

April 18, 2017, 6:00 p.m.

Swisher Electric Meeting Room

Program by Joyce Cavanagh

“Grandma’s Yellow Plate”

Invite your friends-\$10 per person

Ham

Potatoes Salad

Dessert & Drinks



“ Grandma’s Yellow Plate”

Who Will Get Your Personal Possessions After You Are Gone?

Give yourself and your family members precious peace of mind by learning how to address these issues before it’s too late.

Eat Well Live Well
Boost your Activity
Did You Know

Regular physical activity improves blood flow, lowers blood pressure and cholesterol, helps control blood sugar and can help you lose extra weight and get fit. It can also help you to feel better and avoid more health problems later on!

5 Tips to get Started:

1. Start slowly. Walking, working in the garden, dancing or playing outdoors with kids is a good way to start.
2. Choose an activity you enjoy and you know you can do. Get a friend or family member to join you.
3. Be active most days of the week. Work towards at least 30 minutes a day. It can be done all at once or broken down into three 10-minute sessions.
4. Stop for pain. If you feel pain, slow down or stop until the pain goes away. If it comes back, consult your doctor before continuing.
5. Step up your pace. As your comfort/fitness levels improve, you may be able to increase the amount and or pace your exercise. Be sure to consult your doctor before you increase your exercise routine.

Examples of Activities
at Different Levels of Intensity

Light Slow weeding the garden, light housework) (such as dusting)

Moderate Brisk walking (17-minute miles), leisurely cycling, dancing, slow swimming, using exercise equipment (including stationary cycle, rowing machine, stair-climbing machine) at a moderate pace, golf (without a cart), yoga, tai chi and Pilates.

Vigorous Running (10 minute miles), fast walking (12 minute miles), tennis, aerobic exercises, rapid cycling, climbing hills or stairs, basketball, squash, racquetball, dancing (ballet, fast ballroom, square, tap), gymnastics, rope skipping, using exercise equipment (stationary cycle, rowing machine, stair-climbing machine) at a vigorous pace.

Remember to consult your doctor before starting a new exercise routine and wear proper footwear for activity.

Did You Know

An adolescent girl or boy may require around 2000 calories per day, as well as a moderately active middle-aged female. Calorie needs are individualized according to age, gender, weight, height and amount/type of exercise a person gets.

17 Health Tips for 2017

Dedicate yourself to a healthy lifestyle in 2017 with these food, nutrition and physical activity tips.

1. EAT BREAKFAST

Start your morning with a healthy breakfast that includes lean, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. MAKE HALF YOUR PLATE FRUITS AND VEGGIES

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. WATCH PORTION SIZES

Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

4. BE ACTIVE

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. FIX HEALTHY SNACKS

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

6. GET TO KNOW FOOD LABELS

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

7. CONSULT AN RDN

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. FOLLOW FOOD SAFETY GUIDELINES

Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly at a proper temperature to slow bacteria growth.

9. GET COOKING

Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans. The collection of How do I...videos at www.eatright.org/howdoi will get you started.

10. DINE OUT WITHOUT DITCHING YOUR GOALS

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

11. ENACT FAMILY MEAL TIME

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. BANISH BROWN BAG BOREDOM

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

13. DRINK MORE WATER

Quench your thirst by drinking water instead of sugary drinks. Stay well hydrated by drinking plenty of water if you are active, live or work in hot conditions, or are an older adult.

14. EXPLORE NEW FOODS AND FLAVORS

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you.

15. EAT SEAFOOD TWICE A WEEK

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. CUT BACK ON ADDED SUGARS

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar.

17. EXPERIMENT WITH MORE PLANT-BASED MEALS

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.

www.homefoodsafety.org



FRUITS AND VEGGIES

MORE MATTERS!

Your plate should look like a colorful box of crayons

Eat Well Live Well



RED	GREEN	WHITE	YELLOW & OR-ANGE	BLUE & PURPLE
Cranberries	Avocados	Bananas	Apricots	Blueberries
Raspberries	Green apples	White nectarines	Cantaloupe	Dried plums
Watermelon	Kiwifruit	Cauliflower	Mangoes	Purple grapes
Radishes	Asparagus	Garlic/onions	Pumpkin	Black olives
Red peppers	Cucumbers	Mushrooms	Summer squash	Purple cabbage
Red potatoes	Spinach	Turnips	Sweet corn	Eggplant
Heart Health	Vision health	Heart Health	Lower cancer risk	Lower cancer risk
Memory	Lower cancer risk	Healthy cholesterol levels	Heart health	Urinary tract health
Lower Cancer Risk	Strong bones & teeth	Lower cancer risk	Vision health	Memory
Urinary tract health			Healthy immune system	Healthy aging

Eggs and Egg Products

Eggs are one of nature's most nutritious foods. But, you must take special care with handling and preparing fresh eggs and egg products to avoid food poisoning.

Egg Basics

Thorough cooking is an important step in making sure eggs are safe.

*Scrambled eggs: Cook until firm, not runny.

*Fried, poached, boiled, or baked: Cook until both the white and the yolk are firm.

*Egg mixtures, such as casseroles: Cook until the center of the mixture reaches 160 degrees F when measured with a food thermometer.

Egg Recipes: Playing It Safe

Homemade ice cream and eggnog are safe if you do one of the following:

1. Use a cooked egg milk mixture. Heat it gently and use a food thermometer to ensure that it reaches 160 degrees F.

2. Use pasteurized eggs or egg products.

- Dry meringue shells, divinity candy, and 7 minute frosting are safe—these are made by combining hot sugar syrup with beaten egg whites.

However, avoid icing recipes using uncooked eggs or egg whites.

- Meringue-topped pies should be safe if baked at 350 degrees F for about 15 minutes. But avoid chiffon pies and fruit whips made with raw, beaten egg whites—instead, substitute pasteurized dried egg whites, whipped cream, or a whipped topping.

- Adapting Recipes: If your recipe calls for uncooked eggs, make it safe by doing one of the following:

⇒ Heating the eggs in one of the recipe's other liquid ingredients over low heat, stirring constantly, until the mixture reaches 160 degrees F. Then, combine it with the other ingredients and complete the recipe. Or use pasteurized eggs or egg products.

⇒ Using pasteurized eggs or egg products/

Note: Egg products, such as liquid or frozen egg substitute, are pasteurized, so it's safe to use them in recipes that will not be cooked. However, it's best to use egg products in a recipe that will be cooked, especially if you are serving pregnant women, babies, young children, older adults, and people with weakened immune systems.



SAMPLE MENU AT 2000 CALORIE LEVEL



BREAKFAST

Cold cereal

- 1 cup shredded wheat cereal
- 1 tablespoon raisins
- 1 cup fat-free milk
- 1 small banana
- 1 slice whole wheat toast 1 teaspoon soft margarine
- 1 teaspoon jelly

LUNCH

Smoked turkey sandwich

- 2 ounces whole wheat pita bread
- 1/4 cup romaine lettuce
- 2 slices tomato
- 3 ounces sliced smoked turkey breast
- 1 tablespoon mayo-type salad dressing
- 1 teaspoon yellow mustard
- 1/2 cup apple slices
- 1 cup tomato juice



DINNER

Grilled top loin steak

- 5 ounces grilled top loin steak
- 3/4 cup mashed potatoes
- 2 teaspoon soft margarine
- 1/2 cup steamed carrots
- 1 tablespoon honey
- 2 ounces whole wheat dinner roll
- 1 teaspoon soft margarine
- 1 cup fat-free milk

SNACKS

1 cup low-fat fruited yogurt

TEEA State Meeting
September 12-13, 2017
Horseshoe Bay

Grab-N-Go Omelettes

Serves 6 Prep Time: 5 minutes

Total Time: 20 minutes

Ingredients

1. 6 eggs
2. 1/3 cup ham, diced
3. 2 tablespoons red onion minced
4. 2 green onions, sliced
5. 3 tablespoons tomato, diced
6. 2 tablespoons sharp cheddar cheese, shredded
7. 1/2 teaspoon dried basil
8. Salt and pepper, to taste

Directions

1. Preheat oven to 350 degrees F. Grease 6 cups of a muffin pan with pan spray. Spray every other cup for even baking.
2. In a medium bowl, combine the eggs, ham red onion, green onion, tomatoes, cheddar cheese, basil, salt and pepper. Mix well.
3. Ladle the egg mixture into the 6 prepared muffin cups.
4. Bake for 15 to 20 minutes, or until the eggs have puffed up and browned slightly.
5. Remove the omelettes from the oven and allow to cool before serving. <http://tiphero.com>

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Sincerely,

Calley Runnels

Calley Runnels CEA-FCS Swisher County

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