



Getting All of Your Vitamins and Minerals in April

April 2018 Brazos County Better Living for Texans Newsletter

In this issue...

- Getting All of Your Vitamins and Minerals in April
- April Park Exercise
- Strawberry Surprise Smoothie

For more information regarding Better Living for Texans, please contact:

Katie Cook

Better Living for Texans
Extension Assistant

Katie.cook@ag.tamu.edu
(979)-823-0129

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

According to the USDA, adult Americans do not typically get enough calcium, potassium, fiber, magnesium, and vitamins A, C, D, and E. The best way to get more of these nutrients in your daily diet is through food, instead of just taking a multivitamin. It is easier for your body to absorb micronutrients through food. You may be wondering what these nutrients are for and what good food sources can we get an adequate amount from.

Calcium: The body needs calcium to build strong bones and teeth, especially when in childhood and adolescence. As an adult, calcium is used to maintain bone mass. According to the USDA, the average American adult should get 1,136 milligrams of calcium each day. Some good food sources for calcium are nonfat or low-fat yogurt, nonfat or low-fat cheese, low-fat milk, spinach, oatmeal, beans, fish and seafood.

Potassium: This nutrient helps your body maintain a healthy blood pressure and it is recommended by the USDA that the average American consume 4,044 milligrams of potassium each day. Food sources full of potassium are potatoes, beans, yogurt, milk, fruit, fish, and tomato-based products.

Magnesium: This nutrient helps your body produce energy, and helps your muscles, arteries, and heart work properly. The average American adult should get 380 milligrams of magnesium each day. Food sources of magnesium are vegetables, bran cereal, beans, tofu, brown rice, and nuts.

Vitamin A: Vitamin A is associated with vision development and cellular growth and maintenance. Good food sources of this are organ meats, spinach, carrots, cantaloupe, and turnip greens.

Vitamin C: This helps with the body forming collagen in blood vessels, bones, cartilage, and muscle. Foods like oranges, kiwi, strawberries, pineapple, mango, broccoli, sweet potatoes, and cauliflower are good sources of vitamin C.

Vitamin D: Your body needs vitamin D so it can absorb calcium to promote bone growth and maintain strong bones and teeth. Most people get some level of vitamin D through exposure to sunlight. It is also difficult to get enough vitamin D through diet alone because there are not a lot of food choices rich in vitamin D, although fatty fish is a good source.



April Exercise!

THE PARK WORKOUT!

Run Half a Mile each round, stopping 3 times throughout the round to complete the following exercises:

ROUND 1:

- 25 Walking Lunges
- 15 Clapping Push Ups off a bench
- 25 Jump squats

ROUND 2:

- 15 "Box Jumps" (jump onto picnic table or bench)
- 20 Tricep Dips
- 15 Lunges (each leg) with one leg on bench

ROUND 3:

- 30 Sec. High Knees
- 15 Triangle Push Ups
- 25 (each leg) Back Leg Raises

ROUND 4:

- 20 Air Squats
- 20 Mountain Climbers off Bench
- Sprint Last Straight Away

Walk Across Texas is still in bloom across Brazos County, but just because we are on the last stretch doesn't mean to stop that walking! These rounds can easily be done at the park and with your own bodyweight. You don't need fancy weights or expensive gym memberships to stay in shape.

The weather will continue to get warmer and the days are longer, which means more sunlight and more time to be outside! Keep up the walking and being active beyond Walk Across Texas with this simple workout.

Strawberry Surprise Smoothie

Makes: 6 servings
Serving size: 3/4 cup
Ingredients:
1 cup low fat vanilla yogurt
1 cup orange juice concentrate
1 cup frozen strawberries
1 cup pineapple chunks
1 banana, frozen (cut into chunks and peel before freezing)



Directions:

1. Wash your hands and clean your cooking area
2. Add yogurt, orange juice concentrate, and fruit to blender
3. Blend ingredients in blender until smooth
4. Serve immediately

Nutrition Information per serving: ¾ cup

Calories	160
Total Fat	0.5 g
Saturated Fat	0 g
Sodium	25 mg
Carbohydrate	37 g
Protein	3 g

For more recipes and information on healthy nutrition habits, visit:
blt.tamu.edu