

Extension's Mission: To provide quality, relevant outreach and continuing education programs and services to the people of Texas.

INSIDE THIS ISSUE:

Master Wellness Volunteer Program 1

What's for Dinner Tonight? 1

Genetically Modified Foods 2

Meal Planning Using MyPlate 2

Dates on Food Labels 3

Water vs. Energy Drinks 3

Upcoming Events 4

Sonja S. Davis, Ed.D.
County Extension Agent
Family & Consumer Sciences
Harris County, Texas

3033 Bear Creek Drive
Houston, TX 77084
Tel: (281) 855-5600
Fax: (281) 855-5638
E-mail: sstueart@ag.tamu.edu

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas cooperating.

Master Wellness Volunteer Program

Research shows at least 50% of health status is due to lifestyle factors such as not using tobacco, being physically active, having a normal weight, maintaining good nutrition, controlling alcohol consumption, and using seat belts. Extension agents face challenges of having to reach vast audiences who are in need of such education. The Master Wellness Volunteer

Program was developed to expand Extension's reach of conducting programs. In April 2013, 16 Master Wellness Volunteer Program participants completed 40 hours of course-work related to reaching limited resource audiences, basic nutrition, food safety, health and wellness and childhood obesity. After completing the training hours, the participants are

required to volunteer an additional 40 hours of volunteer service to AgriLife Extension by assisting agents to plan, implement, market, evaluate and interpret health and nutrition programs throughout Harris County. To learn more about the 2014 MWV Program contact Dr. Sonja Davis at 281-855-5623 or sstueart@ag.amu.edu.



Front Row left to right: Monica Martinez, Amber Foster, Vilma Arriaza, Brittany Bandle, Guadalupe Mussio, Kiesha Mitchell, Pamela Thomas. Second Row (left to right): Melanie Gilmore, Sonja Davis, Liz Salinas, Vickie Kimble, Phyllicia Moore. Third Row (left to right): Ashley Moore, Kasey Knight, Tyria Adams, Chiquitia Stueart, Bethany Stout, Bianca Burley.

What's for Dinner Tonight?



The percentage of the food budget spent on away-from-home food has increased steadily since the 1970's. Consequently, the proportion of calories provided by away-from-home food has also increased. When dining out, there is a tendency to choose foods higher in calories

and larger in portions. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families. Dinner Tonight promotes family meal-time by providing quick, nutritious, cost-effective

recipes through weekly video webcasts and Facebook. Each Monday a new video is released. To sign up to receive the free videos email, contact Dinora Galaviz at 281-855-5623 or email Dinora.galviz@ag.tamu.edu. It's a fun way to get the entire family involved in meal planning and preparation.

Genetically Modified Food (GMOs)



WALK ACROSS TEXAS

FORM A TEAM OF 8
AND WALK A TOTAL OF
830 MILES IN 8 WEEKS.

START TODAY!!

Genetically modified foods are foods that have been created with or derived from genetically modified organisms (GMOs). A GMO is an organism (micro-organism, plant, fish or mammal) whose genetic material (DNA) has been altered in a way that does not occur naturally. This technology is often referred to as biotechnology or genetic engineering. It allows selected individual genes to be transferred into or removed from an organism.

GMOs are developed and sold because there is a perceived advantage to the farmer, producer or consumer. The first genetically modified food was the Flavr Savr™ which delayed ripening tomatoes. It

benefitted the farmer, producer and consumer. The farmer and producer had more time to sell a fresher product and the consumer received a fresher product, with a longer shelf life. For consumers, GMOs can be enhanced to improve the nutritional value of foods, such as beta-carotene in rice to reduce Vitamin A deficiencies.

In the US, the USDA and EPA work to ensure that GMO produced for commercial use are properly assessed to safeguard that they pose no significant risk to consumers or the environment.

The FDA does not require that food labels indicate that a food is genetically modified. They believe that neither a

scientific nor a legal basis exists to require such labeling. Therefore the consumer cannot tell by looking at the product unless the manufacturer has volunteered the information. Significant differences in the food (composition, nutritional value, or requirements for storage, cooking and preparation) will be disclosed on the label. The label may also disclose increased vitamin levels in comparison to other varieties.



Article prepared by Wesley Danielle Daniels, BS, Dietetic Intern, Texas A&M University and Mary Kinney Bielamowicz, PhD, RD, LD, Regents Fellow, Professor and Nutrition Specialist, Department of Nutrition and Food Science, Texas A&M AgriLife Extension Service, Texas A&M

Back to Basics

We are looking for adult groups to conduct "Back to Basics" Nutrition educational workshops

Topics are:

- Meal Planning,
- Spending Less at the Grocery Store
- Food Safety

If you know of a church, community center, worksite group or would like more information contact Dinora Galaviz at 281-855-5624.

Choosing MyPlate When Planning Family Meals

A healthy meal starts with using MyPlate and considering the fruits, vegetables, grains, proteins, dairy and balancing meals with exercise. The new MyPlate replaced the Food Guide Pyramid and is based on the 2010 Dietary Guidelines. The choice to eat healthier and live healthier sometimes has to be attained in small steps. Start with the following 10 tips to live a healthier and fit life .

Tip #1: Balance Calories..Learn the calories that your body needs daily and balance those with physical activity for weight loss and management

Tip #2: Enjoy your food but Eat Less...Eat slower and pay attention to signs that your body is full.

Tip #3: Avoid Oversized Portions...use servings sizes opposed to portions

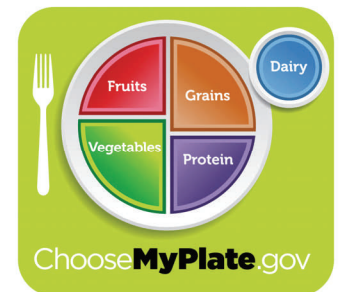
Tip #4: Eat more vegetables, fruits, whole grains and fat-free dairy products.

Tip #5: Make half of your plate fruits and vegetables

Tip #6 Switch to fat-free or low fat (1% milk)

Tip #7 Make half of your grains whole grain

Tip #8 Limit solid fats, sugars and salt (cookies, ice cream, sweets) to occasional treats not every day foods.



Using Dates on Food Labels to Keep Food Safe

Have you ever wondered what happens when canned or packaged food expires or what the letters and numbers on them represent? Or perhaps what dates such “Sell By”, “Use By”, “Best if Used By” and “Expiration Date” on food means. Use the following as a guide for your family’s food safety needs.

“Sell By” Date

The last date food should be sold. Most foods are safe to eat after this date IF they have been handled and stored safely (EXCEPT produce that has been washed and bagged).



Sell By
06341144304 DEC 25



“Best if Used By” Date

Eat these foods before this date for best quality. Most foods are safest to eat after this date IF they have been stored safely (EXCEPT produce that has been washed and bagged).



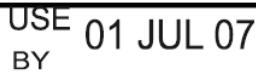
“Use By” Date

The last date you should eat the food to get its best quality. Most foods are safe to eat after the “use by” date IF they have been handled and stored safely (EXCEPT produce that has been washed and bagged).



“Expiration” Date

The last date that a food is considered safe to eat. Most foods with an expiration date should be thrown away after the date has passed (EXCEPT eggs). Eggs can be used up to 30 days after expiration date.

USE
BY 01 JUL 07

Water vs. Energy Drinks



Water is essential to the human body and daily consumption of 8 to 10 eight ounce glasses is important for maintaining a healthy body. The health benefits of water include weight loss, healthy skin, relief from some headaches and migraines, improved immune system, improved bad breath, regulated body temperature, improved digestion and relief from constipation and fatigue.



As energy drinks have become so popular in the last decade proclaiming to boost energy, water has become less selected as a beverage choice amongst certain groups like teens and athletes. Caffeine is the most common ingredient in energy drinks and is responsible for providing the “extra energy”. Unlike water, caffeine can effect individuals differently, depending on an individual’s weight, gender, and caffeine sensitivity. Individuals who are sensitive to caffeine may experience heart palpitations, nervousness, and insomnia in some cases.

While water has no calories, fat, carbohydrates or sugar, energy drinks add extra sugar and calories to an individuals diet which can make weight loss or weight maintenance difficult. The average energy drink provides about 100 calories and 30 grams of sugar per 8 ounce serving, similar to drinking a can of regular soda. However an average a person consumes 16-24 ounces of an energy drink resulting in the amount of calories that one could have consumed by eating a small meal, resulting in empty calories with no nutritional value.

Teen athletes often select energy drinks opposed to water for energy, to stay awake. There are long term effects for teens who drink energy drinks daily. They may experience symptoms like headaches, digestive problems, hypertension, and heart palpitations.

With all of the benefits that water has to offer, we have to make water our top choice for hydration and for remaining healthy.

Greek-style Tuna Salad



Ingredients:

- 1 9-ounce package of whole wheat elbow pasta
- 1 (12-ounce) can chunk light tuna in water, drained
- 1 small chopped red onion
- 1/2 cup prepared Greek vinaigrette salad dressing
- 1/4 cup black pitted black olives
- 2 tablespoons reduced fat feta cheese crumbles
- Boiled egg white of 1 egg
- 1 medium celery stalk chopped
- Season to taste

Directions:

1. Cook the pasta according to the directions. Drain pasta and place in refrigerator to cool.
2. Mix tuna, onion, salad dressing, feta cheese, celery, egg white, olives, and cooled pasta in a large bowl.
3. Serve cold over a bed of Romaine lettuce



Harris County Family & Consumer Sciences Unit
Dr. Sonja Davis—Health & Wellness

Elizabeth Trejo—Family Financial Management
Child Care Conference

Ashley Moore — Health & Wellness
Childhood Obesity

Jenifer Garza — Parenting & Family Financial
Management

3033 Bear Creek Drive

Houston, TX 77084

Phone: 281-855-5600

Fax: 281-855-5638

E-mail: [sstueart@ag.tamu.edu](mailto:ssstueart@ag.tamu.edu)

Harris.agrilife.org

FB: Harris County Texas AgriLife Extension



Extension offers the knowledge, resources of the land-grant university system to educate Texans for self-improvement, individual action and community problem solving. The Texas A&M AgriLife Extension Service is a statewide educational agency and a member of the Texas A&M University System (TAMUS) linked in a unique partnership with the nationwide Cooperative Extension System and Texas County Governments.

Extension's Mission: To provide quality, relevant outreach and continuing education programs and services to the people of Texas. The [Texas A&M AgriLife Extension Service](#) brings the resources of the Texas A&M University System to Harris County. Through field-based faculty, Extension provides unbiased, research-based information, educational programs, and technical assistance.



Upcoming Events

<u>Date</u>	<u>Workshop</u>	<u>Location</u>
Sept. 10 & 11	Vegetable Gardening in Small Spaces	TBD
Sept. 17&18	Food Preservation: Homemade Salsa	TBD
Sept. 24 & 25	Making More Plants	TBD
Sept. 28	4th Annual Child Care Providers Conference	Extension Office
Oct. 1 & 3	Food Preservation: Perfect Pickles	TBD
Oct. 8 & 10	Growing & Cooking Herbs	TBD
Oct. 15 & 17	Indoor Plants & Living Arrangements	TBD
Oct. 22 & 24	Jams & Jellies for the Holidays	TBD
Nov. 2	Dinner Tonight Healthy Cooking School	Extension Office

***Dates and locations are subject to change.
Please contact the office for registration information***