

Lubbock County Family Network



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February / March 2016

FEBRUARY IS HEART MONTH

Let's Talk About Sodium!

What is Sodium?

Sodium is a nutrient the body needs in very small amounts in order to work properly. Sodium is involved in many processes such as regulating blood pressure, moving body fluids in and out of cells, and sending nerve impulses.

Sometimes the words sodium and salt are used interchangeable; however, they do not mean the same thing. Sodium is just one component of salt. Salt is made of two elements: sodium and chloride. The rule of thumb is one teaspoon of salt contains about 2,300 mg of sodium.

How much Sodium do I need every day?

Only a tiny amount of sodium is needed in your diet on a daily basis in order for your body to function properly. Too much sodium intake can be harmful. The **Dietary Guidelines** recommend that you reduce your daily intake of sodium to less than 2,300 mg per day; and further reduce it to 1,500 mg after the age of 51 years for African Americans and those with high blood pressure (hypertension), diabetes, and chronic kidney diseases. There is no benefit in consuming more than 1,500 mg of sodium daily. However, most Americans consume more than 2,300 mg of sodium per day by two or three times that amount.

Where does Sodium come from?

Sodium comes from:

- Processed foods (fast food, canned, packaged, frozen foods, etc.)
- Naturally occurring sodium in foods
- Salt added to food during cooking
- Salt added to food at the table

Why should we talk about Sodium?

Eating foods with too much sodium can be bad for your health. High sodium intake is linked with high blood pressure (hypertension), which can lead to heart (cardiovascular) disease. Heart disease is one of the leading causes of death in America. While sodium plays a role in raising your blood pressure, there are several other factors involved.

According to the National Heart, Lung, and Blood Institute, the chance of developing high blood pressure increases if a person:

- Is overweight
- Is a man over the age of 45
- Is a woman over the age of 55
- Has a family history of high blood pressure (hypertension)
- Has a blood pressure in the pre-hypertension range (120-139/80-89 mmHg)

Additionally, the following factors can raise your blood pressure:

- Eating too much salt
- Drinking too much alcohol
- Not eating enough potassium
- Not exercising

How can I limit my Sodium intake?

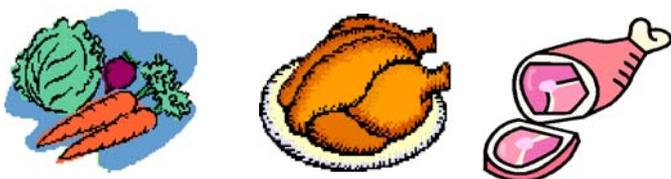
It is unnecessary for most Americans to eliminate or severely restrict the amount of sodium in their diet. However, it is important to consume sodium in moderation so that you can decrease your risk of developing high blood pressure and heart disease.

Studies show that more than 75% of our sodium intake comes from processed foods. Because of this, you should look at this area to focus on cutting your sodium intake down.

One tip to help limit sodium intake, or make a better choice in food, is to read nutrition labels and compare products. By comparing the food labels of similar products and choosing the product with less sodium, this will help you significantly reduce your total sodium intake over time.

Try these salt-free strategies to help lower your sodium intake!

- Know your salty ingredients. Besides “salt”, sodium comes in a variety of forms. Look for ingredients like sodium benzoate, sodium nitrite, sodium ascorbate, and MSG (monosodium glutamate).
- Choose fresh foods more often. Minimize your intake of highly processed foods like cured meats, bacon, sausage, hot dogs, lunch meats, canned foods and some soups.
- Buy canned foods with less sodium. The food label might say “Reduced Sodium”, “No Salt Added” or “___% Less Sodium” on the package.
- Use fresh herbs and spices like ginger, garlic, black pepper, or lemon juice in place of salt to add more flavors in your food.
- Remove the salt shaker from the table. This will help you not put more salt on your food.



Salt-Free Seasoning Mix

Perks up everything – especially vegetables, chicken, and pork!

Total Time: 5 minutes

Makes 24 Servings – Yields about ¼ cup

Ingredients

- 1 teaspoon of each: dried basil, marjoram, parsley flakes, thyme, savory, onion powder, rubbed sage, ground mace.
⅓ teaspoon cayenne pepper
1 tablespoon garlic powder

Directions

1. In a small bowl, crush the basil, marjoram, parsley, thyme and savory.
2. Stir in the remaining ingredients.
3. Store in an airtight container.

Nutritional Facts

One serving (½ teaspoon) equals 3 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 1 g carbohydrate, trace fiber, trace protein. Diabetic Exchange: Free Food.

Recipe Courtesy of Taste of Home

References:

- American Dietetic Association. 10 Simple Steps to Make Good Habits More Delicious
- Texas A&M AgriLife Extension. Get the Facts on Sodium
- Taste of Home. Salt Free Seasoning Mix. Found at: <http://www.tasteofhome.com/recipes/salt-free-seasoning-mix>

Created by Mary Payne, TTU Dietetic Intern 2013-14

REACH FOR CORRECT 100-CALORIE SNACKS

The ubiquitous 100-calorie snacks are all the rage. That is great, because 100 calories is just about the right amount for a between-meal snack. The packages function as portion control so we do not overeat.

There is a downside, however, to many of the little prepackaged goodies. Most of these have little to no nutritional value and do not really provide good fuel for the body. A typical 100-calorie pack usually includes chips, cookies or crackers. These items are highly refined and do not come close to resembling “real food.”

Snacks are an important part of our daily nutrition intake. They help to bridge the gap between meals and may actually assist with health and weight goals. When it comes to fueling the body and brain, eating every three hours or so can help control blood sugar, help maintain mental focus and concentration, and help keep our metabolic fire burning hot throughout the day. So snacking is actually a good thing.

But it is important not to view snack time as “treat time”. Think of it instead as one of your scheduled fuel stops throughout the day, providing a needed boost of nutrition and energy to get you through until the next feeding.

When choosing a snack consider the ingredients. Look at the Nutrition Facts label and see if the snack contains a lot of sodium (up to 150 mg per serving for a snack food portion is realistic). Does the snack contain fiber (which would help sustain energy levels and blood sugar)? An ideal snack should contain carbohydrates and fiber. Protein may be included as well. Some foods will contain all three; others may need to be combined with one or two other food items.

The size of your snack should be determined by the length of time until the next meal. One hundred calories can sustain you for a couple of hours. If you need for the snack to last three to four hours, 150 to 200 calories might be better.

Consider these healthy 100-calorie snacks that are as delicious and satisfying as they are nutritious:

- ◆ One whole banana
- ◆ ½ ounce of nuts
- ◆ 1 reduced fat string cheese stick and ½ cup of raw veggies
- ◆ 8 ounces of nonfat or low-fat milk
- ◆ 3 cups of air-popped popcorn
- ◆ 1 tablespoon peanut butter with 4 apple slices
- ◆ ¼ whole grain pita pocket with 2 tablespoons hummus
- ◆ ¼ cup salsa with 4 to 6 whole grain crackers
- ◆ 4 ounces yogurt with ½ cup fresh fruit
- ◆ ½ cup high fiber dry cereal mixed with 1 tablespoons raisins and 1 tablespoon unsalted nuts or seeds
- ◆ 1 hard-boiled egg with 4 whole grain crackers
- ◆ ½ cup edamame

Source: Carol Turner, PhD, Food and Nutrition Specialist NMSU Cooperative Extension Service

PROTECT AGAINST WHOOPING COUGH

Whooping cough, or pertussis, is on the rise. Anyone can get whooping cough and increases in the disease are occurring in all age groups. But babies who fall ill with whooping cough are the group at greatest risk of complications, including pneumonia, seizures, brain damage and death. (NM DOH 2013)

What is Whooping Cough?

Whooping cough is an infectious disease caused by the bacterium *Bordetella pertussis*. It is a disease of the nose and throat that causes fits of coughing. For some, the coughing makes it hard to breathe. Young infants are the most vulnerable to severe disease and possible complications. Many are hospitalized every year and some have died.

What are the Symptoms of Whooping cough?

Symptoms usually appear 4 to 21 days after exposure to someone who has the illness. The symptoms of whooping cough usually occur in 3 stages.

- * Stage 1: The first stage begins like a cold, with a runny nose, sneezing, mild fever and cough. The cough may be mild at first but soon gets worse.
- * Stage 2: The second stage includes uncontrolled coughing or coughing spasms that may be followed by a whooping noise when the person breaths in air.

During these severe coughing spells, a person may vomit, or their lips or face may look blue from a lack of oxygen. The infected person may appear well between coughing spells. The stage may last several weeks.

- * Stage 3: The third stage is the last stage where the cough slowly begins to disappear. This stage may also last for several weeks.

It is possible to have whooping cough with only the cough that lasts for 2 weeks or longer. Some infected persons do not experience the coughing spasms, whooping sound, or vomiting.

How is Whooping Cough Spread?

The bacterium that causes the disease is found in the nose and throat of infected people. These bacteria spread through the air in droplets that are produced when an infected person sneezes and/or coughs. Persons in the early stage of illness (Stage 1) are the most contagious.

After 5 days of taking doctor prescribed antibiotics, people are no longer contagious. People who do not take antibiotics are contagious for 21 days after the coughing spasms begin.

What Treatment is Available for Whooping Cough?

Whooping cough is caused by a bacterial infection therefore antibiotics are the prescribed treatment. Antibiotics will shorten the length of time the person is contagious. If antibiotics are started in the early stage of the disease the illness may be less severe. However, even with the antibiotics, people may cough for many weeks.

How Can I Protect Myself and My Family from Getting Whooping Cough (Pertussis)?

- * Whooping cough can occur at any age, but getting vaccinated lowers the risk. Keep your children up to date on their vaccinations. The pertussis vaccine is given at ages, 2, 4, 6, and 12-18 months, at 4-6 years of age when a child begins school and at 11 years when starting middle school.
- * Adults of all ages, particularly if they are around babies, should receive a booster pertussis vaccination if they have not previously received one.
- * Pregnant women after 20 weeks of gestation should receive a single booster dose of pertussis vaccine if they have not previously had a booster.
- * People who are sick with whooping cough should be kept home until they have been treated with antibiotics for at least 5 days and are well enough to return to school, work or daycare.

Source: Sonja Koukel, PhD, Community & Environmental Health Specialist, NMSU Cooperative Extension Service

SIMPLIFY YOUR LAUNDRY ROUTINE

The Less Steps, The Better

We know laundry can be a big task, but it just got easier with new liquid-unit-dose laundry detergent. Just put one pac of pre-measured detergent into your machine to simplify your laundry routine. How is that for innovation and ease?

Now is the time to take small steps to clean up your laundry routine, and to make your home as safe as possible for your family. While we know laundry is one of your daily or weekly tasks, take a moment to read through the tips below to ensure you are using and storing liquid-unit-dose laundry detergent properly, and you will be on your way to a convenient, simpler laundry routine.

How do I use this new produce?

- Add the pac to the bottom - also known as the drum - of the washing machine, both for top-loader and high-efficiency front-loader machines, before adding clothes, for best results. Do not add the pac to your machine's dispenser drawer.
- **Do not cut or tear the pouch.** It is designed to dissolve completely in the machine, even in cold water.
- Use one pac for most loads, but for heavily soiled loads you can use two.
- Do not use for hand washing or pretreating.
- If pacs stick together, do not pull hard, as the pouches may tear. If two pacs stick together, place them together in the machine.
- Handle the pacs with dry hands only, and remember to close the bag or tub completely after each use to keep out moisture. The pacs' film is designed to dissolve quickly, even in small amounts of water, so it is important to store pacs away from water.

The Less Steps, The Better

- Keep liquid-unit-dose out of the reach of children and pets between every load to prevent unintended exposure.
- Always ensure reclosable bag or tub is tightly sealed during storage.
- As with other laundry products, keep product in its original container with intact labels.
- Store products away from food, as you would with other laundry products.

Source: Cleaning Matters, March/April 2012;

www.cleaninginstitute.org; info@cleaninginstitute.org

Recipe Corner



Heart Healthy Braised Sirloin Tips

- 2 pounds beef sirloin tip or tenderize round steak, cut into 1-inch cubes
- 1 can (10 ½ ozs.) beef consommé
- 3 tablespoons red burgundy or cranberry cocktail juice
- 2 tablespoons soy sauce
- 1 clove garlic, minced
- ¼ teaspoon onion powder
- 2 tablespoons corn starch
- ¼ cup water
- 4 cups hot cooked rice

Trim all visible fat from meat. Brown meat on all sides in a large heavy skillet that is sprayed with pan coating. Add consommé, wine (or cranberry cocktail), soy sauce, garlic, and onion powder. Heat to boiling. Reduce heat; cover and simmer 25 minutes or until meat is tender. Blend cornstarch and water; stir gradually into the meat. Cook, stirring constantly, until gravy thickens and boils. Cook 1 minute more. Serve over rice. Makes 8 servings.

Sincerely,

E. Kay Davis, M.S., L.D.

County Extension Agent -Family and Consumer Science
Lubbock County

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The Texas A&M AgriLife Extension Service, in partnership with the Texas Department of Family and Protective Services, Child Care Licensing, presents:

Inclusive Child Care for Preschool and School-Aged Children

A six-hour, CEU-approved training designed for child care providers and directors.*

Saturday, March 5, 2016

9:00 a.m. - 4:00 p.m.

916 Main Street, 2nd Floor Auditorium

Topics will include:

- An Introduction to Inclusive Child Care for Preschool and School-Age Children, Supporting Strong Peer and Adult-Child Relationships in the Inclusive Child Care Environment,
- Strategies for Caring for Children with Sensory Integration Issues,
- Activity-Based Support in Inclusive Preschool and School-Age Child Care, Establishing a Healthy and Safe Environment for Preschool and School-Age Children with Special Needs,
- Strategies for Caring for Preschool and School-Age Children with Challenging Behaviors,
- Strategies for Helping Preschool and School-Age Children Develop Self-Help Skills in the Inclusive Child Care Setting, and
- Strategies for Partnering with Families of Children with Special Needs

*Please note that attendees must attend all six hours in order to receive the completion certificate needed for licensing training hours.

Speakers:

Jean Paulsel, Ph.D. is an Associate Professor and Extension Specialist with the Texas A&M AgriLife Extension Service.

Rebecca B. Dunn, LMSW is an Extension Program Specialist with the Texas A&M AgriLife Extension Service.

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

\$20.00 (includes lunch) Registration due by March 1, 2016; (Space Limited)

Bring to 916 Main, Suite 201, Lubbock TX or

Mail to Texas A&M AgriLife Extension Service, PO Box 10536, Lubbock, TX 79408

Name: _____ Phone: _____

Address: _____ City, St _____ Zip: _____

Email Address: _____