



An Educational Partnership Between the Broward County Board of Commissioners and University of Florida Extension / IFAS

APRIL–JUNE 2021

Volume 5, Number 2

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From the Desk of Broward County's FCS Extension Agent...



Dear Readers,

Hello! The COVID-19 pandemic continues but we do have good news that several brands of vaccine are now available. If you are interested in scheduling an appointment, see the site information included in this issue. Many people are reporting ill effects from being on many Zoom and other platform type meetings. I know I feel it when I have five zoom calls in a day. Whew! I have included a few tips on page 1. Please share and email me if you have had success with other techniques. I am so happy to share that we again have two guest authors this quarter-both of whom are valued Family and Consumer Sciences Advisory Committee members. They are registered and licensed dietitians in the state of Florida. See page 3 and page 5. On the back page you will find our motivational moment and the Q & A Challenge. If you or someone you know is continuing to struggle at this time, note the Disaster/Distress Hotline number which is 1-800-985-5990. It is a 24 hour service and you can speak with a counselor, if needed. The *Apple Core & More Newsletter* is published quarterly to educate individuals and families. Wishing you a wonderful and healthy Spring.

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Got Zoom Fatigue?

By Brenda Marty Jimenez, Broward FCS Agent

Many people have been on zoom for about a year now during the pandemic. Zoom and other online platforms have their benefits. Some people are experiencing zoom fatigue. Video calls and online meetings can be exhausting and draining. If you are feeling zoomed out, try these suggestions:

- ◆ Avoid multi-tasking when on a zoom call
- ◆ Take regular breaks and step outside
- ◆ Try to avoid back-to-back calls, if able.
- ◆ Stand up and stretch often
- ◆ Stay adequately hydrated. Drink water!
- ◆ Switch from full screen mode to other options
- ◆ Look away from the screen every so often to relax & rest your eyes
- ◆ Turn your camera off, if able, from time to time.
- ◆ Avoid zoom calls on the weekend.

Centers for Disease Control and Prevention (CDC)-
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Do you have an idea or nutrition story you'd like to share?
E-Mail: bjimenez@ufl.edu
Visit us on the web at:
<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>
SolutionsForYourLife.com



GETTING VACCINATED 101

IN OUR BROWARD COUNTY PARKS



Vaccinations are now available in our community. Multiple locations are available by appointment to receive a vaccination.



To schedule an appointment at one of the Broward County Health Department coordinated park locations, call:

***866-201-6313 or 844-252-2003 for TTY users or by visiting <http://myvaccine.fl.gov>**



Know the Facts About Getting The COVID-19 Vaccine!



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*NOTE: This is an automated line, you must leave requested information and call back phone number.

You will receive a call back when an appointment is available for you, although depending on availability, it might be the same day or a few days to weeks later.

You may not recognize the incoming number so be on the lookout!



BMJ/DL 2021

Vitamin D: Not Just for Kids

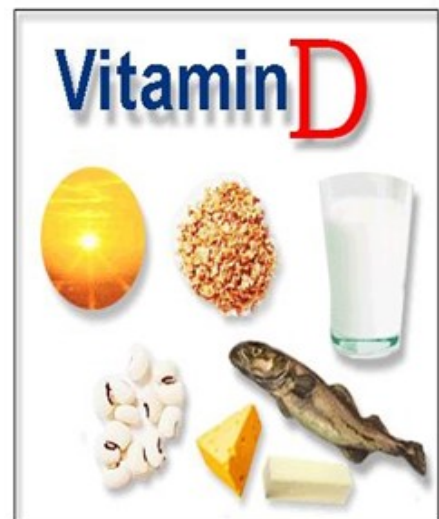
Contributed by Darlene Moppert, RDN, LDN, Broward FCS Advisory Committee member



Vitamin D is a nutrient everyone needs for good health. In the young, it prevents the disease rickets, a disease which causes one's bones to become soft, weak, deformed, and painful. Along with calcium, vitamin D helps to prevent osteoporosis as people age by keeping bones strong. Vitamin D is also important in heart health, possibly helping to reduce blood cholesterol and high blood pressure. Vitamin D is needed for your brain to function properly and it also may contribute to the body's regulation of blood sugar.

Too much vitamin D can be harmful. High blood levels of vitamin D are usually caused by consuming excessive vitamin D supplements. This can cause nausea, vomiting, muscle weakness, confusion, pain, loss of appetite, dehydration, excessive urination and thirst and kidney stones. Extremely high levels can even cause death. Vitamin D supplementation more than the Average Daily Recommended amounts ought not be taken without recommendation of one's physician.

Natural Sources of Vitamin D: Most of the US milk supply is fortified with vitamin D, along with many plant-based milks alternatives such as soy milk and almond milk. Most foods made from milk such as cheese and ice cream are not fortified with vitamin D. Check the label to be sure. Vitamin D is also added to many breakfast cereals and some orange juice brands. Fatty fish, such as salmon, trout, and tuna, among others is the best natural source of vitamin D. Beef liver, cheese and eggs contain small amounts. One's body makes vitamin D when the skin is exposed directly to the sun (Cont.)



Vitamin D: Not Just for Kids

Contributed by Darlene Moppert, RDN, LDN, Broward FCS Advisory Committee member

Today, many factors reduce our exposure to the sun including cloud cover and smog. Rightful concern about skin cancer, has led many individuals to reduce sun exposure with more skin cover-up and use of sunscreens. This limits vitamin D production in the body so dietary intake is important.

A blood test is the best way to know if one is getting enough vitamin D. Levels of 50 nmol/L are adequate. Levels of 125 nmol/L or higher may cause health problems. Levels below 30 nmol/L are too low and may weaken bones and affect one's overall health.

Disclaimer: Tell your doctor, pharmacist and other health care provider about any dietary supplements, prescription, or over-the-counter medications you are taking. Supplements such as vitamin D can interact with medication you are taking as well as utilization is affected by your total medical condition.

Adapted from: National Institutes of Health, Office of Dietary Supplements, Vitamin D, *Fact Sheet for Consumers*, March 2021 [Vitamin D - Consumer \(nih.gov\)](https://ods.od.nih.gov/factsheets/VitaminD-Consumer/)

Average daily recommended amounts of vitamin D are listed below in micrograms (mcg) and [International Units \(IU\)](#):

Life Stage	Recommended Amount
Birth to 12 months	10 mcg (400 IU)
Children 1–13 years	15 mcg (600 IU)
Teens 14–18 years	15 mcg (600 IU)
Adults 19–70 years	15 mcg (600 IU)
Adults 71 years and older	20 mcg (800 IU)
Pregnant and breastfeeding teens and women	15 mcg (600 IU)

National Institute of Health, Vitamin D Fact Sheet, March 2021

Allergy Corner

SEASONAL ALLERGY HELP

Approximately 50 million people each year are affected by allergies and approximately 7 billion dollars a year are spent on doctor visits and allergy medication! They can enter the body via ingestion, inhalation, injection, or skin contact. Common symptoms include watery eyes, itching, coughing, congestion, hives, runny nose, fatigue, asthma attacks, and, in severe cases, death.

WINTER

HOUSE DUST & DUST MITES



Reduce the humidity below 70 per cent



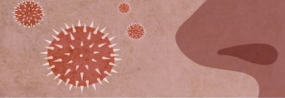
Thoroughly vacuum mattresses, carpets, sofas, and chairs.

MORE TIPS

Use drapes that can be washed and change bed clothing frequently
Very sensitive individuals should encase their mattresses, pillows in plastic

SPRING

FLOWER & TREE POLLEN



Use air filters and clean regularly, or run an air conditioner and change the air filter frequently



Wear a dust mask when mowing the lawn, gardening, or raking leaves

MORE TIPS

Limit outdoor activities during the pollen season (January-June)

SUMMER

POISON IVY, OAK, SUMAC & POISONWOOD



To avoid a brush with poison ivy, stay in open areas and away from bushes and other plants



Learn to identify these plants in order to avoid contact with them.

MORE TIPS

Over-the-counter skin creams containing the active ingredient bentoquatam (for example, Ivy Block®) absorb the urushiol oil and can prevent or lessen a reaction if applied before contact

AUTUMN

RAGWEED & PET DANDER



Mow as close as possible to the ground to minimize regrowth, deplete ragweed and prevent it from seed production.



Keep pets clean by bathing them often.

MORE TIPS

Keep pets out of the bedroom and other sleeping areas.
If practical, keep pets outdoors.
Keep pets' bedding clean.

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Properly Dispose of Unwanted Medications

Properly disposing of expired or unused medications can help reduce the prevalence of prescription drug abuse in Florida. It also helps prevent accidental ingestion by children or pets, helps prevent accidentally taking the wrong medication, and prevents medications from entering water sources. Here are some dos and don'ts for disposing of your medications.



Best Option



Drug Take-Back Locations or Events

- 1 The DEA sponsors biannual National Prescription Take Back Days in April and October.
- 2 City or county trash and recycling services may handle drug take back.
- 3 Many sheriff's offices and police departments offer anonymous medication drop-off locations.
- 4 Many pharmacies have drop-off locations in store.
- 5 Find a year-round public disposal location here: <https://tinyurl.com/MedicationPublicDisposal>

Source: <https://edis.ifas.ufl.edu/ss680>

Alternatives

Household Disposal



- 1 Take medication out of container.
- 2 Mix with cat litter, used coffee grounds, or similar undesirable substance.
- 3 Place in sealed container or bag.
- 4 Remove personal information from your prescription container.
- 5 Place both containers in your normal trash.

Don't

flush medications down the drain.

Water treatment plants don't remove medication from the water, and compounds end up released into surface or groundwater, contaminating them.



Medication Disposal

The Season's Best Spring Produce for Good Health

By Michelle J. Stewart MPH, RDN, LDN, CDCES, FAND; Broward FCS Advisory Committee



We've had unpredictable and unseasonable weather in just about every region of the country throughout the season.

About now we are all ready to spring forward to enjoy days with more light and the taste and textures of Spring produce. Although most can be purchased throughout the year they are flavor powerhouses in season. Mother Nature's timing is impeccable as nutrient-rich fresh foods are abundant just in time to step-up physical activity.

When I checked out the produce counter at the local market there were the usual suspects—asparagus, artichokes, scallions, new potatoes, and strawberries. They were joined in the "Season's Best" market basket with arugula, fava beans, and tamarillo. Now this is not to say these are the only fruits and vegetables of Spring, I thought it would be good to take a look at both the standard and new choices on produce stands.

A is for **asparagus** however it may also be considered the triple-A veggie---antioxidant, anti-inflammatory, and anti-aging. It is loaded with vitamins—A, B, C, E and K along with minerals that play a role in the ability of insulin to transport glucose in the body. Asparagus are high in fiber and low in calories. The most frequently found variety is green, however the crayon-shaped vegetable comes in both white and purple.

Artichokes are another nutrient filled vegetable they are high in antioxidants, vitamins A, B, E, and K, calcium, potassium, phosphorous, and magnesium. The high content of potassium promotes heart health and reduces the risk of stroke. Its high antioxidants boost immunity and help in the maintenance of healthy cells. Artichokes high fiber, low calorie count makes them a bonus option for waist-watchers.

New Potatoes are a good source of carbohydrates that are low in fat. The potatoes are high in vitamin C, with good amounts of vitamins A, B, and K. Additionally they are a good source of minerals including potassium, iron, calcium and magnesium. Their antioxidant content may help prevent hypertension, and protect against heart disease and cancer. (Cont.)

The Season's Best Spring Produce for Good Health

By Michelle J. Stewart MPH, RDN, LDN, CDCES, FAND; Broward FCS Advisory Committee

Scallions are a low calorie high-flavor ingredient that is a good source of vitamins A, C and K. These nutrients aid in blood-clotting, and bone strength. They are also a good source of potassium which promotes heart health.



Strawberries are probably the most popular item in the berry family. They're high in vitamin C, low in calorie and contain anti-oxidative, anti-inflammatory phytonutrients. Recent research also indicates that the regular inclusion of strawberries in the diet can reduce the risk of type 2 diabetes.

Arugula is a deep green peppery salad green that is also called rocket. It contains vitamin A, C and K, calcium, and iron. It's an anti-oxidative and low calorie salad green that is a must-have addition to the mixed green salad bowl.

Fava Beans, often associated with Italian cuisine are also known as broad beans. They're a low fat protein and excellent sources of fiber, folate, and iron. As one of the oldest plants cultivated, they are staples in many international cuisines. They work to lower cholesterol and may stimulate the libido. Fresh young favas can be shelled and eaten raw or cooked, but more mature fava beans must be both shelled and skinned, because the skins are tougher.

Tamarillo alias the Tree Tomato is an oval shaped fruit available in red, amber and gold grown in New Zealand. It is low fat, and high in vitamins, including vitamins A, C, B6, and E. They also contain potassium, copper and manganese. As is the case with so many of these seasonal choices tamarillo also contains antioxidants.

The foods on the list are a combination of what you'll find in the produce aisle in Spring. Whether you opt for tried and true or new, make sure you include a couple each day in your diet.

Take Away: *Remember the old adage---you are what you eat. Eat a variety of Spring produce to boost your intake of hard-working nutrients as you stride toward a healthier lifestyle.*

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NUTRITION CORNER



Eat Green! Choose green peppers.



Make 1/2 your plate fruits and vegetables.



- Eat green bell peppers either raw or cooked. Don't forget they come in other colors too (red, orange and yellow). Bell peppers can be served raw, grilled, stuffed or roasted. Eat a rainbow of colors each day.
- Most vegetables are low in fat and calories. Bell peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories.
- To prepare peppers, wash hands with soap and water before and after handling them.

Motivational Moment

"Worry is like a rocking chair: It gives you something to do but never gets you anywhere." -Author: Erma Bomback



Q&A Challenge

Question: Should you wash raw meat and/or poultry before preparing it?

Answer: NO



WE'RE ON THE WEB AT:

<http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

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DISCLAIMER

The information in this community newsletter is for informational purposes only. The Broward County Extension office and/or the Broward County Board of Commissioners are not engaged in rendering medical advice or professional services and cannot provide consultation on individual health conditions. The information provided in this newsletter should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or may suspect you have a health problem, you should seek appropriate medical attention from your health care provider.

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