

# BACK TO BASICS

JANUARY 2015

## RISE, SHINE AND DINE

BUSY PEOPLE CAN EAT BREAKFAST TOO

Think that skipping breakfast can help you conserve on calories? Think again. Studies show that people who don't eat this important first meal of the day miss out on essential nutrients and are less able to be productive and focused. In fact, missing breakfast actually increases your hunger later on and makes you less able to control your urge to eat, ultimately leading to weight gain.

To make a healthy breakfast each day, choose one item from at least three of these four food groups: fruits and vegetables, grains, dairy and protein. For breakfast on the go, munch dry, ready-to-eat cereal with a banana and drink a small carton of low-fat or skim milk. Look for cereal that's high in fiber and low in sugar. Oatmeal is also a good choice, and the instant, prepackaged type cooks quickly in the microwave. And, hard-boiled eggs are another way to get lots of nutrients. The yolk does contain cholesterol, but they're easy to take with you and provide protein, vitamins A and B-12, folic acid and phosphorus.

Source: Mayo Foundation for Education and Research



### *Upcoming Event*

*Cotton Pickin'*

*Quilt Show*

*Knox Prairie Events  
Center, Goree*

*February 28th*

TEXAS A&M  
AGRILIFE  
EXTENSION

### INSIDE THIS ISSUE:

ACTIONS SPEAK 2  
LOUDER THAN  
WORDS

CHOOSE YOUR 3  
BATTLES CARE-  
FULLY

COUNTRY 4  
COOKING

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.

## Actions Speak Louder Than Words

### Healthy kids start with positive role modeling



It's not always what you say but what you do that gets kids' attention. Do you insist that they eat their green beans and not watch too much TV while you regularly chug down soda and "veg out" in front of the TV for hours? Kids watch what we do, so setting a positive example is an important action that parents can take to help children adopt healthy habits for a lifetime.

Here are some healthy routines you can model at home:

- \*Buy and try new fruits and vegetables
- \*Drink water between meals
- \*Set an eating routine at home for meals and snacks
- \*Make a game of reading food labels
- \*Plan physical activities that the family enjoys like nature walks or bicycling
- \*Celebrate successes with praise, smiles and hugs rather than food

Another way to be a good role model is by limiting portions and not overeating. Talk about your feelings of fullness, especially with younger children. You can comment how good the food is, and then let them know you are full and are going to stop eating. And, repeat the clean plate rule. Children know when they are full. On the other hand, parents who are always dieting or complaining about their bodies may foster the same negative feelings in children. Try to keep a positive outlook about food.

When it comes to being a good role model let your actions speak for themselves. Your children will be the healthier for it.

Sources: Centers for Disease Control and Prevention; American Heart Association

## CHOOSE YOUR BATTLES CAREFULLY

### The importance of fighting breast cancer with regular screenings

Believe it or not, the best time to check for breast cancer is when your breasts feel fine. If cancer is found early, there's a much greater chance of survival. Three basic screening methods are used to look for breast cancer: mammograms, clinical breast exams and breast self-exams. Mammography is the best screening method widely available for early breast cancer detection. However, it is not perfect. But by regularly doing all the screening methods, there's a good chance that cancer will be caught early.

Screening guidelines for women ages 20 to 39 suggest having a clinical breast exam at least every three years and a breast self-exam once a month. Women who are age 40 or older need to get both a mammogram and clinical breast exam once a year and do a breast self-exam once a month.

Remember, even if you feel perfectly healthy now, just being a woman and getting older puts you at risk for breast cancer. So give yourself a fighting chance in the battle against breast cancer with regular screening. It can put your mind at ease—and maybe even save your life.



#### TIPS FOR HAVING A MAMMOGRAM

Following are some useful suggestions for ensuring that you will receive a good quality mammogram:

- \*If it is not posted visibly near the receptionist's desk, ask to see the FDA certificate that is issued to all facilities that offer mammography.
- \*Use a facility that either specializes in mammography or does many mammograms a day.
- \*Continue to go to a high-quality facility on a regular basis so that your mammograms can be compared from year to year.
- \*On the day of the exam, don't wear deodorant or antiperspirant, which can interfere with the reading of the mammogram.
- \*Always describe any breast symptoms or problems that you are having to the technologist who is doing the mammogram.
- \*If you do not hear from your doctor within 10 days, don't assume that your mammogram was normal—call your doctor or the facility.

Sources: American Cancer Society; The Susan G. Komen Breast Cancer Foundation

TEXAS A&M AGRILIFE  
EXTENSION

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

*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.*

---

## COUNTRY COOKING

### 7-Up Biscuits

Bisquick, sour cream, 7-up and butter!.... These are excellent!!!! So easy and so good!

- 4 cups Bisquick
- 1 cup sour cream
- 1 cup 7-up
- 1/2 cup melted butter

Mix bisquick, sour cream and 7 up. Dough will be very soft - don't worry Knead and fold dough until coated with your baking mix. Pat dough out and cut biscuits using a round biscuit / cookie cutter. Melt butter in bottom of cookie sheet pan or 9x13 casserole dish. Place biscuits on top of melted butter and bake for 12-15 minutes or until brown at 425 degrees.