



SOUTH TEXAS EARLY PREVENTION STUDIES



NEWSLETTER

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WHAT'S INSIDE?

STEPS. P1

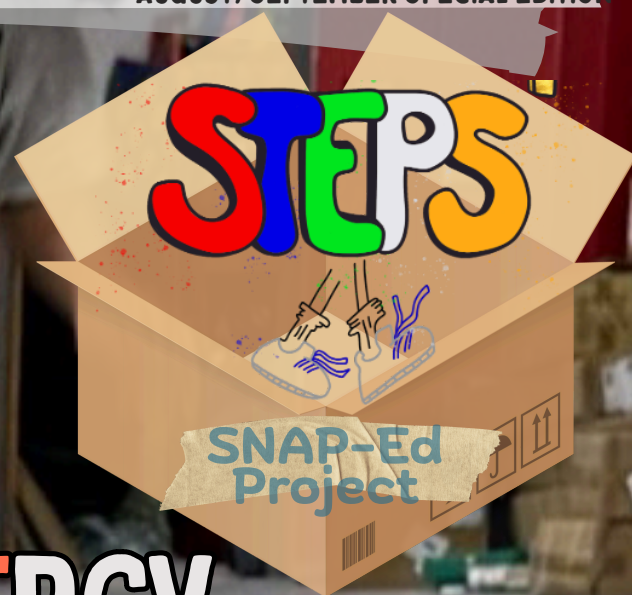
MyPlate and Portion Size.P2

Budget Bites.P3

Move Your Way, Every Day.P4

Fresh by the Season. P5

Let's Count our STEPS together.P6



A UTRGV HEALTH & HUMAN PERFORMANCE PROJECT

FOR THE RIO GRANDE VALLEY COMMUNITY.



MYPLATE & PORTION SIZE

REMEMBER MYPLATE?

This guide provides practical tips for building healthy meals, including the type and amount of food you should eat each day.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

Limit Choose foods and beverages with less added sugars, saturated fat, and sodium.

Activity Being active can help you prevent disease and manage your weight.

MyPlate.gov

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USDA is an equal opportunity provider, employer, and lender.

P.s. The amount of fruit we need each day depends on your age, gender, and how active you are.

Daily Fruit Recommendations for each age group.

Toddlers

12 to 23 months: ½ to 1 cup

Children

2 to 3 years: 1 to 1½ cups

4 to 8 years: 1 to 2 cups

Girls

9 to 13 years: 1½ to 2 cups

14 to 18 years: 1½ to 2 cups

Boys

9 to 13 years: 1½ to 2 cups

14 to 18 years: 2 to 2½ cups

Women

19 to 30 years: 1½ to 2 cups

31 to 59 years: 1½ to 2 cups

60+ years: 1½ to 2 cups

Men

19 to 30 years: 2 to 2½ cups

31 to 59 years: 2 to 2½ cups

60+ years: 2 cups

Fruits	Vegetables	Grains	Protein	Dairy
Focus on whole fruits like fresh, frozen, canned, or dried. Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.	Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.	Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."	Eat a variety of protein foods such as beans, soy seafood, lean meats, poultry, and unsalted nuts and seeds. Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.	Choose low-fat (1% or fat-free (skim)) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories. Lactose intolerant? Try lactose-free milk or a fortified soy beverage.
Daily Food Group Targets — Based on a 2,000 Calorie Plan Visit MyPlate.gov/MyPlatePlan for a personalized plan.				
2 cups 1 cup counts as: 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice	2½ cups 1 cup counts as: 2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower	6 ounces 1 ounce counts as: 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits	5½ ounces 1 ounce counts as: 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg	3 cups 1 cup counts as: 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir
Limit Choose foods and beverages with less added sugars, saturated fat, and sodium. Limit: • Added sugars to <50 grams a day. • Saturated fat to <22 grams a day. • Sodium to <2,300 milligrams a day.	Activity Don't forget physical activity! Being active can help you prevent disease and manage your weight. Kids ≥ 60 min/day Adults ≥ 150 min/week			

Budget Bites: **YUM** Without the Pricey!



You don't have to spend big bucks to eat healthy.
With a little planning, and a pinch of creativity you can make
healthy and tasty meals.
And best of all \$ave your money.



Visit the SNAP-Ed website for resources:
<https://snaped.fns.usda.gov/>

Explore the **"Eat Right When Money's Tight"** tool on the SNAP-Ed website for:

- Links to local food assistance programs
- Guidance on meal planning and grocery budgeting
- Recipes that are both healthy and cost-effective

Try this simple, nutritious, and low-cost recipe from the
"Spend Smart. Eat Smart." SNAP-Ed program

<https://spendsmart.extension.iastate.edu/recipe/vegetable-pasta-soup/>

Serves:



8

Cost/Serving:

\$0.82

Serving Size:

1 cup

Calories: **180**

CHICKEN SOUP



Nutrition Facts

8 Servings Per Recipe
Serving Size: 1 cup

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 590mg **26%**

Total Carbohydrates 22g **8%**

Dietary Fiber 5g **18%**

Total Sugars 4g

Added Sugars **NA***

Protein 19g

Vitamin D 0mcg **0%**

Calcium 45mg **3%**

Iron 1.9mg **11%**

Potassium 483mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Ingredients

Main Ingredients

- 2 cans diced tomatoes
- 1 can black beans, drained and rinsed
- 2 cups frozen corn or 1 can corn, drained and rinsed
- 2 cups low-sodium chicken broth or homemade chicken broth
- 1 pound skinless, boneless chicken breast

Seasonings

- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- ¼ teaspoon ground black pepper

Optional Toppings

- Baked tortilla chips
- Chopped cilantro
- Sliced or chopped avocado
- Light sour cream
- Shredded cheese

Instructions

1. In a large saucepan, combine tomatoes, beans, corn, broth, garlic, chili powder, cumin (if using), and pepper.
2. Trim and cut chicken into chunks, add to the pot. Bring to a boil, then cover and simmer for 20 minutes or until chicken is tender.
3. Remove chicken, shred with forks, and return to the soup.
4. Serve with your choice of optional toppings.

MOVE YOUR WAY, EVERY DAY

Are you looking for simple ways to help your family stay physically active?



Move your body no matter the season. Staying active is an important part of keeping the body strong and the mind alert!

The SNAP-Ed “Stay Active All Year” resource has tools to make it easier for everyone:

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/physical-activity>

The SNAP-Ed “Move Your Way® Campaign,” is a fun resource for busy families. It includes:

- ★ Printable charts and colorful materials in both English and Spanish
- ★ A weekly activity planner to help you fit in fun movement every day
- ★ Tips for busy families who might not have a gym or playground nearby
- ★ Ideas to turn everyday moments into active moments, like dancing in the kitchen, walking the dog, or doing stretches during the day.



STAY ACTIVE!

Interactive Weekly Physical Activity Planner



Fact Sheets for Kids and Adults

So, what kind of activity do I need?

Get a mix of activity. Do things that:



Strengthen your bones



Build your muscles



Make your heart beat faster



Um, strengthen my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.





Fresh by the Season

The Fruit & Veggie Cycle



Ever wonder what fruits and vegetables grow best during the seasons of the year?

THE SNAP-ED SEASONAL PRODUCE GUIDE IS AN EXCITING TOOL THAT PROVIDES A LIST OF SEASONAL FRESH FOODS AND MORE:

[HTTPS://SNAPED.FNS.USDA.GOV/RESOURCES/NUTRITION-EDUCATION-MATERIALS/SEASONAL-PRODUCE-GUIDE](https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide)

Nutrition & Storage Tips:

Learn how to keep your produce fresh and how it helps your body grow strong.

Seasonal Picks: Find out which fruits and veggies are freshest right now.

Lesson Plans & Activities:

Simple tools for parents and educators to help kids explore healthy eating.

Coloring Pages &

Printables: Great for hands-on learning at home or in the classroom.

Kid-Friendly Recipes:

From fruity salads to fun snacks like popsicles and pizzas!

Fresh FRUITS & VEGETABLES

SPRING

<u>Apples</u>	<u>Collard Greens</u>	<u>Peas</u>
<u>Apricots</u>	<u>Garlic</u>	<u>Pineapples</u>
<u>Asparagus</u>	<u>Herbs</u>	<u>Plantains</u>
<u>Avocados</u>	<u>Kale</u>	<u>Radishes</u>
<u>Bananas</u>	<u>Kiwifruit</u>	<u>Rhubarb</u>
<u>Blackberries</u>	<u>Lemons</u>	<u>Spinach</u>
<u>Broccoli</u>	<u>Lettuce</u>	<u>Strawberries</u>
<u>Cabbage</u>	<u>Limes</u>	<u>Swiss Chard</u>
<u>Carrots</u>	<u>Mushrooms</u>	<u>Turnips</u>
<u>Celery</u>	<u>Onions</u>	

SUMMER

<u>Apples</u>	<u>Cucumbers</u>
<u>Apricots</u>	<u>Eggplant</u>
<u>Avocados</u>	<u>Garlic</u>
<u>Bananas</u>	<u>Green Beans</u>
<u>Beets</u>	<u>Herbs</u>
<u>Bell Peppers</u>	<u>Honeydew Melon</u>
<u>Blackberries</u>	<u>Lemons</u>
<u>Blueberries</u>	<u>Lima Beans</u>
<u>Cantaloupe</u>	<u>Limes</u>
<u>Carrots</u>	<u>Mangos</u>
<u>Celery</u>	<u>Okra</u>
<u>Cherries</u>	<u>Onions</u>
<u>Corn</u>	<u>Peaches</u>

FALL

<u>Apples</u>	<u>Grapes</u>	<u>Peas</u>
<u>Bananas</u>	<u>Green Beans</u>	<u>Plantains</u>
<u>Beets</u>	<u>Herbs</u>	<u>Pomegranates</u>
<u>Bell Peppers</u>	<u>Kale</u>	<u>Potatoes</u>
<u>Broccoli</u>	<u>Kiwifruit</u>	<u>Pumpkin</u>
<u>Brussels Sprouts</u>	<u>Lemons</u>	<u>Radishes</u>
<u>Cabbage</u>	<u>Lettuce</u>	<u>Raspberries</u>
<u>Carrots</u>	<u>Limes</u>	<u>Rutabagas</u>
<u>Cauliflower</u>	<u>Mangos</u>	<u>Spinach</u>
<u>Celery</u>	<u>Mushrooms</u>	<u>Sweet Potatoes & Yams</u>
<u>Collard Greens</u>	<u>Okra</u>	<u>Swiss Chard</u>
<u>Cranberries</u>	<u>Onions</u>	<u>Turnips</u>
<u>Garlic</u>	<u>Parsnips</u>	<u>Winter Squash</u>
<u>Ginger</u>	<u>Pears</u>	

WINTER

<u>Apples</u>	<u>Herbs</u>	<u>Plantains</u>
<u>Avocados</u>	<u>Kale</u>	<u>Pomegranates</u>
<u>Bananas</u>	<u>Kiwifruit</u>	<u>Potatoes</u>
<u>Beets</u>	<u>Leeks</u>	<u>Pumpkin</u>
<u>Brussels Sprouts</u>	<u>Lemons</u>	<u>Rutabagas</u>
<u>Cabbage</u>	<u>Limes</u>	<u>Sweet Potatoes & Yams</u>
<u>Carrots</u>	<u>Onions</u>	<u>Swiss Chard</u>
<u>Celery</u>	<u>Oranges</u>	<u>Turnips</u>
<u>Collard Greens</u>	<u>Parsnips</u>	<u>Winter Squash</u>
<u>Grapefruit</u>	<u>Pears</u>	

IT IS TIME TO CELEBRATE!

Let's Count our **STEPS** together!

A healthy fun learning experience!

For five years, the UTRGV STEPS project made a lasting impact on students in La Joya and PSJA. They learned about healthy eating and physical activity in meaningful, engaging ways. Schools embraced the program, and students proudly took on the role of "Health Patrols," encouraging wellness at school and at home. Parents also became part of the journey, joining their children in building healthier habits together.

It was a true pleasure to provide students and their families with education on health and disease prevention. The STEPS project proved to be a great success, making a positive difference in the community.

Thank you ALL for your participation!

It's a wrap for The UTRGV STEPS/SNAP-Ed project (2021-2025).

THE NEW UTRGV HEALTH & HUMAN PERFORMANCE **STEPS** FRIENDS!

COMING SOON
STAY TUNED!

HELLO RGV COMMUNITY!

WE Can't wait to meet you in the next school health education journey!



This issue was created by the UTRGV STEPS staff for the STEPS/SNAP-Ed project.

UTRio Grande Valley

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Project Partners



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