

# HARRIS COUNTY FAMILY & COMMUNITY HEALTH

March 2023

QUARTERLY NEWSLETTER



## NATIONAL CAFFEINE AWARENESS MONTH

National Caffeine Awareness Month is observed to help individuals increase their awareness of how much caffeine they are consuming each day and identify ways to reduce their intake. Caffeine is a bitter tasting compound that is found naturally in various plants and acts as a stimulant of the central nervous system. For many, caffeine is typically included with their early morning coffee or mid-day teas, aiming to help individuals stay awake, focused, and reduce tiredness.

Identifying what sources of caffeine you typically have in a day is a great way to make changes in the amounts you consume.

A few additional ways you can observe National Caffeine Awareness Month include:

- Track your caffeine intake to identify what sources to reduce in your daily routine.
- Try a brisk walk or morning exercise to give you that much needed boost of energy.
- Aim to drink more water and switch out caffeinated beverages, when possible.
- Reduce caffeinated beverages gradually to reduce potential symptoms of withdrawal.

Remember, while caffeine is a great option for energy there are other ways that we can get a similar boost while also maintaining our health and hydration!

# National Caffeine Awareness Month

THE FOOD AND DRUG ADMINISTRATION RECOMMENDS HEALTHY ADULTS  
LIMIT THEIR CAFFEINE INTAKE TO 400 MILLIGRAMS PER DAY.  
HERE ARE SOME POPULAR ITEMS THAT CONTAIN CAFFEINE



COFFEE, ESPRESSO, AND  
COFFEE FLAVORED ITEMS



GREEN AND  
BLACK TEAS



SODAS



ENERGY  
DRINKS

## SOURCE

COFFEE, BREWED  
COFFEE, BREWED, DECAF  
ESPRESSO  
COFFEE, INSTANT  
TEA, BLACK, BREWED  
TEA, GREEN, BREWED  
SODA, COLA  
ENERGY DRINK

## CAFFEINE (MG)

95-200  
2-15  
64  
62  
47  
28  
22  
40-250

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## Sources:

Medline Plus  
<https://medlineplus.gov/caffeine.html>

Mayo Clinic. Org  
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20049372>

Food and Drug Administration  
<https://www.fda.gov/consumers/consumer-updates/spilling-beans-how-much-caffeine-too-much>

The American College of Obstetricians and Gynecologists  
<https://www.acog.org/womens-health/experts-and-stories/ask-acog/how-much-coffee-can-i-drink-while-pregnant>

Healthline  
<https://www.healthline.com/nutrition/how-much-caffeine-in-coffee>



# CITRUS SALAD

## INGREDIENTS:



1 GRAPEFRUIT  
(PEELED)



1 ORANGE  
(PEELED)



10 CUPS FRESH  
GREENS  
(LETTUCE)



1 RED ONION  
(SMALL, SLICED  
THIN)

PLUS: 2 TABLESPOONS CIDER VINEGAR, 1 TABLESPOON LIME JUICE,  
1 TABLESPOON VEGETABLE OIL, 1 TABLESPOON WATER,  
1/4 TEASPOON BLACK PEPPER, AND 1/4 TEASPOON CUMIN

## DIRECTIONS:

CUT FRUIT INTO BITE SIZE PIECES. TOSS WITH LETTUCE AND ONION.  
MIX REMAINING INGREDIENTS FOR DRESSING.  
DRIZZLE OVER SALAD AND TOSS JUST BEFORE SERVING.

Recipe from MyPlate.gov

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**Try adding in other fruits or  
vegetables to mix things up!**

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## How Does Your Garden Grow?

Whether you're a beginning gardener or someone who has planted vegetables in the past, now is the time to be planting, said a Texas A&M AgriLife Extension Service vegetable specialist.

Joe Masabni, Ph.D., AgriLife Extension vegetable specialist, Dallas, has an easy setup for gardeners to build and plant a vegetable garden in a day. He also has easy-to-follow tips for beginners to protect and provide for plants.

Read more here,

[https://agrilifetoday.tamu.edu/2020/04/03/want-to-start-a-vegetable-garden/?fbclid=IwAR36EyEtH6565SHFfd84oVcSGPtIELUuDlk4jKuOr9Yogn3GgC7sOF\\_GXsE](https://agrilifetoday.tamu.edu/2020/04/03/want-to-start-a-vegetable-garden/?fbclid=IwAR36EyEtH6565SHFfd84oVcSGPtIELUuDlk4jKuOr9Yogn3GgC7sOF_GXsE)

## Three Tips for Choosing the Right Spot for Your Spring Garden

- Well-drained Soil
- Source of Water Nearby
- At Least 6 to 8 Hours of Daily Sunlight



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# Soul Care For Seniors

“Soul care” means caring for our deep inner self, the thoughts and feelings we often keep to ourselves. “Soul” does not refer to religious beliefs, but to a deep connection to life and ourselves. Our mental, emotional, and physical health suffers when we lose that connection while caring for others or being busy with projects and responsibilities.

Mindful acceptance, or mindfulness, offers a way to enjoy our lives more and reduce stress through simple daily practices. Following the breath is an easy way to shift out of auto pilot anytime we notice unwanted thoughts, feelings, or even physical pain. The breath is always with us, which makes this a convenient tool for reconnecting with ourselves. This exercise is quite simple and involves following the breath with an easy, relaxed awareness.

Try this simple exercise: “Breathing in, I calm myself; breathing out, I smile.”

Resources: Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical School

Forsyth, J and Eifert, G. (2007). The Mindfulness and Acceptance Workbook for Anxiety. Oakland, CA, New Harbinger

## *Brain Games*

Try to guess the missing words of each proverb, Use your memory and or logical skills.

1. From \_\_\_\_\_ beginnings come great\_\_\_\_\_.
2. The frog does not\_\_\_\_\_ the pond in which he\_\_\_\_\_.
3. A closed mouth catches no \_\_\_\_\_.

Answer  
1. Small, things, 2. Drink, lives, 3. Flies

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