FABLOW AgriLife

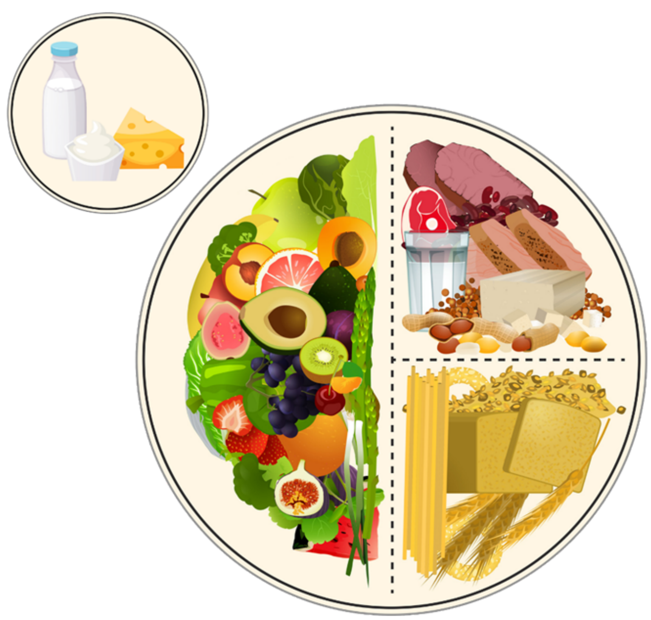
Texas A&M AgriLife

FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Atascosa, Bandera, & Wilson County.

National Nutrition Month

To celebration National Nutrition Month try new flavors and foods from around the world by putting your chef's hat on and looking for quick and easy recipes. Most recipes will tell you how long it takes to cook and the level of difficulty.

What does healthful eating mean to you?



EAT A VARIETY OF NUTRITIOUS FOODS

-Include healthful foods from all food groups: Fruits, Vegetables, Dairy, Grains and Protein.
-Incorporate your favorite cultural foods and traditions
-Learn how to read the Nutrition Facts Label
-Try new flavors and foods from around the World
-Make healthful food and drink choices
-Make a grocery list to help you stay on track and in budget.
-Enjoy your meal with family and friends.
-Try a new seasonal fruit or vegetable.
-Vary your breakfast
-Check out local nutrition education programs that AgriLife Extension has to offer.

Resources: eatright.org/pro; Myplate.gov
Texas A&M AgriLife Extension

Nutrition Facts

16 servings per container	
Serving size	**1 cup**
Amount per serving	
Calories	**120**
	% Daily Value
Total Fat 5g	**6%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 115mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 295mg	25%
Iron 0mg	0%
Potassium 344mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories day is used for general nutrition advice.

Calories per gram:

Low in: Calories, Saturated Fat, Sodium or Added sugars= Less than 5% daily value

High in: Calcium, Vitamin D, Iron, Potassium= More than 20%

ATASCOSA

Dru Benavides - FCH Ext. Agent

County Events & Programs on https://atascosa.agrilife.org/

BANDERA

Jessica E. Faubion- FCH Ext. Agent

County Events & Programs on https://bandera.agrilife.org/

WILSON

Nicole Demmer - FCH Ext. Agent

County Events & Programs on https://wilson.agrilife.org/

"Wishin you a pot o' gold, and all the joy your heart can hold"

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- ***Podcast:*** *FABLOW AgriLife is on 11 different platforms (find us!)*
- ***Blog/Main Hub:*** *https://fablowagrilife.weebly.com/*
- ***YouTube & Pinterest:*** *FABLOW AgriLife (find us!)*

Don't forget to wear green on March 17th (St. Patrick's Day)