



Extension News You Can Use ~ Healthy Living by the Grill

It's summer time, and that means it's time to start grilling!

Friends everywhere are hosting barbecues full of hamburgers, hot dogs, ribs, and even those wonderful sides, like coleslaw, potato salad, chips, baked beans, deviled eggs, buttery rolls, and of course dessert.

Besides tasting delicious, what do all of these foods have in common? They are all generally high in either saturated fat, added sugars, or both!

This summer is a great time to make changes by incorporating healthier foods and living a healthier lifestyle. Doing so at the grill is the perfect way to start.

Both fruits and vegetables are just as delicious and are very nutritious. Fruits provide us with many nutrients that are often left out of other foods, such as potassium, fiber, vitamin C, and folate. Vegetables also provide these nutrients, plus vitamin A! Both fruits and vegetables are usually low in fat and calories, and fruit are even low in sodium. All of these factors play a key role in maintaining health, including blood pressure, wound healing, immunity, etc. Eating a diet rich in fruits and vegetables generally leads to a lower risk of many chronic diseases and/or cancer.

So now you may be wondering, what does this have to do with my grill? Well, there are many recipes that involve grilling different fruits and vegetables.

- ✓ Grilled Vegetable Packets
<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-vegetable-packets>
- ✓ Grilled Fruit Kebabs
<http://www.eatright.org/resource/food/planning-and-prep/recipes/grilled-fruit-kebabs-recipe>
- ✓ Grilled Eggplant-Tomato Pizza
<http://www.eatright.org/resource/food/planning-and-prep/recipes/grilled-eggplanttomato-pizza-recipe>



✓ Grilled Fruit

<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-fruit>

Fruits and vegetables can also be added as side dish without grilling.

✓ 5 A Day Salad

<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/5-day-salad>

✓ Apple Coleslaw

<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

✓ Fresh Corn Salsa

<https://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/fresh-corn-salsa>

✓ Banana Waldorf

<https://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-waldorf>

So, let's get started this summer. Start substituting those foods high in fat and sugar for those that are full of nutrients the next time you grill, whether it's for your family or the whole neighborhood.

Choosing healthy foods is one way to start that healthy lifestyle, but what about physical activity? Physical activity is important to keep our bodies in good shape as well.

It is recommended that adults are active at least 2 ½ hours per week, and children for at least an hour per day!

By incorporating physical activity into your day, you can help control your weight, reduce your risk for many diseases and cancer, strengthen your muscles, improve your mental health, and even increase your chance for a longer life!

Once again, time by the grill is a great way to start reaching those recommendations. While the healthy foods are being prepared, family members and friends can enjoy some physical activity. There are many ways to be active both inside and outside.



- ☺ Dancing
- ☺ Kickball
- ☺ Jumping rope
- ☺ Football

Now that you know the benefits of eating healthy and being active, you can share with your friends and family. Begin your healthier lifestyle this summer by the grill!

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Alexandra Alford is an intern with UT Extension. She can be reached at 615-444-9584 or via email at lll423@vols.utk.edu. Alford is currently a dual master's student at the University of Tennessee, Knoxville. She is pursuing an MS in Public Health Nutrition and an MPH in Community Health Education. She will also complete her dietetic internship at UT to become a registered dietitian.

For more information on this or other family and consumer sciences related topics, contact Shelly Barnes, Family and Consumer Sciences Extension agent for UT Extension in Wilson County. Barnes can be reached at atsphill24@utk.edu or 615-444-9584.

Sources:

- a. USDA, MyPlate, Why is it important to eat fruit?
<http://www.choosemyplate.gov/fruits-nutrients-health>
- b. USDA, MyPlate, Why is it important to eat vegetables?
<http://www.choosemyplate.gov/vegetables-nutrients-health>
- c. ODPHP, Physical Activity Guidelines
<http://health.gov/paguidelines/>
- d. CDC, The Benefits of Physical Activity
<http://www.cdc.gov/physicalactivity/basics/pa-health/>

Contributed by: Alexandra Alford, UT Extension Summer Intern

HYDRATION

Monitor your water intake to stay hydrated and healthy!

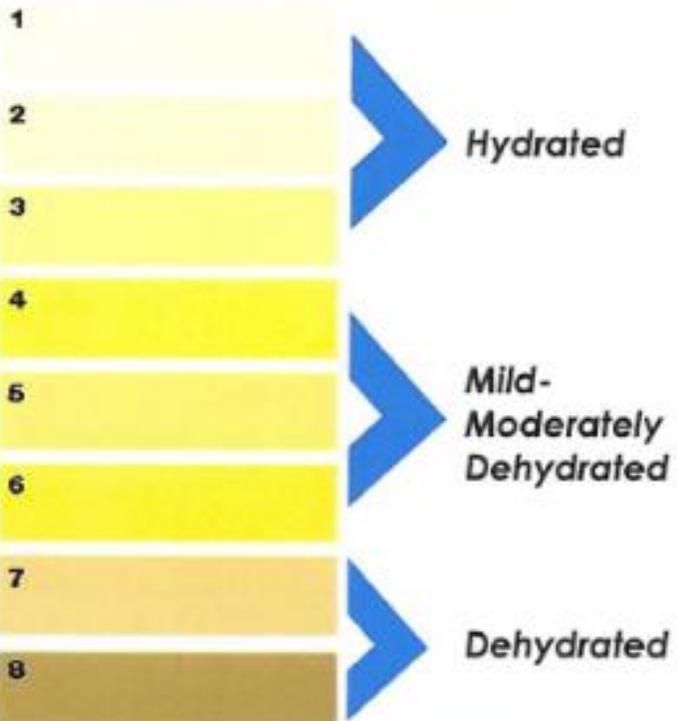
If you become dehydrated:

- Sit down and rest, especially if feeling lightheaded
- Get out of the sun, cool down
- Prop up your feet
- Rehydrate with 2 liters of water, sports drink, or rehydration drink over the next 2-4 hours

Make your own rehydration drink:
(only recommended for age 12+)

1 quart water

1/2 tsp salt



How much water should I drink?

Drink **0.5-1 ounce** of water for **every pound** of body weight.

That's three to six 24-oz water bottles.

Drinking a glass of water before a meal helps you to **feel fuller and eat less.**

Drink one bottle with each meal, and one in-between, and you've met your goal!

Thirst is not a good guide for adequate hydration.

By the time you feel thirsty, you are already at least **mildly dehydrated.**

Monitor your hydration status by checking the color of your urine. **Use the chart above** to assess your status throughout the day.

Note that certain vitamins and minerals in high amounts can also affect your urine color.

Water is the elixir of life!

Dehydration can cause constipation, headache, fatigue, impaired mental focus and dry mouth.

Dehydration is also the **number one cause** of chronic kidney stones.

Without enough water, our kidneys **cannot filter** blood, our skin dries out, our metabolism **runs inefficiently** and our digestive system **cannot function properly.**

Real. Life. Solutions.

For more information, contact your Knox County Extension Agent, Heather Kyle-Harmon at hkyle@utk.edu or 865-215-2340.

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Staying Together After the Loss of a Child



When couples learn that they are having a baby, they begin planning and dreaming of their future family—bringing the baby home, the first word, first step, first day of school, graduation day, etc. The natural order of life events, however, is thrown out of balance when a child dies.

Despite a long-held belief that most couples who have experienced the death of one of their children eventually divorce, some couple relationships remain the same, while others grow even stronger. Those with stronger marriages tend to have less difficulty with the grieving process, while those that were troubled before the death will experience increased levels of stress and difficulty. Even though there is no guarantee of a positive outcome, here are a few strategies that can help relationships remain strong.

Talk openly. Open communication between partners about the loss is essential. Typically, partners want to talk about their couple relationship, plans for the future, and how they want to remember, honor, and celebrate their child's life.



There is no correct way to grieve. Grief is an individual process that brings out a vast array of emotions and reactions. It is normal for husbands and wives to express their grief differently even though they have experienced the same loss. Develop an understanding and acceptance of the differences in each other's expressions and reactions to

grief.

Seek support from others. Because they feel uncomfortable and do not know what to say or do to be helpful, friends and family members often distance themselves from couples who have experienced the loss of a child. That leaves more time for the couple to be together, at a time when they have little strength left to support each other. A grief support group or professional counselor can provide a safe setting in which couples can talk about the loss, try to make sense of it, and develop realistic expectations about the grief process.

In spite of the fact that time helps to ease the pain, grief over a child's death usually lasts a lifetime. Years after the death, an innocent question from a well-intended stranger, such as "How many children do you have?" can stir strong emotions. Acknowledging that the death was a significant loss and realizing intense feelings can surface unexpectedly helps parents cope.

Although it is clear that the death of a child disrupts the couple relationship, most marriages survive. Some couples grow even closer as they achieve a greater understanding of what life and death means, develop a new set of priorities, and a deeper commitment to the marital relationship.

Keeping the lines of communication open after the loss of a child is extremely important in keeping the marriage healthy. Although it is difficult, make time to share with each other what you are feeling and how you are coping. Here are some questions to help start the conversation:



Do we want to remember our child in a unique or special way?

What are some ways you have found useful to cope?

Are there any boundaries that need to be created for each partner to cope (i.e., activities to avoid, items to keep, etc.)? Understand that these may change as time passes.

Do we individually and/or together need to seek outside support? If so, what kind and from who?

Don't feel the need to rush into these questions. Take your time and respect each other's need for time to feel comfortable and ready for these discussion. Be willing to listen. Understand that each person copes in different ways.

Source: UGA Extension- Marriage Matters

Contributed by: Joy Powell, Wayne County FCS Agent

The Benefits of Exploring the World around Us



In today's busy world we are pulled from meeting to meeting, stressed about answering our e-mails, text messages, browsing Facebook, Instagram, Twitter and every other social media site. We run through fast-food on our way to and from events, struggling to pay the bills, provide enjoyable experiences for our families and squeeze in a little personal time as well. As we get caught up in this it can be easy to stay locked up inside a building. The University of Minnesota states that "being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones" (Larson & Kreitzer, 2014). With all of these health benefits it is hard to imagine why we do not spend more time outdoors.

There are some easy ways to bring the outdoors to us while we're in the middle of our crazy lives:

- ☺ Open the windows in your work space or home and allow fresh air and the sounds of birds and nature to seep into your work environment. "Proximity to, views of, and daily exposure to natural settings increases children's ability to focus and enhances cognitive abilities (NCSU, 2012)". The more we can connect with nature the easier we can focus on the task at hand.
- ☺ Take a 10 minute walk outside in the cooler/warmer parts of the day – depending on the season. In a study by the University of Illinois they found that locations with trees and green space around their buildings had people reporting "stronger feelings of unity with neighbors, being more concerned with helping and supporting each other and having stronger feelings of belonging" (2014) and in addition to those discoveries, they found there was reduced risk of street crime, lower levels of violence and aggression between domestic partners, and a better capacity to cope with life's demands, especially the stresses of living in poverty (2014).
- ☺ Decorating with some plants can help by reducing stress, anxiety and increase attention; they also work to reduce airborne pollutants (Larson & Kreitzer, 2013). This can also help reduce the sick days you may have to take from work that decrease productivity. If you also get a plant that smells good it can assist with enhancing our cognition, mood, immune system and reduce stress and fatigue (2013).



Any moment we can take to just get into nature is going to help us feel better about life and ourselves. Living in TN we have a lot of nature and forests around us. The New York State Government says spending time around trees, especially in forests, can boost immune systems, lower blood pressure, reduce stress, improve mood, increase focus, accelerate recovery from injury or illness, increase energy levels, and improve sleep" (NY State Government).

Nature and our bodies respond well together – and if it can save us from being sick by helping our health improve and hopefully keeping us off of some of the drugs we often take to battle symptoms...getting out in nature is an easy course of action to take.



The best part of nature is, we can go exploring alone or we can make it a group activity. All across the state of TN there are state parks with little to no charge, recreational parks in our communities, and more just waiting to be discovered. Take a weekend and make an adventure of it! Have a special someone in your life – go on an outdoor date. Give back to nature and make memories by planting a tree with the ones you love. Picnic in the great outdoors. Pack a lunch and eat outside while you're at work. The possibilities are endless. If you're looking for additional ideas – check out

what events your local businesses and organizations may have going on. Take the first steps to being a healthier and happy individual – discover the benefits nature can give you!

References:

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<http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/environment/nature-and-us/how-does-nature-impact-our-wellbeing>

Larson, J., & Kreitzer, M. (2013, September 30). Bring nature indoors (University of Minnesota) Retrieved from Taking charge of your health and wellbeing:

<http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/environment/nature-and-us/bring-nature-indoors>

New York State Government. (n.d.). Immerse yourself in a forest for better health. Retrieved from Department of Environmental Conservation: <http://www.dec.ny.gov/lands/90720.html>

North Carolina State University. (2012, January). Benefits of connecting children with nature: Why naturalize outdoor learning environments. 1-4. NC, USA. Retrieved from https://naturalearning.org/sites/default/files/Benefits%20of%20Connecting%20Children%20with%20Nature_InfoSheet.pdf

Contributed by: Sarah Ransom, UT/TSU Extension FCS/4-H Agent, Johnson County

Get a “Head Start” on a Healthy Lifestyle This Year!



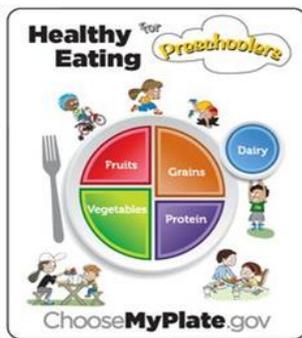
Begin with Breakfast!

- ✓ Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not.
- ✓ Breakfast helps children pay attention, perform problem-solving tasks and improves memory.
- ✓ Studies show that children who eat breakfast on a regular basis are less likely to be overweight.

Have Family meals!

- ✓ Family bonds are strengthened with family meals. You can model important behaviors, such as, healthy eating, good social skills and appropriate table manners.
- ✓ Family meals allow parents to be aware of the child’s moods, behaviors and activities especially as the child gets older.
- ✓ Children who have meals with their family learn to eat based on hunger and fullness cues, develop independence, build self-esteem and confidence and develop healthy eating behavior.
- ✓ You don’t have to eat a formal meal at a table. Family meals can occur on a blanket sitting on the floor or anywhere.
- ✓ Limit distractions such as the TV or cell phones during mealtime. Focus on conversations.

Focus on fruits and vegetables!



- ✓ Fruits and vegetables are low in calories and full of nutrients!
- ✓ Parents lead by example. If you are eating fruits and vegetables, you are remodeling for your child.
- ✓ Include your child in meal planning. Ask questions like “Do you want broccoli or green beans tonight at dinner?” or “Do you want red or green apples?”
- ✓ Involve your child in meal preparation. Let your preschooler stir dishes, wash vegetables, set the table or get ingredients out of the fridge.

Healthy Snacks!

- ✓ Keep healthy snacks on hand.
- ✓ Snacks are a great way to get in foods that your child may not eat at mealtime.
- ✓ Try fruit with peanut butter, vegetables with low-fat ranch dip, smoothies, cereal, yogurt or crackers with low-fat cheese.

Preschoolers Need:

Fruits: 1 ½ cups

Vegetables: 1 ½ cups

Grains: 5 ounces

Dairy: 2 ½ cups

Protein: 4 ounces

Move More!

- ✓ Children need at least 60 minutes a day of physical activity.
- ✓ Dancing, playing outdoor games, running and jumping rope are all fun ways to move!
- ✓ Adults need physical activity too! Playing with your preschooler is great way for both of you to be healthy!



Sleep:

- ✓ Preschoolers need 10-13 hours of sleep every day.
- ✓ It's important for parents to get enough sleep too! Most adults need 7-9 hours.

Set a routine:

- ✓ Starting preparing the night before by packing backpacks and setting out school clothes.
- ✓ Allow enough time in the morning. If you start your day on the right food, your child is more likely to do so too.
- ✓ Have a routine chart for your preschooler. Use pictures to keep your preschooler on task.
- ✓ Remove distractions, such as the TV, during the morning.
- ✓ Children whose families follow a daily routine may be healthier, better behaved, and even perform better in school. Remember to allow routine-free days on weekends and holidays.

Contributed by: Lauren Patterson, RDN, TNCEP Program Assistant, Robertson County



You Won't be Arrested But You May Lose Your Shirt

Most of us have gotten at least one call—the voice with a foreign accent saying, “I am from the IRS. We are having you arrested because you owe taxes.” It’s a scam, but one that can frighten a vulnerable person or someone unfamiliar with how the IRS might operate into sending money to the scammer. The following information, from the IRS (<https://www.irs.gov/uac/newsroom/scam-phone-calls-continue-irs-identifies-five-easy-ways-to-spot-suspicious-calls>) tells you how to spot the scam and deal with it.

The IRS reminds people that they can know pretty easily when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a tell-tale sign of a scam. The IRS will never:

1. Call to demand immediate payment, nor will the IRS call about taxes owed without first having mailed you a bill.
2. Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
3. Require you to use a specific payment method for your taxes, such as a prepaid debit card.
4. Ask for credit or debit card numbers over the phone.
5. Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here’s what you should do:

- If you know you owe taxes or think you might owe, call the IRS at 1.800.829.1040. The IRS workers can help you with a payment issue.
- If you know you don’t owe taxes or have no reason to believe that you do, report the incident to the Treasury Inspector General for Tax Administration (TIGTA) at 1.800.366.4484 or at www.tigta.gov.
- You can file a complaint using the FTC Complaint Assistant; choose “Other” and then “Imposter Scams.” If the complaint involves someone impersonating the IRS, include the words “IRS Telephone Scam” in the notes.



Remember, too, the IRS does not use unsolicited email, text messages or any social media to discuss your personal tax issue. For more information on reporting tax scams, go to www.irs.gov and type “scam” in the search box.