

Family and Consumer Sciences “Connections” in Irion County

TEXAS A&M
AGRI LIFE
EXTENSION

Volume 3 Issue 4

April 2016

FOUR Types of Foods to Help Boost Your Memory



In this issue:

Foods to Boost Memory

1

Food Safety at the Farmers Market

2

Dietary Guidelines

3

Belly Fat

3

Healthy Eating

3

Basic Quiche

Recipe

4

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons including genetics, level of physical activity, and lifestyle and environmental factors. However, there's no doubt diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. A recent study found that the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

1. Eat your veggies. especially cruciferous ones which are widely cultivated vegetables that are rich in nutrients, including several

carotenoids, vitamins C, E and K as well as Folate. Vegetables in this group include broccoli, cabbage and dark leafy greens which may help improve memory.

2. Be sweet on berries and cherries. Berries — especially dark ones such as blackberries, blueberries and cherries.

3. Get adequate omega-3 fatty acids. Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids.

4. Work in walnuts. These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee these foods will help you remember where you put your keys tomorrow, over time they can support life-long good health.



Texas A&M AgriLife Extension Service



Useful Resources:

www.eatright.org

<http://health.gov/dietaryguidelines/2015/guidelines/>

<https://snaped.fns.usda.gov/recipes>

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, veteran status. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating

Food Safety at the Farmers Market

Shopping at a Farmers Market or a farm stand is a great way to get locally-grown, fresh fruit, vegetables, and other foods for you and your family.

As the numbers of these markets have grown, there may be questions about the safety of the foods purchased there. Many state and local governments have their own food safety rules for these markets, and vendors must comply with them. But, there are also basic guidelines you should follow to ensure the farm-fresh food you buy is safe.

Produce

- Purchase produce that is not bruised or damaged.
- When buying pre-cut produce — such as a half a watermelon or cut veggies from a salad bar — choose only items that are refrigerated or surrounded by ice.
- Make sure fresh fruits and vegetables are bagged separately from meat, poultry, and seafood products when packing them to take home from the market.
- Before and after handling fresh produce at home, wash your hands for 20 seconds with warm water and soap.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Even if you plan to peel the produce before eating, it is still important to wash it first. Any bacteria present on the outside of items like melons can be transferred to the inside when you cut or peel them.
- Be sure to refrigerate cut or peeled fruits and vegetables within 2 hours after preparation.

Juices and Cider

- Check to see whether the juice or cider has been treated (pasteurized) to kill harmful bacteria. Pregnant women, children, older adults, and people with weakened immune systems should drink only pasteurized or treated juice.

Milk and Cheeses

- Don't buy milk at a farmer's market unless you can confirm it has been pasteurized or otherwise treated to destroy microorganisms. Raw milk can harbor dangerous bacteria, such as *Salmonella*, *E. coli*, and *Listeria*, which can pose serious health risks to you and your family.
- Pregnant women, older adults, and people with immune systems weakened by such conditions as diabetes, cancer, HIV/AIDS, liver or kidney disease, alcoholism, and organ transplants are at higher risk for illness caused by *Listeria*. One source for these bacteria is soft cheese made from unpasteurized milk. If you buy soft cheese, check the label to make sure that it's made from milk that has been pasteurized.



Eggs

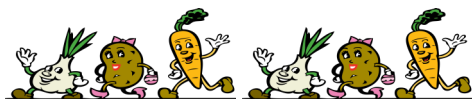
- Make sure eggs are properly chilled at the market. FDA requires untreated shell eggs must be stored and displayed at 45°F.
- Before buying eggs, open the carton and make sure the eggs are clean and the shells are not cracked.

Meat and Poultry

- Make sure meat or poultry is kept in closed coolers with adequate amounts of ice to maintain cool temperatures.
- Bring an insulated bag or cooler with you to keep meat and poultry cool on the way home.
- Be sure to keep meat and poultry separate from your other purchases.

Canned and Jarred Vegetables & Vegetable-Based Sauces

- Because many vegetables and some vegetable-based sauces have a low acid content they must be canned properly to prevent the bacteria that cause botulism to grow and produce toxin in sealed cans and jars. This is why FDA requires all canners of low-acid foods that will be sold, no matter how small their business may be, to register and submit information about their canning processes to the agency. Many states have similar requirements.
- Botulism is rare, but the bacteria in soil can survive, grow, and produce toxin in a sealed can or jar of food that was not processed properly. This toxin can affect your nerves, paralyze you, and may cause death. Even taking a small taste of food containing this toxin can be deadly. In 2014, two young women became seriously ill after eating pesto sauce from a California farm stand which tested positive for botulism bacteria. The sauce came from a canner who was not registered with FDA and not licensed by California.
- While there is no indication on labels that a low-acid food canner is registered with FDA, before buying, say, a can or jar of corn, beets, string beans or pesto at a Farmers Market, it's very important to ask the seller if the canner is registered. If the seller doesn't know, **don't buy it!!**



The 2015 Dietary Guidelines for Americans

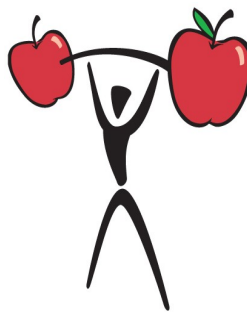
The *Dietary Guidelines'* Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship each dietary component can have with others.

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level. A healthy eating pattern includes:

- Any vegetable, but preferably a wide variety from all of the subgroups such as dark green, red and orange.
- Fruits, especially whole fruits.
- Grains, at least half of which are whole grains.
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products.
- Oils.

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium.
- Key recommendations that are quantitative are provided for several components of the diet that should be limited.



- These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits.

- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent of calories per day from saturated fats.
- Consume less than 2,300 milligrams (mg) per day of sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to meet the *Physical Activity Guidelines for Americans*.

Belly FAT...

Most adults weigh too much. In fact, about 70 percent of adults in the U.S. are overweight or obese.



You can't go far without hearing about the causes and cures of belly fat. It's discussed on television, in YouTube videos, and in pamphlets at your local gym and doctor's office. Some of the information is research-based, but most is not. There's a mixture of hearsay, testimonials and hyperbole about belly fat filling the Internet and social media channels, and it is also served up daily by celebrity doctors.

The Texas A&M AgriLife Extension Service Family and Consumer Sciences Agents (FCS) now have a new program to teach about belly fat. It includes information about MBI, Metabolic Syndrome, Sleep, Stress, Exercise and the Mediterranean Style Eating Plan. Call your FCS Agent today to discuss having this program presented in your county.



HEALTHY EATING

Enjoy what you are eating, whether it is a crisp apple, a crunchy green salad, or a piece of homemade banana bread. Avoiding food you enjoy can increase your hunger for that food. Cravings like these can make healthy eating more difficult. Instead, follow the MyPlate guidelines with a healthy balance of fruits, vegetables, grains, proteins, and dairy. By following a healthy plate, you can leave room for an occasional treat. Remember, when it comes to healthy eating, variety and balance are key.



Basic Quiche

Yield: 6 servings

Nutrition Facts

Serving Size 1 slice, 1/6 of recipe (128g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 440mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 9g	
Vitamin A 10%	Vitamin C 25%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder



Recipe website:

<http://snap.nal.usda.gov/recipes>

"I used to work for one of the largest egg producing companies in the nation and demonstrated and served quiche in local grocery stores. "

~Karen DeZarn, CEA-FCS Lampasas County

Instructions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

Family Consumer Sciences "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Consumer Science Agents:

Vacant, Brown County
Linda Wells, Burnet County
Kandice Everett, Sterling/Coke Counties
Janet Nelson, Coleman County
Milissa Wright, Concho County
Shelley Amberg, Irion/Schleicher Counties
Kim Miles, Jones County
Karen DeZarn, Lampasas County
Jennifer Page, Llano County
Jacque Behrens, McCulloch County
Sheree Hardin, Menard/Mason Counties
Labeth Carter, Nolan County
Sandy Taylor, Runnels County
Melanie Potter, San Saba County
Jane Rowan, Taylor County
Courtney Redman, Tom Green County
Judy Gully, D7 Regional Program Leader

Shelley Amberg, CEA-FCS
209 N. Parkview St.
Mertzon, TX 76941

Phone: 325-835-2711
Fax: 325-835-2366
email: Shelley.amberg@ag.tamu.edu