



Better Living for Texans



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Get More Spring in Your Step with Stronger Bones!



Spring is a time when we transition from cold winters to longer, warmer days. Spring provides us the opportunity to get outdoors and enjoy such things as walking, biking, and gardening. For some, unfortunately, enjoying the traditional spring activities isn't possible because of poor bone health. That's one of the reasons we should do all we can to maintain good bone health as part of a healthy lifestyle.

Most think of milk when the topic of building bone comes up, but for many milk isn't an option (either they don't like the taste and/or may suffer from lactose intolerance or other conditions). Fortunately, for the non-milk fan, there are many tasty alternatives to building strong bones.

An effective alternative to regular milk is flavored milk (chocolate, strawberry, vanilla) which has the same calcium benefits as regular milk and is often a favorite of kids (and adults). Citrus fruits are high in calcium as are fruit juices with added calcium. The *Physicians Committee for Responsible Medicine* lists the following as calcium rich foods:



| Food | Serving Size | Calcium per serving | Calcium absorbed per serving | Amount Needed to Absorb 100 mg |
|-------------------------|--------------|---------------------|------------------------------|--------------------------------|
| Sesame seeds, unshelled | 1 oz. | 280 | 58 | 1 ¾ oz. |
| Cheddar cheese | 1 oz. | 204 | 66 | 1 ½ oz. |
| Kale, frozen | 1/2 cup | 90 | 53 | 1 cup |
| Turnip greens, frozen | 1/2 cup | 99 | 51 | 1 cup |
| Instant oats | 1 packet | 158 | 48 | 2 packets |
| Low-fat yogurt plain | 8 oz. | 400 | 128 | ¾ cup |
| White beans, cooked | 1 cup | 161 | 35 | 2 ¾ cups |
| Broccoli, frozen | 1/2 cup | 47 | 29 | 1 2/3 cups |

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A diet including these and related food items (high in Vitamins C, D, and K, Potassium, and Magnesium) coupled with exercise and other healthy habits should have you well on your way to having healthy bones and an active life. So, get outdoors and enjoy the beauty of spring!





Smart Snacking Strategies:

Here are some ways to make healthy snacking part of your everyday routine;

1. Prepare healthy snacks in advance. You can make your own granola and trail mix, when you do, you have control of ingredients and put in what's good for you. Also cut up fresh fruit and veggies to take on the go. Keep in bags in the fridge, for grab and go snacks.
2. Make it a habit to stash some fruit, whole grain crackers or baby carrots, so you always have healthy food nearby.
3. Healthy snacking doesn't have to be boring, give yourself a variety of choices. Whole-wheat pretzels with spicy mustard, rice cakes with peanut butter and raisins, or low-fat fruit yogurt are healthy, tasty and easy.
4. Satisfy cravings with healthier approaches. If you're crazy for chocolate, try a hot chocolate drink instead of chocolate bar. An 8 oz. mug of hot chocolate has only 140 calories and 3 grams of fat. Average chocolate bar has 230 calories and 13 grams of fat. Substitute nonfat frozen yogurt or sorbet for ice cream. Snack on baked tortilla chip and pair them with salsa instead of sour cream dip.
5. Read serving size information. What looks like a small package of cookies can contain 2 servings—which means double or even triple the amounts of fat, calories and sugar shown on the label.

As with everything, moderation is the key to smart snacking. People who eat regular meals and healthy snacks are less likely to overeat and gain weight than people who skip meals or go for long periods without eating and then scarf down a large order of fries.

SNACK TIME MIX

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|-----------------------------|--|
| Ingredients: | 1/2 cup Pretzels |
| 2cups air-popped popcorn | 1 tsp.(Cajun, taco, or ranch) seasoning |
| 1/4 cup dry roasted peanuts | 1 tsp. onion powder |
| 2 cups corn Chex cereal | Non stick spray |



Mix all together, spray lightly with non stick spray and sprinkle with seasoning and onion powder. Stir to coat evenly. For sweeter version, omit seasonings and add raisins. Sprinkle with cinnamon. Cost per serving: \$0.12.