

## Healthy Eating for an Active Life

It's summer time! The days are long and there is plenty of sunshine. It's a great time of year to get outside and get moving with activities you enjoy, especially with your family!

“For youth and adults participating in physical activity like hiking, swimming, or various sports, healthy eating is essential for optimizing performance. Combining good nutrition and physical activity can lead to a healthier lifestyle,” says Texas A&M AgriLife Extension agent Denita Young. Use these tips from the United States Department of Agriculture's MyPlate website ([www.choosemyplate.gov](http://www.choosemyplate.gov)) to combine good nutrition and physical activity to make the most of your summer!

First, maximize with nutrient-packed foods. Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat fewer foods high in solid fats, added sugars, and sodium (salt).

Next, energize with grains! Your body's quickest energy source comes from grain foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread, tortillas, pasta and brown rice.

Power up with protein. Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef and pork, and skinless chicken or turkey. Choose seafood protein sources twice a week.

Quality protein choices come from plant based foods, too! Choose beans and peas (kidney, pinto, black or white, beans, chickpeas, hummus), soy products (tofu, veggie burgers, tempeh), and unsalted nuts and seeds.

Don't forget the fruits and vegetables! Get the nutrients your body needs by eating a variety of colors. Try blue, red, or black berries; red, green, or yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, and 100% juice options.

Be sure to also include dairy foods such as fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) to build and maintain strong bones needed for everyday activities.

Hydration is critical in the warm summer months! Stay hydrated by drinking water instead of sugary drinks. Keep a filled reusable water bottle with you to always have water on hand.

Want to learn more? For personalized nutrition information based on your age, gender, height, weight, and current physical activity level visit [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)

Remember, physical activity is essential for good health. Aim for at least 2 ½ hours of physical activity each week that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do that at least 10 minutes at a time.

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For more information or to sign up, please contact the AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

The Jerk Chicken with Grilled Pineapple Salsa recipe is delicious and a good source of protein. It is also a great way to add some fresh fruit and vegetables to your diet. Pair this main course with a side of black beans and a mixed greens salad for a perfect summertime meal.

## **Jerk Chicken with Grilled Pineapple Salsa**

### **Ingredients**

- 1 1/3 cups sliced green onions, divided
- 3 tablespoons fresh lime juice, divided
- 2 1/2 tablespoons olive oil, divided
- 2 tablespoons dark brown sugar
- 1 tablespoon fresh thyme leaves
- 1 tablespoon lower-sodium soy sauce
- 1 tablespoon minced peeled fresh ginger
- 1 1/4 teaspoons ground allspice
- 1/2 teaspoon freshly ground black pepper
- 3 garlic cloves, crushed
- 2 bay leaves, finely crumbled
- 1 small habanero pepper, chopped
- 4 (6-ounce) skinless, boneless chicken breast halves
- 2 (1-inch) slices fresh pineapple
- Cooking spray
- 1/2 cup diced red bell pepper
- 3/4 teaspoon kosher salt, divided

### **Instructions**

1. Place 1 cup sliced onions, 2 tablespoons lime juice, 2 tablespoons olive oil, sugar, and next 8 ingredients (through habanero pepper) in a mini food processor; process until almost smooth. Pour mixture into a large zip-top plastic bag. Add chicken to bag; seal bag. Marinate in refrigerator 1 hour, turning occasionally.
2. Preheat grill to medium-high heat.
3. Remove chicken from bag; discard marinade. Let chicken stand at room temperature 20 minutes.
4. Place pineapple on grill rack coated with cooking spray; grill pineapple 6 minutes, turning once. Cool 5 minutes. Chop pineapple; place in a medium bowl. Add remaining 1/3 cup onions, remaining 1 tablespoon lime juice, remaining 1 1/2 teaspoons oil, bell pepper, and 1/4 teaspoon salt; toss to combine.
5. Sprinkle chicken with remaining 1/2 teaspoon salt. Place chicken on grill rack; grill chicken 5 minutes on each side or until done. Remove chicken from grill; let stand 5 minutes. Cut chicken into slices. Serve with pineapple salsa.

Makes 4 servings (serving size: 1 breast half and about 1/4 cup salsa)  
268 calories, carbohydrate 11.0g, cholesterol 1109.0mg, protein 37.0g, sodium 595.0mg, fat 8.1g, saturated fat 1.5g, monounsaturated fat 3.8g

Source: Cooking Light

