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Benefits in a Cup of Tea



Tea is a highly consumed beverage all over the world. Different types of tea are predominate in different places. In the United States, black tea is the king. The focus of tea will be on the *Camellia sinensis* plant. Herbal teas will not be covered because they are not made from the *Camellia sinensis* plant. Black, green, and oolong tea all come from this plant. All three of these teas are caffeinated but the steps for processing the leaves from the plant are uniquely different.

Each type of tea contains a different amount of caffeine. Black tea contains more caffeine than green tea. The amount of caffeine also depends on the brewing process. The longer the tea steeps, the more caffeine. No matter the steeping process, tea has less caffeine than coffee.

Tea contains different amounts of minerals, but the amount is generally small. Potassium, phosphorous, magnesium, sodium, copper, and zinc are the ones to note. The processing, growing, and aging of the plant has an impact on the amount of minerals.

(Continues on Page 2)

Inside this issue:

Benefits In A Cup Of Tea	1-2
The Beginner's Guide to Different Types of Tea and How They Taste	3
Fruit—Grapefruit	4-5
Recipe—Ruby Red Grapefruit Bars	6
Brain Exercise	7
October Monthly Observances	8
Monthly Motivator Tips	9

Benefits in a Cup of Tea

(Continued from Page 1)

Tea contains a natural substance called polyphenols. Polyphenols may protect against some chronic diseases. They also act as an antioxidant by protecting the cells in the body against damage. How tea gets processed can determine the amount of polyphenols in the tea or tea product. Research suggests that green teas contain more of these properties compared to the other varieties. Although not conclusive, some research suggests that caffeine and a certain polyphenol called catechins may help with weight loss. Research is lacking to validate a significant relationship between tea and weight loss.



Research has shown that some tea drinkers may be keeping their heart healthy. Some research supports the reduced risk of heart disease in those who regularly consume green tea or black tea. Research shows mixed reviews on if tea has an effect on lowering one's cholesterol or blood pressure.

Diabetes research is not clear. While some studies suggest that the catechins in green tea may help to regulate blood sugars and reduce the risk of developing Type 2 diabetes, more research is needed.

As far as cancer is concerned, there is a lot of information that can be found to suggest that tea is a cancer-fighting beverage choice. Research has not confirmed that consuming tea reduces the risk for cancer. At this time, it is unknown if tea can reduce the risk of cancer as a certainty.

Tea is suggested to have many good benefits. However, just like anything else, too much of a good thing is never a good thing. Tea can have adverse interactions with some medications. Drinking too much tea could put you at other health risks. Drinking too much caffeine creates issues related to sleep, rest, and nervousness. Some experience gastrointestinal issues, nausea, heartburn, or muscle pain related to the amount of caffeine. It is recommended that one should not have more than 400 milligrams of caffeine per day.

If you are drinking tea that contains sugar, it could lead to weight gain from extra calorie consumption.

The key importance for tea is balance. Tea can fit into a healthy lifestyle for most. Brewing your own tea is the best idea for getting the most potential from steeping, while also controlling the amount of sweetness.

The Beginner's Guide to Different Types of Tea and How They Taste



True Teas: Made From the Camellia Sinensis Plant

White Tea



Tea leaves are harvested and immediately dried outdoors in natural sunlight. All white teas are produced in the Fujian province of China. Only baby tea leaves are used to produce this delicate tea.



Delicate, naturally sweet and rounded flavors lend this tea its soft and subtle flavor profile.

Green Tea:



Green tea leaves are harvested and then withered in order to reduce moisture content. The leaves are then pan fired or steamed at high temperatures to induce drying. During the drying process, tea masters roll the leaves into pearls or long twigs.



Depending on the production process, green teas can taste grassy, earthy, vegetal, and herbaceous.

Oolong Tea



Leaves are harvested and undergo a process of withering, rolling, short-term oxidation and drying. While oolong tea leaves do undergo a fermentation process, this process is stopped early by applying heat to the leaves.



This tea offers a floral flavor with a smooth finish that results in medium-bodied taste. The least oxidized oolong teas are known as pouchongs. These oolong types feature the most floral notes and are similar in taste to green teas. More heavily oxidized oolong teas boast strong yet smooth partly malty flavors.

Black Tea:



Black tea undergoes a process of withering, rolling, oxidation and drying that results in a dark brown or reddish amber hue when in liquid form. They're most commonly produced in China and India, with favorites including Assam, Darjeeling, and Keemun.



Black teas offer robust flavor with earthy and malty notes. They can also feature hints of citrus, chocolate, and spice.

Pu-Erh Tea:



Pu-erh is a post-oxidized tea. The leaves are harvested similarly to black and oolong teas and then aged for years. Some of the highest quality pu-erh teas are aged for more than 50 years!



They have strong robust flavors and are deep brown or black when brewed.

Herbal Tisanes



An herbal tisane, or herbal tea, is a tea made without using any leaves from the *Camellia sinensis* plant. These teas are generally caffeine-free and can be made using unopened flower buds, stems and roots from different plants.



There are floral tisanes such as hibiscus and chamomile, which result in sweet flavors. Citrus tisanes offer a tangy, tart flavor and refreshing aroma. Root teas are spicy and earthy.

FRUIT—GRAPEFRUIT

Grapefruit is a citrus fruit that can be bitter-sweet or sour. The grapefruit is a cross between an orange and a pomelo. It was created by accident in Barbados and was originally called the *forbidden fruit*. The grapefruit was brought to the United States in 1823 and was not widely popular with its arrival. It wasn't until about 1885, when the first shipment of grapefruit made it to New York and Philadelphia, that it started to gain some interest.

Grapefruits are grown on trees in a cluster. The tree takes at least three years before fruits are produced. There are 13 different types of grapefruits. The inside can be red, pink, or white. No matter what kind of grapefruit you choose, you can expect the taste and texture to be the same.

Grapefruit contains a low amount of calories and is an excellent source of vitamin A and C. It also contains folate, thiamin, potassium, and dietary fiber. The grapefruit has a low glycemic index meaning that it provides nutrients but does not have a negative impact on blood sugar levels. It has been noted that a grapefruit contains naringin, which is associated with a reduced risk of type 2 diabetes. Research has been conducted with grapefruit and its relationship with diabetes, weight loss, stroke, blood pressure, heart health, cancer, digestion, skin health, and immune function.



Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Grapefruit, raw, pink and red, all areas

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

91%	3%	6%
Carbs	Fats	Protein



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, and a very good source of Vitamin A and Vitamin C.

The bad: A large portion of the calories in this food come from sugars.

Grapefruit, raw, pink and red, all areas



Serving size: ▼

NUTRITION INFORMATION

Amounts per 1 cup sections, with juice (230g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	96.6 (404 kJ)	5%
From Carbohydrate	87.9 (368 kJ)	
From Fat	2.7 (11.3 kJ)	
From Protein	6.0 (25.1 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.8 g	4%

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	24.5 g	8%
Dietary Fiber	3.7 g	15%
Starch	0.0 g	
Sugars	15.8 g	

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	2645 IU	53%
Vitamin C	71.8 mg	120%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.3 mg	1%
Vitamin K	0.0 mcg	0%
Thiamin	0.1 mg	7%
Riboflavin	0.1 mg	4%
Niacin	0.5 mg	2%
Vitamin B6	0.1 mg	6%
Folate	29.9 mcg	7%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.6 mg	6%
Choline	17.7 mg	
Betaine	0.2 mg	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	18.4 mg	
Total Omega-6 fatty acids	66.7 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	50.6 mg	5%
Iron	0.2 mg	1%
Magnesium	20.7 mg	5%
Phosphorus	41.4 mg	4%
Potassium	311 mg	9%
Sodium	0.0 mg	0%
Zinc	0.2 mg	1%
Copper	0.1 mg	4%
Manganese	0.1 mg	3%
Selenium	0.2 mcg	0%
Fluoride	~	

Recipe—Ruby Red Grapefruit Bars

Ingredients

Crust

- ◆ 1 cup all-purpose flour
- ◆ 1/4 cup powdered sugar
- ◆ 1/4 tsp salt
- ◆ 1/2 cup butter, room temperature (cut into 8 pieces)

Filling

- ◆ 1 1/2 cups granulated sugar
- ◆ 1/4 cup all-purpose flour
- ◆ 4 large eggs
- ◆ 1 tbsp grapefruit zest
- ◆ 1 cup grapefruit juice (or combination grapefruit + lemon juice)
- ◆ Pink food coloring



Directions

1. Preheat oven to 350 degrees Fahrenheit. Lightly grease or line an 11x7-inch baking dish with parchment paper that overhangs 2-inches on both sides.
2. CRUST: Combine the flour, powdered sugar, salt, and butter in a food processor or stand mixer. Pulse/mix until mixture resembles fine crumbs that start to clump together. Press onto the bottom of the prepared baking dish. Bake at 350°F for 18-20 minutes, or until golden brown.
3. FILLING: Prepare filling when crust is just about done. Whisk together the sugar and flour in a bowl. Add the eggs, one at a time, whisking well after each addition. Add the zest, juice, and 3 drops or so of food coloring (if desired).
4. Pour filling over hot crust and bake an additional 20 minutes or until filling no longer jiggles and edges are brown.
5. Let cool completely in the pan, about 1 hour. Then refrigerate for at least 1-2 hours until cold. Lift bars out of pan with parchment paper for easy cutting and serving. Store leftovers in the refrigerator.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

	D			
S				H
W			O	S
O		S		D
D				W
				H

SHADOW

	P		I	
S		E		
D		P		
			P	R
			D	E
		R		I

SPIDER

	I			M
	Z	O		I
E				Z
	B			Z
I			Z	M
Z				I

ZOMBIE

			N	E
R		O		
				O
N				
			R	G
	G	A		

ORANGE





OCTOBER 2021

Sun.	Mon	Tue	Wed	Thu	Fri	Sat
					1 International Coffee Day	2 World Farm Animals Day
3 Oktoberfest	4 National Golf Day	5 World Teacher's Day	6 National Kale Day	7 Bald and Free Day	8 World Egg Day	9 Moldy Cheese Day
10 Columbus Day	11 It's My Party Day	12 National Gumbo Day	13 Emergency Nurses Day	14 National Dessert Day	15 Bosses Day	16 Sweetest Day
17 National Pasta Day	18 No Beard Day	19 Evaluate Your Life Day	20 International Chefs Day	21 International Nacho Day	22 National Nut Day	23 TV Talk Show Host Day
24 United Nations Day	25 World Opera Day	26 National Mincemeat Day	27 Black Cat Day	28 Plush Animal Lover's Day	29 National Frankenstein Day	30 National Candy Corn Day
31 Halloween						

Monthly Observances

- Adopt a Shelter Dog Month
- American Cheese Month
- American Pharmacist Month
- Apple Jack Month
- Awareness Month
- Breast Cancer Awareness Month
- Cookie Month
- Eat Country Ham Month
- National Diabetes Month
- National Pizza Month
- National Popcorn Poppin' Month
- National Vegetarian Month
- Sarcastic Month
- Seafood Month



October

Selenium: A Mineral Superhero?

By Dana Wright, WVU Extension Agent – Logan County



Monthly Challenge: Include selenium-rich foods in your diet this month. Focus on leaner cuts of meats and whole-grain sources.

Health Motivator Talking Points

- Selenium is a naturally occurring mineral found in soil and plays an important role in the proper functioning of the brain and thyroid.
- Selenium plays an important role in reducing inflammation and cell damage within the body.
- Nearly 80% of selenium absorption by the body comes through diet.
- Most Americans easily get the daily recommended amount of selenium through their diet.
- The major contributors of selenium in the American diet come from meat and grain sources including fish, eggs and breads. Brazil nuts have the highest concentration of selenium – 1 ounce (six to eight nuts) contains 544 micrograms.
- Mid-western Americans consume higher amounts of selenium in their diets than people living in the southern and eastern U.S. because of differences in selenium soil concentration.
- The Food and Drug Administration will require food manufacturers to list the recommended daily value of selenium by January 2021 on all nutrition facts labels as 55 micrograms.
- Concentrations of selenium within the body's cells naturally decline with age and may be linked to decreased cognitive abilities in older adults.

Quick Club Activity:

Have participants stand up. While using a chair to help maintain balance, have them place their hands securely on the chair, shoulder width apart. Using the chair to stabilize balance, have them squat as far down as possible, then return to the starting position. Complete five repetitions.

Create your own fun exercise moves. The idea is to get participants moving and enjoying physical activity.

Learn More

www.livescience.com/43566-selenium-supplements-facts.html
ods.od.nih.gov/factsheets/Selenium-HealthProfessional/
ods.od.nih.gov/pdf/factsheets/Selenium-Consumer.pdf



Chuckle of the Month:

How do eggs get around?
On a s-egg-way

WEST VIRGINIA BUREAU OF SENIOR SERVICES

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Brain Exercise Answers

H	D	W	S	O	A
S	O	A	D	W	H
W	A	H	O	D	S
O	W	S	H	A	D
D	H	O	A	S	W
A	S	D	W	H	O

R	P	D	I	E	S
S	I	E	R	D	P
D	E	P	S	R	I
E	D	I	P	S	R
I	R	S	D	P	E
P	S	R	E	I	D

O	I	Z	E	B	M
B	Z	O	M	E	I
E	M	I	B	Z	O
M	B	E	I	O	Z
I	O	B	Z	M	E
Z	E	M	O	I	B

G	O	R	N	E	A
R	E	O	A	G	N
A	N	E	G	R	O
N	R	G	O	A	E
E	A	N	R	O	G
O	G	A	E	N	R

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.