



WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

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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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MEDITERRANEAN DIET MONTH

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The Mediterranean diet is a healthy eating plan that is based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean sea. Interest around this diet plan started in the 1950s, when researchers noticed that heart disease was not as common there, compared to the United States. Since then, more research has been done on the benefits of eating the "Med Way" such as:

- decrease risk of some forms of cancer
- more effective than a low-fat diet in terms of weight loss
- protects against cognitive decline
- protective factors in eye health
- decrease risk of type 2 diabetes
- can help manage blood pressure
- can reduce the risk of cardiovascular disease

Let's talk about the 7 Simple Steps of eating the "Med Way". Please keep in mind that this is an abbreviated explanation. For further detail, please contact the N.C. Cooperative Extension in Wilson County to find out when the next Med Instead of Med class is being offered.

Change Your Protein

The Med Way emphasizes eating primarily plant-based proteins, such as beans and legumes and eating fish 2-3 times per week. If you do eat meat, choose lean, white-meat poultry or chicken, limiting red meat.

Swap Your Fats

Make olive oil your "go to" fat. You should replace your solid fats (e.g., butter, lard, etc.) with olive oil. Aim to consume at least 4 tablespoons per day.

Eat More Vegetables

Get at least 3 servings (cups) of vegetables per day. Choose a variety of colors and eat more of the dark leafy vegetables such as collards, kale, and spinach.

Eat More Fruit

Get a least 2 servings (cups) of fruit per day. Choose a variety of colors and include berries.

Make Your Grains Whole

Swap your refined grain foods for whole grain foods, such as oatmeal, quinoa, brown rice, and popcorn. When choosing bread and pasta, look for "whole" in the first ingredient on the ingredient list.

Snack on Nuts and Seeds

Choose at least 3 ounces of nuts and seeds per week. Nuts and seeds are a great and easy snack to help satisfy your hunger. Be sure to avoid candied, honey-roasted, and heavily salted nuts and seeds.

Rethink Your Sweets

Limit your sugar intake to no more than 3 servings per week. This is different than the natural sugars found in fruits and some vegetables. Examples include candies, desserts, beverages, and so on.

Other aspects of the Mediterranean-style diet include adding physical activity into your daily routine. Aim to get at least 30 minutes of moderate physical activity every day. Try to avoid alcohol, unless it is red wine. Even then, limit your consumption to only 1-2 glasses per day, depending on your age and gender. This is completely optional and is not recommended if you have certain health conditions, or if you have a personal or family history of alcohol abuse.

WHAT'S IN SEASON - STRAWBERRIES

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Vitamins

Vitamin A
Vitamin K
Vitamin E

Minerals

Manganese
Magnesium
Phosphorus
Potassium
Calcium
Iron
Folate



Health Benefits

- Low in fat and calories
- Has heart healthy benefits
- Can help reduce the risk of a stroke
- Can help regulate bowl movements
- May reduce risks of some cancers

Fun Facts

- Strawberries are a member of the rose family
- Strawberries are the only fruit that has seeds on the outside
- On average, there are 200 seeds in a strawberry
- Strawberries can grow in every single U.S. state and Canadian providence
- California produces 75% of the nation's strawberry crops, which is about 1 billion pounds
- 8 medium strawberries add up to only about 50 calories
- There is a museum in Belgium just for strawberries
- Unlike some other fruits, strawberries don't continue to ripen after being picked

QUINOA STRAWBERRY SALAD



This salad recipe is so refreshing and perfect for the spring and summer months. It's a nice combination of fruits, vegetables, and whole grains. Enjoy this as a meal by adding more of your favorite lean protein or as the perfect side to a backyard BBQ.

Prep Time + Cook Time = Total Time
15 mins + 20 mins = 35 mins

Ingredients:

Dressing:

- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Salad:

- 1/2 cup dry quinoa
- 2 cups baby spinach leaves
- 2 cups arugula
- 2/3 cup sliced strawberries
- 2 tablespoons sliced almonds, toasted
- 1 handful of fresh basil leaves

Instructions:

1. Place quinoa in medium saucepan along with 1 3/4 cups of water. Bring to boil, then cover and reduce heat to simmer for 15 minutes or until cooked.
2. Remove lid and cook until all water is evaporated. Remove from heat.
3. Make the dressing by combining all ingredients in a bowl or jar.
4. Place the quinoa, spinach, arugula, strawberries, toasted almonds, and basil in a bowl and combine.
5. Add and toss in dressing just prior to serving.



Nutrition Information Per Serving:

makes 4 servings
serving size is 1 cup

Calories: 182

Total Fat: 10g Sodium: 33mg
Carbohydrate: 18g Protein: 5g
Dietary Fiber: 3g

Source: [Quinoa Strawberry Salad Recipe](#)

Spring In Your Step Workout

Jog in place 1 minute
30 seconds push ups
1 minute alternating lunges with weights
30 seconds bicep curls
30 seconds hammer curls
Jog in place 2 minutes
30 second sit ups
50 seconds donkey kicks (each side)
40 seconds tricep dips
1 minute weighted crunches
30 seconds squats

*Repeat 3 times with 2 minute
breaks between each set*

UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS

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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**

Mediterranean Diet | Please visit the [Med Instead of Meds website](#) for more detailed information about the Mediterranean-style diet and recipes.

Strawberries | For more information about the nutritional value of strawberries and more fun facts, visit the [University of Illinois Extension website](#).

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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