




## Newsletter-Wise County March 2021

In March, Better Living for Texans focuses attention on healthful eating through National Nutrition Month. Personalize Your Plate promotes creating nutritious meals to meet individuals cultural and personal food preferences. Better Living for Texans encourages everyone to make better food choices and physical activity habits they can follow all year long.

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.



**COLOR YOUR PLATE WITH  
FRUITS AND VEGETABLES**

RED	ORANGE YELLOW	GREEN	BLUE PURPLE	WHITE BROWN
Tomatoes	Carrots	Asparagus	Eggplant	Cauliflower
Red peppers	Yellow pears	Zucchini	Purple cabbage	Mushrooms
Watermelon	Yellow peppers	Artichokes	Black beans	Onion
Strawberries	Corn	Broccoli	Blueberries	Parsnip
Cranberries	Winter squash	Avocado	Blackberries	Radish
Raspberries	Sweet potatoes	Green peppers	Purple grapes	Jicama
Cherries	Oranges	Green beans	Plums	Garlic
Red cabbage	Peaches	Spinach	Prunes	Shallots
Apples	Papaya	Kale	Figs	Leeks
Beets	Cantaloupe	Kiwi	Dates	Black-eyed peas
Red onions	Apricots	Cabbage	Raisins	Bananas

### Why fruits and vegetables are in different colors?

"The color of fruits and vegetables is an important indicator of their nutrient content and their underlying health benefits" says Dr. Sumathi Venkatesh, a Health Specialist with Texas A&M AgriLife Extension Service. Each color implies specific phytonutrients present in them. Phytonutrients are natural compounds produced by plants that are present in foods such as fruits, vegetables, beans, and grains. A few notable phytonutrients that we get from these foods are beta-carotene, lycopene, lutein, resveratrol, anthocyanins, and isoflavones. Phytonutrients have antioxidant and anti-inflammatory properties. Consuming a diet rich in phytonutrients will improve blood circulation and heart health, promote bone and joint health, and strengthen the immune system to fight against infections and diseases.

### Include a variety of colored fruits and vegetables in your diet!

For a 2000 calorie diet, you should eat at least 2 cups of fruits and 2½ cups of vegetables including dark green, red-orange, beans, peas, and lentils, starchy vegetables, and other vegetables. Simply fill half your plate with colored fruits and vegetables in fresh, frozen, canned, and dried forms to meet your daily recommended amounts. Try not to peel fruits and vegetables that have edible skin because the skin is a good source of dietary fiber, vitamins, minerals, and antioxidants. While preparing your shopping list try to include at least one fruit and one vegetable from each color. Eating home cooked meals as often as possible will allow you to cut your food cost and choose healthy ingredients for your meals. Check out [www.dinnertonight.org](http://www.dinnertonight.org) for more useful tips on healthy recipes.

### 2 MARCH PANTRY DATES



**DUE TO EASTER  
WEEKEND, THE  
APRIL PANTRY  
WILL BE MARCH 27**

## Maintaining Healthful Eating throughout Life.

**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.

Source: [www.eatrightpro.org](http://www.eatrightpro.org)

### Avocado Mandarin Tossed Salad

**Ingredients:** 4 servings.  
1 11 ounces can mandarin orange drained.  
½ cup green onion thinly sliced (optional).  
1/3 cup coarsely chopped pecans.  
1/8 pepper  
4 cups torn salad greens.  
1 medium ripe avocado peeled and sliced.  
¼ cup fat free Italian dressing



#### Instructions:

- In a bowl, combine the orange, onion, pecans, and pepper.
- Refrigerate for 30 minutes.
- Place the greens in a salad bowl.
- Top with orange mixture and avocado slices.
- Drizzle with dressing before serving.

### Pork and Spinach Salad

**Ingredients:** Servings: 4  
4 cups fresh baby spinach.  
1 cup sliced strawberries.  
1/3 diced cucumber.  
½ lb. cooked, diced pork tenderloin.  
¼ cup dried cranberries.  
¼ cilantro.  
½ cup diced nectarines.  
¼ cup sliced red or any other onion.  
¼ cup roasted, glazed pecan pieces.



#### Instructions:

Add all ingredients and mix well. Top with your favorite dressing.

**Would you like to enroll in FREE Nutrition Classes and learn how to provide safe, healthy, and affordable meals for you and families?**

**Contact your Better Living for Texans  
Extension Agent  
Jacqueline Gonzalez  
Texas A&M AgriLife Extension Service  
[Jacqueline.gonzalez@ag.tamu.edu](mailto:Jacqueline.gonzalez@ag.tamu.edu)  
Wise.AgriLife.org  
206 South State Street  
Decatur, TX. 76234  
940-627-3341**

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