

## January 2024

### **1/2/2024: What to do after you've overdone it**

Too much holiday indulgence got you down? It's ok, we've all been there! I'm Clarissa Moon here with a few tips on hitting the reset button.

1. Be kind to yourself. Like I said, we've all been there. Setbacks happen.
2. Get moving. The best way to get food out of your system is to burn it off! Physical activity is like a natural detox, increasing gut motility to push the junk out of your system! This can also trigger feel-good chemicals in your brain.
3. Drink water. This will also help flush out your system and hydration is good for your body in sooo many ways.
4. Stay off the scale. Don't go looking for information that isn't helpful. Give yourself a few days to get back on track and then weigh yourself, if you must. But remember that weight is just a number and there are many other indicators that are more important such as energy level and sleep quality.
5. Don't purge. Don't even think about it. Forcibly ridding your body of food you've consumed is not a healthy solution and can lead to many health complications.

For more information on binge eating and long-term solutions, visit [clevelandclinic.org](https://health.clevelandclinic.org/what-to-do-after-binge/) or [panola.agrilife.org](https://panola.agrilife.org). Thanks for listening to the Moon Minute!

<https://health.clevelandclinic.org/what-to-do-after-binge/>

### **1/9/2024: Brain Health and Fish**

They say you are what you eat! Even if that's true, I don't recommend calling your friends heifers or sons of bucks. I'm Clarissa Moon with Texas A&M AgriLife Extension Service and today, let's talk about our non-mammal food friends. When's the last time you had fish for dinner?

If I called you a *Darn Handsome Ally*, would you let it go to your head? Well, there is one form of DHA that I do hope goes to your head, but not the darn handsome kind. I'm talking about the DHA that's an omega-3 fatty acid. This Darn Handsome ACID is required to keep your brain functioning normally and efficiently.

DHA is associated with higher cognitive functioning and memory in your later years. To reap the benefits of this Darn Handsome Acid, you need to "save" and maintain it through consuming foods rich in DHA, such as fish.

Now, there's no need to completely change your diet and protein sources, just keep in mind that the Dietary Guidelines for Americans recommends 8 ounces of seafood each week. Fish is a great source of lean protein and can actually contribute to heart health as well as brain health.

Last but not least, for all of you land-lovers, it's possible to get DHA through other means as well. Ground flax seed, walnuts and chia seeds are also darn handsome sources of DHA.

For more info, visit [eatright.org](http://eatright.org) or [panola.agrilife.org](http://panola.agrilife.org).

[https://www.eatright.org/health/wellness/healthy-aging/brain-health-and-fish?utm\\_source=Social Toolkit&utm\\_medium=PDF&utm\\_campaign=2021Q3](https://www.eatright.org/health/wellness/healthy-aging/brain-health-and-fish?utm_source=Social%20Toolkit&utm_medium=PDF&utm_campaign=2021Q3)

## **1/16/2024: How to Establish a Good Wake-up Routine**

You've probably heard the phrase "Carpe Diem" or "Seize the day". But some days, we all struggle to feel the good vibes and get our days going. I'm Clarissa Moon with Texas A&M AgriLife Extension Service here with some "Ready, set go!" tips on how to seize the day when you're not in a carpe diem kind of mood.

- Ready- The first step in starting a day off right is getting enough sleep!
  - Adults need a solid 7-9 hours every night.
  - Feel the rhythm: try to stick to a consistent sleep schedule, even on weekends and days off. Having a consistent sleep/wake time helps your biological rhythm keep at its best.
- Set!
  - This one is hard for me, avoid hitting the snooze button! It's no good for your brain to nod off and wake up every few minutes; it only makes you feel groggier when you actually get up.
  - Help out your circadian rhythm with lights. Research suggests that morning light can help you wake up more naturally and quickly.
  - Get moving- even just 5-10 minutes of exercise can give you a kickstart.
- Go!
  - Break the fast with a good breakfast-it's called the most important meal of the day for a reason!
  - Pep talks- if you have a daunting day ahead, or even just a mundane one, taking 5-10 minutes for your mental health can significantly reduce stress and anxiety.
  - Jump in- Once it's go time- try tackling the harder tasks first. Research shows that your brain is at its peak during mid-morning, plus by getting the big ones out of the way, the rest of the day will feel like a breeze!

I hope these tips made you Ready, Set, Go on your way to a carpe diem routine! For more information visit [heart.org](http://heart.org) or [panola.agrilife.org](http://panola.agrilife.org).

[https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/how-to-establish-a-wakeup-routine-for-a-good-morning-every-morning?utm\\_source=healthy+for+good+fy+2122&utm\\_medium=email&utm\\_campaign=Healthy%20For%20Good%20-%202082821&utm\\_content=hero+cta](https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/how-to-establish-a-wakeup-routine-for-a-good-morning-every-morning?utm_source=healthy+for+good+fy+2122&utm_medium=email&utm_campaign=Healthy%20For%20Good%20-%202082821&utm_content=hero+cta)

## **1/23/2024: Simple Ways to Boost Your Child's Health**

If you're looking to make some healthy changes in your family's life, it doesn't have to be complicated. I'm Clarissa Moon with Texas A&M AgriLife Extension Service here with 4 quick tips on improving your child's health.

1. Shop smart. Get your kids involved in choosing what you buy and what they eat. Set boundaries but give them options like saying "You need to eat a vegetable. Would you rather have celery or broccoli?".
2. Cook and eat together. This is another great way to include children in the meal process. Give your kids some age-appropriate tasks like washing the fruits/veggies or mixing or pressing buttons on the microwave. Sit down and share a meal as a family as often as possible.
3. Healthy Habits- be a good role model. Fill half your plate with fruits and vegetables, buy whole grain options, and choose low-fat dairy for starters.
4. Get moving. Try exercising together as a family or encourage everyone to get exercise however they choose. Kids need 60 minutes a day, adults need 150 minutes a week.

There you have it, four simple tips on boosting your family's health! To learn more, visit [food.unl.edu](http://food.unl.edu) or [panola.agrilife.org](http://panola.agrilife.org).

<https://food.unl.edu/newsletter/food-fun-young-children/simple-ways-boost-your-child%E2%80%99s-health>

### **1/30/2024: Build a Better Breakfast**

You've heard that breakfast is the most important meal of the day, but were they really talking about coffee and donuts when they coined the phrase? It's hard to say whether breakfast itself is responsible for a lower risk of heart disease, or if it's that breakfast eaters have better health habits in general. In any case, nutrition experts agree that breakfast is a great opportunity to get your body some of those much-needed nutrients.

But were they talking about coffee and donuts? Because those aren't exactly nutrient-dense consumables. I'm Clarissa Moon here with a few tips for building a better breakfast.

- Is toast your jam? If so, make sure you're using whole wheat bread. Don't let labels like "multigrain" or "enriched" fool you, because those don't necessarily mean whole grain. The best way to check is to look at the ingredients and find if the first ingredient has the word "WHOLE" in it. Top it with some nut butter for protein and sliced fruit for fun.
- Oatmeal is a classic choice for good reason. It's whole grain and helps lower bad cholesterol. The packets, however, tend to be pumped full of added sugars. Instead, try heating up regular oats in the microwave or trying overnight oats. Dress it up with fruit, nuts and spices.
- Eggs, truly are incredible and edible. People used to worry about eggs because of their cholesterol content. As it turns out, however, dietary cholesterol doesn't impact blood cholesterol as much as the *fat* in the diet does. The only "problem" with eggs is that they are often paired with saturated fatty foods like bacon or sausage. Instead, find a new buddy for your eggs like vegetables! Omelets or little egg muffins are a good way to get veggies at breakfast.

That's it! Hope you enjoyed these three ideas for building a better breakfast! For more info, visit [health.harvard.edu](http://health.harvard.edu) or [Panola.agrilife.org](http://Panola.agrilife.org). Thanks for listening to the Moon Minute.

<https://www.health.harvard.edu/heart-health/build-a-better-breakfast>

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