

June 2023

6/6/23: 7 Tips to Enhance the Flavors of your Meals

Summer is just about here and hopefully your garden or shopping buggy is abundant with fresh produce! If you have some picky eaters on hand, or you yourself get tired of eating the same thing over and over, try some of these 7 tips to enhance the flavors of your food. I'm Clarissa Moon here with your Moon Minute.

1. Roast veggies at around 450 in your oven or grill for a sweet, smoky flavor. Before cooking, brush or lightly spray them with oil and sprinkle with herbs.
2. Intensify the flavors of your meats by searing, grilling or broiling over high heat.
3. Darn those onions for making you cry! I promise they have a sweet side- you just have to bring it out of them by caramelizing them.
4. Add a pop with peppers! Try all different varieties and colors to suit your fancy.
5. Add some tang with citrus. The juices and peels are packed with flavorful punch and their acidity helps balance flavors.
6. Add little bits of bold flavors such as herbs, chipotle or pomegranate seeds.
7. Go crazy with condiments and try something new like wasabi, bean purees, salsas or even flavored mustard.

Don't forget to handle and store foods properly to preserve the flavor and quality of your foods. For more info, visit eatright.org or panola.agrilife.org.

<https://www.eatright.org/food/food-preparation/cooking-tips/enhancing-the-flavor-of-your-meals>

6/13/23: June is National Men's Health Month!

Help dad live well as Father's Day approaches this year. On average, men die five years younger than women. They are also less likely to be insured or visit a doctor. Celebrate National Men's Health month with these tips!

1. Encourage him to get a physical. Doctors can tell him if he's at risk for developing a chronic disease with a simple checkup. An annual blood draw and regular cancer screenings can also keep him on the up and up.
2. Get moving. Physical activity is good for everyone, regardless of age. Exercise provides extensive health benefits that can't be reaped by any other method. If he's not one to exercise on his own, consider doing something together!
3. Let him know you care. Men may disregard their own health when they are focused on caring for others. Let him know how it makes you feel when he neglects his own health and express how you want him to be around as long as possible.

There you have it, three tips to honor men's health! For more information visit nih.gov or panola.agrilife.org.

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6/20/23: 5 Ways to Avoid Sitting Too Much

If you spend most days sitting at a desk or most evenings parked on your couch, you're not alone. A recent study estimates that American adults now spend an average of 6.5 hours a day sitting.

While no one is denying the importance of rest, too much rest isn't a good thing. In fact, research has shown that the more time a person spends sitting, the higher the risk of cardiovascular disease, diabetes, certain cancers and earlier death. I'm Clarissa Moon with Texas A&M AgriLife Extension, here with some tips from the Mayo Clinic on how to reduce your sitting time.

- Take a break from sitting every 30 minutes. Get up to get a glass of water, take out the trash, or do some squats or simple stretches. These breaks are also important during long car rides and plane trips. Set an alarm if this helps you stay aware of the time.
- Stand during routine tasks. Take a walk while talking on the phone or stand during your favorite television show.
- Try a standing desk. If you use a desk at home or work, consider switching to a version that allows you to change between standing and sitting. You can also improvise with a high table or counter. Treadmill desks, which add in physical activity, are another option.
- Take your meetings on the go. Whether chatting with co-workers or meeting friends for a coffee date, suggest taking a walk while you talk.
- Invest in a fitness monitor. These devices can alert you when you've spent too much time without moving. Setting a daily step count goal can also motivate you to get up and move.

I hope you found these ideas helpful! For more info, visit [mayoclinic.org](https://www.mayoclinic.org) or panola.agrilife.org. Thanks for listening to the Moon Minute!

https://www.mayoclinic.org/connected-care/5-ways-to-avoid-sitting-too-much/cpt-20470959?mc_id=us&utm_source=pes&utm_medium=e&utm_content=engagement&utm_campaign=mayoclinic&geo=national&placementsite=enterprise&invsr=patloy&cauid=122853

6/27/23: How to Stop Food Cravings

We all get them and are tempted by them. We know if we indulge then we will regret it. What makes it so hard to resist? I'm Clarissa Moon here to talk with you about food cravings.

First, why are cravings so strong at night? Well, we often associate nighttime with relaxing and relaxing with eating. We may want to reward ourselves after a long day. Plus, we aren't as focused and disciplined as we are during the day. Here are a few tips to help you beat those cravings.

- Eat smaller more frequent meals or enjoy light snacks to prevent spikes in hunger.
- Get plenty of fiber to keep you feeling fuller longer.
- Don't keep trigger foods in the house- out of sight, out of mind!
- Keep yourself busy and try to not just zone out to TV during downtime.
- If possible, pre-record shows so you can fast forward through commercials which may tempt you to indulge.
- Create non-food rewards for healthy eating such as a massage or walk around the neighborhood.
- Lastly, when in doubt, keep some healthy snacks around. After all, some cravings are from true hunger.

I hope these tips gave you some tools in your arsenal to fight the food cravings! For more info, visit penmedicine.org or panola.agrilife.org. Thanks for listening to the Moon Minute!

<https://www.pennmedicine.org/updates/blogs/metabolic-and-bariatric-surgery-blog/2019/july/how-to-stop-food-cravings>