

December 7, 2015
Janet M. Pollard, MPH, Editor

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TEXAS A&M AGRILIFE EXTENSION

Health Hints

Welcome to Health Hints...

an e-news source for Family & Consumer Sciences Agents. Each week we will bring you trusted health information to cut, paste, and post onto your Twitter and Facebook (FB) pages... without having to searching for content. Our goal is to help you keep your social networking sites viable, and keep clientele coming back to your site as their source for credible health-related information.

Agents, this information is designed to be used "as is" on your social media sites for communication with your clientele - no changes needed. Simply choose the post you want and place it on your Facebook or Twitter site.

Need help using these posts? Instructions for use are listed at the bottom of this issue.

Need more help with Health Hints? Feel free to contact me.

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Twitter

Gifts from the kitchen & Gifts for the cook

@SpendEatSmart <http://bit.ly/1ThTyOv> <http://bit.ly/1LL0P3l> #healthyholiday #giftgiving

What's in Season?

@BerkeleyWell Seasonal Produce Picks <http://bit.ly/21rC9sD> #winter #produce

Hosting kids for the holidays?

@MyPlate Get them involved preparing these foods together
<http://1.usa.gov/1K2x2rC>

Facebook



Stress, depression and the holidays: Tips for coping

Source: Mayo Clinic

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

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<http://mayoclinic.in/1MgrMwU>



Smell and Taste: Spice of Life

Source: National Institute on Aging

Turkey, stuffing, pumpkin pie! The holidays are filled with the aromas of our favorite foods. If you aren't enjoying the smells and tastes of the season, you could be having trouble with your senses.

View Full Article

<http://1.usa.gov/1XDY9f8>



Two More Reasons to Love Produce

Source: University of California, Berkeley

It's a simple fact that eating fruits and vegetables promotes good health in many ways. If you need more encouragement to up your intake, here are two of the latest studies that affirm their benefits, both from the American Journal of Clinical Nutrition.

View Full Article

<http://bit.ly/1Su49pz>

How to Use the Above Content...

To use the content:

- Choose the post you want
- Highlight the post (be sure to include the title and url/link)
- Right click your mouse and select *copy*
- Go to *your* page (Facebook or Twitter)
- Place your cursor in the "What have you been up to box" in FB or click the *Tweet* button and place your cursor in that box on Twitter.
- Right click your mouse and select *paste*
- If you like the way the content looks, click *Post* or *Tweet* as appropriate.

To use the graphics*:

If you would like to use the graphics (photos) we have attached to the posts here

in Health Hints:

- Hover over the graphic with your cursor
- Right click your mouse and select *Save as Picture*
- Choose a location in which to save graphics on your computer (setting up a folder in which to place all Health Hints graphics may be helpful)
- Go to your FB page (you can also place these graphics in your Tweets, but they will take up some of the 140 characters allowed, so be sure you don't lose the content if you choose to do this)
- Click on the camera icon at the bottom of your post or the words *Photo/Video* at the top of your post, either will work
- Upload the graphic by choosing it from the location in which it was saved
- Click *Post* or *Tweet*.

* Note: Please only use the graphic with the content to which it is attached. This will prevent any copyright infringement issues. Thank you.

New to Twitter and Facebook?

No worries. It is natural to be nervous about using Facebook & Twitter the first time, and when you haven't had the opportunity to use the sites regularly.

Here are a few tutorial videos that may be helpful:

[Getting Smarter with Twitter \(a five minute tutorial\)](#)

[Twitter Tutorials: Navigating Through the Twittersphere](#)

[How to Use Facebook](#)

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