

June 2023

Here Comes the Sun!

TEXAS A&M
AGRILIFE
EXTENSION



The kids are out of school and headed to the pool! The charcoal is glowing in the grill. The grass is green , the skies are blue, and the fish are biting! **Hello June!**

Father's Day is around the corner. What better way to celebrate Dad than to encourage him to take care of his health? National Men's Health Week (June 12th -18th) is part of a month-long recognition of men's health with activities and events to remind men to take care of their bodies and to get routine screenings. In addition to men's health facts, this newsletter also includes easy ways to adopt a Mediterranean-style of eating to reduce the risk of cardiovascular disease for both men and women.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." - Congressman Bill Richardson (May 1994)

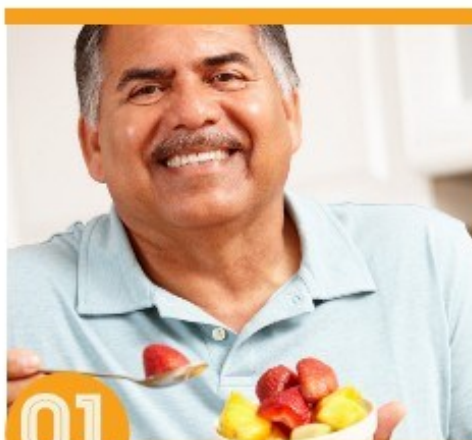
June blessings to all!

Kay Rogers - CEA-FCH



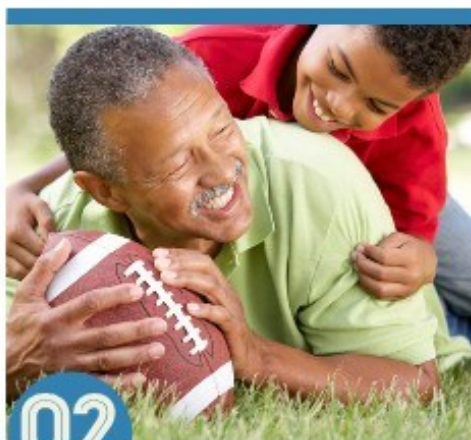
JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family



01

Eat Healthy. Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority. Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

1 IN 2

1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

1994

On May 31, 1994 President Clinton signed the bill establishing National Men's Health Week.

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Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 - 74.

80

ONLINE RESOURCES

Men's Health Month
menshealthmonth.org

Men's Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men's Health Blog
talkingaboutmentshealth.com

Women Against Prostate Cancer
womenagainstoprostatecancer.org

Take your diet to the Mediterranean -

one step at a time!

- Fish instead of fried chicken.
- Brown rice instead of a white-flour roll.
- A handful of nuts instead of chips.
- Fruit instead of dessert.

Small changes can make big differences!



FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.

ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats

Mediterranean-style eating aids your heart in four ways:

1. It helps keep cholesterol levels healthy.
2. It enhances your body's ability to absorb blood sugar.
3. It cools off damaging inflammation, an immune system response triggered when the body fights perceived intruders.
4. It helps arteries stay flexible and resist plaque buildups.

-hopkinsmedicine.org

MEDITERRANEAN DIET FOOD

list

Vegetables & Fruit



tomatoes
cucumbers
zucchini
eggplant
arugula
spinach
broccoli
avocado
greens
potatoes
onion
peppers
lemons
oranges
strawberries
raspberries
peaches
apples
plums

Herbs & Spices



garlic
basil
mint
coriander
cinnamon

Grains & Legumes



lentils
rice
bulgur
chickpeas
beans
lentils
barley
quinoa
oats

Dairy



cheese
Greek yogurt

Protein



seafood
fish
poultry
eggs

Fats & Drinks



olive oil
olives
wine



A Fruity Way to End the Meal

Ingredients:

- 1 cup low-fat yogurt
- 2 Tbsp. crystallized ginger, finely chopped
- 4 small navel oranges, peeled
- 8 ripe strawberries, hulled (other berries or chopped fruit may be substituted)
- 2 medium-sized bananas, peeled

Directions:

Place the yogurt in a small bowl. Add the ginger and stir briskly for 1 minute or until the yogurt has a sauce like consistency. Set aside. Cut each orange crosswise into 5 slices. Cut each strawberry lengthwise into 4 slices. Cut each banana crosswise into 14 slices. Spoon 1/4 cup ginger sauce onto each of 4, 8-inch dessert plates and spread the sauce over each plate. Arrange the fruit equally on each of the plates and serve.

Serves 4

Each serving contains about 197 calories, 5 g protein, 1 g fat (4% calories from fat), 3 mg cholesterol, 45 g carbohydrates, 5 g fiber, and 44 mg sodium.

TEXAS A&M AGRI LIFE EXTENSION

“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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