



# Nutrition for Texans



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## Spring is Just Around the Corner



The year is flying by and March has arrived. During this month there are many things to celebrate. Day light savings time is the 11th, so do not forget to spring those clocks an hour ahead. Spring will be arriving on the 20th as well as Earth Day, so go outside and appreciate nature by taking a walk or playing with the family. For those in school or with kids in school, spring break is around the corner! Be creative and come up with some fun activities to do during the week long break. St. Patrick's Day is the 17th. Put on some green and celebrate the holiday. Maybe you'll be lucky and find a four leaf clover. March is National Nutrition month focusing on getting a healthy plate and incorporating physical activity in one's life. Making healthier food choices is a way to prevent illnesses, keep a healthy body weight, and be a good role model for children. Being healthy is not all about food; physical activity is important as well. Consult your physician before beginning a new exercise regimen. Start with baby

steps so as not to discourage yourself. Use the MyPlate as a guideline for healthy eating.



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- Visit [www.choosemyplate.org](http://www.choosemyplate.org) for more information on healthy eating and physical activity
- Visit <http://recipefinder.nal.usda.gov/index.php> for healthy recipes
- To learn more about physical activity guidelines visit <http://www.health.gov/paguidelines/>

## Colors of the Rainbow

In honor of National Nutrition Month, try some fruits and vegetables that have not been eaten in the past. There are many options to try and you may be surprised as to what you and/or your family like. Fruits and vegetables come in different colors and

adding color to your plate increases variety and nutrients. When introducing new foods to children, you should present it to them more than a few times. It is likely, if they are not familiar with the food item they will not be willing to try it. However,

if children see their parents or guardians try an item, it is more likely that they will try it themselves. Set an example and try a new variety of fruits and vegetables.

Or  
<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>



# Recipes to Try

## Fruit Pizza

Serving Size: 1/12 of recipe Yield: 12

### Ingredients:

1/2 cup margarine  
1/2 cup sugar  
1 teaspoon vanilla extract  
1 large egg  
2 cups flour  
2 teaspoons baking powder  
\*\*\*\*\*

8 ounces cream cheese, non-fat or light  
1/2 cup sugar  
1 teaspoon vanilla extract  
\*\*\*\*\*

1 cup sliced strawberries or kiwi, bananas, pears, peaches, or blueberries

### Instructions:

1. Preheat oven to 375 degrees.
2. For crust, cream margarine, sugar vanilla, and egg until light and fluffy. Add flour and baking powder, mixing well.
3. Spread mixture about 1/8 inch thick on a pizza pan, baking sheet, or 9 inch by 13 inch pan.
4. Bake for 10 to 12 minutes or until lightly browned. Cool.
5. For spread, mix together cream cheese, sugar, and vanilla. Spread on cooled cookie crust.
6. Arrange fruit on top of pizza. Refrigerate until serving time.

Source: SNAP-Ed Connection Recipe Finder  
<http://recipefinder.nal.usda.gov/index.php>

## Avocado Mandarin Tossed Salad



### Ingredients:

1/2 cup green onion, thinly sliced  
1 can (11 oz) mandarin oranges, drained  
1/3 cup coarsely chopped pecans  
1/8 teaspoon pepper  
1 medium ripe avocado, peeled & sliced  
4 cups torn salad greens  
1/4 cup fat free Italian salad dressing

Source: Recipe provided by USDA's SNAP-Ed.

### Directions:

1. wash your hands, vegetables and clean cooking area.
2. Slice onion and add to bowl with oranges, pecans and pepper.
3. Refrigerate for 30 minutes.
4. Just before servings, slice avocado and tear salad greens. Place greens in bowl.
5. Top with orange mixture and avocado.
6. Drizzle with dressing before serving.

## Minestrone Pasta

### Ingredients:

3 cups uncooked medium pasta shells  
2 medium sliced carrots  
1 medium chopped green bell pepper  
1 15-ounce can kidney beans, drained and rinsed  
1 15-ounce can garbanzo beans, drained and rinsed  
1 14-ounce can Italian style stewed tomatoes  
2/3 cup Italian dressing  
1/2 cup grated Parmesan cheese

### Directions:

1. Wash your hands, vegetables and cooking area.
2. Cook pasta by package directions.
3. Drain and rinse pasta, set aside to cool.
4. In a large bowl, mix carrots, bell pepper, kidney and garbanzo beans, and tomatoes.
5. Add cooked pasta to vegetable mixture.
6. Mix ingredients with Italian dressing and Parmesan cheese.
7. Refrigerate before serving.



## Does exercise scare you?



Many people hear the words exercise, workout, or physical activity and snarl their faces. There are many people that do not like to exercise because of numerous reasons. However, exercising does not have to be a bad thing. You do not even need a gym membership to exercise. Being physically active can include numerous things and can be considered as exercise. For example, riding one's

bike or playing basketball are great forms of physical activity. One does not have to be part of an exercise class to workout. Going for a walk in the neighborhood, in the mall, or in the park are all forms of physical activity. There are many activities that can be done that include the entire family. Playing a



game of volleyball or bad mitten are fun and can include many people. Try some different sports and see

what you like. Rollerblading, jump rope, and tag are also fun activities to do with children and family members. Remember, exercise helps loose weight and maintain a healthy weight. Also, exercise can reduce your risk of illnesses like type 2 Diabetes, some cancers, and osteoporosis. So get moving Texans!



Source: CDC <http://www.cdc.gov/physicalactivity/everyone/health/index.html>

# BAM



The Center for Disease Control and Prevention (CDC) has designed a program for children

ages 9-13 called BAM, which stands for body and mind. BAM is designed to provide information for kids to help them make healthy lifestyle

choices. Topics include stress, physical activity, diseases, food and nutrition, and more. The CDC has designed the website so it is targeted at kids, using games, images, lingo, etc. It is a fun and interactive website children can enjoy and learn from the content. Check it out!

Source: CDC [http://www.bam.gov/site\\_terms.html](http://www.bam.gov/site_terms.html)

Check out the [BAM](http://www.bam.gov) website!

[http://www.bam.gov/sub\\_physicalactivity/index.html](http://www.bam.gov/sub_physicalactivity/index.html)

# hula hooping

So you may be thinking, hula hooping is for children. However, hula hooping can be a good workout. When one hula hoops, they are engaging their abdominal (stomach) muscles as well as hips. One must give effort to prevent the hula hoop from touching the ground and engaging one's muscles requires burning calories. The hips are used to keep the hula hoop off the ground as well. There

are different types of hula hoops available which are made of different materials. Some hula hoops are heavier than others and it requires more effort and energy to do the activity. Hula hoops come in different sizes. Give hula hooping a try! It is a great way to incorporate physical activity into one's life. It is also a great activity in which you can include kids too. You can decorate your

hula hoop if you would like to personalize it. So get out there and hoop it up!



## Better Living for Texans

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**Better Living for Texans** is a cooperative endeavor between the Texas AgriLife Extension Service, the Texas Health and Human Services Commission, and the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS). Since 1994, the program has been serving limited resource families throughout Texas.

The goal of the Better Living for Texans program and the USDA's Supplemental Nutrition Education Program or SNAP (formerly the Food Stamp Nutrition Education program) is to provide educational programs that increase the likelihood that SNAP recipients will make healthy food choices consistent with the most recent dietary advice as reflected in the Dietary Guidelines for Americans.

The Nutrition Education provided by BLT educators is research-based and is designed to meet the needs of our clients and our communities.



*Improving Lives. Improving Texas.*

## Food Riddles

Q: How do you make a soup rich?

A: Put 14 carrots in it.



Q: What kind of beans have landed on the moon?

A: Human beans!

Q: What fruit always travels in groups of two?

A: Pears!

Q: Why did the cookie go to the hospital?

A: It felt crummy!

Q: How does the gingerbread man make his bed?

A: With cookie sheets!

Q: How can you knock over a full glass and not spill any water?

A: When the glass is filled with milk!

Q: What do you call someone who eats everything in sight?

A: A refriger-radier!

Q: Which vegetable's name and first letter sound the same?

A: Pea!

Q: What grain group food do ghosts like for breakfast?

A: Scream of wheat!

Q: What do you call cheese that is not yours?

A: Nacho cheese!

Q: How do you make a strawberry shake?

A: Take it to a scary movie!

Q: What does corn say when it is picked?

A: Ouch!  
My ears!



Source: Riddles courtesy of National Dairy Council, Available from the Washington State Dairy Council [www.eatsmart.org](http://www.eatsmart.org)

In accordance with deferral law and U.S. Department of Agriculture policy, Better Living for Texans Supplemental Nutrition Education Program is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability.