

Lubbock County Family Network



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Love Your Heart



A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. It's not as hard as you may think! You just have to make these simple steps part of your life for long-term benefits to your health and your heart.

What is heart disease?

Heart disease is the # 1 cause of death in the United States. The term "heart disease" refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attacks. Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease. Anyone can be at risk for heart disease and having high cholesterol, high blood pressure, or diabetes can also increase your risk for heart disease. You can take several steps to reduce your risk of heart disease such as maintaining a healthy weight, eat a healthy diet, exercise more, and stop smoking.

Steps for a heart healthy lifestyle:

1. Control your portion size

How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should. Portions served in restaurants are often more than anyone needs. Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This strategy can shape up your diet as well as your heart and waistline.



2. Eat more fruits and vegetables

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you eat less high-fat foods, such as meat, cheese and snack foods. Try to fill half your plate with fruits and vegetables at each meal.

3. Select whole grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain such as farro, quinoa or barley. Try to fill 1/4 of your plate with whole-grains or carbohydrates at each meal.

4. Limit unhealthy fats

Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaque in your arteries, which can increase your risk of heart attack and stroke. The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats such as butter, margarine and shortening. You can also reduce the amount of saturated fat in your diet by choosing lean meats with less than 10 percent fat.

5. Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. But be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts

rather than fried chicken patties. Fish is another good alternative to high-fat meats with omega-3 fatty acids, which can lower blood fats called triglycerides.

Legumes such as beans, peas and lentils also are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat.

6. Reduce your sodium intake

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet.

- Healthy adults should have no more than 2,300 milligrams (mg) of sodium/day (about a teaspoon of salt).
- People age 51 or older and people who have been diagnosed with high blood pressure, diabetes or chronic kidney disease should have no more than 1,500 mg of sodium/day.

Reducing the amount of salt you add to food at the table or while cooking is a good first step, much of the salt you eat comes from canned or processed foods, such as soups and frozen dinners. Eating fresh foods and making your own soups and stews can reduce the amount of salt you eat.

Low-salt items to choose:

- Herbs and spices
- Salt substitutes
- Reduced-salt canned soups or prepared meals
- Reduced-salt versions of condiments, such as reduced-salt soy sauce, and reduced-salt ketchup



High-salt items to avoid:

- Table salt
- Canned soups and prepared foods, such as frozen dinners or boxed meals
- Tomato juice
- Soy sauce, and regular ketchup

7. Increase your amount of exercise

Physical activity is anything that makes you move your body and burn calories. This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

8. Quit smoking

Smoking greatly increases your risk of cardiovascular disease. If you are currently smoking, the best way to avoid developing heart disease is to quit smoking as soon as possible. Also, it is best to avoid second-hand smoke as well.

Sources:

- https://www.heart.org/HEARTORG/HealthyLiving/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp
- <http://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702?pg=2>

Created by: Emily Lipinsky, TTU Dietetic Intern 2016

Call the Right Play for Super Bowl LI: Pass the Keys to a Sober Driver Before the Big Game Begins

Football fans across the country will celebrate America's most watched national sporting event, Super Bowl LI, Sunday, February 5, 2017. For many, the celebration will include drinking alcohol.

That is why highway safety and law enforcement officials are teaming up with the National Highway Traffic Safety Administration (NHTSA) for a special *Fans Don't Let Fans Drive Drunk* reminder to urge all football fans to call the right play on Super Bowl weekend by passing the keys to a sober driver before the drinking begins.

Drunk driving can be deadly. A driver is considered alcohol impaired with a blood alcohol concentration (BAC) of .08 or higher, but even a small amount of alcohol can impair judgment and reaction times enough to make driving unsafe. According to the Texas Department of Transportation, 960 people were killed in drunk-driving crashes in 2015, accounting for 27 percent of the total motor vehicle traffic fatalities in Texas. Super Bowl Sunday is a risky day for drunk-driving crashes.

Super Bowl Fans Don't Let Fans Drive Drunk. If you want to be the MVP of Super Bowl LI, volunteer to be a designated driver to help your family and friends get home safely. Drunk driving only leads to disaster and tragedy. It is never worth the risk. If you do plan to drink, remember to pass the keys to the sober driver before kickoff. Fans that have been drinking can secure a safe ride home by designating a sober driver, using public transportation, calling a taxi, or rideshare service such as Uber or Lyft.

Designated sober drivers for Super Bowl weekend should refrain from drinking alcohol and enjoy the game with food and non-alcoholic drinks instead. This Super Bowl weekend, be a team player and help keep impaired drivers from getting behind the wheel. Designate your sober driver before the big games begin. And remember: *Fans Don't Let Fans Drive Drunk.*

The Texas A&M AgriLife Watch UR BAC program devises that if you are attending a Super Bowl party or watching the game at a sports bar or restaurant:

- If you do not have a designated driver, then ask a sober friend for a ride home; or call a cab/rideshare service, another friend, or relative, to pick you up. If you are at a friend's house, stay the night.
- Never let friends drive if they have had too much to drink.

If you are hosting a Super Bowl party:

- Make sure all your guests have a non-drinking driver to take them home, or arrange for alternate transportation to see that they get home safely.
- Serve plenty of food and non-alcoholic drinks at the party.
- Host your party just like they do at the stadium. Stop serving alcohol at the end of the third quarter of the game, and begin serving coffee and dessert.
- Take the keys away from anyone who has had too much to drink.
- Remember you can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.

Source: Texas A&M AgriLife Extension Service's Watch UR BAC program is funded by TXDot and is provided at no charge to promote alcohol awareness, the dangers of impaired driving, and friends watching out for friends.

Contact: ldmooney@ag.tamu.edu for booking information.

Sorting Food Facts and Myths - Foods Marketed as Being Free of Certain Substances

Current food trends suggest there is confusion about the safety of the food system (production, processing distribution, consumption and waste management) leading to skepticism and decreased consumer confidence in our food supply.

Consumers are faced with many food decisions based on growing practices, preparation, convenience and economic factors. The majority of people in the United States are two or more generations removed from production agriculture and direct knowledge of the overall foods system.

Two words that get tossed around a lot concerning food are "hormones" and "GMOs" (genetically modified organisms, often referred to as genetically modified or genetically engineered food). Whatever your beliefs about these food characteristics, here are some facts you should know before you choose one food over another because it has a "free of" claim.

Foods Marketed as Hormone Free

Before discussing hormones in foods, it is important to make a distinction between "free of hormones" and "no hormones added" or "raised without hormones." Anything that is or has been alive contains hormones, including plants. There is no such thing as "hormone free" meat or animal products. Products from animals will contain hormones regardless of whether the animal was administered growth-promoting hormones.

Federal law prohibits the use of growth hormones in poultry production. Today's birds are larger due to advances in breeding, animal nutrition and animal care.

Likewise, federal law prohibits the use of growth hormones in pig production. The amount of lean meat produced per pig has increased due to animal selection and nutrition.

According to the U.S. Department of Agriculture, "Hormones are not allowed in raising hogs or poultry. Therefore, the claim 'no hormones added' cannot be used on the labels of pork or poultry unless it is followed by a statement that says 'Federal regulations prohibit the use of hormones.'" Be aware, the claim may be in much larger letters than the statement saying the use of hormones is prohibited.

Foods Marketed as GMO-free or Non-GMO

In today's market place, you may find foods promoted as "GMO free" or "contains no GMOs." Before you pay extra for this food, be aware it may not be made with any ingredients that contain GMOs in the first place. In other words, the same type of food without that label may also be free of GMO ingredients.

At present, in the United States, the only crops available – or soon-to-be available – in a genetically modified or engineered version are corn (field and sweet), soybeans, cotton, canola, alfalfa, sugar beets, papaya (Hawaiian), squash, Arctic Apples (will be available in some areas by 2017), Innate Potato (not currently available to consumers) and Aquabounty Salmon (not currently available to consumers). NOTE: not all versions of these foods are genetically engineered.

Before being placed on the market, genetically modified foods must be approved by the Food and Drug Administration, the USDA and the Environmental Protection Agency.

The World Health Organization cites the following factors that are taken into account before a genetically modified food is approved.

"The safety assessment of GM foods generally focuses on:

- a) direct health effects (toxicity);
- b) potential to provoke allergic reaction (allergenicity);
- c) specific components thought to have nutritional or toxic properties;
- d) the stability of the inserted gene;
- e) nutritional effects associated with genetic modification; and
- f) any unintended effects which could result from the gene insertion."

References:

- *Marathon County, University of Wisconsin-Extension. Debunking Common Myths About Animal Agriculture at <http://marathon.uwex.edu/2015/12/28/debunking-commonmyths-about-agriculture>*
- *USDA/Food Safety & Inspection Service. Meat and Poultry Labeling Terms at <http://bit.ly/2hxeMON>*
- *Best Food Facts. What Foods Are Genetically Modified? at www.bestfoodfacts.org/what-foods-are-gmo*

• *World Health Organization. Frequently Asked Questions on Genetically Modified Foods at*
www.who.int/foodsafety/areas_work/foodtechnology/faq-genetically-modifiedfood/en

Source: Alice Henneman, MS, RDN, University of Nebraska-Lincoln ahenneman1@unl.edu

The Meaning and Benefits of “Pay Yourself First”

Paying yourself first means that when you get a paycheck, tax refund, cash gift, or other money, you should put some of that money in a saving account before you pay your bills.

There are many reasons to pay yourself first. You can:

- Save money toward goals you have identified
- Improve your standard of living
- Learn to manage money better
- Have money for emergencies

Some major expenses people save for include:

- Unexpected events (e.g., loss of a job, car repair, or unexpected medical bills)
- Down payment for a house, a car, or other large purchase
- Education
- Retirement
- Vacation

Savings Tips

1. Consider needs versus wants. Think about the items you purchase on a regular basis. These add up. Where can you save?
 - Do you eat out at restaurants a lot?
 - Can you cut back on daily expenses (e.g., coffee, candy, soda, or cigarettes)?
 - Do you have services you do not really need (e.g., cable television)?
2. Use direct deposit or automatic transfer to savings.
 - When you get paid, put a portion in savings through direct deposit or automatic transfer.
 - If you have a checking account, you may sign up to have money moved into your savings account every month. What you do not see you do not miss!
 - You may purchase United States (U.S.) Savings Bonds through payroll deduction.
3. Pay your bills on time. This saves the added expense of:
 - Late Fees
 - Extra finance charges
 - Disconnection fees for utilities (e.g., phone or electricity)
 - Fees to reestablish connection if your service is disconnected
 - The cost of eviction
 - Repossession
4. Consider opening a checking account at a bank or credit union instead of using check-cashing stores. You might pay 2 percent or more of each check you cash. Two

percent of a \$500 check is \$10. This can easily add up to several hundred dollars in fees every year. If you would like more information about checking accounts, you can visit local banks or credit unions or contact Lubbock A&M AgriLife Extension Service for the “Check It Out” module.

5. Put some money into a saving account if you get a raise or bonus from your employer.
6. Keep making the monthly payments to yourself once you have paid off a loan. You can save or invest the money for your future goals.
7. Save at least part of any cash gift you receive.
8. Avoid debt that does not help build long-term financial security, including: loans for a vacation, clothing, and dinners out in restaurants. Examples of debt that helps build long-term financial security include:
 - Paying for college education (for you or your child)
 - Buying or remodeling a house
 - Buying a car for work transportation
9. Pay off high-interest credit cards or other loans as soon as you can.
10. Save your change at the end of the day and deposit it weekly or monthly.
11. Save as much of your tax refund as possible. Choose to receive your tax refund via direct deposit. You can split it between a maximum of three different accounts (e.g., checking and/or saving accounts). You can also choose to use part of your refund to purchase a U.S. Savings Bond.
12. Join a retirement plan (i.e., a 401k or 403(b) plan) if your employer offers one and deducts the money from your paycheck! Most employers will match up to \$.50 of each dollar you contribute. The matched amount is free money!
13. Do your homework if you decide to purchase investments. Know what you are investing in and get professional advice if you need it. You should have at least two to six months of emergency cash savings before you begin investing in investment products that are not federally insured.
14. Reinvest the dividends of any stocks you own to purchase more stocks. Some companies offer an easy way to do this called a Dividend Reinvestment Program (DRIP). This process grows your investment faster, similar to compounding.
15. Join an investment club if you are interested in learning about investing. Investment clubs are groups of people who work together to understand the process and value of investing even small amounts of money (as little as \$5 to \$10).

How Your Money Can Grow

Making regular payments to yourself, even in small amounts, can add up over time. The amount your money grows depends on the interest earned and the amount of time you leave it in the account.

Interest and Compound Interest

Interest is an amount of money banks or other financial

institutions pay you for keeping money on deposit with them. Interest is expressed as a percentage and is calculated based on the amount of money in your account.

Compounding is how your money can grow when you keep it in a financial institution that pays interest. When the bank compounds the interest in your account, you earn money on the previously paid interest, in addition to the money in your account. Not all savings accounts are created equal. This is because interest can be compounded daily, monthly, or annually.

Annual Versus Daily Compounding

Annual Compounding	Daily Compounding
<ul style="list-style-type: none"> <input type="checkbox"/> Start with \$1,000 at 1% compounded annually. <input type="checkbox"/> At the end of the first day, you still have \$1,000. <input type="checkbox"/> At the end of the year, you have \$1,010.00 <input type="checkbox"/> \$10, or 1% of \$1,000 is added to the original deposit. 	<ul style="list-style-type: none"> <input type="checkbox"/> Start with \$1,000 at 1% compounded daily. <input type="checkbox"/> At the end of the first day, you have \$1,000.03. <input type="checkbox"/> On the second day, add the interest earned, \$.03, and compound the total amount <input type="checkbox"/> \$1,000.03... <input type="checkbox"/> At the end of the year, you have \$1,010.05 from compounding each day's interest rate added to \$1,000.
Total: \$1,010.00	Total: \$1,010.05

Source: Money Smart for Adults Curriculum. Module 5: Pay Yourself First

Turn Your Car Into a Smart Car for 2017

While you are waiting for smart cars – also referred to as driverless cars – to be mass produced, you may be able to create your own “Smart Car” in 2017. The main incentive for smart cars is that they will eliminate driver error from causing a crash. Studies show that most crashes are in fact due to driver error. So, here are some steps that you can take to make your car as driver-error free as a new Smart Car.

Smart cars will not suddenly drift out of their lane, which is usually due to driver distraction. Multi-tasking behind the wheel is dangerous. Change your driving habits so that you will always be focusing on the road ahead and prepared for any sudden changes. That means eliminating distractions while driving, such as shutting off your cellphone and other devices that take your eyes off the road, refraining from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road, will eliminate more driver-error and create safer roadways.

Smart cars will not get caught speeding – and neither should yours. Drive the posted speed limit and reduce your speed

when conditions are not optimal, including at night when visibility is lower. Slow down when the roadway is wet or icy, or if there is a limit on visibility due to fog.

Smart cars will also not be following the car in front of them too closely, which is the cause of many rear end collisions. Make sure to leave a good distance between your car and the car in front of you so you will have plenty of time to react in case of an unexpected change ahead.

Smart cars will not be driven by impaired drivers, either through the use of alcohol, drugs or lack of sleep. Take action to make sure you are always fully alert and not driving impaired or drowsy. If needed, make sure to have a designated sober driver.

Most importantly, smart cars will not be traveling with unbuckled occupants. Making sure that all of your passengers, young and old, are properly buckled up is one of the smartest steps you can take to prevent injuries and deaths due to a traffic crash. Remember that passengers in the front and back need to be buckled up. Check with a certified child passenger safety technician to make sure that your car seat is appropriate for the child's age, weight, and is installed correctly facing the right direction. Being a smart driver in 2017 will help save your life, as well as the lives of your passengers and others on the road.

Kale versus Spinach: Which is best?

Kale has become a popular choice for people looking to enjoy the benefits of eating leafy green vegetables. Kale is an excellent source for vitamin K and is high in antioxidant nutrients. With its high fiber content, kale provides great support for the digestive system.

The health benefits of kale, along with its beautiful leaves and earthy flavor has led some to make the claim that Kale is better than Spinach.

But, is it really?

Spinach, like kale, is a dark, leafy green vegetable that is packed with vitamins, minerals and anti-inflammatories. Spinach is among the most nutrient dense foods available and can be eaten raw or cooked.

Spinach should be chosen when the leaves are deep green, without signs of yellowing or bruising. Like kale, avoid washing spinach before storing as washing will make the spinach spoil faster. Wash just before using. Spinach can be stored in a plastic bag with as much air removed as possible and can be refrigerated for up to five days.

Kale and Spinach are excellent sources of vitamins and antioxidants. These leafy greens can each be classified as a superfood because of the variety of health benefits they offer. So, which is best?

Perhaps the most appropriate answer is that you can't go wrong with either. Try each and choose the one that fits your taste best.

Another option is to combine the two, spinach and kale go great together in a salad.

Selecting, cooking, and serving kale

Selecting

Select kale that has firm, deep colored leaves and moist hardy stems. Kale should be stored at cool temperatures to prevent wilting. The leaves should look fresh, not wilted or brown. Kale can be stored in plastic storage bags with as much of the air removed as possible. It can be stored in the refrigerator without washing for about five days to avoid fast spoilage. Leaves should be washed before use.

Cooking

Kale must be cooked properly to enjoy the maximum nutritional benefits. It is recommended that the leaves are cut into half-inch slices and the stems into quarter-inch lengths. The kale should be steamed for five minutes.

Serving Tips

Kale makes an excellent addition to a smoothie. Try a half-cup chopped kale and one cup of your favorite dairy product and enjoy!



Recipe Corner

Kale Chips

Makes: 6 servings
Total Calories: 63
Total Fat: 4 grams
Protein: 3 grams
Dietary Fiber: 1 gram

Ingredients:
4 cups bunch kale
1 ½ tablespoons olive oil

Directions:

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-sized pieces.
3. Place kale pieces on a cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Source: Better Living for Texans *Volume 1, Issue 2, February 2016*

Upcoming Events:

2 Hour Certified Food Handlers Class

Friday, February 24th, 2017 from 10-12 a.m.
Workforce Solutions, 1218 14th St., Lubbock TX
Registration of \$20.00 due by **Tuesday, February 21, 2017**
Checks or money orders only,
made payable to FPM Account #230202
The 2 hour course is required for all persons working in food establishments, day cares, etc. that handle food.
Call 775-1740 for registration information.

Food Manager Certification Training Course

Wednesday, March 1 and Thursday, March 2
225 Broadway, Suite 6, Plainview TX
Registration of \$125.00 due by **February 15, 2017**

Cost includes training, materials, and a national food manager certification examination. The food manager's certification will be valid anywhere in the state of Texas for five years.

This program is designed to not only prepare foodservice managers to pass the certification examination; it will provide valuable education regarding the safe handling of food.

Call 806-291-5270 for registration information.

Sincerely,

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

County Extension Agent -Family and Consumer Science
Lubbock County

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