



HEALTHY HACKS FOR 2023 May

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Pick Your Produce... Fresh, Frozen, or Canned!

Did you know fruits and vegetables can be enjoyed in a variety of ways? When comparing the nutritional value of fresh, frozen, and canned produce, research continues to show that **each form COUNTS toward a healthy diet or eating pattern!** Choosing fresh, frozen, and canned fruits and vegetables increases how many options there are at the store and can help save time and money when shopping. Let's talk about shopping tips for each!

Sometimes fresh fruits and vegetables are not widely available and can cost more depending on the season and where you live. Additionally, some fresh produce travels very far to our stores and can lose nutrients in transit and potentially spoil quicker. To extend the shelf-life of fruits and vegetables, freezing or canning options are available. In processing/preserving fruits and vegetables, the produce is picked at its peak freshness in both flavor and nutrients and then processed accordingly. During processing, some fruits and vegetables lose nutrients, when compared to fresh produce but the change is minimal. Equally, there are some fruits or

vegetables with *more* nutrients available when frozen or canned as fresh items begin to lose nutrients once picked. Again, these differences are minor and vary between different fruits and vegetables!

When shopping, compare prices and consider other factors such as convenience and time. For a quick dinner, heating up a can of green beans will save time versus preparing fresh green beans; yet fresh baby carrots may be preferred for school lunches compared to canned carrots. Look for products with "no added salt" and "no added sugar." These ingredients may



be added during processing. However, if you buy canned vegetables with salt added, you can remove extra salt by rinsing vegetables under cool running water in a colander. Doing so can decrease the sodium content by 25-40%!

Pick what is best for you and your family while maximizing your food budget. Remember, all fresh, frozen, or canned produce counts!

Written by: Heidi Fowler, RD, LD - Texas A&M AgriLife Extension Service
Content Source: *Have a Plant: About the Buzz: Frozen and Canned Fruit and Vegetables VS Fresh*
Photo From: Canva



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**Benefits Of
Water Soluble Vitamins**

Nutrition educators talk a lot about vitamins when we are discussing nutrition. But what are they and why do we need them? I found two

great articles from Colorado State University Extension on vitamins, and I will pull a lot of my information from them. If you'd like to read the whole article, here are the links:

- <https://extension.colostate.edu/docs/pubs/foodnut/09315.pdf> and
- <https://extension.colostate.edu/docs/pubs/foodnut/09312.pdf>

When I started writing, I was planning to talk about both water-soluble and fat-soluble vitamins. But the write up got really long. In an effort not to bore you, I decided to talk about Water-soluble vitamins for the May issue and Fat-soluble vitamins for the June issue. I hope you enjoy ~Sanci



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To start, we need to review some biology (I apologize if I over explain, but some of these terms I've not used in a while). Vitamins are micronutrients that are essential to our body and support a large variety of functions. Vitamins are divided into two groups: water-soluble and fat-soluble. (Soluble means capable of being dissolved in a liquid) So, water-soluble vitamins are dissolved in water and need to be replaced often since they are not stored in the body. Some of those are our B-complex and Vitamin C. Fat-soluble vitamins are stored in the liver and fat cells and do not need to be replaced as quickly. Fat-soluble vitamins are A, D, E, and K.

Water – Soluble Vitamins

We require a daily supply of water-soluble vitamins. Any excess water-soluble vitamins our body doesn't need is eliminated in our urine. Water-soluble vitamins can be destroyed or washed out due to food preservation, storage, and preparation. Several ways to reduce the risk of destroying the vitamins include refrigerating fresh produce, keeping milk and grain



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away from strong light, and avoid boiling vegetables (unless you're eating the broth or liquid the vegetables was boiled in, such as soup).

B-Complex

Thiamin (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), vitamin B6 (pyridoxine), folate (folic acid), vitamin B12, biotin and pantothenic acid make up the B-Complex group. These function as co-enzymes (enzymes are defined as a substance produced by a living organism which acts as a catalyst to bring about a specific biochemical reaction) that help our body obtain energy from the food we eat.

Vitamin B1, Thiamin

Thiamin has several beneficial uses for our body. It helps to release energy from our food which our cells need to survive. It also helps with muscle contractions which helps us control our body movement. It helps conduct nerve signals from our brain down to the muscles it's



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controlling. Thiamin also helps promote a normal appetite. Eating food like pork, legumes (beans, peas, and lentils), fish, and even liver are good sources of Vitamin B1. It is also found in whole grains and fortified grain products like cereal, breads, and pastas. The Recommended Dietary Allowance (RDA) for adult males is 1.2 mg/day and females have 1.1 mg/day of Thiamin. Symptoms of Thiamin deficiency includes muscle weakness, water retention, enlarged heart, and mental confusion. Beriberi is a disease in which the body does not have enough Thiamin. Currently, due to the availability of enriched grains, thiamin deficiency is not a problem in the US.

Vitamin B2, Riboflavin

The National Institute of Health says, “In humans, as many as 10¹¹ (100,000,000,000) cells die in each adult each day and are replaced by other cells. (Indeed, the mass of cells we lose each year through normal cell death is close to our entire body weight!)” Riboflavin is all about our



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cells. It helps release energy from the food, but it also is important in the growth and development of our cells and ensuring it functions correctly. If that wasn't enough, it also helps to convert an amino acid (Amino acids are molecules that combine to form proteins. Amino acids and proteins are the building blocks of life.) tryptophan, into niacin. Eggs, organ meats, dark green vegetables, milk, and whole and enriched grains are sources for riboflavin. Fun fact – do you know why most milk is packaged in opaque containers vs clear? Ultraviolet light can destroy riboflavin. This is just one more way we can help protect our vitamins. The RDA for riboflavin is 1.3 mg/day for adult males and 1.1 mg/day for adult females. Symptoms of riboflavin deficiency include skin disorders, itchy and red eyes, loss of hair, and cracks at the corners of the mouth. Again, this is rare in the United States.



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Vitamin B3, Niacin: Nicotinamide, Nicotinic Acid

Niacin is critical to cellular function. It plays a role in cell signaling and making and repairing DNA. Niacin comes in many foods including plant and animal sources. RDA for niacin is 16 mg/day for adult males and 14 mg/day for adult females. Though not found in the United States, Pellagra can occur if a niacin deficiency is severe enough. The Cleveland Clinic states, “Pellagra is a disease caused by a deficiency of niacin, otherwise known as Vitamin B3. It’s a form of malnutrition — specifically, micronutrient undernutrition. Niacin is crucial to cell functioning throughout your body, and the lack of it shows up in symptoms throughout your body, including your skin, mouth, bowels and brain. If left untreated, pellagra can cause lasting damage to your nervous system and even death.” But beware, you can have too much niacin. Consuming too much niacin (large doses of supplements beyond 35 mg/day) may cause



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rashes, hypotension symptoms, flushed skin, or even liver damage. If niacin is found in food, over consumption is not typically an issue.

Vitamin B6: Pyridoxine, Pyridoxal, Pyridoxamine

Red blood cells need Vitamin B6 to form. That is critically important for our bodies to function well. Vitamin B6 also helps in protein metabolism and helps produce 2 important chemicals in our bodies, neurotransmitters and hemoglobin. Whole grains and fortified grains, meats, fish, legumes, and starchy vegetables all contain Vitamin B6. The RDA for vitamin B6 is 1.3 mg/day for adult males and females through age fifty and for male and females over fifty years of age is 1.7 mg and 1.5 mg, respectively. Thankfully, Vitamin B6 deficiency is uncommon. But when it does, symptoms include a swollen tongue, anemia, depression, confusion, weakened immune system, and dermatitis. Just like Vitamin B3, over consumption from food has not been



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reported, but chronically taking too much from supplements has been known to cause nerve damage.

Folate: Folic Acid, Folacin

Folate is important to promoting red blood cells, aids in protein metabolism, and in lowering the risk of birth defects. Folate is found in fish, legumes, dark green vegetables, liver, kidney, meats, and whole and fortified grains. RDA for folate is 400 mcg/day for adult males and females. If pregnant, the RDA for folate increases to 600 mcg/day. Without enough folate, our cells growth and protein production will suffer. This can lead to an overall decrease in growth. Anemia is also a clinic sign of folate deficiency. During pregnancy, folate deficiency may cause issues with the baby such as spina bifida. Ingesting too much folate does not seem to have any positives, but too much and it may interfere with medications. The upper limit of folate from supplements is 1,000 mcg/day.



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Vitamin B12: Cobalamin

Building genetic material, producing healthy red blood cells, and maintaining a healthy nervous system are all part of B12's role. As with many of our B Complex Vitamins, B12 can be found in meat, fish, eggs, milk, oysters and shellfish. Even some fortified foods and natural yeast have B12. RDA for Vitamin B12 is 2.4 mcg/day for both adult males and females. Unfortunately, many of our older adults (over 50) do not get enough B12 which is why some recommendations are to eat fortified cereal. Not having enough B12 can cause anemia and neurological changes (tingling in the hands and feet or numbness). No known problems occur with having too much B12.

Biotin

Biotin aids in the body's ability to metabolize protein, fats, and carbohydrates and helps release energy from carbohydrates. Milk, fresh vegetables, yeast breads, and eggs are good



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sources of Biotin. An Adequate Intake (AI) for Biotin is 30 mcg/day for both adult males and females. Hair loss, skin rashes, and brittle nails may be a sign of Biotin deficiency, though biotin deficiency is uncommon. As with B12, there does not appear to be an issue if you have too much Biotin.

Vitamin B5: Pantothenic Acid

Like Biotin, Vitamin B5 aids in the body’s ability to metabolize protein, fats, and carbohydrates as well as helps with energy production and aids in the formation of hormone. Almost all plant and animal-based food contains B5. The richest sources are fortified breakfast cereal, liver, kidney, meat, and seeds. An Adequate Intake (AI) for Pantothenic Acid is 5 mg/day for adult males and females. Its uncommon to have a B5 deficiency and no known problems if you have too much.



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Vitamin C: Ascorbic Acid, Ascorbate

Vitamin C helps the body by holding cells together through collagen synthesis (collagen is a connective tissue that holds muscles, bones, and other tissues together). It also helps heal wounds, promote healthy bone and tooth formation, and strengthen blood vessel walls.

Vitamin C works with vitamin E (which we will learn about next newsletter) as an antioxidant and plays a crucial role in neutralizing free radicals (A free Radical is a type of unstable molecule that is made during normal cell metabolism (chemical changes that take place in a cell). Free radicals can build up in cells and cause damage to other molecules, such as DNA, lipids, and proteins. This damage may increase the risk of cancer and other diseases. – Per National Cancer Institute). Citrus fruits, peppers, broccoli, kiwi, and strawberries are great sources Vitamin C. 90 mg/day for adult males and 75 mg/day for adult females is the RDA for Vitamin C. If you do not get enough Vitamin C, you can get scurvy. (Side Note - The U.S. Navy



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continued to struggle with scurvy into the 19th century even though the Royal Navy cracked the mystery of the disease in the 18th century thanks to surgeon James Lind. The British began storing citrus fruits on board all of its ships. The British Navy gave its sailors limes or lemon juice rations to ward off scurvy – earning them the nickname of "Limeys" among the American sailors who didn't know about or believe in the preventative treatment. -

<https://www.health.mil/News/Articles/2022/01/10/The-British-Limeys-Were-Right-A-Short-History-of-Scurvy>) Symptoms of scurvy include loose teeth, bleeding and swollen gums, and improper wound healing. Even though Vitamin C is a water-soluble vitamin, it is possible to get too much. An excess of Vitamin C can cause adverse health issues such as kidney stones, and diarrhea.



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WOW! That was a ton of information. I hope I didn't lose anyone. Bottom line, the food we eat is crucial to either making us healthy or making us sick. Making sure we are eating a variety of food, (think "Eat the Rainbow", and no....Not Skittles), lean proteins, and staying active are all keys to improving our health.

Next month, we'll break down those fat-soluble Vitamins, A, D, E, and K.

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 and agrilife.org/urbantarrantnutrition/blt



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Figure 1 Picture by Elizabeth H., Keller 4-H, Intermediate

Veggie Highlight: Broccoli

Broccoli is by far my favorite vegetable. I can enjoy it plain as a snack, steamed as a side dish, or cooked as a vegetable into the main dish. When you're purchasing or harvesting broccoli, you want to look for large, firm, and bright green or dark green heads. Once purchased or harvested, store the broccoli, unwashed, in loose or perforated plastic bags in the vegetable drawer in the refrigerator. It should be good for up to 5 days. Make sure to wash it before you use it.



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It is full of important nutrients such as fiber, Vitamin K, Vitamin A, Vitamin C, Folic Acid, and Potassium. Broccoli is in the cruciferous vegetable group and contains antioxidants that may help reduce the risk of cancer.

We eat the edible flower buds and the stalks. The stems, while tougher, can be peeled and using in your favorite veggie dip or cup up into smaller pieces cooked with the florets. I love how many ways you can use Broccoli. See what the Montana State University Extension says:

https://www.montana.edu/extension/buyeatlivebetter/main_documents/factsheets/msu_extension_food_fact_sheets/BroccoliFFS.pdf

- Boil or Steam. Place chopped broccoli florets and/or stems (evenly sized pieces) into steamer or pan of boiling water. Steam or boil about 10-15 minutes until individual



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pieces are tender enough to easily pierce through with a fork, or until desired tenderness.

- Microwave. Place broccoli florets or chopped broccoli in a microwave-safe dish with 2-3 tablespoons water. Microwave on high for 5-8 minutes or until tender.
- Pasta, Salad or Stir-fry. Chop broccoli into 1/4- to 1/2-inch florets to any lasagna, pasta sauce, or pasta salad. Add to any green salad or stir-fry dish.
- Raw. Rinse and trim broccoli to enjoy plain or with a low-fat dip such as yogurt.
- Roast. Place broccoli spears in a plastic bag and drizzle with olive oil and low-sodium seasonings. Shake until broccoli is coated. Spread on a baking sheet and roast at 400°F for 15-20 minutes or until tender.
- Season. To enhance flavor, season with allspice, basil, curry powder, dill weed, garlic, ginger, marjoram, nutmeg, oregano, tarragon, thyme or lemon juice.



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Local Events

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

Community Enrichment Center, 6250 NE Loop 820, North Richland Hills, 76180 in the Community Room form 10 am – 11 am.

Wednesday, June 7, 2023

Wednesday, July 5, 2023

Wednesday, Aug 2, 2023

Wednesday, Sept 6, 2023

Wednesday, Oct 5, 2023

Wednesday, Dec 6, 2023

North Richland Hills Centre, 6000 Hawk Ave, North Richland Hills, Tx 76180, 2:00 pm – 3:30 pm.

Wednesday, Sept 6, 2023

Wednesday, Sept 13, 2023

Wednesday, Sept 20, 2023



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Wednesday, Sept 27, 2023

Wednesday, Oct 4, 2023

Wednesday, October 11, 2023

Sign up online at www.nrhcentre.com, Class #18765

Watauga Public Library, 7109n Whitley Road, Watauga, Tx 76148, 4:30 pm – 5:30 pm

Monday, September 11, 2023

Monday, September 18, 2023

Monday, September 25, 2023

Monday, October 2, 2023

Monday, October 9, 2023

Monday, October 16, 2023

Sign up at the Watauga Public Library at 817-514-5865.

Adult Nutrition Series – Get The Facts - During this 4-part adult nutrition series, learn to be more confident at the grocery store, learn how nutrients affect your health, and how to read and understand the Nutrition Facts Label.

Evergreen at Keller, 501 Bourland Road, Keller, Tx 76248, 2:00 pm – 3:00 pm.



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Thursday, May 11, 2023

Thursday, May 18, 2023

Thursday, May 25, 2023

Thursday, June 1, 2023

Please sign up at the Activities Sign Up Sheet book.

North Richland Hills Centre, 6000 Hawk Ave, North Richland Hills, Tx 76180, 2:00 pm – 3:00 pm.

Tuesday, June 6, 2023

Tuesday, June 13, 2023

Tuesday, June 20, 2023

Tuesday, June 27, 2023

Sign up online at www.nrhcenre.com, Class #18766

Fort Worth Public Library, 1001 Library Lane, Fort Worth, Tx 76109, 3:00 pm – 4:00 pm

Tuesday, September 26, 2023

Tuesday, October 3, 2023

Tuesday, October 10, 2023



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Tuesday,, October 17, 2023

Sign up at the front desk.

Adult Nutrition – Healthy Carbohydrates – This 4 -part series dives into how carbohydrates work in the body, incorporating them into a simple plate, and finding the right amount to eat.

Hurst Senior Activities Center, 700 Heritage Circle, Hurst, Tx 76053, 1 pm – 2 pm.

Wednesday, August 2, 2023

Wednesday, August 9, 2023

Wednesday, August 16, 2023

Wednesday, August 23, 2023

Wednesday, August 30, 2023

Sign up at the Hurst Senior Activities Center at 817-788-7710

Watauga Public Library, 7109 Whitley Road, Watauga, Tx 76148, 4:30 – 4:30 pm.

Wednesday, August 2, 2023

Wednesday, August 9, 2023

Wednesday, August 16, 2023



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Wednesday, August 23, 2023

Wednesday, August 30, 2023

Sign up at the Watauga Public Library at 817-514-5865

Saginaw Senior Center, 633 W. McLeroy Blvd, Saginaw, Tx 76179, 10:30 am - 11:30 am

Thursday, September 21, 2023

Thursday, September 28, 2023

Thursday, October 5, 2023

Thursday, October 12, 2023

Sign up at the Saginaw Senior Center, 817-230-0459.

Adult Walk, Gardening, and Nutrition Series – Eat What You Grow - During this 6-week series, we will be walking, learning about gardening (Growing and Nourishing Healthy Community Gardens curriculum), and nutrition (Healthy Carbohydrates curriculum) utilizing an outdoor educational environment at Mind Your Garden.

Mind Your Garden, 3815 Timberline Drive, Fort Worth, Tx 76119, 8:30 am – 11:30 am

Monday, 25, 2023



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Monday, June 1, 2023

Monday, June 8, 2023

Monday, June 15, 2023

Monday, June 22, 2023

Monday, June 29, 2023

Sign up at <https://forms.gle/ynBXdvJNGTtVMxh87>



IMPORTANCE OF OUTDOOR PLAY | MAY 10 AT 11:30AM |

Children learn so much through play when they are young - Social skills, self -are, sharing, teamwork! And playing outdoors is even more important for their health. Exposure to light and fresh air, increased physical activity, and just learning about nature and exploring their environment. Join is for a learning session on the importance of outdoor play and ways to encourage more of it. [Register Here!](#)



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| ACTIVE RECREATION FOR KIDS | MAY 11TH AT 1:00PM |

Dr. Deb Kellstedt and Ms. Alice Kirk, MPH will outline where and how children and youth get their activity and describe how adults can help them become more active all day long. They will also provide strategies for Extension Agents to share in their communities for keeping kids active both indoors and outdoors during the summer break.

Join via Microsoft Teams [Click here to join the meeting](#)

Meeting ID: 258202 242 17 Passcode: syw3Ss

[Download Teams](#) | [Join on the web](#)

BUILDING STRONG PARTNERSHIPS TO MOVE THE NEEDLE ON GREEN SCHOOLYARDS | MAY 17TH AT 2:00PM

Webinar with Melody Alcazar with Austin Cities Connecting Children to Nature & Darian Clary with Austin ISD Austin Independent School District (AISD) and Austin's Parks & Recreation Department (PARD) recently updated their 60+ year old Joint Use Agreement (JUA), one key element to their expanding Green School Park initiative. However, the agreement is only a small piece of the puzzle as each agency is working to equitably connect children to nature. Join staff from both AISD and PARD to learn why rebuilding a strong partnership between the District and Department was critical in updating the JUA and scaling their joint Green School Park efforts.

This is a TCiNN Partner Exclusive webinar - if you are not a partner you can still join:

<https://forms.gle/vgsUwZCtMb81Dahz9>



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TEACHER JMG & CITIZEN SCIENCE TRAINING

JULY 12, 2023 9AM-4PM

Learn about two great curricula we offer and how to set up your school to succeed with these programs. A complete lesson plan put together by teachers for teachers!

WHAT TO EXPECT

- Overview of both Curricula
- Hands-on examples
- Lunch provided!
- Texas A&M Agrilife certification with 8TEA CPE hours & TEEAC creditCEUs!

LOCATION:

Texas A&M Agrilife Extension Office
200 Taylor St. Fort Worth, Tx 76196
Lonestar A&B Conference Center

Register Here !

Cost \$25

Contact Person:

Brittney Meyer
817.884.1945



[If you need any special accommodations, please contact the office at 817.884.1945 by July 7, 2023 so we may consider your request.](#)

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LGE G TEACHER TRAINING

Learn, Grow, Eat, and Go Curriculum Training

JULY 20, 2023
9AM - 4PM

TARRANT COUNTY AGRILIFE OFFICES - DOWNTOWN

REGISTRATION COST: \$50
SCAN QR CODE TO REGISTER!
LUNCH INCLUDED



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Better Sleep Month- Get the Sleep You Need

Better Sleep Month is observed during the month of May and aims to encourage healthy patterns of sleep and educate on the benefits of sleeping well. According to Amy Valdez, Texas A&M AgriLife Program Specialist, “sleep is just as important as including a well-balanced eating pattern and physical activity into our daily lives. It can have a great impact on our physical and mental health, and a lack of sleep can be detrimental”.

Sleep Recommendations and Benefits

Sleep is a crucial part of our daily lives. It is recommended by the National Sleep Foundation that most adults should sleep for seven to nine hours every night. Getting in a good night’s sleep not only helps us feel energized and prepared for the next day but it can also aid in maintaining a healthy immune system and managing stress.

Insufficient Sleep, Oversleeping, and Concerns

In the United States, 1 in 3 adults are not getting adequate sleep. Insufficient sleep can play a role in various aspects of one’s health. Not getting enough can lead to increased risk of weight gain, depression, and certain chronic diseases such as heart disease and type 2



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diabetes. Just as getting enough sleep as an adult can be an issue, so is too much sleep or oversleeping. Oversleeping can be linked to individuals gaining weight, experiencing depression, headaches, or backaches.

Tips on Getting a Better Sleep

Getting a good night's sleep does not always come easy. Valdez shares the following tips for getting better sleep:

- **Exercise During the Day-** Physical activity during the day can make it easier to fall asleep. Avoid exercise close to bedtime as this may have the opposite effect.
- **Keep it Consistent-** Aim to go to bed and get up at the same time each day. Keep a bedtime routine to allow your body to wind down.
- **Prepare your Area for Quality Sleep-** Sleeping in a room that is dark, cool, and has limited distractions can provide for a better night's sleep. Ensure your sleeping area has all of the necessary items you may need to sleep, such as pillows, blankets, and a sound machine to muffle distracting noises.
- **Reduce Use of Electronics-** The blue light from electronics can interrupt the production of sleep hormones, causing difficulty sleeping. Aim to put away electronic devices at least 30 minutes before bedtime.



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- **Avoid Caffeine** – Caffeine is typically used to provide a boost of energy.

Consuming caffeine before bed can make it hard to fall asleep and make sleep not as restful. The general recommendation for cutting off caffeine products is a minimum of eight hours before going to bed.

While these tips may work for some individuals, this does not replace treatment for any forms of chronic sleep deprivation. If there is a continuous pattern of inadequate sleep or concerns, visit and speak with your healthcare team.

Contact: Amy Valdez, Extension Program Specialist, Email: Amy.Valdez@ag.tamu.edu

Sources:

National Sleep Foundation <https://www.thensf.org/>

Healthline <https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>

Web MD <https://www.webmd.com/sleep-disorders/physical-side-effects-oversleeping>

Sleep Foundation <https://www.sleepfoundation.org/nutrition/caffeine-and-sleep>



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Better Sleep Month **TEXAS A&M AGRILIFE EXTENSION**

Here are some tips on how you can get a better sleep!

- ✓ EXERCISE DURING THE DAY
- ✓ REDUCE THE USE OF ELECTRONICS BEFORE BEDTIME
- ✓ KEEP A CONSISTENT BEDTIME AND SLEEP ROUTINE
- ✓ PREP YOUR AREA FOR QUALITY SLEEP
- ✓ AVOID CAFFEINE A MINIMUM OF 8 HOURS BEFORE BEDTIME

SOURCE: NATIONAL SLEEP FOUNDATION, SLEEP FOUNDATION, & HEALTHLINE



Better Sleep Month

DID YOU KNOW?

IT IS RECOMMENDED FOR MOST ADULTS TO GET

7 TO 9

HOURS OF SLEEP EVERY NIGHT

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SOURCE: NATIONAL SLEEP FOUNDATION





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BETTER LIVING FOR TEXANS TEXAS A&M AGRILIFE EXTENSION SERVICE

Recipe of the Month

Recipe Adapted from Natalie Monson, RD, CD, Super Healthy Kids

Fruit Pizza

Keep a variety of fresh, frozen, and canned fruits and vegetables on hand. The different options may keep you interested in eating a serving at every meal.

Ingredients

- ½ cup low-fat Greek yogurt, plain
- 1 teaspoon honey
- ½ teaspoon vanilla extract
- 1 tablespoon orange juice
- 6 medium tortillas, whole wheat

Toppings

- ¼ cup strawberries
- ¼ cup kiwi
- ¼ cup green grapes
- ¼ cup blackberries
- ¼ cup mandarin oranges, canned in juice



Directions

1. In a small mixing bowl, blend together yogurt, honey, vanilla extract, and orange juice until fully blended.
2. Slice strawberries; peel kiwi, cut in half and slice; cut grapes into quarters; slice blackberries; and drain oranges.
3. Heat a skillet to lightly toast tortillas on both sides for 1 to 2 minutes. Let cool.
4. Spread yogurt mixture onto tortillas and top with fruit.

Nutrients Per Serving: 160 calories, 2 g total fat, 1 g saturated fat, 0 mg cholesterol, 150 mg sodium, 30 g carbohydrates, 1 g fiber, 8 g total sugar, 1 g added sugar, and 6 g protein.

Total Cost: \$\$\$\$