

TEXAS A&M AGRILIFE EXTENSION

BACK TO BASICS

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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. Use these tips from the United States Department of Agriculture’s MyPlate website (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. (Continued on page 2)

Ground spices & herbs are best if used within one year. White sugar should be used within two years while brown sugar should be used within six months.



INSIDE THIS ISSUE:

HEALTHY EATING 1
FOR AN ACTIVE
LIFE

HEALTHY EATING 2
—CONTINUED

MAKING FOOD 2
CHOICES

BONE LOSS IN 3
WOMEN

SCALLOPED 4
CORN
CASSEROLE

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Healthy Eating for an Active Life

(Continued from page 1)

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.

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.



Written by Amanda R. Scott, MS, RD, LD, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, College Station, Texas. August 2015.

MAKING NUTRITIOUS FOOD CHOICES

You're on the run and starving, and the triple meat cheeseburger and super-size fries are clamoring for your attention. While it's okay to occasionally indulge yourself in this caloric creation, there are ways to cure the desire for unhealthy fast food choices.

Try these great ideas to help you drive down fat and calories at the drive-through:

- Pass on the “value-size”—the size of your fries isn't the only thing that gets bigger
- Skip the high-fat sides, or consider a fruit cup or side salad with low-fat dressing
- Eat your sandwich open-faced to help eliminate unnecessary calories
- Try asking for a wheat bun rather than white
- Forgo the mayo and other calorie-laden dressings and sauces

Ready to super-size your health? Put these ideas into practice and say goodbye to fast food fever.

Source: American Heart Association



BONE LOSS IN POSTMENOPAUSAL WOMEN

Osteoporosis, is also called "porous bone," is a disease in which bones become fragile and more likely to fracture. Osteoporosis is common among postmenopausal women. Hip and spine fractures are associated with high morbidity and mortality in this population. Postmenopausal women are at a higher risk of osteoporosis due to the rapid loss of calcium from the bones and the lower levels of estrogen in the blood. Estrogen is a hormone that is important for development and functioning of females of the species. Thus, calcium and estrogen are major factors to build and maintain bone strength in women.

The rapid loss of calcium in postmenopausal women

Calcium is an important electrolyte which is released from the bones in response to the body's needs in blood and muscles. After age 30, bones normally release calcium faster than it's stored. In women, the female hormone estrogen slows calcium loss. After menopause, women lose the protection of estrogen.

The lower levels of estrogen in postmenopausal women

There is a direct relationship between the lack of estrogen after menopause and the development of osteoporosis. After menopause, bone breakdown exceeds the building of new bone. Early menopause (before age 45) and any prolonged periods in which hormone levels are low and menstrual periods are absent or infrequent cause loss of bone mass.

Hormonal Therapy

Estrogen replacement - a hormonal therapy - increase bone density which is a quantitative measurement of the mineral content of bone and used as an indicator of structural strength of the bone. The use of hormonal therapy is approved for the prevention but not for the treatment of osteoporosis. The decision to use it should be based on the patient's risk factors, because this therapy has several side effects.

Weight-bearing and resistance exercise, limiting alcohol and caffeine intake, smoking cessation, and fall prevention strategies are part of a bone-healthy lifestyle used to manage postmenopausal osteoporosis. Supplements containing calcium and vitamin D which helps calcium absorption are needed because of the rapid loss of calcium in postmenopausal women. The management of osteoporosis in postmenopausal women contains keeping a bone-healthy lifestyle and making recommendations for calcium and vitamin D supplements to prevent or treat the disease.



Source: Osteoporosis in Postmenopausal Women. Pharmacy Times. 2006. <http://www.pharmacytimes.com/>

Menopause and Osteoporosis. 2011. http://my.clevelandclinic.org/disorders/menopause/hic_menopause_and_osteoporosis.aspx

LORRIE COOP CEA-FCS
PO BOX 22
100 WEST CEDAR
BENJAMIN, TEXAS 79505
940-459-2651
knox@ag.tamu.edu



KNOX COUNTY EXTENSION & 4-H



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Scalloped Corn Casserole

- 1- 16 oz. can whole kernel corn, drained
- 1- 16 oz. can cream style corn
- 1-4 oz. can diced green chilis
- 1 stick margarine, melted
- 1-8 oz. carton fat free sour cream
- 1 box corn muffin mix
- 1 cup fat free cheddar cheese, grated



Mix all ingredients together in a large mixing bowl until smooth. Pour into a greased 13X9 baking dish and bake at 350 for 50-60 minutes. Serves 12

Calories: 186
Carbs: 16 grams

Fat: 4 grams
Protein: 5 grams