

## March 2022

### **3/10/2022: Save your vision month- 8 tips to protect your vision**

March is Save your Vision Month! I'm Clarissa Moon here with some tips on saving your vision.

- 1) Find an eye doctor
- 2) Ask how often you need a dilated eye exam- the best way to find eye diseases early on
- 3) Move more- physical activity lowers your risk for several chronic diseases that can affect eye health
- 4) Talk to your family about eye health history. Some eye diseases can run in families.
- 5) Focus on nutrition this is another way to prevent chronic conditions that can affect eye health. Focus on leafy greens and omega 3's.
- 6) Wear your sunglasses. UV rays can damage eyes as well as skin, find some shades with 99-100% of UV protection.
- 7) Stay on top of health conditions like diabetes and hypertension
- 8) Smoking can also increase your risk for eye diseases- so make a plan to quit!

For more info, visit the National Eye Institute at [nei.nih.gov](http://nei.nih.gov) or [panola.agrilife.org](http://panola.agrilife.org)

[Source: National Eye Institute \(NIH\)](#)

### **3/14/2022: Carry Yourself On (Posture)**

Good posture isn't something you should only worry about when your mother-in-law or the cameras are around. It's actually something you should do for yourself- and your long-term health. Carrying yourself well is an important tactic in preventing pain, injuries and other health problems.

So- there's two different types of posture- dynamic and static. Dynamic posture is when you're moving- walking, running, bending over, etc. Static posture is how you hold yourself when you're not moving- like sitting, standing or sleeping. Both kinds are important to your health.

The key to good posture is the position of your spine. Correct posture means you're allowing your spine to enjoy its natural curves but not increase them.

- So how can it affect my health?
  - Cause pain and stiffness
  - Decrease flexibility, joint mobility and balance
  - Can also make it harder to digest food and even breathe.
- How can I improve it in general?
  - Be mindful
  - Stay active and don't sit for long periods if you can help it
  - Maintain a healthy weight
  - Wear comfortable shoes
  - Make sure work surfaces are at a comfortable height.

Okay Panola County- keep calm and carry yourselves on! If you'd like to learn more, visit [medlineplus.gov](https://medlineplus.gov) or [panola.agrilife.org](https://panola.agrilife.org).

[Source: Medline Plus \(NIH\)](#)

### **3/16/2022: Tips for negotiating with picky eaters**

Sometimes, when you want your kids or husband to eat their veggies, it can feel like negotiating a ransom with a kidnapper. "I will give you one dollar for every bite of a vegetable that you kidnap in your stomach!"

It doesn't have to be like this! I'm Clarissa Moon here with some tips

- 1) No short order cooking! Nobody has time for that, especially in a ransom situation. Plan meals that include at least one thing everybody likes. Preparing different meals for everyone is exhausting and can take children longer to learn to like new foods.
- 2) Remember it takes several exposures to accept something. It's normal for children to be cautious of new things. Research shows it takes 11 tries for a child to decide that they like a food. Always ask that they take one bite.
- 3) No Clean Plate Club. Rather than focusing on eating everything on your plate, shift the focus to eating until you're full. Train your kiddos to do this early on so that it will prevent overeating.
- 4) Shop and Cook with the kids
  - a. Kids are more likely to try something if they helped choose it or prepare it. Give them some empowerment and involve them with age-appropriate tasks as much as possible.
- 5) Serve Smart Snacks.
  - a. One of the best ways to get everyone used to fruits and veggies is to serve them at snacktime when they are really hungry. Again, focus on hunger cues so as not to overeat and spoil their supper.

Hopefully these tips help you negotiate at the dinner table. For more info visit [heart.org](https://heart.org) or [panola.agrilife.org](https://panola.agrilife.org)

[Source: American Heart Association](#)

### **3/21/2022: Gratitude**

It's not just a buzzword- it can seriously impact your health! Gratitude. We humans can sometimes get caught up in a negativity spiral. Someone cuts you off in traffic, your family member doesn't change the toilet paper roll- it happens. Well, unfortunately this pessimism can actually lead to depression and further chronic conditions.

To balance it out, however, we can practice gratitude! Several studies have shown that practicing gratitude can have benefits on not only your mental health, but physical health too. Here's how to get started.

- 1) What did your body do for you today? Well, breathing for one thing. But there are so many other things we take for granted like the ability to hug, walk, things like that.
- 2) What did you feed your body to nourish yourself? Whether it was a healthy salad or a creamy dessert, take a moment to savor your last meal.
- 3) What did you do that you enjoyed today? Maybe it was exercise, maybe it was just taking a deep breath.
- 4) Who in your life makes you happy? Take a moment to mentally or verbally thank them.
- 5) Time: what are you doing right now? Today is a gift- that's why they call it the present.

I hope these tips helped you feel more zen and ready to take on the new day! Road rage can't get you down when you've got so much to be thankful for, right?

Visit [heart.org](http://heart.org) or [panola.agrilife.org](http://panola.agrilife.org) for more! Thank you for listening to the Moon Minute.

[Source: American Heart Association](#)

### **3/23/22: 10 Ways to Make Veggies Tastier**

Do you have a love/hate relationship with vegetables? If so, you're not alone. I'm Clarissa Moon here with 10 tips on making veggies tastier!

- 1) Add cheese! Because everything is better with cheese on it.
- 2) Squeeze some lemon juice on there for a tangy surprise
- 3) Sauté with herbs. They add flavor without adding extra sodium.
- 4) Spice them up! Try some new veggies and veggie combos for your favorite dishes whether its omelets, pizza, soup, anything!
- 5) Healthy Dipping! Everything is more fun when you can dip it. Consider hummus, a bean dip, or good ole ranch dressing.
- 6) Mix with fruit. Adding fruits to a salad provides such a nice touch of sweetness.
- 7) A flavorful soup- this is a great way to add more veggies to your life- and use them up before they go bad!
- 8) Drink them- juice some fruit and veggies together and have some nutritious deliciousness.
- 9) Grill 'em! Cooking them makes them softer, plus grill marks are so sexy.
- 10) Stuff 'em! Mushroom caps and bell peppers are hollow and begging for you to have a party in their belly. Add in some cheese and breadcrumbs, and you're basically a professional chef.

That's it for today's Moon Minute! Check out [fruitsandveggies.org](http://fruitsandveggies.org) or [panola.agrilife.org](http://panola.agrilife.org) for more info!

[Source: fruitsandveggies.org](http://fruitsandveggies.org)