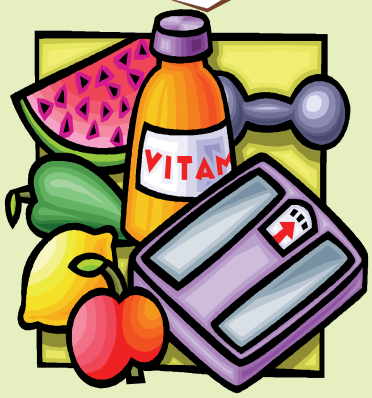
TEXAS A&M AGRILIFE EXTENSION

Better Living for Texans

1212 Houston, Ste.2 Levelland, Texas 79336 806-894-3159 June/July 2015

June – Fresh Fruit and Vegetable



Everyone Needs to Eat More Fruits and Vegetables. A growing body of research proves that fruits and vegetables are critical to promoting good health. In fact, fruits and vegetables should be the foundation of a healthy diet. Most people need to double the amount of fruits and vegetables they eat every day.

Fight to Protect Your Health — Fruits and vegetables are packed with essential vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables everyday can help reduce your risk:

* Heart Disease
* High Blood Pressure
* Type II Diabetes
* Certain Cancers

Contain Powerful Phytochemicals (fight-o-chemicals) — Fruits and vegetables have many important phytochemicals that help "fight" to protect your health. Phytochemicals are usually related to color. Fruits and vegetables of different colors — green, yellow-orange, red, blue-purple, and white — contain their own combination of phytochemicals and nutrients that work together to promote good health.

Weight Management — Because they're low in calories and high in fiber, fruits and vegetables can help you control your weight. By eating more fruits and vegetables and fewer high-calorie foods, you'll find it much easier to control your weight.

Energy — Busy lives require food that's nutritious, energizing, and easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

Nutrients — Eating fruits and vegetables of different colors gives a body a wide range of valuable nutrients, like fiber, folate, potassium and vitamins A and C.

Source: www.5aday.gov

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http://hockley-tx.tamu.edu

BETTER LIVING for Texans

Beat the Heat with Proper Hydration

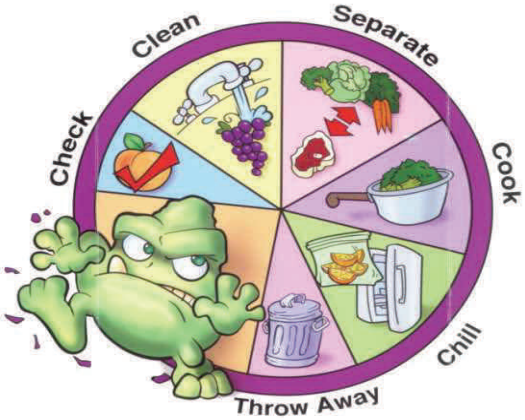
Summer has arrived and when you think of how hot it gets in Texas, it's wise to prepare for the heat. Drinking water is a must when trying to beat the heat. Water is essential to survival because it transports nutrients to cells and helps transport waste out. Water is so essential to our bodies that we can only survive a few days without it. Since each person is different, there is no standard recommendation for the amount of water to be consumed daily, but there are signs you can watch for to be sure that you're properly hydrated. A dry mouth or urine with a strong odor, low volume, and dark color are signals of dehydration.

It should be noted that some people with health conditions cannot drink as much water as healthy people. Those with health concerns, such as heart conditions, should consult with their physician to determine how much water they should drink per day.

Besides drinking water, fruits, fruit juices, tea, coffee, sport drinks, soft drinks and some foods can provide water for our bodies. Plain water is the best way to hydrate ourselves during normal activities.

Source: AgriLife Extension Nutrition

Keep COLD foods COLD & HOT foods



COLD– Keep cold foods like meat, eggs, lunch meat, cheese, milk, cut fruit and cooked pasta, vegetables and rice cold. Use ice packs, freezer gels or frozen juice boxes to keep foods cold.

HOT– Keep foods like soup and chili hot with a wide mouth insulated bottle if transporting, like on a Summer Picnic. Pour boiling water into the bottle to heat the inside. Then heat the food to 165° F. Drain the boiling water from the bottle and replace with the hot food.