

THE BETTER LIVING DIARIES

November 2022- issue 1

TEXAS A&M
AGRI LIFE
EXTENSION

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Lubbock County



*Hi there,
I'm Amber.*

*I am a farmer's wife,
mother, foodie, and an
extension agent!*

*Better Living for Texans
program provides research and
evidence-based nutrition,
health and wellness knowledge
to empower individuals,
families, and communities to
make positive changes for
healthier lives*

INGREDIENTS

- 1/2 cup green onion thinly sliced
- 1 can mandarin oranges drained
- 1/3 cup coarsely chopped pecans
- 1/8 tsp pepper
- 1 medium ripe avocado peeled and sliced
- 2 cups cooked shredded chicken
- 4 cups torn salad greens

Mandarin Avocado Salad



NUTRITION FACTS SERVINGS: 8, SERV. SIZE: 1 1/2 OF RECIPE (141G), AMOUNT PER SERVING: CALORIES 150, TOTAL FAT 9G (12% DV), SAT. FAT 1.5G (8% DV), TRANS FAT 0G, CHOLEST. 25MG (8% DV), SODIUM 115G (5% DV), TOTAL CARB. 8G (3% DV), FIBER 3G (11% DV), TOTAL SUGARS 4G (INCL. 0G ADDED SUGARS, 0% DV), PROTEIN 10G, D (0% DV), VITAMIN D 0MCG (0% DV) CALCIUM 27MG (2% DV), IRON 1MG (6% DV), POTAS. 349MG (8% DV).

What's new

A Fresh Start!

*weekly Zoom classes
with Family and
Parent Outreach of
Lubbock!*



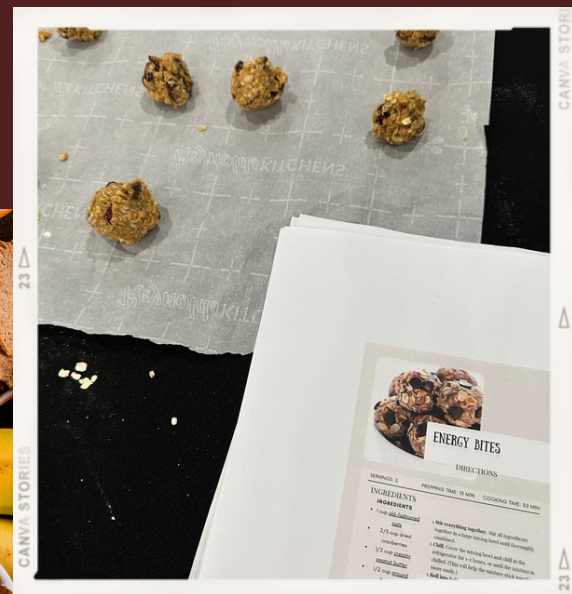
Learn about food safety, planning healthy meals, saving money on groceries, and nutrition!

*Choose Healthy in partnership with Shallowater Ace
coming soon!!*



Upcoming at all Lubbock Community Centers!!

Recently, this program was completed at
Lubbock Dream Center and Lubbock Senior
Center..



*Healthy
Carbohydrates
four session
series*

Five Simple Tips to Increase Fruit and Vegetable Intake

Adult women need at least $1\frac{1}{2}$ cups of fruit and $2\frac{1}{2}$ cups of vegetables each day and adult men need at least 2 cups of fruit and $3\frac{1}{2}$ cups of vegetables each day. This may seem like a lot or a difficult task; however, below are five simple tips to increase fruit and vegetable intake to help one reach his or her healthy eating goals.

1. Taste the rainbow. Try adding a variety of colors to at least one meal per day.

Adding colorful options will allow one to try different varieties of fruits and vegetables. Typically, children need between 10–12 introductions before enjoying a new food.

2. Go incognito. Vegetables are often not included in breakfast. Try adding a serving of leafy greens such as spinach or kale to a breakfast smoothie for a boost of iron and magnesium. Adding bell peppers and onions to scrambled eggs provides an antioxidant boost.

3. Make half your plate fruit and/or vegetables.

MyPlate.gov suggests making half your plate fruits and vegetables. Fruits and vegetables are low in calories, high in fiber and water which helps promote fullness.

Plus, they are packed with vitamins and minerals.

4. Boost cooking creativity. Allow children to help in the kitchen. Children can assist in

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preparation and build creativity by helping plan fun nutrient-dense meals and snacks. Not only will this help teach children fine motor, language, math, and life skills but lay the foundation for healthy eating habits.

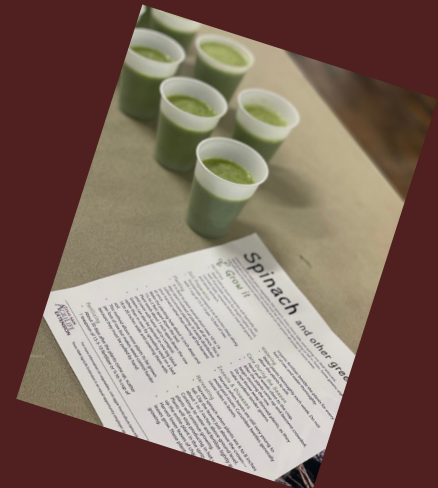
5. Shop the sales. When fresh fruits and vegetables are not financially wise to buy, enjoy options such as canned, dried, and frozen. These options are shelf stable and can help stock a pantry for quick use. Frozen corn, peas, edamame, or spinach can be added to a favorite dish for a boost of vitamins and minerals. Dried fruits and vegetables such as bananas, pineapple, apples, and turnips are a great way to enjoy a new fruit or vegetable. Make sure to check that there is no added sugar in the dried fruit. Mix frozen berries with yogurt or cereal for a quick breakfast.

Written by Heather Simpson, Extension Agent - Better Living for Texans

Content Source:

<https://www.myplate.gov/eat-healthy/vegetables>,

<https://www.myplate.gov/eat-healthy/fruits>, Piernas C & Popkin BM. (2011). Food portion patterns and trends among U.S. children and the relationships to total eating occasion size, 1977–2006. *Journal of Nutrition*, 141:1159–1164.



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