

Nutrition News

Southwest Region Monthly Nutrition Newsletter October 2020

Chew on This: October is National Seafood Month

Shrimp is a local favorite and is a common choice on restaurant menus. Shrimp are versatile and can be prepared in many ways, including stewed, broiled, boiled, steamed, baked, and fried. There are more than 38 species, and they come in a variety of colors, including red, pink, blue, white, brown, and green. Shrimp have an annual statewide economic impact of 1.3 billion dollars. Shrimp can be a part of a balanced diet because they are relatively low in saturated fat and contain omega-3 fatty acids, protein, B vitamins, and Selenium. Fresh shrimp are highly perishable and should be eaten within three days of purchase, but preferably on the day of purchase. If you do not plan to use them within three days, they should be frozen and consumed within three months. Fresh shrimp or thawed frozen shrimp should not have a strong fishy smell; this indicates that the shrimp are unsafe to eat. The head and body should be firm to touch and free of spots and blemishes. When thawing, frozen shrimp run under cold running water or thaw in the refrigerator with a pan underneath. Shrimp are cooked once they reach an internal temperature of 145 °F.

Get Moving: Go Play, Your Way!

As the holiday season begins, try to find ways to increase physical activity to prevent holiday weight gain. Several aerobic exercises that are enjoyable, such as an aerobics class, barre class, yoga, dancing, walking, bike riding, team sports like football, running, hiking, softball, etc. Work out aerobically whenever possible. Now that the weather is cooler, go for a walk with your favorite family member or friend. Strive to walk 1,000 more steps today than you did yesterday, building up to 10,000 steps. Walk up and down the hallway during commercials of your favorite show. Gardening is a good exercise that connects you with nature. Yoga and meditation are ways to keep you calm during this hectic season. Being physically active improves mood and overall health. You still have time to end 2020 on a positive and healthy note!

Health Awareness

October is
Chocolate Day 28th
Oatmeal Day 29th
National School Lunch
Week 12th-16th
Apple Month
Eat Better Together Month
Farm to School Month
Pasta Month
Vegetarian Awareness
Month
Popcorn Popping Month
National Seafood Month



Get Growing: Gardening

After a flood, produce grown in your home garden may not be safe to consume. Flooding due to natural disasters may increase the risk of crop contamination with bacteria, viruses, debris, and parasites. Since these pathogens can be found in floodwaters, it is easy for them to seep into the ground and contaminate your garden. Safety measures should be taken to prevent contracting illnesses as a result of consuming contaminated produce. The ground may still be contaminated up to 90 days following flooding; therefore, special care should be taken with fruits and vegetables that are to be eaten raw. Products such as chlorine bleach should not be used in an attempt to make produce safe. When removing produce from your garden after flooding, it's crucial to protect yourself and your home. Be sure to wear gloves and wash your hands when coming in contact with floodwaters or contaminated produce. If you are concerned that your soil may be contaminated due to flooding, get your soil tested at your parish Extension Office.



What to plant now	Days until harvest
Snap beans, bush	48-55
Lima Beans, bush	60-67
Mustard Greens	35-50
Broccoli	70-90
Irish Potatoes	90-110
Turnips	40-50



Healthy Communities Showcase

To learn more about Healthy Communities in your parish, please contact your local extension office

COMING SOON!
Free Nutrition Classes
Taught by trained educators with the LSU AgCenter.

Learn about:

- Healthful eating on a budget
- Physical activity
- Food safety

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Contact your local nutrition agent or educator to join a program near you!
www.lsuagcenter.com

EFNEP
Extension Food and Nutrition Education Program

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Adults: <https://bit.ly/lsuadult>
Youth: <https://bit.ly/youthenroll>

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SNAP
USDA Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

Stirring it Up: **Skillet Catfish**

Ingredients:

For the spice rub:

- ⅓ cup cornmeal
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper

- 4 4-ounce catfish fillets
- 2 teaspoons vegetable oil
- 1 lemon or lime (quartered)

Directions:

1. Prepare the spice rub. Put the cornmeal, oregano, cayenne pepper, thyme, paprika, salt, and pepper on a plate and combine well.
2. Dredge both sides of the catfish in the spice mixture.
3. Put the skillet on the stove and turn the heat to high.
4. When the skillet is hot, add the oil. Add the fish and cook about 4 minutes on each side, until browned and cooked throughout. Catfish is cooked thoroughly when the internal temperature reaches 145°F or until the flesh is opaque and separates easily with a fork.
5. Serve right away garnished with lemon or lime wedges.

Nutrition information for a 1 fillet: 230 Calories, Total Fat 12 g, Saturated Fat 2.5 g, Cholesterol 87 mg, Sodium 65 mg, Total Carbohydrate 68 g, Dietary Fiber 0 g, Total Sugars 0 g, Added Sugars included 0 g, Protein 25 g



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