

BACK TO BASICS

OCTOBER 2016

Choose Dates!

Dates are the fruit of palm trees. Date varieties range from Medjool (a rich-tasting desert delight) to acai (a tropical palm fruit). The dates we see in the health food store are typically desert types.



ANNOUNCEMENT:

Eat foods that are green, red, yellow, purple, and orange. Bright colors = big nutrients.

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1. Improve Digestive Health

Dates contain a bunch of soluble fibers. Soluble fiber is essential for good digestive health because it draws water into the digestive tract. This helps relieve constipation. The potassium found in dates can also treat upset stomachs and diarrhea. They are a digestive tract balancer that is symbolized by their brown color (brown foods are always great for digestion). Dates also strengthen good bacteria in the stomach.

2. Treat and Prevent Anemia

Anemia is a common issue amongst people. Dates are an excellent source of iron, so they help treat anemia, which leaves you feeling exhausted. Boost iron levels with dates!

3. Bone, Blood and Immune System Health

Dates contain magnesium, manganese, and selenium. Diets rich in selenium and known to prevent cancer. These minerals are also necessary for keeping our bones and blood strong and healthy. They taste great!

4. Energy Boost

Dates are filled with natural sugars. These include fructose, sucrose, and glucose. This makes them a perfect afternoon snack if one needs a quick energy boost.

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Choose Dates!

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Skip the energy bar and eat a couple of dates instead. The fiber in the dates keeps power up without the crash one would typically experience from any other sweet treat.

5. Heart Health

The potassium found in dates reduce stroke risk and adding dates to one's diet can lower LDL cholesterol.

"If you have heart disease or you just want to keep your ticker healthy, you've probably heard the mantra already: "Watch your cholesterol!" The type that puts your heart at risk is LDL—the "bad cholesterol." It collects on the walls of your blood vessels, where it can cause blockages. Higher LDL levels put you a greater risk for a heart attack from a sudden blood clot that forms there." (Web MD) Consuming dates can lower this bad cholesterol and keep the heart safe!

Adding dates to one's diet is an excellent way to obtain a whole bunch of health benefits with only a handful of sweetness. Ultimately, dates are good for overall health despite their fructose concentration. Even if your diet is a sugar-free one, devoid of high-fructose corn syrup, agave, honey, coconut sugar, and cane sugar, you probably still eat fruit, and dates are fruit too, with loads of benefits.

When picking out dates, look for plump ones with unbroken, smoothly wrinkled skins, and avoid those that smell rancid or are hardened. Dried dates keep for up to a year in the refrigerator while fresh dates should be refrigerated in tight, sealed containers and can keep for up to eight months.

Source: <http://www.onegreenplanet.org/natural-health>

DRINK WATER BEFORE MEALS TO LOSE MORE WEIGHT



Recent research suggests a simple strategy that may help you lose weight. A study published online August 3, 2015 in the journal of Obesity found that drinking about two 8-ounce glasses of water half an hour before eating breakfast, lunch and dinner led to greater weight loss among obese adults. In the study, which included 84 adults, half were required to consume 50 ml of water 30 minutes before meals every day for 12 weeks. The other participants were asked to imagine their stomachs were full prior to each main meal. The participants who drank water before eating lost an average of 9.5 pounds, compared to an average of 1.8 pounds in those who didn't.

Source: Women's Nutrition Connection

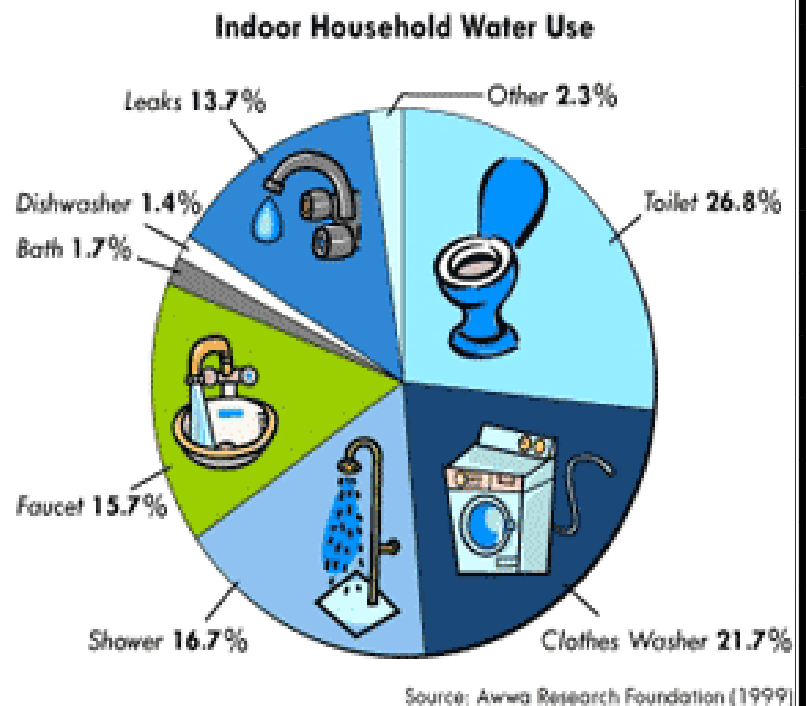
SAVING WATER IN YOUR HOME

Many of our homes have 2 or more bathrooms. Studies have shown that bathroom account for more than 50% of the water use inside most homes. Be changing behaviors and upgrading fixtures to Water Sense products, a family can reduce water use by 3400 gallons during a year. To calculate your water savings, go to http://www.epa.gov/WaterSense/calculate_your_water_savings.html.

Old toilets (prior to 1994) likely use 3-7 gallons of water for each flush. Newer toilets use 1.6 gallons per flush or less. If you calculate the number of times you flush your toilets each day, you can see the potential water savings. Shower heads made since 1992, deliver 2.5 gallons per minute of use. If you want to reduce your water use even further, switch to a Water Sense labeled showerhead that delivers 2.0 gallons per minute.

Even if you decide not to replace plumbing fixtures, you can make substantial savings by simply changing some behaviors. Limit the length of your shower to 5 minutes or less. A 10 minute shower will use 25 gallons while a 5 minute shower will use 12.5 gallons. Reducing showering time by 1 minute can save 1,000 gallons of water a year. By installing a shut-off valve on the shower, family members can reduce the water flow to a trickle while shampooing hair or shaving. By turning water off while brushing teeth, each person can use 8 to 16 ounces of water rather than 1-2 gallons of water. If you do the math, you can see that over time, these simple habit changes will add up in water savings.

Source: http://fcsagents.tamu.edu/housing_and_environment/water/newsarticles



Cell phone technology changes constantly, and studies are underway that will continue to look at whether long-term cell phone use is safe. In the meantime, your health is likely to be at greater risk from how much of a distraction your cell phone can be when you drive. To ensure your safety, don't use your cell phone while your car is in motion—consider putting your phone in the back seat until you reach your destination.

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COCONUT ORANGE DATE BALLS

Ingredients

- 2 cups dates (de-seeded)
- 1 tablespoon peanut butter
- 2 tablespoons orange juice
- A little shredded coconut to coat balls

Instructions

1. Slice each date in half and pull out the seeds.
2. Put dates, peanut butter, and orange juice in food processor and pulse until it has become a thick, sticky paste.
3. Wet fingers and scoop roughly one tablespoon of paste out of the processor.
4. Form it into a little ball and roll in a plate of dried, shredded coconut.
5. Refrigerate to firm them up and serve. Enjoy!



Servings: 15 balls

Calories: 85 per ball