

# Family and Community Health “Connections” In Mason County

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## National Nutrition Month®

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*National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.*

*This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.*

## **These are a few tips to help you reach Beyond the Table:**

### Focus on a healthy eating routine

Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

### Seek the help of a Registered Dietitian Nutritionist (RDN)

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs can help you explore ways Beyond the Table to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.



Source: The Academy of Nutrition and dietetics <https://www.eatright.org/national-nutrition-month>

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## 20 Health Tips

### 1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

### 3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

### 4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

### 5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

### 6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

### 7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [eatright.org](http://eatright.org).

### 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

### 10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

### 11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

### 12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

### 13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

### 14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

### 15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

### 16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

### 17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

### 18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

### 19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

### 20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [eatright.org](http://eatright.org).**

## **eat right.** Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.



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Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

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# Broccoli Cheddar Egg Muffins

## INGREDIENTS:

- 8 large eggs
- 1/4 cup water
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 cup reduced fat cheddar cheese
- 1 head broccoli or 10 ounce bag frozen broccoli



## INSTRUCTIONS:

1. Wash your hands and clean your cooking area and utensils. Rinse fresh broccoli head under cool running water. Preheat oven to 350 degrees F.
2. In a bowl, combine eggs, water and seasonings (salt, pepper, garlic powder) and whisk until well combined and smooth.
3. Prepare broccoli. If using fresh, cut into florets and place in microwave safe container with 1/2 cup water. Cover with microwave safe covering and steam for 4 minutes. When done, drain the broccoli and wait until cool enough to handle, chop into small pieces. If using frozen follow package directions to steam, drain, and wait until cool enough to handle, chop into small pieces.
4. Spray a nonstick muffin tin with cooking spray. Evenly distribute broccoli among muffin cups, pour egg mixture over broccoli up to about 2/3 full. Top with cheddar cheese.
5. Bake for 14-16 minutes or until egg is done but cheese is not burnt.

Nutrition Facts	
12 servings per container	
Serving size 1 muffin (78g)	
Amount per serving	
<b>Calories</b>	<b>80</b>
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 119mg	10%
Iron 1mg	6%
Potassium 152mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe from Dinner Tonight; <https://dinnertonight.tamu.edu/recipe/broccoli-cheddar-egg-muffins/>

## County News

Fresh Start to a Healthier You!  
Thursdays in March @ 10:00  
Mason Library

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## TEXAS A&M AGRI LIFE EXTENSION

Family & Community Health "Connections" is provided by these

Texas A&M AgriLife Extension Service  
Family and Community Health Agents:

- Courtney Parrott, Brown County
- Kailey Roberts, Burnet County
- Milissa Wright, Concho Valley
- Chanie Schaffner, Coleman County
- Kelli Maberry, Jones County
- Karen DeZarn, Lampasas County
- Whitney Whitworth, Llano County
- Jessica Holbrook, Mason County
- Carrie Ross, McCulloch County
- Staci Winders, Nolan County
- Kandice Everitt, Runnels County
- McKinley Armstrong, San Saba County
- Kim Miles, Taylor County
- Courtney Redman, Tom Green County
- Lorena Iverson, BLT Regional Project Specialist
- Stacy Drury, D7 Regional FCH Program Leader