

Healthy HAPPENINGS

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Texas A&M AgriLife Extension Service Hidalgo County Family & Community Health

Welcome to the July 2024 issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.

July is WATERMELON Month

We're kicking off the hot month of July by celebrating one of summer's sweetest fruits - watermelon! July marks National Watermelon Month, recognizing this refreshing melons' place as a quintessential part of backyard barbecues and picnic spreads across the country. Watermelon is the perfect low-calorie, high-hydration snack when temperatures start to soar. In fact, watermelon is composed of over 90% water, making it an ideal way to stay hydrated on steamy summer days. Beyond hydration benefits, watermelon also provides an array of vitamins, minerals and antioxidants that support overall health and wellness. In this month's feature, we'll explore versatile ways to incorporate more of this juicy fruit into your meals and snacks, along with some nutritional facts about watermelon's health perks.

Find us on  [CLICK HERE](#)

SHRIMP TACOS WITH SOUTHWEST WATERMELON SALSA

by Dinner Tonight Healthy Cooking School

Tacos are a favorite food staple in Texas, and this Shrimp Taco recipe is a great and easy twist for a quick summer dinner. The cooked shrimp is a great way to include seafood in your diet, while the Southwestern Watermelon Salsa provides a flavorful, refreshing, and low sodium alternative to traditional salsa. You can use whole wheat tortillas to include more whole grains to your meal.

Click below for the Recipe:
[Shrimp Tacos Recipe](#)



Watermelon Benefits

- **Hydrating** - As mentioned, watermelon is over 90% water, so it's an excellent choice for replenishing fluids lost through sweat on hot days.
- **High vitamin C content** - Just one cup of watermelon contains over 30% of the Daily Value for vitamin C, which supports immune function and collagen production.
- **Lycopene** - Watermelon is a top source of lycopene, a powerful antioxidant that may help reduce cancer and heart disease risk. Some research links lycopene with prostate health.
- **Vitamin A & B-6** - In addition to vitamin C, watermelon provides small amounts of vitamins A & B-6 which are important for vision, cell growth, and energy production.
- **Potassium rich** - With over 300mg per cup, watermelon is a great way to meet your daily potassium needs, which helps regulate blood pressure and muscle function.
- **Low calorie** - At only 46 calories per cup, watermelon makes for a refreshing, filling snack without spiking blood sugar like higher-calorie fruits.
- **Anti-inflammatory effects** - Compounds in watermelon called citrulline and arginine are associated with decreasing inflammation throughout the body.

How To Select MELONS

Watermelons: Look for a field patch! A large yellow spot which indicates the watermelon was left on the vine to ripen sufficiently!

Cantaloupe: The best indicator of the melon being ripe is smell. A sweet and intense smell. Rind should appear golden and not with a green hue.

Honeydew: Slightly harder to choose but best indicator is weight and color. A ripe melon should appear pale yellow in color with a smooth rind. Should seem heavy for its size.



FAMILY & COMMUNITY HEALTH

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BE PREPARED

With the height of Atlantic hurricane season upon us, now is the time to review your family's emergency plan and restock your disaster kit. Meteorologists predict an active few months, so taking proactive preparedness steps can help ease potential impacts.

CANCER PREVENTION

As July designates Cancer Prevention Month, focus on small lifestyle changes to support your long-term health, such as wearing sunscreen daily, limiting alcohol, staying active, and getting recommended screenings. Prioritizing prevention can help significantly reduce cancer risks over time.

Family & Community Health Programs

- Cooking Well with Diabetes
- Cooking Well for Healthy Blood Pressure
- Cooking Well with Friends
- Cooking Well: Exploring Cultures
- Food Handler Certifications
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Mental Health First Aid Certification (available upon request for groups)

Visit our redesigned website to learn more about the Family & Community Health Programs!

click here →

hidalgo.agrilife.org



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