A Message from Your Extension Agent

Hey, Y’all! Spring is in the air and the days are longer; my favorite time of year. BE sure to read on for tips and information for a healthier lifestyle. Staying on a regular routine of exercising and eating healthy is a great way to keep fit throughout the rest of the year. If you have any questions or need some more information, call me @ (210) 467-6575.

Grace Guerra-Gonzalez

Your Newsletter is Online! Visit our Extension homepage: http://bexar-tx.tamu.edu/. Scroll down the left-hand column to “Cooperative Extension Program” then look for “THE BUZZ...” link on the right. And hey, it’s in color!

Outdoor Activities

Outdoor activities are fun to participate in. Remember keeping safe while outdoors is the key. Outdoor safety tips:

- Always have a buddy or adult with you while you are at a local park. Be aware of strangers.
- Practice bike safety when riding your bicycle.
- Never play or ride your bike on a busy street.
- Wear sunscreen for protection from the sun and insect repellent to keep from being bitten or stung by bugs.
- Make sure you wear comfortable clothes and shoes.
- Make sure playground equipment is safe to use.

Top 10 Reasons to Eat MORE Fruits & Vegetables - Why eat MORE fruits & veggies?


9. Convenience. Fruits & veggies are nutritious in any form - fresh, frozen, canned, dried & 100% juice, so they’re ready when you are.

8. Fiber. Fruits & veggies provide fiber that helps fill you up and keeps your digestive system happy.

7. Low in Calories. Fruits & veggies are naturally low in calories.

6. May Reduce Disease Risk. Eating plenty of fruits & veggies may help reduce the risk of many diseases including heart disease, high blood pressure & some cancers.

5. Vitamins & Minerals. Fruits & veggies are rich in vitamins & minerals that help you feel healthy & energized.

4. Variety. Fruits & veggies are available in an almost infinite variety…there’s always something new to try!

3. Quick, Natural Snack. Fruits & veggies are nature’s treat & easy to grab for a snack.

2. Fun to Eat! Some crunch, some squirt, some you peel…some you don’t, & some grow right in your own backyard!

1. Fruits & Veggies are Nutritious AND Delicious!

Source: Fruits & Veggies More Matters
STUCK IN A RUT

Are you stuck in a food rut? Do you and your friends always eat the same stuff everyday? Trying new foods can be an adventure, and you can be healthier by being brave and trying some new things you haven’t tried before. Since all foods have different combinations of 50 nutrients, your body needs, choosing a variety of foods will help you get what you need to be healthy and strong. So, be creative and develop some new, healthy snacks using “power foods.”

GET SMART!

Which snacks give you the most nutrients for the least number of calories?

- Peanut butter on whole wheat bread?
- Dill pickle wrapped with a slice of deli roast beef?
- A slice of cake with frosting?
- An ounce bag of chips with a soft drink?

If you chose a dill pickle wrapped with a slice of deli roast beef – you are correct!

Here’s why: the dill pickle has only 60 calories. Both of these choices are naturally nutrient-rich providing your body with protein, iron and B-vitamins.

Recipe: Ingredients: dill pickle, slice of deli roast beef, toothpick.

Directions:
1. Lay out the slice of roast beef
2. Roll up slice around pickle
3. Secure with toothpick  Enjoy!

Source: www.4hccs.org/health

Recipe of the Month

Crazy Curly Broccoli Bake

Serves: 6

Ingredients

- 1 1/2 cups whole wheat corkscrew pasta, dry
- 3 cups broccoli, frozen, chopped
- 1 10 1/2 ounce can low-fat cream of broccoli soup condensed
- 1/2 cup skim milk
- 2 tablespoons plain bread crumbs
- 1/4 teaspoon salt-free seasoning blend

Directions

Preheat oven to 350 degrees F. Cook pasta according to package directions. Place frozen broccoli in large microwave safe and oven proof dish and cook for 2 minutes on HIGH. Coarsely chop cooked broccoli. Mix soup with skim milk, and add to chopped broccoli. Add cooked pasta and mix. Top with bread crumbs and seasoning blend. Bake in oven for 10-15 minutes until heated through.

Source: Fruits & Veggies More Matters

The BUZZ on Nutrition & Health

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