

Back to Basics

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How to Lower Your Risk of Diabetes

Making modest lifestyle changes can often prevent or delay type 2 diabetes in people who are at risk. Here are some tips:

1. **Reach and maintain a reasonable body weight.** Your weight affects your health in many ways. Being overweight can keep your body from making and using insulin properly. It can also cause high blood pressure.
2. **Make healthy food choices.** What you eat has a big impact on your weight and overall health. By developing healthy eating habits, you can help control your body weight, blood pressure, and cholesterol. Reducing portion size, increasing the amount of fiber you consume (by eating more fruits and vegetables) and limiting fatty and salty foods are key to a healthy diet.
3. **Get at least 30 minutes of exercise at least 5 days a week.** Regular exercise reduces diabetes risk in several ways: it helps lose weight, controls your cholesterol and blood pressure, and improves your body's use of insulin. Many people make walking part of their daily routine because it's easy, fun and convenient. But you can choose any activity that gets you moving. It's fine to break up your 30 minutes of exercise into smaller increments, such as three 10-minute periods. Check with your doctor before beginning any exercise program. For more information on exercise and older adults, go to:

<http://nihseniorhealth.gov/exerciseforolderadults/toc.html>

Source: National Institute of Aging-NIH Senior Health

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Inside this issue:

Living, Eating, and Saving Green	2
Easy Black Bean Soup	3
Helpful Household Hints	3

Texas A&M Agrilife Extension Service offers practical, how-to educational programs based on university research. It's available to any resident of Texas. You may read it in the newspaper, hear it on the radio, attend an Extension workshop, order a publication, or just call your County Extension Office. For Knox County, contact Lorrie Coop, CEA-FCS, at 940-459-2651.

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Living, Eating, and Saving Green

People choose to “go green” for a number of different reasons. There are also a number of different actions people take to help preserve the environment. Being green is not an “all or nothing” type of action. With this in mind, here are a few suggestions that you can follow to start living green.

- **Cook more meals at home.** By planning meals and snacks in advance, you can save money and eat healthier. When eating at home, there is less food waste and more family engagement. Today’s dinner could be tomorrow’s lunch. Don’t know what to cook, check out: www.dinnertonight.tamu.edu
- **Support local farmers.** By shopping for food locally, your produce may be fresher and more nutritious. Also, your money goes directly to the grower! If you are interested in buying locally, check out: www.picktexas.com
- **Bring your own bottle.** It costs energy and resources to make cans and bottles sold in vending machines. Save money and calories by using a refillable bottle. Fill with water, tea, or beverage of your choice!
- **Reduce food waste.** Planning meals in advance helps you to identify the foods you need to buy at the grocery store. Buying only what you need can help you save money and reduce food spoilage. Also, planning meals in advance may reduce the number of times you eat out during the week.
- **Grow a garden.** Having your own backyard garden provides you with fresh food at your fingertips! It may save you money and is a good way to fit exercise into your day.
- **Plate up healthier meals.** Eating a variety of foods and watching portion sizes can greatly benefit your health. Meat is often an expensive part of the food budget so filling your plate up with 1/3 of meat and 2/3 of fruit, veggies, and whole grains will greatly benefit your wallet as well.
- **Eat less processed foods.** Eating less snack foods such as chips, sodas, and sweets will reduce your sodium, fat, and sugar intake. Eating less processed foods will reduce trash and help keep money in your wallet. Make switches in your diet by cooking food from scratch or preparing slow cooked meals.



Easy Black Bean Soup

Serves 6



- | | |
|--------------------------|--------------------------------------|
| 1 large onion, chopped | 2 tsp. vegetable broth powder |
| 1 tbsp. olive oil | 1/2 cup bottled salsa |
| 1 cup carrots, chopped | 2 tsp. ground cumin |
| 1 bell pepper, chopped | 1 tsp. oregano |
| 4 cloves garlic, chopped | 3 cups cooked black beans, undrained |
| 4 cups water | |

Saute onion in oil. Add carrots, bell pepper and garlic and sauté a minute or two longer. Add water, salsa, cumin, oregano, vegetable broth powder and black beans. Bring to a boil, reduce heat, and simmer until veggies are tender, about 15 minutes. Serve hot. (Option—can also puree in blender in batches for a creamier texture soup)

Helpful Household Hints

- 1/2 teaspoon of cinnamon everyday will help lower your cholesterol
- To open a banana, squeeze bottom of the banana, it peels easily. Peel back and use the stem as a handle.
- Ideas won't keep, something has to be done about them.
- Burn your tongue? Put sugar on it.
- A leaf of lettuce dropped in a pot of soup will absorb the grease from the soup.
- Use apple cider or apple juice instead of water for perfect pancakes. They turn out extra light with a wonderful apple flavor.
- Use hand sanitizer on ink spills or marks on car seats.
- Use rubbing alcohol to get rid of ballpoint ink stains. Place garment on towel, stain side down. Dab with alcohol gently.
- Taking care of yourself is not selfish. It allows you to take care of others.
- Vinegar will soften or remove corns or calluses.
- Oatmeal ground in small amount of butter, or oleo, makes a good substitute for chopped nuts in cakes or cookies.
- Saturate decals with vinegar to loosen glue and remove from tubs, mirrors, or other sources.
- In microwave use round dish instead of square one to eliminate overcooked corners.
- To clean soft drink stains, sponge immediately with cold water and alcohol.
- To keep celery crisp, stand up in a pitcher of cold salted water and refrigerate.
- If you've over sweetened a dish, add salt.

