

FOOD AND FITNESS

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WEST VIRGINIA BUREAU OF SENIOR SERVICES

Why a Rainbow of Vegetables?

The Dietary Guidelines have a number of key recommendations. One of the recommendations for a healthy eating pattern is (eating) “a variety of vegetables from all of the subgroups.” The vegetable subgroups are categorized as dark green, red and orange, legumes (beans and peas), starchy, and other. Each subgroup of vegetables is categorized by their similar nutritional content. Eating a variety, or a rainbow, of vegetables within the appropriate calorie level is important in promoting health.



Dark Green—The dark green vegetables are listed as broccoli, spinach, leafy salad greens, collards, Bok choy, kale, turnip greens, mustard greens and green herbs. Other vegetables like green peas and green beans, although dark green in color, are not categorized in the dark green subgroup. They fall within the *other* subgroup. The nutrition content is not similar to the dark green subgroup. The dark green subgroup does provide vegetables with the most amounts of vitamin K. Vitamin K is important for blood clotting and aiding in wound healing.

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Why a Rainbow of Vegetables?

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Red and Orange—The red and orange vegetables provide the most amount of vitamin A. Vitamin A is responsible for normal vision, immune support, and plays a role in reproduction. Tomatoes, carrots, tomato juice, sweet potatoes, red peppers, winter squash, and pumpkin all fall within this subgroup.

Legumes—The legumes subgroup includes black beans, garbanzo beans, kidney beans, pinto beans, white beans, lima beans, split peas, lentils, and edamame. Legumes are considered an excellent source of protein and dietary fiber. They also provided other nutrients such as iron, folate, potassium, and zinc.

Starchy—Starchy vegetables are potatoes, corn, green peas, lima beans, plantains, and cassava. These vegetables contain the most potassium. Potassium is a mineral that the body requires for nerve function, muscle contraction, and helps to keep a regular heart beat.

Other—The other subgroup is a list of a wide range of vegetables. It also provides a wide range of nutrients in differing amounts and does not have nutrient consistencies as the other subgroups. These vegetables include lettuce, onions, green beans, cucumbers, celery, green pepper, and others (refer to page 3 for more).

Different color vegetables provide different types of nutrients. The vegetable choices should vary and should include many different types. Vegetable choices should be nutrient-dense (having a high vitamin and mineral content in relation to its weight) with limited amounts of salt, butter, or other high fat/sodium ingredients. When picking vegetables that are not fresh, choose the ones with lower amounts of added sodium. See below for recommend amounts of each vegetable subgroup based on a 2000 calorie diet.

Composition of the Healthy Mediterranean-Style & Healthy Vegetarian Eating Patterns at the 2,000-Calorie Level,^[a] With Daily or Weekly Amounts From Food Groups, Subgroups, & Components

Food Group ^[a]	Healthy Mediterranean-Style Eating Pattern	Healthy Vegetarian Eating Pattern
Vegetables	2½ c-eq/day	2½ c-eq/day
Dark Green	1½ c-eq/week	1½ c-eq/week
Red & Orange	5½ c-eq/week	5½ c-eq/week
Legumes (Beans & Peas)	1½ c-eq/week	3 c-eq/week ^[a]
Starchy	5 c-eq/week	5 c-eq/week
Other	4 c-eq/week	4 c-eq/week

Vegetables

Dark Green

- ♦ Bok Choy
- ♦ Broccoli
- ♦ Chard
- ♦ Collard Greens
- ♦ Dark Green Leaf Lettuce
- ♦ Kale

- ♦ Mesclun
- ♦ Mustard Greens
- ♦ Romaine Lettuce
- ♦ Spinach
- ♦ Turnip Greens
- ♦ Watercress

Legumes

- ♦ Black Beans
- ♦ Black-eyed Peas (mature)
- ♦ Edamame
- ♦ Garbanzo Beans (chickpeas)
- ♦ Kidney Beans
- ♦ Lentils
- ♦ Navy Beans
- ♦ Pinto Beans
- ♦ Soy Beans
- ♦ Split Peas
- ♦ White Beans

Red / Orange

- ♦ Acorn Squash
- ♦ Butternut Squash
- ♦ Carrots
- ♦ Hubbard Squash
- ♦ Pumpkin
- ♦ Red Peppers
- ♦ Sweet Potatoes
- ♦ Tomatoes
- ♦ Tomato Juice

Starchy

- ♦ Cassava
- ♦ Corn
- ♦ Black-eyed peas (not dry)
- ♦ Green Bananas
- ♦ Green Peas
- ♦ Green Lima Beans
- ♦ Jicama
- ♦ Plantains
- ♦ Potatoes
- ♦ Taro
- ♦ Water Chestnuts

Other

- ♦ Artichokes
- ♦ Asparagus
- ♦ Avocado
- ♦ Bean Sprouts
- ♦ Beets
- ♦ Brussels Sprouts
- ♦ Cabbage
- ♦ Cauliflower
- ♦ Celery
- ♦ Cucumbers
- ♦ Eggplant
- ♦ Green Beans
- ♦ Green Bell Peppers
- ♦ Iceberg (Head) Lettuce
- ♦ Mushrooms
- ♦ Okra
- ♦ Onions
- ♦ Parsnips
- ♦ Peas (edible pods)
- ♦ Radish
- ♦ Turnips
- ♦ Wax Beans
- ♦ Zucchini



A Partner in Education

FRUIT—ELDERBERRY

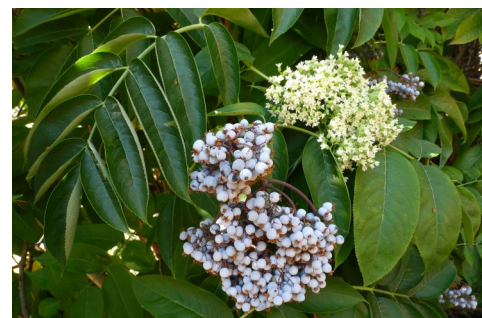
Elderberries are fruits that grow on a Sambucus tree which is related to the honeysuckle. Most often elderberries grow in the wild or in some cases can be found within your landscaping.

Both the berry and the flower of the tree are edible. The berries are quite tart and a blue-black color. The berries must be cooked before they are safe to eat. The raw berries contain a toxic substance that can cause nausea, vomiting, and diarrhea. When cooked the toxic substance, cyanide, is removed. However, the flower of the Sambucus tree can be eaten both raw and cooked.

The berries are often sold and marketed as an immune booster. Evidence for elderberries are very limited but do have some recognized health benefits. More research is needed to understand the benefits of this fruit.

The most abundant vitamin in the elderberry is vitamin C. The elderberry also contains notable amounts of dietary fiber, vitamin A, vitamin B6, iron, and potassium.

Elderberries are not usually found at the grocery store in its fresh or raw form. They can be found sold as syrup, wine, jam, juice, jelly, gummies, lozenges, pills, and teas.



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 Vitamin A, Vitamin B6, Iron and Potassium, and a very good source of Dietary Fiber and Vitamin C.

Estimated Glycemic Load

5

0 250
 Typical target total is 100/day or less

[? What is this?](#)

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

Caloric Ratio Pyramid for Elderberries, raw

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

91%	6%	3%
Carbs	Fats	Protein



Elderberries, raw

NUTRITION INFORMATION

Amounts per 1 cup (145g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	106 (444 kJ)	5%
From Carbohydrate	96.6 (404 kJ)	
From Fat	6.1 (25.5 kJ)	
From Protein	3.2 (13.4 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.0 g	2%

[More details ▾](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	870 IU	17%
Vitamin C	52.2 mg	87%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.1 mg	7%
Riboflavin	0.1 mg	5%
Niacin	0.7 mg	4%
Vitamin B6	0.3 mg	17%
Folate	8.7 mcg	2%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	~	
Betaine	~	

[More details ▾](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	26.7 g	9%
Dietary Fiber	10.2 g	41%
Starch	~	
Sugars	~	

[More details ▾](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.7 g	1%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.4 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	123 mg	
Total Omega-6 fatty acids	235 mg	

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

[More details ▾](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	55.1 mg	6%
Iron	2.3 mg	13%
Magnesium	7.3 mg	2%
Phosphorus	56.6 mg	6%
Potassium	406 mg	12%
Sodium	8.7 mg	0%
Zinc	0.2 mg	1%
Copper	0.1 mg	4%
Manganese	~	~
Selenium	0.9 mcg	1%
Fluoride	~	

Recipe—Homemade Elderberry Syrup

Ingredients

- 1 cup quality dried elderberries
- 1/2 cup chopped fresh ginger, peeled
- 2 tablespoons ground cinnamon
- 4 teaspoons ground cloves
- 4 cups water
- 1 cup raw honey, local if possible (use raw: non-raw is simply sugar with no health benefits) (raw buckwheat honey has the highest levels of antioxidants)



Directions

1. Place all of the ingredients, except for the honey, in a small saucepan. Bring it to a boil then reduce the heat to a low simmer and simmer uncovered for approx. 30 minutes or until the liquid is reduced by roughly half (though that much isn't necessary). Use a fork or potato masher to mash the berries.
2. Let the mixture steep for a few minutes, then strain the liquid through a fine sieve or cheesecloth and mash or squeeze the solids to release as much liquid as possible. You can also use a **food mill**. Let the liquid cool until room temperature (no hotter than lukewarm) and then stir in the honey. Makes about 3 cups.
3. Store in the refrigerator. Will keep for at least 2 weeks.
4. There is no standard dose for elderberry syrup. Adults trying to prevent a cold or flu can take 1 tablespoon 3-4 times a day and increase it to 2 tablespoons 3-4 times a day to treat a cold or flu until the symptoms disappear. Decrease the dose for children. If giving to children, it's always best to consult your pediatrician.

Brain Exercise

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

Christmas Carol Cryptogram

Here is a list of 18 Christmas Carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZ! NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'O IXRWOFUT QJ W DSENR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYA
12. YFNNYR IXBOORX MQV
13. TQI XNAN VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD OQOOV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYA
17. SWER VQBXARYJ W ORXXV YFNNYR PSXFANOWA
18. Q PSXFANOWA NXRR



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Answers on Page 11



DECEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Eat a Red Apple Day	2 National Fritters Day	3 National Roof Over Your Head Day	4 Santa's List Day	5 Repeal Day
6 Mitten Tree Day	7 Pearl Harbor Day	8 National Brownie Day	9 National Pastry Day	10 Human Rights Day	11 National Noodle Ring Day	12 Poinsettia Day
13 Ice Cream Day	14 Roast Chestnuts Day	15 Bill of Rights Day	16 National Chocolate Covered Anything Day	17 National Maple Syrup Day	18 Bake Cookies Day	19  Oa M
20 Go Caroling Day	21 Winter Solstice	22 National Date Nut Bread Day	23 Festivus	24 National Egg Nog Day	25 Christmas Day	26
27 National Fruitcake Day	28 Card Playing Day	29 Pepper Pot Day	30 Bacon Day	31 New Year's Eve		



Health Motivator Tips

December

The Immune System – Your Personal Security

By Andrea Bennett, WVU Extension Agent – Mercer County



Monthly Challenge: Choose three fruits or vegetables to eat each day for one week (use the "Eat A Rainbow" chart in this month's Healthy Extras as guidance.)

Health Motivator Talking Points

The immune system protects us from infection and illness. Treating our body well helps it fend off millions of bacteria, viruses, microbes, toxins and parasites. Our immune systems become less responsive as we age. The good news is that healthy lifestyles keep immune systems strong:

- *Avoid infection.* Wash hands often and brush your teeth regularly.
- *Do not smoke.* Protect yourself from breathing or absorbing toxins.
- *Find ways to manage stress* that work best for you.
- *Get 8 hours of sleep* to rest your body, mind and spirit.
- *Exercise* to help control blood pressure, blood sugar and weight.
- *Be skeptical about products* that claim to boost immunity.
- *Ask a health care provider* about screenings and vaccines you need.
- *Follow food safety guidelines.*
- *Eat plenty of nutrient-rich foods.* Which of these are your favorites?
 - Vitamin A – carrots, sweet potatoes, cantaloupe, winter squash
 - Vitamin B – eggs, bananas, chicken breast, tuna, chickpeas
 - Vitamin C – oranges, leafy greens, peppers, strawberries
 - Vitamin D – fatty fish, fortified milk, cereal, orange juice
 - Vitamin E – almonds, peanuts, spinach, broccoli
 - Folic Acid – beans, peas, leafy greens, whole grains
 - Iron – chicken, turkey, seafood, beans, broccoli, kale
 - Selenium – garlic, broccoli, sardines, tuna, barley
 - Zinc – oysters, lean meat, poultry, yogurt, chickpeas

Quick Club Activity:

1. Give each person paper and pen. Each writes something that could attack their immune system.
2. Crumple papers and throw as if attacking other participants.
3. Each person picks up a paper, reads it and writes on it one way they can keep their immune system strong to protect from the attack.
4. Share these ideas.
5. Share the Monthly Challenge. What is your favorite food in the rainbow?

Learn More

<https://health.clevelandclinic.org/2015/01/eat-these-foods-to-boost-your-immune-system/>



Chuckle of the Month: Want to hear a joke about my immune system? Actually, I'd rather not tell – it's pretty weak.

FH17-167

Health Motivator Tips






December Healthy Extras

The Immune System – Your Personal Security

By Andrea Bennett, WVU Extension Agent – Mercer County

Eat a Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple 	Green 	White & Brown 	Yellow & Orange 	Red 
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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WEST VIRGINIA BUREAU OF SENIOR SERVICES



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Brain Exercise Answers

1. O COME ALL YE FAITHFUL
2. SILENT NIGHT, HOLY NIGHT
3. DECK THE HALLS WITH BOUGHS OF HOLLY
4. HARK! THE ANGELS SING
5. THE FIRST NOEL
6. WE WISH YOU A MERRY CHRISTMAS
7. IT CAME UPON THE MIDNIGHT CLEAR
8. I'M DREAMING OF A WHITE CHRISTMAS
9. AWAY IN THE MANGER
10. SANTA CLAUS IS COMING TO TOWN
11. SILVER BELLS
12. LITTLE DRUMMER BOY
13. GOD REST YE MERRY GENTLEMEN
14. RUDOLPH THE RED NOSED REINDEER
15. I SAW MOMMY KISSING SANTA CLAUS
16. JINGLE BELLS
17. HAVE YOURSELF A MERRY LITTLE CHRISTMAS
18. O CHRISTMAS TREE



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