

April 2024

4/2/24: Can you weigh less without eating less?

Have you tried to lose weight by cutting down the amount of food you eat? Do you end up feeling hangry? If so, you are not alone. Many people throw in the towel on weight loss because they feel deprived and hungry when they eat less. But there is another way. Aim for a slow, steady weight loss by decreasing calorie intake while still eating the same *amount* of food and increasing physical activity. You can cut calories without eating less nutritious food. The key is to eat foods that will fill you up without eating a large amount of calories.

Feeling hungry versus satisfied is a matter of how much food you eat, not how many calories. Weight loss, however, has more to do with calories. The answer to your riddle? Why yes, you can lose weight by eating less CALORIES. Aim to eat more nutrient-dense foods rather than calorie-dense foods. Here are some examples: fruits and vegetables, low-fat dairy products, whole grains, and lean meats. Choose these foods over the calorie-dense foods that have more fats and added sugars. For more information and examples on healthy substitutions, visit panola.agrilife.org or cdc.gov.

Thanks for listening to the Moon Minute!

https://www.cdc.gov/nccdphp/dnpha/nutrition/pdf/Energy_Density.pdf

4/9/24: Tips to Help your Picky Eater

Picky eating is a common, frustrating problem for parents of youngsters. And we all know, good nutrition is important for little ones to grow strong and healthy. But how can you get your tiny tot to eat their tots? I'm Clarissa Moon here with some tips!

- 1) Be patient. They're probably not going to like every food on the first try. Actually it can take over 10 exposures before your child likes it.
- 2) Be a good role model and show them that you like it first!
- 3) Make funny faces with the food on their plates, it can make them more excited to eat it.
- 4) Give them a choice of different foods to try. Let them decide which one to try today.
- 5) Serve new foods with old favorites.
- 6) Wait a couple of days before offering the food again.
- 7) Try a variety of tastes and textures. This can help develop their chewing skills and fine motor skills. Just keep in mind to offer the right size and consistency that's appropriate for your child's development.
- 8) Last but not least, check out some of the playful activities on the CDC website! You can find a link to it on panola.agrilife.org

Thanks for listening to the Moon Minute!

<https://www.cdc.gov/nccdphp/dnpao/features/picky-eaters/index.html>

4/16/24: No time for exercise? Here's 7 ways to move more

It's no secret that time is a huge barrier for exercise. But what if I told you that you didn't have to work out for 30 minutes at a time? You can gain numerous benefits by just incorporating simple changes that get you moving more. I'm Clarissa Moon here with 7 ways to move more.

1. Walk the dog! Your body and best friend will thank you.
2. Take the family. This is a great way to connect as a family, and it doesn't involve gathering around a screen! Keep it fun by trying new routes and incorporating little games or relays.
3. Dance it out. If you haven't yet danced and sang while cleaning your kitchen, you're really missing out. I'm happy to show you how it's done, but can't guarantee that you'll like what you see or hear 😊
4. Walk and Talk. When you're glued to your phone, it doesn't mean you're glued to the chair! Get up and pace or take a lap while you're chatting. If you're tied to a desk phone, try doing some squats or leg raises.
5. Tune into fitness. It's perfectly okay to watch TV, just incorporate a little activity like yoga, lift weights, or put your treadmill in front of the TV.
6. Ditch the car. Try walking or biking for your errands when possible, or just park farther away.
7. Take the stairs. The elevator may go up, but it won't make your heart rate go up.

I hope you found some inspiration from this list! Don't forget to check out heart.org or panola.agrilife.org. Thanks for listening to the Moon Minute.

<https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>

4/23/24: 4 Ways to get more Good Fats

Fats get a bad rap sometimes, but not all fats are bad! Like with any good story, there are good guys and bad guys. Unsaturated fats can help lower bad cholesterol and triglyceride levels while also providing great nutrients. I'm Clarissa Moon here with 4 ways to get more of the good guys.

- 1) Get Fishy with it

- a. Eat fish at least twice a week. Choose fatty or oily fish to get some of those Omega-3 fatty acids. Albacore tuna, herring, lake trout and salmon are some good examples.
- 2) Be Nutty
 - a. Unsalted nuts make for a wonderful snack! They have energy, protein, fiber, and of course- good fats!
- 3) Add Avocado
 - a. It's a superfood for a reason! Avocado is packed with healthy fats, fiber, vitamins and minerals.
- 4) Check the Oils
 - a. Swap out your vegetable oil for one that's lower in saturated fat. Some good options include olive, canola, grapeseed and sunflower oils.

Flip the script in your health story and be one with the good guys! This has been your Moon Minute- visit heart.org or panola.agrilife.org to learn more!

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/4-ways-to-get-good-fats-infographic>

4/30/24: "Leaf" the Bacteria Behind!

Leafy greens and other fruits and vegetables are the foundation for a healthy eating plan, providing key nutrients that can prevent heart disease, stroke, and some cancers. However, these greens can sometimes be contaminated with harmful germs. In fact, leafy greens and other raw vegetables are a major source of E. coli! That's why it's important to Fight Bac (and when I say "bac" I mean bacteria)!

So what's the best way to get rid of bacteria and handle produce safely? I'm Clarissa Moon here with the answers. Washing greens is the main thing. However, if the label reads "ready-to-eat", "triple washed", or "no washing necessary"; then it's safe to consume these without washing again; as the commercial washing process removes most of the bacteria.

Here are some additional tips for handling produce safely:

- Always wash your hands before and after preparing food
- Get rid of torn or bruised leaves
- Remove outer leaves of a head of lettuce or cabbage.
- Rinse greens under cool running water
- Do not soak greens as bacteria can spread to other leaves.
- Don't worry about using vinegar or lemon juice. While these may be used safely, there's no research finding that they are better than plain old water.
- Don't use soap, detergent or bleach. If it's not safe to eat by itself, don't use it on your food!

Remember to leaf the bacteria behind when handling fresh produce! Check out CDC.Gov or Panola.AgriLife.org for more information, and thank you for listening to the Moon Minute!

https://www.cdc.gov/foodsafety/communication/leafy-greens.html?ACSTrackingID=USCDC_485-DM77554&ACSTrackingLabel=CDC%20and%20Food%20Safety%20Newsletter&deliveryName=USCDC_485-DM77554#handling