

Healthy Living in McLennan

TEXAS A&M
AGRILIFE
EXTENSION

**July—
September
2021**

September is National Childhood Obesity Awareness Month

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Cooking Well with Cultures Celebrating:

The Philippines

Thursday July 1st

Central Mexico

Thursday August
5th

Food Managers Course

August 9th and
16th

Home Canning Safely September 25th

Do Well Be Well with Diabetes- Tuesdays August 3rd—31st

Instant Pot Cooking August 26th

**Please call 254-
757-5180 for
more infor-
mation**

How to get kids more active:

*Did you know that only
about 1 in 4 children get
the recommended 60
minutes of physical activi-*

ty per day?

Parents can play a key
role in helping their child
become more physically
active. Some sugges-

tions:

1. Talk with your child's
doctor. Your child's doc-
tor can help your child
understand why physical

Kid's Healthy Eating Plate

Adapted from: Harvard T.H. Chan School of Public Health

The Kid's Healthy Eating Plate is a visual guide to help educate and encourage children to eat well and keep moving. At a glance, the graphic features examples of best-choice foods to inspire the selection of healthy meals and snacks, and it emphasizes physical activity as part of the equation for staying healthy

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count as vegetables because of their negative impact on

blood sugar.

Eat plenty of fruits of all colors.

Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day). Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.

Whole grains—whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread—have a gentler effect

on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.

Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.

Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).

Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap

Home blood pressure monitoring *(Continued)*



Remember to add citric acid or lemon juice to your home canned tomatoes

Increase health and decrease weight by adding more vegetables to your diet



remember that fresh fruits and vegetables aren't required to carry the label — so some of your healthiest food choices remain label-free and nutrition rich.

activity is important. Your child's doctor can also help you and your child identify sports or activities that may be best for your child.

2. Emphasize fun. Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely she will be to continue it. Get the entire family involved. It is a great way to spend time together.

3. Choose an activity that is developmentally appropri-

ate. For example, a 7- or 8-year-old child is not ready for weight lifting or a 3-mile run, but soccer, bicycle riding, and swimming are all well great activities for kids this age.

4. Plan ahead. Make sure your child has a convenient time and place to exercise.

5. Provide a safe environment. Make sure your child's equipment and where they prac-

tice or play is safe. Make sure your child's clothing is comfortable and appropriate for the activity.

6. Provide active toys. Young children especially need easy access to balls, jump ropes, and other active toys.

7. Be a role model. Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.

8. Play with your children. Help them learn a new sport or another physical activity. Or just have fun together by going for a walk, hike, or bike ride.

9. Set limits. Limit screen time, including time spent on TV, videos, computers, and video games, each day. Use the free time for more physical activities.

10. Make time for exercise. Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.

11. Do not overdo activity. Exercise and physical activity should not hurt. If it becomes painful, your child should slow down

or try a less vigorous activity. As with any activity, it is important not to overdo it. If exercise starts to interfere with school or other activities, talk with your child's doctor.

Getting the entire family moving

Studies have found that lifestyles learned in childhood are much likelier to stay with a person into adulthood. If sports and physical activities are a family priority, they will provide children and parents with a strong foundation for a lifetime of health.

Remember exercise along with a balanced diet provides the foundation for a healthy, active life. One of the most important things parents can do is encourage

healthy habits in their children early in life. It is not too late to start. Ask your child's doctor about tools for healthy living today.

Eat at least 5 servings of fruits and vegetables each day.

Create a Family Media Use Plan to help balance online and off-line activities.

Children and adolescents aged 6 and older need at least 60 minutes of physical activity every day, children younger than 6 years need 3 hours of activity every day.

Source: healthychildren.org

Adapted from: "Encourage Your Child to Be Physically Active" (American Academy of Pediatrics Copyright © 2020)

Kid Friendly Recipes from Dinner Tonight

<https://dinnertonight.tamu.edu/recipes-kid-friendly/>



Banana Nut Overnight Oats

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup Unsweetened Vanilla Almond Milk
- 1/2 medium Banana mashed
- 1 Tablespoon walnuts chopped
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 2 Tablespoons low fat vanilla Greek yogurt

1. In a mason jar or tight seal container, place the rolled oats and almond milk. Stir together.
 2. Continue to add ingredients (banana, walnuts, vanilla extract, cinnamon, and Greek yogurt) and stir after adding each for even distribution
 3. Once all the ingredients are mix, place in the refrigerator overnight or for 6-8 hours, use within 3 days
- Servings: 1 cup serving



Cheesy Chicken Pasta

<https://dinnertonight.tamu.edu/recipe/cheesy-chicken-pasta/>



Chicken Vegetable Soup

<https://dinnertonight.tamu.edu/recipe/chicken-vegetable-soup/>



Black Bean and Spinach Quesadillas

<https://dinnertonight.tamu.edu/recipe/black-bean-and-spinach-quesadillas/>



Deep Dish Pizza Casserole

<https://dinnertonight.tamu.edu/recipe/deep-dish-pizza-casserole/>

Dietary fiber is a type of carbohydrate made up of many sugar molecules linked together. But unlike other carbohydrates, dietary fiber is bound together in such a way that it cannot be easily digested in the small intestine. There are two types of dietary

fiber: • Soluble dietary fiber dissolves in water to form a thick gel-like substance in the stomach. It is broken down by bacteria in the large intestine and provides some calories. • Insoluble dietary fiber does not dissolve in water and may pass through the gastrointestinal tract relatively

intact and, therefore, is not a source of calories. Naturally occurring dietary fiber is found in a variety of foods, including: • Beans and peas • Fruits • Nuts • Seeds • Vegetables • Wheat bran • Whole grains (such as whole oats, brown rice, popcorn, and quinoa) and foods made with whole

grain ingredients (such as breads, cereals, crackers, and pasta). Soluble dietary fiber can interfere with the absorption of dietary fat and cholesterol. This, in turn, can help lower low-density lipoprotein (LDL or "bad") cholesterol levels in the blood. Soluble fiber can also slow

digestion and the rate at which carbohydrates and other nutrients are absorbed into the bloodstream. This can help control the level of blood glucose (often referred to as blood sugar) by preventing rapid rises in blood glucose following a meal.

• Insoluble dietary fiber can speed up the movement of food and waste through the digestive system. • Both

soluble and insoluble dietary fiber can make you feel full, which may lower your calorie intake if you eat less and stay satisfied longer.

Use the Nutrition Facts label as a tool for increasing consumption of dietary fiber. The Nutrition Facts label on food and beverage packages shows the amount in grams (g) and the % Daily Value (%DV)

of dietary fiber per serving of the food. Food manufacturers may voluntarily list the amount in grams (g) per serving of soluble dietary fiber and insoluble dietary fiber on the Nutrition Facts label (under Dietary Fiber), but they are required to list soluble dietary fiber and/or insoluble dietary fiber if a statement is made on the package labeling about their health effects or the amount (for example, "high" or

"low") contained in the food. Information from the FDA Interactive Nutrition Facts label .

Visit the website for more information about other nutrients and recommendations

<https://www.accessdata.fda.gov/scripts/interactivenutrition-factslabel/>

TEXAS A&M AGRI LIFE EXTENSION



FAMILY AND COMMUNITY HEALTH

The **mission** of the **Texas A&M AgriLife Extension Service** is to provide quality, relevant outreach and continuing educational programs and services to the people of **Texas**. ... The agency improves the lives of Texans through an educational process that uses research-based knowledge focused on issues and needs.

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Upcoming Programs

Due to changing conditions and restrictions face-to-face programs may be changed to virtual.

July

3 Cooking Well with Cultures Philippines, exploring the foods and spices of Asia. Please call McLennan Community College, call 254-299-8888 or register online at: www.MCCandYOU.com

online at:
www.MCCandYOU.com

26 Instant Pot Cooking Class Please call McLennan Community College, call 254-299-8888 or register online at: www.MCCandYOU.com

August

3, 10, 17, 24, & 31 Do Well Be Well with Diabetes, free 5 session series for type 2 diabetes. Please Call 254-757-5180

September

25 Home Canning Class. Please call McLennan Community College, call 254-299-8888 or register online at: www.MCCandYOU.com

9 & 16 Food Protection Managers Course. Please call 254-757-5180 for more information

5 Cooking Well with Cultures, Central Mexico Please call McLennan Community College, call 254-299-8888 or register

Recipe links for Dinner tonight favorites



Looking for a quick meal tonight for dinner? Try our beef and broccoli stir fry, that is sure to be a new family favorite!

<https://dinnertonight.tamu.edu/recipe/beef-broccoli-stir-fry/>



This one pan dish is sure to make dinner simple and quick tonight.

<https://dinnertonight.tamu.edu/recipe/beef-skillet-supper/>



This is a cool healthy summertime favorite with less fat than the traditional recipe.

<https://dinnertonight.tamu.edu/recipe/apple-waldorf-salad/>