

### Howdy Colorado County!

June 2021

Hate the word DIET?

Have you ever heard of Mediterranean-Style Eating Pattern? This may be just what you are looking for if you are struggling to find that balance without “Dieting”. Compared to the typical American style eating pattern, the Mediterranean-Style Eating Pattern has more Fruits, Vegetables, Fish and Seafood. It also includes Low-Fat cheeses, nuts, beans, whole grains and olive oil. With this eating pattern, you will consume less processed foods, refined grains, and foods with saturated fats, trans fats and added sodium and sugars.

You can also learn how to Spice up your food without using salt with this **“Spice Things Up! Substitutions In Place Of Salt!”** publication at: <https://dinnertonight.tamu.edu/spice-things-up-substitutions-in-place-of-salt/>.

Visit our Dinner Tonight website for lots of great information on recipes, tips and tricks for cooking healthy.  
<https://dinnertonight.tamu.edu/>

# Mediterranean-Style Eating Pattern

Recommended  
by the Dietary  
Guidelines for  
Americans

Research shows that it can help lower  
the risk of diet-related chronic diseases:

- Metabolic Syndrome
- Heart Disease
- Type 2 Diabetes
- Some kinds of cancers

## The Mediterranean Style Eating Pattern has...

### More

Vegetables  
Fish and Poultry  
Yogurt and low fat cheese  
Nuts  
Beans  
Fruits  
Whole grains  
Olive Oil

### Less

Processed foods  
Refined grains  
Spreads  
Foods with saturated fat  
Foods with added sugar  
Foods with added sodium  
Foods with trans fats

than a typical American eating pattern.

Try it out!

Choose these foods at

each meal

Fruits  
Vegetables  
Grains (whole)

each day

Dairy (low-fat)  
Nuts/Seeds  
Olive oil

each week

Poultry, 2 servings  
Fish, 2 servings  
Red meat, 2 servings or less  
Processed meat, 1 serving or less



## Mediterranean Chicken Sandwich

**Course** Kid Friendly, Main Dish

### Servings

4

### Ingredients

- 4 flatbreads
- 1/2 cup Extra Easy Hummus
- 4 4-oz grilled chicken fillets cooked
- 1/2 cup fresh spinach leaves
- 1 red onion sliced into rings
- 1/2 cup feta cheese, handful Greek olives \*Optional

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>(261g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>420</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 120mg	<b>40%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 44g	
Vitamin D 0mcg	<b>0%</b>
Calcium 67mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 617mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Nutrition label reflects recipe without optional toppings.

### Instructions

1. Begin by heating each flatbread just until warm. Spread 1/4 of the hummus on each flatbread.
2. Place chicken, spinach, and red onion on top of the hummus. If desired, sprinkle feta cheese and Greek olives on top.

### Recipe Notes





# *"SEW" what 4-H Summer Camp*

## **Dates:**

**June 14th & June 15th**

**June 23-25th**

**10:00 a.m. - 2:00 p.m.**

**Ages: 8 and older**

**RSVP by: June 4th**



## **Participants will learn how to:**

- Use sewing terminology
- Thread a needle
- Choose threads
- Sew a straight stitch
- Sew a button
- Use a pattern
- Use sewing tools
- Tie a knot

Students can use knowledge and skills learned by competing in the 4-H Clothing and Textiles project contest such as Duds to Dazzle. This contest focuses on making a viable product by recycling a textile that no longer serves its original purpose.

## **Contact:**

**Ja'Shae Horn**

**Texas A&M AgriLife Extension Service**

**Family & Community Health**

**316 Spring Street Columbus, Texas**

**979-732-2530**



# Leather Making Class



Ages: 8  
and older

June 28, 2021

Cost: Free

Colorado County  
Extension building

10:00 a.m. - 2:00 p.m.

Students will:  
Learn how to  
make a  
leather picture  
frame

RSVP by: June 21, 2021

Maximum availability: 10 students

For more information or to register contact:  
Ja'Shae Horn, CEA, FCH-4-H  
979-732-2530



# Exotic Ranch Tour



## Activities include:

Wild animal scavenger  
hunt  
Fishing catch & release  
Fishing skill learning  
Exotic animal feeding  
Bunny, pig, and horse  
petting  
Inside games

**Cost: Free**

**Ages: 8 and older  
Children under 8  
must be  
accompanied by  
parent**

**Hwy. 71 Ranch  
Columbus, TX**

**June 30,  
2021**

**10:00 a.m. - 3:00 p.m.**

**RSVP by:  
June 21, 2021**

**For more information or to register contact:  
Ja'Shae Horn, CEA, FCH-4-H  
979-732-2530**





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

Sincerely,

*Jashae Horn*

**County Extension Agent—Family &Community Health—Colorado County**

**jashae.horn@ag.tamu.edu**

**979-732-2082**

**colorado.agrilife.org**

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this meeting are encouraged to contact the County Extension Office at (979) 732-2082 ten (10) days prior to the meeting to determine how reasonable accommodations can be made.*