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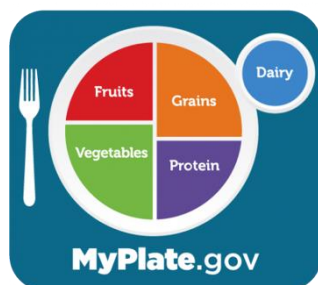
June 2022

Get Healthy with MyPlate!

Social media and television constantly have advertisements that highlight 'nutrition gurus' or sell magic pills for better health. It can be overwhelming trying to decide what advice to follow; however, finding accurate information can be easier if you focus on trusted sources with information based on scientific research. One trusted source for nutrition and physical activity recommendations is MyPlate.gov.

What is MyPlate?

To help Americans achieve better health, the U.S. Department of Agriculture created MyPlate which is a tool used to teach Americans about dietary recommendations and healthy eating. MyPlate is represented by a colorful plate that is divided into the five food groups.



What are MyPlate recommendations?

General food group recommendations for people 14 years of age and older eating 2,000 calories a day are:

- **2 cups fruit:** Focus on fruits that are fresh, frozen, canned, 100% juice, or dried.
- **2½ cups vegetables:** Choose from fresh, frozen, and canned vegetables. Include colorful varieties like dark green, red, and orange vegetables.
- **6 ounces grains:** Make half your grains whole grains. Find whole-grain foods by

looking at the product's ingredients list.

- **5½ ounces protein:** Protein foods include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats, and poultry.
- **3 cups dairy:** Choose low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

What else is recommended?

Choose foods and beverages with less added sugars, saturated fat, and sodium. Try to limit:

- **Added sugars** to less than 50 grams a day.
- **Saturated fat** to less than 22 grams a day.
- **Sodium** to less than 2,300 milligrams a day

Adults should try to do 150 to 300 minutes a week of moderate-intensity aerobic activity and at least two days a week of muscle-strengthening activities. Children and adolescents should do 60 minutes or more of moderate-to-vigorous physical activity daily, and at least three days a week should include muscle-strengthening activities.

Where can I find more information?

Visit MyPlate.gov to find individualized food plans, goal setting and tracking resources, delicious recipes, food budgeting tips, and many more nutrition resources. Remember that small daily changes lead to habits, and healthy habits lead to long term health!

Written by Ingrid Macias, Extension Agent - Better Living for Texans
Content Source: <https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus>
Photo Source: <https://www.myplate.gov/resources/graphics/myplate-graphics>

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Figure 1 Picture from Texas A&M AgriLife Extension

I despise running. Growing up in sports, running was always a punishment. If you missed a free throw during a basketball game, you ran. If you missed a serve during a volleyball game, you ran. In soccer, we just ran All.The.Time....and I was the goalie! Then, I joined the Army, and guess what, we ran MILES every day, what was I thinking. When I left the military, I

promised myself I would never have to run again. For the most part, I kept to that promise. As the years have gone by my weight and overall health has become more difficult to manage without the running. My knees and ankles just cannot take the pounding anymore, but I know I need to be active to stay healthy and prevent diseases.

That is why I'm so thankful for Texas A&M AgriLife Extension programs like Walk 'N' Talk and [Walk Across Texas](#). They encourage healthy behavior change by challenging you to walk. Just walk. Not run, not sprint, just be active in your daily life. "Walking is one of the least expensive and easiest ways to be more active and reduce the risk of cancer, diabetes, heart disease and stroke," said Michael Lopez, AgriLife Extension Program Specialist in Family and Community Health, College Station.



WALK ACROSS TEXAS! : ADULT



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As a new Extension Agent, I was blessed with an opportunity to join the [Denton County Better Living for Texans Agent](#), Dusty Fife, and job shadow her as she led her weekly Walk 'N' Talk at [Aubrey Public Library](#). I met some amazing ladies as we walked and chatted about life for 20 minutes. Then we went inside and learned about jicama. I'd never even heard of it, but when Dusty showed us a picture, I finally knew what that brown ball looking vegetable was at the grocery store.



Figure 2 Picture from <https://dinnertonight.tamu.edu/recipe/red-white-and-blue-fruit-salad/>

Dusty did a great job of explaining the health benefits of jicama such as its 32 grams of fiber, 4 grams of protein and 15-19% of our daily recommended vitamin C. She also gave samples of jicama to all the participants. It was a very refreshing, crunchy snack like a carrot. One of the other participants informed us that she uses this in many dishes as jicama takes on the taste of the food it's included with. She also recommended adding a little lemon juice to sliced jicama for a lemony flavored light snack. If you would like to read the article she did on Walk 'N' Talk for the Denton Record-Chronicler, check it out [here](#).

After attending the Walk 'N' Talk, I did more research on jicama. [Aggie Horticulture](#) has some amazing information on jicama. A few great items include, "[Selection](#) - Jicamas are suitable for consumption at any stage of growth (size). Look for well-formed tubers that appear fresh and are free of cracks and bruise. [Preparation](#) - Remove the peel including the fibrous flesh directly under the skin. Cut or slice and serve raw or use as a substitute for water chestnuts. Sauté or stir

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fry -- it stays crisp when cooked. A one-pound jicama yields about three cups chopped or three cups shredded flesh.”

On dinnertonight.tamu.edu, they have several great recipes for including jicama into your meal planning. Some of those include [Summer Salad](#), [Fruit Tacos](#), [Fruity Crunchy Chicken Salad](#), and [Chicken Avocado Mango Tacos](#) just to name a few! I am excited to introduce the [Red White and Blue Fruit Salad](#) to my family! I would love to know if you tried any of these new recipes or if you have a favorite recipe with jicama!



Figure 3 Picture from <https://dinnertonight.tamu.edu/recipe/red-white-and-blue-fruit-salad/>

Sanci Hall is the Tarrant County Better Living for Texan’s Texas A&M AgriLife Extension Agent. Contact her at sanci.hall@ag.tamu.edu & visit our webpage: tarrant.agrilife.org

Sign up [here](#) to receive the Better Living for Texan's - Tarrant County Monthly Newsletter.

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Figure 4 Picture from Texas A&M AgriLife Extension

If you're planting Swiss Chard, seeds should be planted 2 to 3 weeks before the average last killing spring frost around the 15th of March for Tarrant County. Swiss chard can be grown from seeds or a transplant and does well in a container garden as well as in the ground. Swiss chard is unusual since a single planting can be harvested for well over a year. How

do you harvest it? [Aggie Hort](#) states, "The plants grow 1 to 2 feet tall, and the crinkled leaves have prominent central ribs. These ribs can be cut from the rest of the leaves and cooked and served like asparagus. The remainder of the leaf is eaten as greens. For harvesting, cut the leaves at the base of the plant with a sharp knife. The undisturbed inner leaves should continue to grow and be ready for picking in a few days."

Why is Swiss Chard good for you? Well, it is an excellent source of Vitamins K and C. Vitamin K is important for bone development and blood clotting and Vitamin C helps heal wounds and helps in the growth and development of body tissues. Swiss Chard is also a great source of Vitamin A, which promotes growth and normal vision, and protects against night blindness.



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Here's a great recipe to try to Swiss Chard: [Cran-Orange Swiss Chard!](#)

Cran-Orange Swiss Chard

Course: Side Dishes, Vegetables, Vegetarian

Servings 4

Ingredients

- | | |
|------------------------------|----------------------------------|
| 1 medium onion chopped | 1 tablespoon vegetable oil |
| 2 pounds Swiss Chard chopped | 1/4 cup orange juice |
| 1/4 cup dried cranberries | 1/4 cup mandarin oranges drained |

Instructions

1. Wash your hands and clean your cooking area.
2. Wash and chop Swiss chard. Peel and chop onion.
3. Heat 1 tablespoon vegetable oil in a large skillet over medium heat. Sauté onion until tender.
4. Add Swiss Chard and sauté for 3 minutes or until just wilted.
5. Stir in the orange juice and salt and pepper; cook for 1-2 minutes. Remove from heat. Stir in mandarin oranges and cranberries.
6. Remove from heat. Stir in mandarin oranges and cranberries.

Nutrition Facts	
4 servings per container	
Serving size	(295g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 4mg	20%
Potassium 949mg	20%

*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.

Sanci Hall is the Tarrant County Better Living for Texan's Texas A&M AgriLife Extension Agent. Contact her at sanci.hall@ag.tamu.edu & visit our webpage: tarrant.agrilife.org



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Upcoming Local Events

- **Senior Nutrition Series – Be Well, Live Well.** Learn how to: Be Independent, Eat Well, Be Able, Read the Label, Be Safe, Eat Safe, Be Creative, Meal Plans, and Be Fit, Move More
 - **Arlington @** Destiny's Pointe Christian Church, 2350 E Mayfield, Arlington TX, 76014
 - Thursday, June 2, 2022 – Lesson 1
 - Thursday, June 9, 2022 – Lesson 2
 - Thursday, June 16, 2022 - Lesson 3
 - Thursday, June 23, 2022 - Lesson 4
 - Thursday, June 30, 2022 - Lesson 5
 - Register at: <https://forms.gle/VKBxQKia7iMQKGK68>
 - **North Richland Hills** Recreation Center, 6000 Hawk Ave, North Richland Hills, TX, 76180
 - Wednesday, July 6, 2022 – Lesson 1
 - Wednesday, Aug 3, 2022 – Lesson 2
 - Wednesday, Sept 7, 2022 - Lesson 3
 - Wednesday, Oct 5, 2022 - Lesson 4
 - Wednesday, Nov 2, 2022 - Lesson 5
 - Register at: www.nrhcenre.com
- **Learn Grow Eat and Go Teacher Training.**
 - July 13 from 9 am – 4 pm
 - Cost: \$150, includes curriculum, lunch, door prizes, and more!
 - REGISTER HERE <https://tamu.estore.flywire.com/products/tarrant-county-lgeg-teacher-training>
- **Adult Gardening Series - Growing and Nourishing Healthy Community Gardens.** Learn how to: Choose A Garden Location, Soil and Compost, Raised Bed and Container, Maintaining Your Garden, Diseases and Insects, and Harvesting Your Garden



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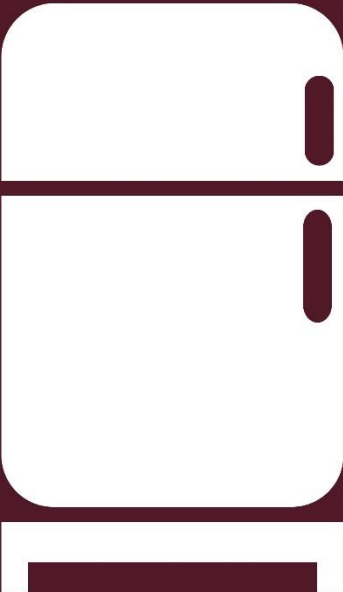
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- **Arlington** @ Destiny's Pointe Christian Church, 2350 E Mayfield, Arlington TX, 76014
 - Monday, July 11, 2022 - Lesson 1
 - Monday, July 18, 2023 - Lesson 2
 - Monday, July 25, 2023 - Lesson 3
 - Monday, August 1, 2023 - Lesson 4
 - Monday, August 8, 2023 - Lesson 5
 - Monday, August 15, 2023 - Lesson 6
 - Register at: <https://forms.gle/BVf4LHCa98ttktEcA>



WORKPLACE REFRIGERATOR SAFETY



- USE A FRIDGE THERMOMETER TO ENSURE THE TEMPERATURE IS 40 DEGREES OR BELOW
- KEEP RAW MEATS ON THE BOTTOM SHELF
- FOODS LEFT IN THE TEMPERATURE DANGER ZONE (40 °F TO 140 °F) ARE NOT SAFE TO EAT
- CLEAN AND SANITIZE WEEKLY
- KEEP LEFTOVERS FOR 3-4 DAYS ONLY

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Recipe of the Month

Recipe and photo source: MyPlate Kitchen, <https://www.myplate.gov/myplate-kitchen>

Avocado and Corn Salsa

The avocado and corn are given a flavor boost with the fresh cilantro and lime. Try this salsa with baked chicken for an easy weekday meal.

Serves: 5

Ingredients:

- 1 diced avocado
- $\frac{3}{4}$ cup frozen corn kernels, thawed
- $\frac{1}{2}$ cup grape tomatoes, quartered
- 1 tablespoon cilantro, chopped
- 2 teaspoon lime juice
- $\frac{1}{4}$ teaspoon salt

Directions:

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour and then serve.



Nutrients Per Serving: 67 calories, 4 g total fat, 1 g saturated fat, 0 mg cholesterol, 119 mg sodium, 8 g carbohydrates, 3 g fiber, 1 g total sugar, 0 g added sugar, and 1 g protein

Total Cost: \$\$\$\$