



Brought to you by the UMass Extension Nutrition Education Program

ISSUE 33

Nutrition Bites is a newsletter that highlights helpful information on staying safe, an easy and healthy recipe to try with your family, physical activity ideas, and food resources in your area. We know you are taking extra steps to keep you and your family safe during this pandemic. Our goal is to work together to provide information to help our community maintain the safety of us all.

STAYING HEALTHY



Choose a variety of lean protein sources.

Staying physically active and eating nutritious foods are important for your health. Choose a variety of protein foods such as lean cuts of meat, poultry, eggs, seafood, nuts, beans, and peas for the nutrients your body needs to build and maintain muscles. Follow these tips when choosing lean or plant-based proteins.

- Select lean, low-fat, and skinless meat and poultry. Meat is often classified by its percentage of fat. Choose meat with a lower percentage of fat. Remove any visible fat before cooking meat or poultry.
- Choose salmon, sardines, trout, mackerel, or tuna for protein and heart-healthy omega-3 fatty acids.
- Swap higher-fat meats for plant-based protein foods. Choose beans, peas, lentils, nuts and soy products such as tofu or tempeh.
- Choose at least one protein food at each meal and snack. Protein needs vary depending on age, gender, weight, height, activity level, and overall health.
- Pair protein foods with whole grains, fruits, vegetables, and low-fat dairy for a nutritious diet that will support physical activity.

RECIPES AND NUTRITION TIPS



Enjoy the benefits of protein with beans.

Power up with protein! This nutrient provides energy and is necessary for a healthy body. Your body uses protein in multiple ways, such as making and repairing cells, fighting infections, carrying nutrients and oxygen throughout our bodies, and building muscle. Add a lean protein to your day by trying our [Tex-Mex Black Bean Dip](#).

You can dip your favorite whole-grain tortilla chips or crackers or add it to a burrito.

Watch this similar recipe video from Alabama Extension:

<https://video.link/w/pT6mc>.

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PHYSICAL ACTIVITY TIPS



Build strength for health.

Strength training, or resistance training, is not just for bodybuilders. Resistance training includes both body-weight movements and weight lifting, which are important for staying healthy and active throughout your life. Try adding this simple but effective sumo squat exercise to your workout.

Stand with your feet hip width apart and place your arms in front of you.

- Hold your hands together in front of your chest. Step your feet so that your heels are about 20 inches apart. Point your toes out slightly.
- Bend your knees and elbows. Keep your shoulders over your hips and lower your body so that your weight is back in your heels.
- Then straighten your legs and arms carefully. Do not lock your knees when you reach a standing position.

Visit <https://food.unl.edu/article/nutrition-education-program/body-weight-circuit> for more exercises that use your body weight.



Get creative and give your planters a makeover.

Add some whimsy to your garden or patio by painting your planting containers. You will need different sizes of terra cotta pots, a drop cloth, and spray paint.

- Make sure your planters or pots are clean and free of dust and dirt.
- Lay all your terra cotta pots face down on your drop cloth and apply light, even coats of spray paint.
- Give them enough time to dry before you apply a second coat of spray paint.

FOOD ACCESS RESOURCES IN MASSACHUSETTS



Check eligibility for the Massachusetts Women, Infants, and Children (WIC) Nutrition Program.

WIC is a free nutrition program that provides healthy foods, nutrition education, breastfeeding support, referrals to healthcare, and other services to Massachusetts families who qualify. WIC is increasing fruit and vegetable benefits to \$35 per month for children (1 year and older) and women this summer! You can check your eligibility at <https://www.mass.gov/service-details/check-eligibility-for-wic> and apply for WIC online at <https://www.mass.gov/forms/apply-for-wic-online>.