



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

APRIL 2022 EDITION

**NC COOPERATIVE
EXTENSION**



WILSON COUNTY CENTER

INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss and I am the Family and Consumer Sciences Agent at the N.C. Cooperative Extension - Wilson County Center. I started in October 2021 and I am so ready to jump right in and serve the residents of this county.

My goal is to provide education and increase consumer's knowledge and confidence in the areas of foods, nutrition, and health. I act as a resource to community members who want to lead a healthier lifestyle through food-based programs. I want to help you make the healthy choice, the easy choice while staying within your budget. If this sounds like something you're interested in, please give me a call and I would love to tell you about my upcoming programs.

Be sure to subscribe to this newsletter to receive monthly updates about the programs and workshops that are being offered, as well as information on various health topics and delicious recipes that are sure to be a hit in your house. The link to subscribe is on the very last page. If you have any questions, feel free to contact me through email (tcdavenp@ncsu.edu) or by phone (252-237-0111).

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PORTION DISTORTION



Have you ever just loaded your plate double the amount with your favorite food, or how about go back for seconds on a delicious home-cooked meal? I think everyone has, even I'm guilty of it. Although when we do eat extra, we sometimes feel like we need to pop a button on our jeans because we simply ate too much.

In this month's newsletter we're going to talk about portion sizes, how they have increased over the decades, and some tips and tricks to help us combat "portion distortion". First, I want to start off by defining what exactly a portion size is. A portion size is the amount of food you decide to eat, which can be different (either more or less), than what the recommended serving size is of that particular food or beverage item.

Portion sizes have changed dramatically over the decades, starting about the 1970s. Why is this important? Increased portion sizes are attributed to the high obesity rates in the United States. Obesity is a contributing factor to chronic conditions and other health problems.

If we go back in time, we can see that the average size of a bagel was 3 inches and 140 calories. Today, the average bagel is 6 inches and 350 calories, that is 2.5 TIMES MORE calories. Another example of how portion sizes have increased over time is that sodas used to come in 6.5 ounce bottles at 82 calories, now the average size of a soda is 20 ounces at 250 calories.

Now that we know portion sizes have increased over time and why that is important to our health, let's dive into some tips on how to control portion sizes.

1. **Read the Nutrition Facts label:** All packaged foods are required to have a Nutrition Facts label. These labels break down what the serving size is for that particular food or beverage item and how many servings per container. When preparing packaged foods, look at this label to make sure your portion size is equal to the recommended serving size to avoid consuming additional calories.
2. **Use smaller plates and glasses:** When you are at home, try using smaller plates and glasses for your foods and beverages. This simple switch tends to trick our brains into feeling just as full with less total amount of food, compared to using bigger dinnerware.
3. **Portion out snacks:** When planning snacks, try putting them into snack-sized plastic bags rather than eating it straight out of the container. This is especially helpful when packing lunches or for snacks on-the-go.
4. **Using your fist to measure portions:** You can use your hand to measure out portion sizes of each food group. A fist is about the size of 1 cup of fruit, vegetables, or grains. Your palm is close to a 3-4 ounce portion of meat, beans, or nuts.
5. **Practice Mindful Eating:** The concept of mindful eating means paying close attention to every detail of the eating experience. This means eating without distractions (no cell phone or TV), eat sitting down, eat slowly and enjoy every bite. Lastly, listen to your body cues to determine how hungry or full you are halfway through eating your meal. You want to eat enough that you're satisfied, but not to the point where you're starting to feel uncomfortable.

WHAT'S IN SEASON - MUSHROOMS

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Vitamins

Vitamin B1
Vitamin B2
Vitamin B3
Vitamin B5
Vitamin C
Vitamin D

Minerals

Copper
Magnesium
Phosphorous
Iron
Potassium
Selenium
Zinc



Health Benefits

- Low in calories
- Supports immune function
- Aids in digestive health
- Can help with reducing inflammation
- Can help with controlling blood sugar levels
- May reduce the risk in high blood pressure
- Has protective factors against cognitive decline

Fun Facts

- Although mushrooms are vegetables, they are not plants but rather considered fungi
- Store mushrooms in the fridge in the original packaging or in brown paper bags, they'll last longer
- Mushrooms produce vitamin D when exposed to UV light, but they don't need light to grow
- Mushrooms are grown all year round in all 50 states, but Pennsylvania grows 63% of all white mushrooms
- Mushrooms are one of the most sustainably-produced food sources in the country
- With 1 acre of land you can grow 1 million pounds of mushrooms

MUSHROOM BEEF TACOS



This alternative taco filling is easy, delicious, and quick to make. You can also make a double batch of it and freeze some for later. Serve on corn tortillas with shredded cabbage, lime wedges and mango salsa.

Prep Time + Cook Time = Total Time
10 mins + 15 mins = 25 mins

Ingredients:

- 4 cups (or 8 oz.) of white mushrooms
- 1 tbsp. vegetable oil
- 1 large onion, finely chopped
- 2 tbsp. taco seasoning
- 4 tbsp. tomato paste
- 1 lb. ground beef (97% lean), cooked and well-drained (can also use ground turkey or chicken)

Instructions:

1. Chop the mushrooms finely. This can also be done in a food processor.
2. Cook the chopped mushrooms in a hot skillet over medium-high heat until well done and no moisture remains, approximately 5-7 minutes. Remove the mushrooms from the pan and set aside.
3. Heat the oil in the skillet and add the onions. Cook for 1-2 minutes stirring frequently.
4. Add the taco seasoning and the tomato paste. Stir to combine.
5. Add the cooked mushrooms and the cooked, well-drained ground beef/chicken/turkey.
6. Add a little water, if needed, for everything to be well combined. Serve on corn or whole wheat tortillas.



Nutrition Information Per Serving:

makes 8 servings
serving size is 4 oz. or 1/2 cup

Calories: 98

Total Fat: 5g Sodium: 288mg
Carbohydrate: 9g Protein: 10g
Dietary Fiber: 5g

Source: [Med Instead of Meds: Mushroom Beef Tacos](#)

EGG-CELLENT WORKOUT

Complete this circuit 3-4 times. Try to increase your reps each circuit.



**10
PUSH-UPS**

**15
SQUATS**

**10
BURPEES**

**10
SIT-UPS**

**15
JUMPING
JACKS**

**30
SECOND
PLANK**

UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS



It's a Busy Life Cooking Series - All About Air Fryers

We will go over air fryer basics, different models, tips and tricks, and delicious recipes. You'll also get hands-on experience in preparing and cooking air fryer meals. This workshop will be on Wednesday, May 4th 5:30pm-7:30pm and costs \$13, which includes dinner. Space is limited, so reserve your seat on the [**Eventbrite workshop page**](#).

Med Instead of Meds

Learn how to eat the "Med Way" to help prevent and even reverse some chronic conditions. Classes focus on the 7 Simple Steps to eating the Med Way. Each session explores 1-2 simple steps, a mindfulness skill, and features Med Way recipes. This six-session class series will be offered starting in May. Both online and in-person classes are available. For more details about both class options, please visit our website at [**Med Instead of Meds**](#) or call/email Taylor.



Lifelong Improvements through Fitness Together (L.I.F.T.)

This FREE 8-week long fitness program will meet on Tuesdays and Thursdays from 12pm-1pm starting May 3rd through June 23rd via Zoom. The goal of this program is to improve functional fitness and help meet the physical activity guidelines for adults. To learn more about this program and to register, please visit the [**Eventbrite page**](#).

It's a Busy Life Cooking Series - One Dish Wonders

Our final class in our It's a Busy Life Cooking Series is learning how to cook meals using one dish. This way of cooking is beneficial for those who highly dislike the clean-up process of cooking. Let's face it, who does? Join us to discover one-dish recipes and hands-on cooking experience. This workshop will be held Wednesday, June 1st 5:30pm-7:30pm. The fee is \$18 and includes dinner. Space is limited, so reserve your seat on the [**Eventbrite workshop page**](#).



Dial Gauge Pressure Canner Testing

A dial gauge pressure canner need to read the correct pressure to ensure that foods being processed are properly canned. There is a potential for unsafe processing if the gauge reads 2 pounds pressure high or low, jeopardizing the safety of the food in the jar. Bring your dial gauge pressure canner lid to the Extension Office anytime Monday-Friday 8:00am-5:00pm to be checked for FREE!





..... **ADDITIONAL RESOURCES**

Portion Size | Visit the [National Institute of Health](#) to learn about portion distortion over the decades and [MyPlate](#) about proper portion sizes.

Mushrooms | For more information about the nutritional value of mushrooms and more facts, visit the following websites: [Harvard School of Public Health](#), [The Mushroom Council](#), and [Food Source Information-Colorado](#).

Exercise | Check out these YouTube channels for free, at home workouts with little to no equipment needed: [Walk at Home by Leslie Sansone](#), [Body Project](#), [Pahla B](#), [Fitness + Life Coach](#)

Support Local | To find fresh and local produce, download the [Visit NC Farm](#) app. Available for Apple and Android devices.

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Wilson County Cooperative Extension - FCS

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