

March 2021

3/1/21 Three Reasons to have Soup for Supper!

If you're like me and despise winter, try and look on the bright side of the season by eating lots of soup! Here are three reasons to love soup.

- 1) People who eat more soup usually have a healthier diet. Many soups contain lots of vegetables which means you consume more fiber and vitamins, while consuming less fat.
- 2) Soup is filling! That fiber, paired with a high water content leads you to feel fuller for longer. This can help prevent overeating. For bonus points- try brothy or tomato-based soups that contain less fat than cream-based soups.
- 3) Soup is easy! Sometimes it's as easy as opening a can and sticking the contents in the microwave. Pre-done canned soups can be a great choice if they're low in sodium. Try adding in some herbs and spices of your own to kick up the flavor.

<https://blogs.extension.iastate.edu/wellness/2021/02/02/three-reasons-to-have-soup-for-supper/>

5 tips to help you stay motivated to exercise (1:01)

Physical activity is one of the most important things you can do for your health! However, sometimes it's difficult to stay motivated (especially during this time of year). Here are a few motivation minders!

- 1) Find ways to fit exercise into your day. Pair it with something that you already do such as feeding your critters and it will become habitual, increasing the likelihood that you will follow through.
- 2) Do activities that you enjoy! Or try something new.
- 3) Make it social- find an exercise buddy or join a fitness class. These provide great accountability and give you support during those dry spells.
- 4) If there's a break in your routine, get back on track. Reach out for support.
- 5) Keep track of your progress. Set goals for yourself and reward yourself with every activity that you complete and give yourself incentives for when you crush your goals.

For more information on physical activity visit nih.gov or panola.agrilife.org

https://www.nia.nih.gov/health/infographics/5-tips-help-you-stay-motivated-exercise?utm_source=partner-mailchimp&utm_medium=affiliate&utm_campaign=exercise-20210127

Move More, Sit Less!

Too much sitting can drain your energy, stiffen up your joints and contributes to your overall health! Get up and get moving! Make an effort to move a little more during your daily life- it's important for EVERYONE, whether you exercise regularly or not!

- At work: Get up and move every 30 minutes or so. Walk around when you're on the phone, or try out a walking meeting.
- At home: do an active chore between episodes of your favorite binge-worthy shows. Better yet, try and reduce your screen time and spend some time doing home projects or other activities.
- While driving: Don't always search for the closest parking spot. Get some more steps in.

Try out some small changes and then set goals for yourself to build on these small habits.

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Sit%20Less%20Move%20More.pdf

3/24/2021 Health Literacy (0:52)

Do you ever find yourself struggling to navigate the health care system? There's so much to learn about talking with your doctor, managing medications and just trying to educate yourself about health topics? Well you are not alone. I may just have the program for you.

Join us for a FREE 5-week program on Health Literacy. We will have regional experts weigh in on topics such as "how to talk to your doctor" and "how to find reliable information on the internet". This program is delivered online, every Tuesday from April 6-May 4th at 11 am on zoom. If you'd like more information or need help accessing the program, just give me a call!

3/24/2021 Facts about Canned Foods (1:04)

Sometimes, canned foods get a bad rap. However, it's important to remember that these foods still give us vital nutrients! I'm Clarissa Moon here to encourage you to dust off those cans in your pantry before the garden gets going.

1. Canned foods offer sound nutrition to meet your body's needs. Fiber, protein and numerous vitamins and minerals are all present in canned foods.
2. Canned food offers similar nutrition to fresh and frozen options. Plus they cut back on your prep time and minimize waste when compared to fresh and frozen options.
3. You can enjoy canned foods while watching sodium. Canned foods actually contribute less than 1% of sodium in consumers' diets. A quick drain and rinse can help cut back sodium by as much as 41%.
4. Canned foods are minimally processed.
5. Steel cans are among the safest forms of food packaging.

So ditch the guilt over not eating fresh or frozen 100% of the time! Remember that canned foods offer a convenient, cost -effective path to better nutrition.

<https://fruitsandveggies.org/stories/5-facts-about-canned-foods/>

3/29/2021 10 tips for reducing Sodium Consumption (1:09)

The CDC estimates that nearly HALF of all adults in America have high blood pressure or are taking medication for it. Reduce your risk for heart attack and other fatal episodes by following these tips on limiting salt consumption.

1. Read the nutrition facts label and limit your consumption to 2300 mg or less/day.
2. Prepare your own food when you can. Pre-packaged foods contain lots of sodium.
3. Add flavor without adding sodium by using herbs and spices instead of salt.
4. Buy fresh. Many meats are preserved with salt water or saline.
5. Rinse your canned foods to get rid of excess salt.
6. Consider your condiments. Cut back on salad dressings and salty seasonings.
7. Reduce your portion size. Use smaller plates and/or share with a friend.
8. At restaurants- ask for nutrition facts and request that all sauces/dressings be served on the side.

There you have it- eight tips for cutting back on sodium.

<https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>