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Family and Consumer News

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SPECIAL **POINTS OF INTEREST:**



Dietary Guidelines

The old saying "Quality, not

quantity" has never been

more true than it is today

with regards to the American

diet. The Dietary Guidelines

have recently been updated

to reflect changes we can all

make to improve the quality

of our diets. The following

foods to increase and foods

to reduce are good places to

start making changes to bene-

fit your overall nutrition and

that many Americans are

health.

lacking:

Quality, not quantity

Vegetables - Eat a variety! (as long as they are not fried or smothered in butter/ gravies/sauces)

Whole grains - Read the ingredient lists on foods, whole grain should be the first ingredient listed.

Fat free and low fat milk and milk products - These contain the same calcium and vitamin D as whole milk but much less fat and cholesterol.

Seafood - 2-3 times weekly, this includes fresh water fish, but remember to broil, steam, grill or bake.

Fruits - Whole, fresh fruits have less sugar than dried or canned fruits

Foods to Reduce

Foods that contain excess sodium, saturated fat, cholesterol, trans fat, sugar and refined grains should be limited.

Sodium - Daily limit of 2300mg or less depending on age and health

Saturated fat - less than 10% of daily calories

Cholesterol - less than 300mg per day

Solid Fats and Added Sugar

Lard, butter, candy, soda are examples

Refined grains - white rice, bleached four are example of refined grains

For more information:

http://www.health.gov/dietaryguidelines



Email: mkpatrick@ag.tamu.edu

Or view our website for links to educational resources: http://houston-tx.tamu.edu

Raising **Kids**

- Spending Smart
- Eating Right

Living Well!

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Contact Information

If you would like to learn more about any topic featured in this newsletter or have a question about Family and Consumer Sciences programming in Houston County, please feel free to contact me the following ways:

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Foods to Increase

The following foods contain essential nutrients; potassium, fiber, calcium and vitamin D,

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Spotlight on: Reducing Stress

A little stress is actually good for you. It serves to keeps us on task, meet deadlines and stay motivated. However, when stress begins to take a physical and emotional toll on your daily life, we must step back and reassess what is causing excess stress and look at how can we make changes.

Finding a happy medium between work and home, can help alleviate some stress. Time is a precious commodity these days. Build time into your work day to relax, slow

down or take a break. It doesn't have to be hours on end. just 15-20 minutes of quiet, "me" time can help boost one's spirit. Rethink errands to get the most of your time and efforts. Schedule as few trips as possible by planning ahead. Utilize your friends and neighbors with a chore swap. For example, you have flower beds choked with weeds but you'd rather spend time in the kitchen testing recipes. Maybe you know someone who is hopeless in the kitchen but a miracle worker in the garden.

Sounds like a match made in heaven! You provide casseroles in exchange for weeding. Both parties get to do something they like, which helps us de-stress.

Stop or drop activities and relationships that drain your time and energy. If you are not excited to be there, it is likely causing you stress as you think of things you'd rather be doing.

Finally, get moving! Physical activity boosts energy and helps many folks sleep better.

Allergies are usually inherited. If one parent has allergies, there is a 40-50% risk of the child having allergies. If both parents have allergies, there is an 80% risk.



high levels of cockroach infestation have higher rates of allergies and asthma.

Areas with

Healthy Homes

Controlling Allergy Triggers in the Home

Spring has definitely arrived in East Texas and for many that means increased allergies. While we can not control Mother Nature, we can take some measures to help reduce the impact allergens have on us in our homes. A good old fashioned "spring cleaning" can help reduce many allergy triggers in the home. If you or a loved one suffers from year round allergies, you may need to incorporate more in depth



cleaning on a more regular basis. One room that needs particular attention is the bedroom.

Dust mites, mold/mildew, pollen, animal dander, insets and food are the most common allergy triggers found in the home.

To reduce dust mites, consider removing upholstered furniture and rugs from bedrooms. Cover mattresses, box springs and pillows with allergen impermeable covers. Keep humidity at about 50% in summer and 35% in winter. Avoid heavy curtains and damp wipe blinds weekly. Change air filters monthly

To reduce mold and mildew, remove piles of leaves and standing water from around the house. Empty pans under air conditioners and refrigerator. Mold spores can travel through the air so throw away moldy foods and empty garbage frequently.

To reduce animal dander, re-

move pets from indoors or at least the bedroom. Pet dander can persist in a home for up to 6 months after the pet has left. Shampoo pets once a week.

To control insects such as cockroaches, vacuum regularly. Keep the house clean and sanitary by wiping up all spills and crumbs. Get rid of clutter such as stacks of magazines, newspapers, boxes, anywhere pests might like to hide. Seal cracks, repair windows and screen doors to help keep pests out.

To control food based allergies, clearly label all foods in the home. Read food ingredient labels thoroughly. Keep a food diary for a week to help identify triggers

For more information on controlling allergy and asthma triggers in the home:

http://fcs.tamu.edu

Consumer Tip: Be coupon savvy



In today's reality of rising food prices, now more than ever, coupons are a great budgeting tool. A few words of caution when clipping coupons. Do not let the coupons drive your shopping. Make your list first, then see what coupons are available for items you already plan to buy. Make sure to read the fine print on all coupons, if you must buy 2 products to get the discount, it may not be a good deal. Almost all manufacturers will post coupons on their websites for customer's to download. Or you can call the I-800 customer service number on the package, tell the representative how much you like the product and ask if a few coupons could be mailed to your home. The Internet is another good source. The website Couponbug.com, brings you weekly savings either via the website or my email. The inserts in our local papers are also a good resource. For more bang for your coupon "buck", try researching the grocery store sales and then pair the store sale with a manufacturers coupon for more savings.

Also, be prepared to wait just a bit to use your coupons. Some manufacturers will put out a "blast" of coupons right before their items are set to go on sale. By waiting, you can pair the sale with a coupon for additional savings a few weeks down the road.

What's Cookin'

Sicilian Cauliflower

2 Tb extra virgin olive oil
2 garlic cloves, crushed
2 cups Vidalia onion, diced
1 pound canned crushed tomatoes
1 cup low sodium vegetable broth
1 large head cauliflower, broken

Hydration Salad

I medium honeydew melon, cubed I medium cantaloupe, cubed I small cucumber (seedless), cubed with skin 8 strawberries, halved 2 limes, halved



into florets

I lb. lean ground beef'
I Tb. fresh thyme (I tsp dried)
I Tb. fresh basil (I tsp dried)
I/4 cup parmesan cheese
Saute garlic in olive oil over medium heat 2 minutes. Add onions and cook until translucent. Add crushed tomatoes, broth, and cauliflower. Stir and

Fresh mint (optional)

Mix honeydew melon, cantaloupe, strawberries and cucumber in a bowl. Squeeze the juice from the limes over the fruit and stir. Sprinkle with a little chopped fresh mint, if desired. bring to a boil, then simmer 20-30 minutes. In a separate pan, brown ground beef, draining fat. Once cauliflower is ready (fork will go through) add ground beef and fresh herbs. Simmer another 15 minutes. Serve with a sprinkle of parmesan cheese. 150 calories per one cup 6 g fat, 11 g carbohydrates

90 calories per one cup 0 fat, 23g carbohydrate

Source: Health Barn

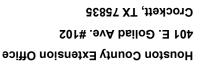
Cookbook



Looking for ways to get more Vitamin C without guzzling more orange juice?

Try this salad!!

Cantaloupe, honeydew, strawberries and even cucumbers have Vitamin C!



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