

Howdy Colorado County!

March 2021

Tips for Healthy Weight Management

Calories are a measure of the energy that comes from food once it's inside the body. Losing, gaining, or staying at the same weight depends on how many calories you eat and how many calories your body uses over time. If you eat more calories than you use, you'll gain weight. If you eat fewer calories than you use, you'll lose weight. But staying at a healthy weight is more than just calories in and calories out. It's about making healthy food choices. Here are some tips for making your calories count.

Not All Calories Are Created Equal

When it comes to weight management, 100 calories of cake are not the same as 100 calories of protein. Try to limit your intake of processed foods. A processed food is any food that has been changed from its original, raw form. Processed foods often have high amounts of added sugars, salt, and unhealthy fats, such as saturated and trans fats. Use the Nutrition Facts label to check the sugar, salt, and fat content of foods before you buy.

Try to eat more lean protein, healthy fats, and unprocessed, unrefined carbohydrates such as vegetables, beans, and fruit. Less processed whole grains are better, like brown rice rather than white and stone-ground whole wheat, quinoa, or oats instead of white bread. Limit highly processed carbohydrates like breads, cereals, and pastas and get more vegetables, beans, and whole grains. Choose fats that come from plant sources like nuts, olive oil, and avocado, and lean proteins such as fish and chicken.

Mix It Up

Research shows that people get full from the amount of food they eat, not the number of calories they take in. Eating fewer calories doesn't have to mean eating less food. To cut calories without eating less and feeling hungry, you can replace some higher calorie foods with foods that are lower in calories and fill you up. In general, these foods contain

The latest dietary guidelines for adults can help you have variety in your food plan. Creating smart eating patterns can help you maintain health and reduce risk of disease.

Think About Your Drink

Most people try to reduce their calories by focusing on food. Another way to cut calories may be to change what you drink. You could be taking in quite a few calories from the beverages you have each day. Making better drink choices can help you reduce your calorie intake. If you replaced a daily 12-ounce can of soda with water, you could save 52,560 calories per year.

Pay Attention to Portions

Larger portions can make it easy to eat or drink too many calories. Larger helpings also can lead you to take in more saturated fat, sodium, and added sugars. You can learn how to manage portion size whether you're at home or on the go.

Be Active

Physical activity can increase the number of calories your body uses for energy or burns off. Burning calories through physical activity and reducing the number of calories you eat can help with weight loss. Plus, exercise boosts endorphins, sometimes called the brain's "feel-good" chemicals. Endorphins help lessen pain and produce positive feelings. Exercise has many benefits but can make it hard to keep your calorie intake low. After a workout, you might feel hungry. Try having a healthy snack—such as a banana, oatmeal, or handful of carrots—before exercising to keep you fueled during exercise and keep you from overeating after.

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Watch the Clock

Research shows that people who snack after 8:00 p.m. have higher body mass indexes (BMI) than people who don't eat at night, even if they don't eat significantly more total daily calories. BMI is a measure of body fat based on height and weight. Having a large meal close to bedtime also can make it difficult to go into a deep sleep because your stomach is still working to digest your food.

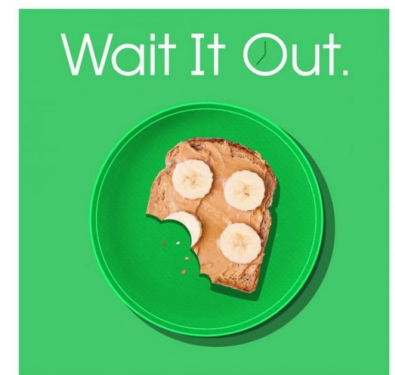
More Than Calories

Other things in your life besides calories can affect weight management. If you're not getting enough sleep or if you're stressed a lot, it might be harder to stay at a healthy weight. When you're stressed or not getting enough sleep, it can be harder to be physically active and make smart food choices. Also, your body responds to sleepless nights and increased stress by increasing cortisol levels, which are hormones that can slow metabolism.

Tips:



- Wait 10 minutes before going back for a second helping. You might not want it after all.
- Even if you've only got 10 minutes, you can do your body good by exercising.



- Keep a calendar to track your progress and remember to always reward yourself.
- Exercise boosts your endorphins, gives you time to clear your head, and makes you feel great.



**STATE OF TEXAS
OFFICE OF THE GOVERNOR**

An estimated 480,000 children in Texas have developmental disabilities. The hopes and dreams of these young Texans do not differ from the aspirations of all Texans — to be self-sufficient, work and earn a living, practice their faith, and help support their community. Like all Texans, people with developmental disabilities have unique abilities and experiences that strengthen our state's rich diversity, and throughout our history, these Texans have made significant contributions that make the Lone Star State a better place for us all.

There can be no doubt that Texas is stronger when every citizen is able to thrive in their community. Students with developmental disabilities who are included in classroom settings outside of special education are more likely to achieve their full academic potential. When people with disabilities are included in the general workforce, they have an opportunity to earn a competitive wage, work as part of a team, and support the local economy. People with developmental disabilities who are included and active in their community generally live longer, healthier lives and are more likely to give back to their communities. When inclusion becomes a way of life, Texas' communities thrive.

Each year, we dedicate March to raising awareness about developmental disabilities and highlighting the importance of including people of all abilities in every aspect of community life. During this month, Texans can raise awareness about how classrooms, workplaces, houses of worship, and communities are stronger when they include people of all abilities. At this time, I encourage Texans to come together to increase awareness about developmental disabilities and support full inclusion and equality for all.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim March 2021 to be

Developmental Disabilities Awareness Month



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof,
I hereby affix my signature this the
14th day of January, 2021.


Governor of Texas

What's Cooking

Cheesy Chicken Spinach Noodle Casserole

8 servings

Straight from the slow cooker, this casserole is both filling and comforting! With ingredients such as chicken breasts, noodles, various spices, and more, this dish is bound to be an instant family favorite.

Ingredients:

- 1 lb. chicken breast (about 3 large breasts)
- 10 3/4 oz can of cream of mushroom reduced fat
- 1 cup water
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tablespoon of dry chives
- 1/2 tablespoon of dry thyme
- 1/2 tablespoon of dry parsley
- 16 oz dry egg noodles cooked
- 3 cups baby spinach rinsed and chopped
- 1 cup American cheese shredded, reduced fat

Directions:

1. Wash hands and clean preparation area.
2. Place chicken breasts in the bottom of a slow cooker.
3. In a small bowl combine cream of mushroom soup, water, garlic powder, onion powder, chives, thyme, and parsley. Pour seasoned soup mixture over chicken breast.
4. Place lid on slow cooker and cook on low 6 – 8 hours until chicken is cooked through and shreds easily.
5. Remove chicken breast from slow cooker and shred into fine pieces. Add shredded chicken back into the slow cooker and stir in hot cooked egg noodles, baby spinach, and shredded cheese. Replace lid and allow to heat through for 15 – 20 minutes until spinach is wilted and cheese is melted.

Nutrition Facts: Amount Per Serving

Calories: 340	Dietary Fiber: 1g
Total Fat: 7g	Total Sugar: 3g
Saturated Fat: 2.5g	Protein: 24g
Cholesterol: 120mg	Calcium 107mg
Sodium: 420mg	Iron: 3mg
Total Carbohydrate: 44g	Potassium: 414mg

Buying and Storage Tips

- Select small spinach leaves with good green color and a crisp, springy texture.
- Fresh spinach should smell sweet, never sour, or musty.
- Look for stems that are fairly thin.
- If using bagged spinach, check whether the contents seem springy when you squeeze the bag.

Please feel free to contact me if you have any questions.

Sincerely,

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