

# Seven Simple Steps



## Family and Consumer Sciences “Connections” in Lampasas County

There are Seven Simple Steps that Americans can use as a Guideline to save from consuming 500,000 extra calories each year.

A calorie, or kilo calorie, is a unit used to measure energy. Calories in our diet come from fat, protein, carbohydrates, and alcohol.

Calories are a measurement of energy. Your body uses energy to perform all of its functions.

Each person is different. The amount of calories needed depends on age, gender, height, weight, goals, body composition and metabolic rate.

There are some foods that contain a high amount of calories more than others. The number of calories

depends on the quantity of carbohydrates, fats, protein, and alcohol.

If you want to prevent consuming an extra 500,000 calories each year, try the following steps!

**1) Make a Healthful Plate.** Fill half your plate with fruits and vegetables at each meal. *Calories Saved-109,500.*

**2) Choose Fruit.** Replace a daily snack of chips with a medium apple or one cup of fruit. *Calories Saved-21,900.*

**3) Drink Calorie-Free.** Replace one soda with a calorie free drink (water or unsweetened tea) every day. *Calories Saved-54,750.*

**4) Downsize Dessert.** A baked good the size of your hand contains 500+ calories. Downsize to a finger sized portion and save calories. *Calories Saved-127,750.*

**5) Eat a Balanced Breakfast.** Get rid of a fast food pastry or sandwich and try a bowl of oatmeal instead. *Calories Saved-65,700.*

**6) Stick to Skim Milk.** When you choose to switch to skim milk, you will save 47 calories per cup. *Calories Saved-52,965.*

**7) Exercise.** Get 30 minutes of exercise per day. A two mile walk will burn 200 calories! *Calories Saved-51,965.*

[foodandhealth.com](http://foodandhealth.com)

## How to Balance Your Calories

Calorie balance is the balance of **CALORIES IN**– the calories from foods and beverages consumed daily.

**CALORIES OUT**– is the calories you burn through basic body functions and physical activity.

**BUILD A HEALTHY PLATE**–make 1/2 of your plate fruits and vegetables, non-fat dairy products, lean protein sources and 1/2 your grains whole grains.

**BE ACTIVE YOUR WAY**– Exercise comes in different forms, find what is best for you and do it for 30 minutes daily!

**LIMIT EMPTY CALORIES**–Choose foods and drinks with less solid fat and added sugars.

**COOK MORE OFTEN AT HOME**– Planning ahead can help you make better food choices.

- Americans drink about 400 calories every day!
- Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receive the recommended amount of physical activity each week.
- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2-18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

USDA Department of Agriculture

# Don't Let Your World Go Up in Smoke

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Be ready for fall and participate in National Fire Prevention Week is October 9-15.

Your risk of injury in a home fire changes with age. If you have young children or older adults living in your home, they may need your help to stay safe. Follow these tips to protect your home and your loved ones.

## **SMOKE ALARMS:**

Smoke alarms give you early warning of a fire. Every home needs working smoke alarms. Make sure your home is protected.

1) Install smoke alarms on every level of your home. 2) Install a smoke alarm inside and outside of

all sleeping areas. 3) Everyone must be able to hear the smoke alarm.

There are special alarms that shake or vibrate are available for those who can not hear. 4) Push the button on the smoke alarm every month to make sure it is working. 5) Replace smoke alarms that are more than 10 years old.

## **YOUNG CHILDREN:**

Children under four years old are at a higher risk of home fire injury and death than older children. 1) Keep children at least three feet away from anything that gets hot, including heaters, the stove and candles. 2) Lock cigarette lighters and matches up high, out of a

child's sight and reach. 3) Plan and practice how to escape a fire.

## **OLDER ADULTS:**

Our risk of being injured in a fire increases with age. Make your home safe for older adults. 1) Know two ways out of each room. Keep these exits clear. 2) Make sure everyone is able to get outside if the smoke alarm sounds. 3) Older adults may need your help escaping. Plan for this. 4) Keep wheelchair, eyeglasses, hearing aids, and a telephone next to the bed. 5) Practice and plan your escape with everyone.

[www.usfa.fema.gov](http://www.usfa.fema.gov)

# Heating Safety 101

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There are safety tips and precautions that can help prevent heating fires from happening in your home.

**BE WARM AND SAFE THIS FALL AND WINTER**— keep anything that can burn at least three feet away from heating equipment. Like the furnace, fireplace, wood stove, or a portable space heater.

**HAVE A THREE-FOOT** “kid-free zone” when youth are

around open fires and space heaters.

**NEVER** use your oven to heat your house.

**ALWAYS** use the right kind of fuel specified by the manufacturer, for fuel burning space heaters.

**REMEMBER**—to turn off portable heaters when leaving the room or going to bed.

**HAVE** heating equipment and chimneys cleaned and inspected

every year by a qualified professional.

**MAKE SURE** the fireplace has a sturdy screen to stop sparks from flying up into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.

[www.usfa.fema.gov](http://www.usfa.fema.gov)

# Fall Pest Issues

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As the summer heat dwindles away and the air starts to feel cooler and more crisp, pests and insects are running around not knowing what to do. For pests and insects the weather change threatens their food supply and homes. Grass, vegetation, and foliage will all change with the weather. So, pests and insects are going to have to find a new place for food and shelter and

that means that they will try to get into your home.

Humans have the opportunity to bundle up when the weather changes while pests and insects are not so lucky. Usually these pesky little creatures like to migrate into attics, garages, storage areas or your house.

Problems occur when this happens

— smaller insects are food for larger insects and pests. If there are not any little insects, the larger of the two will get into your kitchen and pantries, thus risking with the spreading of disease or causing structural damage.

1-Deny Pests access to your home.

2-Deny pests food, water and shelter.

<http://lancaster.unl.edu>

## Are You Ready?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get sick from the flu and spread it to others.

During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older.

“Flu Season” in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population.

An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will not get seasonal flu and spread it to others.

When more people get vaccinated against the flu, less flu can spread through that community.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccinations. These antibodies provide protection against infection with the viruses that are in the vaccine.

For the 2016-2017 flu season, the Advisory Committee on Immunization Practices, recommends annual influenza vaccination for everyone 6 months and older with either the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV).

**WHEN SHOULD YOU GET VACCINATED?** Flu vaccination should begin soon after vaccine

becomes available, if possible by October.

Flu vaccine is provided by private manufacturers and the timing of the availability depends when production is completed.

**WHERE CAN I GET A FLU VACCINE?** Flu vaccines are offered in many locations, including doctor’s offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some school.

**VACCINE TAKES ABOUT TWO WEEKS** after vaccination for antibodies to develop in the body and provide protection against influenza virus infection.

<http://www.cdc.gov>

## Are You in a Vegetable Slump?

Its easy to get stuck eating the same things over and over. Green salad, tomatoes, carrots. Apples, bananas and grapes. Does this sound familiar? Maybe you need to mix things up!

**Make your own salad bar:** Buy at least two kinds of salad greens (baby spinach and romaine, for example) and an assortment of raw vegetables. Every night at dinner, bring out the assortment of greens

**Roast and grill:** The pickiest of eaters become veggie eaters when they try a vegetable oven roasted. Roasting and grilling bring out flavors and textures that raw or steamed vegetables just do not offer.

**Embrace the exotic:** Buying local produce that’s in season is good, but trying an array of fruits and vegetables from all over the world can spice up your palate.

**Find fancier frozen vegetables:** If your freezer is full of peas, carrots, and corn, branch out to other vegetables! This is where the ethnic grocery store comes in handy.



## Getting Your Children to Eat More Fruits and Vegetables

**Take your children when you buy food.** It is important for children to know where their food comes from. Take them to a farmer’s market and have them help select beans, tomatoes, corn, peaches and other seasonal fruits and vegetables. They may be more likely to try it if they picked it themselves.

**Invite your children to help you**

**cook.** Kids can clean and snap beans or rinse fruits to be served. This may help them become more likely to eat food they have prepared themselves.

**Do not force food.** Encourage your children to try one bite to see if he/she likes it. Do not reward with treats as it may set up emotional eating later, or your child may feel obligated to eat the new food just to get to dessert.

[www.foodandhealth.com](http://www.foodandhealth.com)

It’s easy to use MyPlate to improve your children’s eating habits. Show your children how to fill half of their plate with fruits and vegetables along with educating them to choose whole grains, lean dairy, and varied proteins.



**TEXAS A&M AGRILIFE EXTENSION**



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## Lampasas County News

Now is the time that 4-Hers are practicing for the 4-H Food Show, Quiz Bowl and Food Challenge. The District Quiz Bowl is Dec. 8th, the Food Show will be November 17th and the Food Challenge will be in San Angelo January 25th. Practices take place at the county annex. If you would like to help with these projects or future 4-H projects like photography, Consumer Decision Making or Clothing let Karen DeZarn know and enroll online at <https://texas.4honline.com>. 4-H enrollment is \$20 for youth grades 3-12 until the end of Oct. then it is \$25. For Adults it is \$5.

*Family and Consumer Sciences "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Consumer Science Agents:*

- Linda Wells, Burnet County*
- Kandice Everett, Sterling/Coke Counties*
- Janet Nelson, Coleman County*
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- Shelley Amberg, Irion/Schleicher Counties*
- Kim Miles, Jones County*
- Karen DeZarn, Lampasas County*
- Jennifer Page, Llano County*
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- Melanie Potter, San Saba County*
- Jane Rowan, Taylor County*
- Courtney Redman, Tom Green County*
- Vacant, Brown County*
- Mandi Seaton, D7 Regional Program Leader*

## Pumpkin Chili

This is a chili dish that you can feel good about serving to your family and friends! In this dish there are veggies that provide essential nutrients, beans that provide fiber and protein, and lean beef that also increases the protein content.

### Servings-6

#### Ingredients Needed:

- 1 tablespoon olive oil
- 1 cup yellow onion (chopped)
- 1 cup green bell pepper (chopped)
- 1/2 cup jalapeno (seeded & chopped)
- 1 tbsp. garlic (minced)
- 1 pound extra lean ground beef
- 1 14.5 oz. can diced tomatoes (with the liquid)
- 1 cup water
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 15 oz. can kidney beans (rinsed and drained)

#### Directions-

1. Heat oil in a large pot over medium heat, high. Add onion, bell pepper, jalapenos and garlic, cooking and stirring frequently, until tender.
2. Add lean beef and cook until browned.
3. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil.
4. Reduce heat to medium low and add beans.
5. Cover and simmer, stirring occasionally, for 30 minutes more.
6. Ladle into bowls and serve.



#### Nutritional Facts (per serving)

- Calories:** 238
- Total Fat:** 8g
- Cholesterol:** 40mg
- Sodium:** 438mg
- Potassium:** 736mg
- Total Carbohydrates:** 23g
- Protein:** 23g
- Vitamin A:** 242%
- Calcium:** 7%
- Iron:** 15%

Recipe from  
<http://dinnertonight.tamu.edu>