *accurate and helpful* information.

If you have ever gone searching for nutrition information online you might have come across an ad that sounded too good to be true – like “lose 15 pounds in 1 week!” or “build muscle fast with this shake!”. While these claims sound great, they are often not backed up by science. Sometimes these types of claims can even be harmful to your health or a waste of money.

At the beginning of each year many people set goals to make healthier choices. Many tend to look to the internet for help making these healthy choices. How do people know what information is good and reliable? Here are a few tips that can help...

Consider this source. Websites that end in .gov, .edu, or .org belong to government agencies, educational institutions, or professional organizations that are committed to providing accurate information.

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Website purpose. Is the purpose of the website to sell a product? If so, the seller might be more interested in making money than your well-being. Check for an “About” section to learn more about the company.

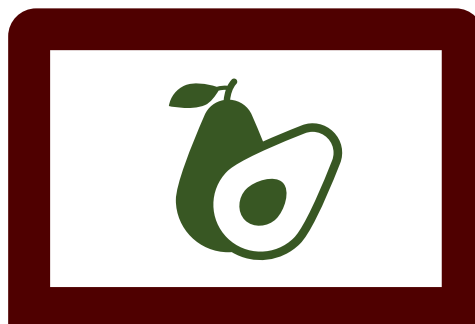
Look for evidence. Good information is backed by research. When reading nutrition information online, look for the source of the information. If there is one or multiple links to research studies, that is a good sign!

Check the date. What we know about health and nutrition is continually changing. Oftentimes, you can find the date the information was published or updated. The more recent the date, the better.

Talk to a medical professional. Advice given to you by your doctor should *not* be replaced by information found online.

At *Better Living for Texans* we use research-based nutrition/health information for all of our programs. Find out which BLT programs are available in your area by getting in touch with your county's AgriLife Extension Office.

Adapted from: <https://blogs.extension.iastate.edu/spendmart/2019/01/14/good-or-bad-finding-reliable-nutrition-information-on-the-web/#:~:text=Visit%20a%20health%20professional.org%20for%20reliable%20nutrition%20information>.





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Local Events

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Recipe of the Month

Source: Better Living for Texans

Whole Wheat Tortillas

Servings: 15

Ingredients

- 3 cups whole wheat flour
- 1½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup unsweetened applesauce
- 1 cup warm water

Directions

1. Wash your hands and clean your cooking area.
2. In a large mixing bowl combine wheat flour, baking powder and salt.
3. Make a hole in the center of the dry ingredients and add applesauce to mixture.
4. Gradually add warm water to mixture and knead until it forms a soft dough.
5. If dough sticks to hands or fingers gradually add more flour until dough is no longer sticky.
6. Cover the dough and let it stand covered for 15 minutes. (Optional)
7. Form 15 round balls of dough. Set aside for 5 minutes.
8. Put small amount of flour on a cutting board and roll each ball into a 5-inch round tortilla. Add more flour as needed to keep dough from sticking on the board.
9. Cook each side on a hot griddle or nonstick skillet for 1 to 2 minutes.



Nutrients Per Serving: (1 tortilla) 90 calories, 0.5 g total fat, 0 g saturated fat, 3 g protein, 18 g carbohydrates, 3 g dietary fiber, 1 g total sugars, 0 g added sugar, and 135 mg sodium

Total Cost per serving: \$\$\$\$

Photo Source: pixabay.com

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