

# Living Well

## Raising Kids, Eating Right

## Spend Smart, Living Well

April/May 2015

TEXAS A&M  
 AGRILIFE  
 EXTENSION  
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### Do You Know How to “Bite Into a Healthy Lifestyle”?

Spring is the time to move towards your goal of taking steps to developing a healthful eating.

Ask yourself these questions and answer "Yes", "No" or "I'm trying." Track your answers for the scoring at the end.

1. Do you make half your plate veggies and fruits? *Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.*
2. Do you include lean proteins in your menus? *Choose protein foods such as lean beef and pork, chicken, seafood, turkey, beans, lentils or tofu.*
3. Do you make half of your grains choices whole grains? *Look for the words, "100 percent whole grain" or "100 percent whole wheat" on the food label. Whole grains provide more nutrients, such as fiber, than refined grains.*
4. Do you include dairy or other calcium-rich foods? *Pair you meal with a cup of fat-free or low-fat milk. Low-fat and fat-free milk provide the same amount of calcium and other essential nutrients as whole milk, but they contain less fat and fewer calories.*
5. Do you take your time when you dine? *Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel so you can stop before eating more than your body needs.*
6. Do you try new foods? *Pick out new foods you've never tried, such as mangos, lentil, or kale. You may find a new favorite. Trade fun and tasty recipes with friends or find them online.*

**Scoring:** Give yourself 2 points for each "Yes" answer, 1 point for each "I'm trying" answer and no points for the "No" answers.

- **10 or more points:** Good Job! Check out the resources listed below for more recipes and tips.
- **5 to 9 points:** You are making progress towards a healthful diet. Keep trying!
- **4 or fewer points:** Check out the items you marked "No" or "I'm trying" and consider setting some goals. Make small changes toward better health. For more information and recipes, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise)

## Tips to Help Children Make Good Choices

Parenting can be very difficult at times, especially when children make decisions that parents disagree with. If a child makes an unwise choice, it doesn't mean the parent is a failure or the child will continue making unhealthy choices. Following are tips for parents on how to successfully help their children make smart decisions.

- ◆ Love is the center of effective parenting. Fathers and mothers both have what it takes to be effective parents.
- ◆ Make the time you spend with your children count. Read with them, play games with them, shop with them. Provide opportunities and moments when you are with them and there are opportunities to talk and especially discuss difficult topics.
- ◆ Allow your children to learn from their mistakes when the "prices" are affordable. Provide opportunities for them to make choices, Avoid protecting your children from natural consequences, allow them to learn from their choices.
- ◆ Teach your children how to set goals and solve problems instead of doing it for them. Set limits on behavior while helping them find solutions.
- ◆ Be honest and specific when praising and encouraging your child.
- ◆ Be aware of your children's emotions, and help them label their emotions. Avoid telling your child how he or she should feel. What may not be emotional to you may be really hard on your child.
- ◆ Keep calm if your child comes to you with a serious problem. Be supportive, empathetic and let them learn from their choices.
- ◆ Be aware of your own emotions and recognize when you need to take a time out. Remember, it is okay to take time for yourself.
- ◆ Model the words, actions and behaviors you expect from your child.
- ◆ Responsibility cannot be taught; it must be "caught and learned" by providing opportunities for children to be responsible. Begin small and add responsibilities.
- ◆ Use thinking words instead of fighting words. Fighting words: "Don't talk to me like that." Thinking words such as: "You sound upset, I will be glad to listen to you when your voice is calm.
- ◆ Avoid "siding with the enemy" and communicate understanding.
- ◆ Offer your child choices. For example: Betty would you rather wear this red jacket or this green sweater. Don't offer a choice to your child you are not willing to follow through one.
- ◆ Mean what you say and say what you mean. Also realizing what you mean, some children may not understand.
- ◆ Discipline doesn't not always need to occur at the moment. It is okay to tell your child why the choice they made was wrong and let him or her know you need time to think about the best consequence.

It takes a community along with parents to raise kids.

There are many resources available to help including health organizations, churches, community services as well as family and friends.

Remember, no parent is perfect. It takes time support and love.

Resource: Extension Utah State University; Foster Cline and Jim Fay, "Love and Logic Parenting."



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## How to Choose the Best Toothpaste for You

Have you ever found yourself staring at the boxes of toothpaste in the store wondering which one is the best for you? We here are some tips from the Health Hub at Cleveland Clinic.

When you are looking for toothpaste, you see various claims about cavity protection, gingivitis, plaque, sensitivity, tartar control, whitening and breath freshening. To choose a good toothpaste for you here is some good advice.

- **Fluoride and ADA important.** For protection, find a toothpaste that is at least 1,000 parts per million fluoride and has the American Dental Association stamp of approval. Everything is personal preference says Dr. Hadie Rifai, DDS.
- How well the toothpaste cleans your teeth and how fresh it makes your mouth feel.
- **Whitening is optional.** Whitening toothpaste does work, although most don't have enough whitening ingredients to get noticeable results. However with long term use, the teeth can become more sensitive.
- **Sensitive Teeth.** If you have sensitive teeth, you have options. There are over-the-counter sensitive toothpastes, that work well. If you continue to have sensitive teeth you can get a prescription for a toothpaste from your dentist.
- **Rinsing after brushing not necessary.** For any tooth paste including tooth paste for sensitivity you reap the benefits by no rinsing after brushing because it allow the ingredients to be fully absorbed into your teeth and gums. However rinsing is okay. A good rule of thumb is not rinsing, eating or drinking until 30 minutes after brushing.
- **Restoring Enamel .** There are many brands that claim that their toothpaste can restore enamel. But it really depends on the condition of the teeth. As long as the toothpaste is fluoridated, the toothpaste will help restore enamel that has not yet decayed. Once decay is present, it does not work.
- **Aloe vera toothpaste.** There are different brands that advertise that it contains aloe vera. There is evidence that aloe vera helps reduce or fight plaque and gingivitis better than traditional toothpaste. However, some of the brands lack fluoride, which is essential.

The pastes, gels or powders enhance the brushing and cleaning power of your toothbrush. Be sure they contain fluoride so they will effectively remove plaque, the bacteria film that forms on the gums and teeth after you eat. Remember, along with good brushing flossing is also important.



## Eat the Rainbow of Fruits and Vegetables for Better Health

Eat more fruits and vegetables everyday! People who eat more generous amounts of fruits and vegetables as part of a healthy diet are likely to have reduced risk of chronic disease, including strokes, type 2 diabetes, some types of cancer and perhaps heart disease and high blood pressure.



There are healthy reasons why you should eat a rainbow of fruits and vegetables.

**Red fruits and vegetables** are colored by natural pigments called lycopene and anthocyanins. Lycopene may help reduce the risk of cancer especially prostate cancer. Lycopene in foods containing cooked tomatoes such as spaghetti sauce with a small amount of fat absorbs the best. Anthocyanins acts as a powerful antioxidant that protect cells from damage and is also linked to keeping our hearts healthy. Enjoy red apples, beets, grapefruits, grapes, radishes, tomatoes, strawberries and tomatoes.

**Orange/ and yellow fruits and vegetables** have carotenoids. Beta carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Scientist have also found that carotenoid rich foods can help reduce the risk of cancer, heart disease and improve the immune system. One study found that people who ate a diet high in carotenoid rich vegetables were 43 percent less likely to develop age-related macular degeneration. Enjoy squash, mangoes, peaches, persimmons, sweet corn, pumpkins.

**Green fruits and vegetables** are colored by chlorophyll. Dark green leafy vegetables, peppers and peas contain lutein. Lutein works with another chemical zeaxanthin, found in corn to help keep eyes healthy and may reduce the risk of cataracts and macular degeneration. The indoles in broccoli, cauliflower, cabbage and cruciferous vegetables may protect from cancer. Also the green vegetables are excellent sources of folate, a B vitamin that helps reduce risk of birth defects. Enjoy apples, broccoli, honeydew, grapes, Brussels sprouts, limes and spinach.

**Blue and Purple fruits and vegetables** are colored by plant pigments called anthocyanins, such as blueberries and grapes that act as a powerful antioxidant that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease. Other studies have shown that blueberries is linked with improved memory function and healthy aging. Enjoy blackberries, blueberries, eggplant, plums, prunes, grapes and raisins.

**White fruits and vegetables** are colored by pigments called anthoxanthins. They may contain health-promoting chemicals such as allicin, which may help lower cholesterol and blood pressure and may help reduce risk of stomach cancer and heart disease. Some members of the white groups include bananas, and potatoes which are good sources of potassium which is important for muscle contractions as well. Enjoy bananas, cauliflower, jicama, mushrooms, onions, potatoes and turnips.

## Sitting is the New Smoking: Break the Nasty Habit

Bad news, folks. Recent reports claim that sitting is the new smoking.

Studies show that it doesn't matter how active you are. If you sit for more than one hour at a time, you are jeopardizing your health and affecting your longevity.

This is not good news for our society because we sit a lot. But our bodies are not designed for sitting. They are designed for standing and moving. Yet over 90 percent of our activities including working, driving, technology, eating and watching television encourage us to sit for hours on end and most of us spend about 80 percent of our waking hours sitting.



A news study found that different types of cancer can be associated with sitting too much. For every two hours spent sitting, the average person raises his or her risk of colon cancer by 8 percent, of endometrial cancer by 10 percent and lung cancer by 6 percent.

Research has also found that the amount of time a person sits during the day is associated with higher risk of heart disease, diabetes, cancer and death, regardless of regular exercise.

Within every hour get up from your chair. Get in the habit of taking a walk or doing something physical. Get out of the habit of sitting for long periods of time. Sit less and be more active. It is critical for your health.

Source: CDC

## Four Container Cleaning System

Spring is her, it is time to think about cleaning or de-cluttering. An excellent strategy is to use the "Four Container" system.

- Use a trash bag or other container for broken, ripped, worn, or stained items to be thrown away.
- Use a Put Away box for items that you want to keep, but have strayed from their designated spot in your home and need to be returned to a more appropriate location.
- Use a Give Away/Sell box or other container to designate items that can be sold at your next garage sale or through a consignment store. You could also donate these items.
- Use more permanent storage containers such as plastic tubs or vacuum seal bags to store out of season clothes or other items.

Start small with this system. Try it out in a small

closet first, before tackling an entire room. Set a timer, and work in short time increments so that you don't get overwhelmed or overly tired. Allow time for clean-up and putting away in this exercise.

Involve family members in your cleaning and de-cluttering projects, so they have some ownership in what is thrown away, given away, or will be sold.

Then, when your task is completed, remind everyone that a little bit of cleaning and de-cluttering needs to be done every day. It's every family member's job to keep items picked up and put away.

Source: K-State Research and Extension "Cut the Clutter and Get Organized."



*Parker County Extension Education Association  
Invites you to a day of education, personal development and fun!*

# Spring Fling

**Tuesday, April 14, 2015**

10:00 a.m.—2:00 p.m.

Couts United Methodist Church  
802 North Elm Street, Weatherford, Texas

**“Monarch Butterfly Migration”**  
**Carol Welch, Parker County Master Gardener**

**“Caring for the Care Giver”**  
**Sue Wallace, Assisted Services Incorporated**

**“Essential Oils of Health”**  
**Kathy Sawyer**

**“Musical Entertainment”**  
**The Sawyer Family**

**“Caring for Your Health”**  
**Dr. Nicole Bartosh**

## **Lunch**

Served: 12:00—1:30 p.m.

*Baked Potato Bar  
with all the fixings*

*Green Salad*

*Bread*

*Strawberry & Chocolate  
Cake*

*Tea and Coffee*

## **Luncheon Tickets—\$12.00**

Tickets available from  
Extension Education members &  
AgriLife Extension office at  
604 North Main Street,  
Weatherford, Texas  
817-598-6168

Proceeds from the event benefits 4-H Scholarships  
and Extension Education Programs

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Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

# Do you have **Concerns** about falling?



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



*Funded in part by the Texas Department of Aging & Disability Services  
A program of the North Central Texas Council of Governments*

**Parker County Agricultural Service Center**

**604 North Main Street, Weatherford TX 76086**

**Classes will be**

**April 6, 9, 13, 16, 20, 23, 27, 29**

**two days a week for four weeks for two hours**

**10:00 a.m.—12:00 noon**

**Classes are free**

**refreshments are provided**

**For more information or to register call**

**817-598-6168 or [kl-smith@tamu.edu](mailto:kl-smith@tamu.edu)**

### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

### **A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

### **Managing Your Money—May 18**

2:00 p.m.—4:00 p.m.

Parker County Agricultural Service Center

\$10.00

Learn the basics of setting goals, creating spending plans, saving money and how to stretch your food dollars

### **Twogether in Texas—Marriage Class— May 30, 2015**

9:00 a.m.—5:00 p.m.

Parker County Agricultural Service Center

Free

After completing the class couples will receive a certificate that can be taken to the county clerk to save \$60 on a marriage license. Couples will not have to wait 72 hours to be married. The waiting period is waived for couples who complete the course.

The class is focuses on helping couples develop communication and conflict resolution skills and other tools for building strong relationships.

### **Parenting Classes—Becoming a Love and Logic Parent—May 19 –20**

10:00 a.m.—2:00 p.m.

Parker County Agricultural Service Center

\$10.00 for both days and includes lunch

The parenting classes will use the curriculum “Becoming A Love and Logic Parent” by Jim Fay and Charles Fay. The curriculum will cover, Raising Responsible Kids, The Love and Logic Formula, C Stands for Control, Ownership of the Problem, Thinking and Decision Making, Consequences. Also covered in the classes will be Keeping Children Healthy, Food Safety and Shopping Strategies for Healthy Eating.



### **Cooking with Friends II**

**Thursday, June 4, 2014**

6:00 p.m.—9:00 p.m.

Parker County Agricultural Service Center

\$20.00

Cooking with Friend will be a hands-on workshop that will help take the guess work out of cooking. Participants will make five easy main dishes that they will take home to freeze.

Workshop will cover healthy eating, food safety, altering recipes and more.

The cost for the workshop is \$20.00 which includes dinner, recipes, handouts and some basic pantry items and freezing supplies. Participants will be given a list of grocery items that they will need to bring in order to prepare their own freezer ready meals.

Pre-registration is required and space is limited. To register and/or for a list of grocery items call 817-598-6168.



*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.*

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

Kathy Smith,  
County Extension Agent—Family & Consumer Sciences  
Parker County