

Personalize Your Plate

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Personalize Your Plate During National Nutrition Month® 2021

National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. Initiated Academy of Nutrition and Dietetics for advancing the nutritional status of Americans and people around the world.

Developing a healthful eating pattern is not a one-size-fits all endeavor. The key is tailoring your favorite foods to meet your individual nutrient needs. This year's theme, **Personalize Your Plate**, promotes creating nutritious meals to meet individuals' cultural and personal food preferences.

"America is a cultural melting pot, so you can't expect everyone's food choices to look the same," said registered dietitian nutritionist Su-Nui Escobar. "Eating is meant to be a joyful experience. As supermarkets increasingly diversify their shelves to meet the needs of their customers, it's becoming easier to create nutritious meals that align with a variety of cultural preferences."

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of registered dietitian nutritionists – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals.

"Variety is the spice of life and that's how people should view their meals," Escobar said. Spice up your menus with the foods and flavors you enjoy and add new flavors to spark excitement in your cooking. "Developing healthful eating habits does not require drastic lifestyle changes. A registered dietitian nutritionist can help you incorporate the foods you enjoy into your life."

Kay Rogers

Educational Programs of Texas A&M AgriLife Extension Service



'Eating Right for Life Stages'

People need to adjust their eating habits to address the nutritional needs of their bodies during all stages of life. "What works for you in your twenties won't necessarily work for you in your fifties. As you age and evolve, so do your health and nutrition needs. It's important to eat right for life," said registered dietitian nutritionist Colleen Tewksbury.

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The new 2020-2025 Dietary Guidelines for Americans provide authoritative advice to help people of all ages meet their dietary needs while limiting added sugars, sodium and saturated fat.

In addition to maintaining healthful eating habits throughout life these additional tips are recommended For Life Stages

Teens to 20s — Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.

20s to 30s — Reduce your risk of chronic diseases such as obesity, Type 2 diabetes and heart disease by eating more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds. Women of childbearing age should include sources of folate, such as beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.

30s to 40s — Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants and dietary fiber.

40s to 50s — Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt and saturated fat.

60s and beyond — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.



Reimagining Traditional Dishes

Personalize Your Plate, promotes creating nutritious meals to meet individuals' cultural and personal food preferences. Make informed food choices and develop sound eating and physical activity habits they can follow all year long.

"We are all unique with different bodies, goals, backgrounds and tastes, so it only makes sense that our food choices will reflect that individuality," said registered dietitian nutritionist Roxana Ehsani. "It's possible for anyone to incorporate the foods you love into a healthy lifestyle."

Tips to reimagine traditional dishes:

- Cook with dried spices and herbs instead of salt to add flavor to your dishes
- Try different grains such as wild rice, whole-grain farro and whole-grain barley to reap the benefits of whole grains
- Go meatless: Serve up beans or lentils for a heart healthful plant-based protein
- Cook with vegetable oils instead of solid fats such as butter when cooking to limit saturated fat
- Eat 100-percent whole-wheat bread instead of white bread for more dietary fiber
- To decrease extra calories from fat, bake, grill, roast or steam your food instead of frying
- Sprinkle chia or ground flax seeds on cereal, salad or toast to increase consumption of omega-3 fatty acids
- For flavor, add lime, grapefruit or pineapple slices to glasses of water
- Cook grains in a low-sodium chicken or vegetable stock for flavor
- To add variety, enjoy vegetables in different forms — raw, steamed, roasted, grilled or sauteed.

"Fill half your plate with fruits and vegetables and the remaining quarters of your plate with whole grains and protein foods, such as lean meat, skinless poultry, seafood or beans. With each meal, eat calcium-rich foods and drinks such as fat-free or low-fat milk, yogurt, cheese or a calcium-fortified soy beverage.



Good nutrition is essential for a healthy immune system, which may offer protection from seasonal illness and other health problems.

Focus on food to get the vitamins and minerals your body needs to stay healthy. "There is no magic immune-boosting pill or food, but a well-balanced eating plan that includes a variety of nutritious foods from all of the food groups will help give your body the nutrients it needs to support your immune system," said registered dietitian nutritionist Wesley McWhorter. Obtaining nutrients primarily through food, because multivitamin and mineral supplements are not scientifically proven to prevent disease. They can benefit those who are unable to meet vitamin and mineral requirements through food or have been diagnosed with a deficiency.

Vitamins and Minerals

Are as essential for living as air and water. Not only do they keep your body healthy and functional, they help protect you from a variety of diseases. Vitamins and minerals get thrown together, but they are quite different. Vitamins are organic substances produced by plants or animals. They often are called "essential" because they are not synthesized in the body (except for vitamin D) and therefore must come from food. Minerals are inorganic elements that originate from rocks, soil, or water. However, you can absorb them indirectly from the environment or an animal that has eaten a particular plant.

Vitamins are divided into two categories: water soluble—which means the body expels what it does not absorb—and fat soluble where leftover amounts are stored in the liver and fat tissues as reserves. The water-soluble vitamins are the eight B vitamins (B-1, B-2, B-3, B-5, B-6, B-7, B-9, and B-12) and vitamin C. The fat-soluble vitamins are A, D, E, and K.

Minerals are split into two groups: major and trace. Major ones are not necessarily more important than trace, but it means there are greater amounts in your body.

The Top Food Sources

Federal guidelines suggest minimum daily amounts for vitamins and key minerals. However, unless you need to increase your intake for specific ones because of a deficiency or other medical reason, following so many numbers can be confusing. The best approach to ensure you get a variety of vitamins and minerals, and in the proper amounts, is to adopt a broad healthy diet. This involves an emphasis on fruits and vegetables, whole grains, beans and legumes, low-fat protein, and dairy products. The good news is that many common foods contain multiple mineral and vitamin sources, so it is easy to meet your daily needs from everyday meals.

Choosing the foods and nutrients you need to stay healthy:

Vitamin Sources

Water soluble:

- B-1: ham, soymilk, watermelon, acorn squash
- B-2: milk, yogurt, cheese, whole and enriched grains and cereals.
- B-3: meat, poultry, fish, fortified and whole grains, mushrooms, potatoes
- B-5: chicken, whole grains, broccoli, avocados, mushrooms
- B-6: meat, fish, poultry, legumes, tofu and other soy products, bananas
- B-7: Whole grains, eggs, soybeans, fish
- B-9: Fortified grains and cereals, asparagus, spinach, broccoli, legumes (black-eyed peas and chickpeas), orange juice
- B-12: Meat, poultry, fish, milk, cheese, fortified soymilk and cereals
- Vitamin C: Citrus fruit, potatoes, broccoli, bell peppers, spinach, strawberries, tomatoes, Brussels sprouts

Fat soluble:

- Vitamin A: beef, liver, eggs, shrimp, fish, fortified milk, sweet potatoes, carrots, pumpkins, spinach, mangoes
- Vitamin D: Fortified milk and cereals, fatty fish
- Vitamin E: vegetables oils, leafy green vegetables, whole grains, nuts
- Vitamin K: Cabbage, eggs, milk, spinach, broccoli, kale

Minerals

Major:

- Calcium: yogurt, cheese, milk, salmon, leafy green vegetables
- Chloride: salt
- Magnesium: Spinach, broccoli, legumes, seeds, whole-wheat bread
- Potassium: meat, milk, fruits, vegetables, grains, legumes
- Sodium: salt, soy sauce, vegetables

Trace:

- Chromium: meat, poultry, fish, nuts, cheese
- Copper: shellfish, nuts, seeds, whole-grain products, beans, prunes
- Fluoride: fish, teas
- Iodine: iodized salt, seafood
- Iron: red meat, poultry, eggs, fruits, green vegetables, fortified bread
- Manganese: nuts, legumes, whole grains, tea
- Selenium: Organ meat, seafood, walnuts
- Zinc: meat, shellfish, legumes, whole grains

Mindfulness

National Get Over It Day

Anyone who has been harboring a grudge or hanging on to resentment might want to take the time to observe National Get Over It Day. This is a holiday that's observed on March 9th every year and is designed to give people an excuse to just let go of those past resentments, disappointments, and hostility over the things in your past. It's a day to just get over the minor things in life so that you and everyone else around you can live their best life.

History of National Get Over It Day

Was first conceived in 2005 by Jeff Goldblatt to help himself get over an ex-girlfriend. To observe his newly invented holiday, he penned a Get Over It Poem that went viral and was featured on over a thousand different media outlets. Ever since then, it's a holiday that people all over the world observe.



Get Over It Day Songs

Music adds a bit of fun to National Get Over It Day celebrations? Songs that prove that having to get over things is a universal thing that most people have to experience at least once in their life.

- Get Over It by OK Go
- Get Over It by Avril Lavigne
- Over It by Katharine McPhee
- Gonna Get Over You by Sara Bareilles
- Over You by Daughtry
- Get Over It by Lower Than Atlantis
- Tonight I'm Getting Over You by Carly Rae Jepsen
- Get Over It by Care Bears On Fire

How To Stop Overreacting To The Little Things

How to keep yourself from overreacting to the little things. Steps to getting over the little things in life, so you can live your best life.

- Know Your Triggers
- Take A Few Moments To Relax
- Rationalize About What Really Happened
- Take Responsibility Where Needed
- Rechannel Your Feelings Into Productive Activities
- Give Yourself Time To Heal

Observing National Get Over It Day

This holiday can be observed in a number of different ways. A person can write a poem to help themselves dispel the disappoints, regrets, and anger over the past. Or they can listen to one of the get-over-it songs that we listed above. If they want to tell everyone that they're observing this holiday, they can also use the hashtag #NationalGetOverItDay on their social media accounts. Regardless of how they celebrate this holiday, however, one thing is for certain: Holding on to the past regrets and disappointments isn't good for you, so maybe it's time to just get over it.

Texas 4-H Shooting Sports Ambassador



Hello, my name is Blair Dahl, and I am from Hartley County. I am a freshman at Channing High School and a 2020-2021 Texas 4-H Shooting Sports Ambassador, representing the North Region of Texas. I am involved in the archery project and am a member of the Texas State 4-H Compound Archery Team. As an ambassador, I help educate about the shooting sports projects at the county, district, and state levels. Shooting Sports is currently the fastest-growing Texas

4-H project. My goals are to promote 4-H as a youth development organization, emphasize the importance of safety at all practices, events, and competitions, and continue to grow the project by getting youth excited about something they can participate in as a life-long sport.

I recently attended a National 4-H Shooting Sports webinar on the topic of "Conflict Stress." I realized that conflict and stress are two unavoidable things in life, but we can learn to manage both in ways that will make everything easier. In order to manage conflict within ourselves, we must first understand its processes and the processes that our body goes through when coming in contact with stress, and finally accept that stress is going to happen because it is a natural part of life. Mental Management is a term that we seem to hear more and more often, but it really is something that we have to learn to apply as a competitor in any sport or activity. It is even necessary to learn mental management practices for everyday life situations that may come our way, such as feeling nervous about taking a test or being "overloaded" with work that we have to do. Developing coping skills will help you have confidence when conflict arises within yourself.

We reach a point of conflict internally when our brain responds with strong emotional signals, and we tend to "freeze up" rather than evaluate the situation and think logically about what is happening. So, the goal is to find ways to overcome the "freeze up" when your brain tells you that you cannot do something. We must train ourselves and practice beforehand so that when we encounter real situations, we will know how to handle the stress.

In archery, it is easy to lose concentration if you do not score as well as you would like or maybe you aim and totally miss altogether. Instead of giving up or replaying that shot over and over in your mind, you have to completely erase it mentally. This is sometimes easier said than done, but you have to start fresh with each arrow that you pull from your quiver and leave the past in the past. Each arrow is a new chance to score and improve.

Following are some conflict stress management tips that I currently practice in archery and hope that you are able to incorporate into your life's activities the next time an inner conflict arises.

BREATHE PLUS TWO: An example of this is to inhale for two seconds, and then exhale for four seconds. You simply take a deep breath counting your seconds and then add two more seconds to your exhale.

GROUNDING: Place your feet flat on the ground and find your center. You can do this even if you are sitting.

TONGUE DROP: Consciously drop your tongue to the bottom of your mouth and keep it down to help retain focus. We often want to put our tongue on the roof of our mouth, but dropping it helps us relax.

TENSE, THEN RELAX: Contract your muscles from the bottom of your toes to the top of your head and then slowly relax by gradually releasing the tension.

WALK: Sometimes all it takes to help solve a problem within ourselves is taking a step back from the situation and coming back to it a short time later with fresh eyes. Walking helps ease frustration and clear your mind. It may even help to walk with someone and talk something out.

COMBINE TECHNIQUES: Practice combining techniques when you can. For example, on the shooting line, I ground my feet, drop my tongue, and breathe before nocking an arrow.

Building up your confidence when it comes to managing conflict is a way to carry out a healthier life-style and just like the 4-H motto says: "**Make the best better!**"



Speaking at Rotary luncheon



2021 Texas Compound Archery Team

If you would like more information on 4-H programs or Texas 4-H Shooting Sports programs and events, contact the Dallam-Hartley Agrilife Extension Office at 806-244-4434, or go online to **texas4-h.tamu.edu**.



2021 Texas 4-H Shooting Sports Teams



2021 Compound Archery Team practice

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"Panhandle Path to Healthy Living" is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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Path to Plate.....

Strawberry Salad

Ingredients:

6 Medium Strawberries
3 1/2 tbsp Goat's Cheese or Feta Cheese
Fresh Spinach
8 tbsp Olive Oil
4 tbsp Balsamic Vinegar
4 tbsp Honey

Directions:

1. Add goats cheese, spinach, Strawberries, olive oil and balsamic vinegar in a large salad bowl.
2. Drizzle honey over the salad & add walnuts if desired.

