



September
2016

Volume 170

Food and Fitness

Catch of the Week

Did you know that eating seafood twice a week can help promote a healthy lifestyle? According to the 2015-2016 Dietary Guidelines, seafood is an important addition to our weekly diet. Depending on the amount of calories one needs also depends on the suggested amount of seafood one should consume for their “Healthy U.S.—Style Eating Pattern”. An estimated 8 ounces of seafood (depending on your calorie range) with a variety, is what we should consume on a weekly basis.



Inside this issue:

Catch of the Week	1-2
Seafood Nutritional Facts Handout	3
Mineral—Chromium	4
Recipe—The Best 100% Whole Wheat Pancakes	5
Brain Exercise	6
September Monthly Observations	7
Contact Information	8

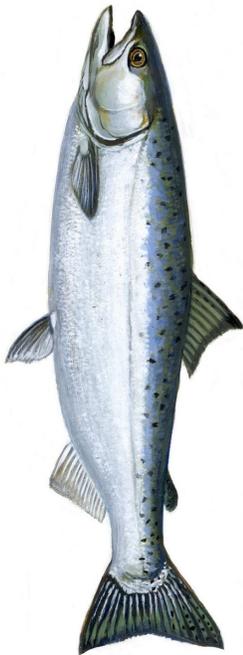
Why is seafood a good choice?

When talking about seafood, it is important to note this includes both fish and shellfish. Seafood is high in protein, provides many vitamin and minerals, relatively low in fat, also low in saturated fat, sodium and calories. Seafood contains a good source of omega-3 fatty acids that have many health benefits. According to the Dietary Guidelines, they have concluded that there is moderate evidence to show that 2 – 4 ounce servings of seafood per week helps to maintain heart health related to omega-3s. Eating 8 ounces has been associated with reduced cardiac death in individuals with preexisting cardiovascular disease.

How to increase the amount of seafood in your diet?

It can be easy to increase the amount of seafood by replacing meat and poultry with seafood. Eating 2-3 servings a week can provide 8-12 ounces at 4-6 ounces per serving. Don't forget that cooking methods like broil, baking, and grilling fish are better options than frying when it comes to nutritional value. When incorporating seafood into your diet make sure you are staying within your calorie range.

(Continued on Page 2)



Catch of the Week

(Continued from Page 1)

How to choose the right seafood?

First, it starts with knowing which seafood to avoid and why. It is important to avoid seafood with high levels of methyl mercury. Mercury is in body's of water and is turned into methyl mercury. Methyl mercury in abundance can be harmful to the brain and nervous system. Almost all seafood contains trace amount of methyl mercury. Usually, larger fish with a longer lifespan contain more of a build up of methyl mercury. The four main fish to avoid due to highest levels in methyl mercury are tile-fish (from the Gulf of Mexico), shark, swordfish, and king Mackerel. One serving of the these four types of fish is unlikely to have a negative health impact but should not be a part of your regular diet.

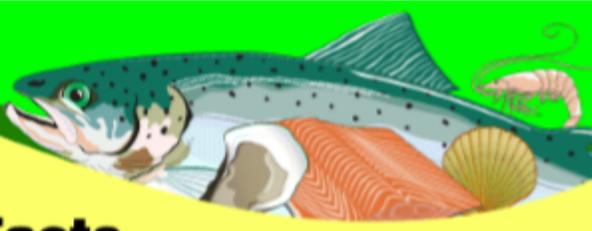
Now, for the seafood that are better options, due to lower levels of methyl mercury, are Atlantic and pacific mackerel, Atlantic and pacific sardines, pacific oysters, freshwater trout, blue mussels, pink and sockeye salmon, squid, crab, flounder, clams, light canned tuna, catfish, Atlantic and pacific cod, bay and sea scallops, tilapia, and shrimp. When choosing seafood, try to eat a variety instead of the same kind all the time.

What about recreationally caught fish from your local waters?

When catching fish in local waters, there can be little to no monitoring of mercury levels. Paying attention to local advisories is an important place to find information. If the location does not have an advisory, you should eat no more than 6 ounces with no other seafood that week. You can check your local health department for recreational fish advisories.

Calorie Level of Pattern ^a	1,000	1,200	1,400	1,600	1,800
Seafood (oz-eq/wk)	3	4	6	8	8
Calorie Level of Pattern ^a	2,000	2,200	2,400	2,600	2,800
Seafood (oz-eq/wk)	8	9	10	10	10

Seafood Nutrition Facts



Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Seafood Serving Size (84 g/3 oz)	Calories	Calories from Fat		Total Fat		Saturated Fat		Cholesterol		Sodium		Potassium		Total Carbohydrate		Protein		Vitamin A		Vitamin C		Calcium		Iron	
		g	%DV	g	%DV	mg	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	g	%DV	g	%DV	g	%DV	g	%DV
Blue Crab	100	10	1	0	95	330	300	0	20g	0%	4%	10%	4%												
Catfish	130	60	6	2	50	40	230	0	17g	0%	0%	0%	0%												
Clams, about 12 small	110	15	1.5	0	80	95	470	6	17g	10%	0%	8%	30%												
Cod	90	5	1	0	50	65	460	0	20g	0%	2%	2%	2%												
Flounder/Sole	100	15	1.5	0	55	100	390	0	19g	0%	0%	2%	0%												
Haddock	100	10	1	0	70	85	340	0	21g	2%	0%	2%	6%												
Halibut	120	15	2	0	40	60	500	0	23g	4%	0%	2%	6%												
Lobster	80	0	0.5	0	60	320	300	1	17g	2%	0%	6%	2%												
Ocean Perch	110	20	2	0.5	45	95	290	0	21g	0%	2%	10%	4%												
Orange Roughy	80	5	1	0	20	70	340	0	16g	2%	0%	4%	2%												
Oysters, about 12 medium	100	35	4	1	80	300	220	6	10g	0%	6%	6%	45%												
Pollock	90	10	1	0	80	110	370	0	20g	2%	0%	0%	2%												
Rainbow Trout	140	50	6	2	55	35	370	0	20g	4%	4%	8%	2%												
Rockfish	110	15	2	0	40	70	440	0	21g	4%	0%	2%	2%												
Salmon, Atlantic/Coho/Sockeye/Chinook	200	90	10	2	70	55	430	0	24g	4%	4%	2%	2%												
Salmon, Chum/Pink	130	40	4	1	70	65	420	0	22g	2%	0%	2%	4%												
Scallops, about 6 large or 14 small	140	10	1	0	65	310	430	5	27g	2%	0%	4%	14%												
Shrimp	100	10	1.5	0	170	240	220	0	21g	4%	4%	6%	10%												
Swordfish	120	50	6	1.5	40	100	310	0	16g	2%	2%	0%	6%												
Tilapia	110	20	2.5	1	75	30	360	0	22g	0%	2%	0%	2%												
Tuna	130	15	1.5	0	50	40	480	0	26g	2%	2%	2%	4%												

Seafood provides negligible amounts of trans fat, dietary fiber, and sugars.

U.S. Food and Drug Administration

© Copyright 2016. Project partially funded through a grant from from the National Aquaculture Extension Initiative of the National Sea Grant Program (Grant No. NA13OAR4170203), NOAA, U.S. Department of Commerce and the National Integrated Food Safety Initiative (Grant No. 2007-51110-03815) of the National Institute of Food and Agriculture, U.S. Department of Agriculture

Chromium



Functions

Chromium is needed in the body in small amounts for normal body functions. Chromium is important in the role of insulin action and as a result, promotes the stabilization of blood sugar levels. Chromium is also needed for the digestion of food and for turning carbohydrates, fat and protein into energy.

Recommendations

Dietary References Intakes for 50 years and older:

Males: 30 $\mu\text{g}/\text{d}$

Females: 20 $\mu\text{g}/\text{d}$

Food Sources

Brewer's Yeast	Whole Grains
Oysters	Eggs
Liver	Cheese
Potatoes	Chicken
Seafood	Meats
Bran	

Non food sources are drinking hard water and using stainless steel cookware.

Deficiency

Deficiency in chromium can occur by lessening the absorption with milk and high phosphorus consumption. Deficiency can cause glucose intolerance, anxiety, fatigue, inadequate metabolism of amino acids and increased risk of developing arteriosclerosis.

Toxicity

Toxicity from food source have not been reported due to chromium being easily excreted through urine. Supplemental toxicity can cause skin lesions, gastrointestinal ulcers, as well as kidney and liver damage if taken in large dosages for long periods of time.

24

Cr

Chromium

47.867



The Best 100% Whole Wheat Pancakes

Makes 2-3 Servings

Ingredients

- 1 cup milk
- 1 tbsp vinegar (white wine or apple cider)
- 1 cup whole wheat flour
- 2 tsp sugar
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 2 tbsp melted butter
- Butter or cooking spray for griddle

Method

- Combine the milk and vinegar and let the mixture curdle while you mix together the other ingredients.
- In a big bowl, whisk to combine the whole wheat flour, sugar, baking powder, baking soda, and salt. Set aside.
- In another bowl, whisk together the egg, melted butter, and the curdled milk, until it looks fairly homogenous and smooth. Whisk this wet mixture into the dry ingredients, and stir the two together until just barely mixed. You want any visible loose flour to be stirred in, but there should still be plenty of lumps. If you stir out the lumps, the pancakes will likely be tough.
- Preheat a nonstick griddle to 375 degrees F and grease the surface with butter. Add small scoops of pancake batter and use the cookie scooper to gently smooth the scoop into a flatter circle. Cook for a few minutes, until you start to see little bubbles forming on the surface. Flip the pancakes with a turner and cook for a few minutes on the other side, until you peek underneath and see that the bottom is golden brown. Serve with butter and real maple syrup. Enjoy!



Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain

D	A				G			E
		C	B		I			H
		H		E	A	I	D	
F	C	E					G	
		B				A		
	D					H	E	B
	I	D	G	C		F		
C			D		F	B		
H			I				C	D

I		B		D		F		E
		F	A		E			
H			C				D	G
	B		E		I	A	F	
C								B
	F	A	D		B		H	
F	E				D			I
			I		C	E		
B		I		E		D		A

©puzzles-to-print.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>National Cherry Pop-over Day</i>	2 <i>International Bacon Day</i>	3 <i>Skyscraper Day</i>
4 <i>Newspaper Carrier Day</i>	5 <i>Cheese Pizza Day</i>	6 <i>Read a Book Day</i>	7 <i>International Salami Day</i>	8 <i>Pardon Day</i>	9 <i>Teddy Bear Day</i>	10 <i>Sewing Machine Day</i>
11 <i>Grandparent's Day</i>	12 <i>Chocolate Milk Shake Day</i>	13 <i>National Peanut Day</i>	14 <i>National Cream-Filled Donut</i>	15 <i>Make a Hat Day</i>	16 <i>American Legion Day</i>	17 <i>National Apple Dumpling</i>
18 <i>National Cheeseburger Day</i>	19 <i>National Butterscotch Pudding</i>	20 <i>National Punch Day</i>	21 <i>Miniature Golf Day</i>	22 <i>Business Women's Day</i>	23 <i>Checkers Day</i>	24 <i>National Cherries Jubilee Day</i>
25 <i>National Comic Book Day</i>	26 <i>Johnny Appleseed Day</i>	27 <i>Crush a Can Day</i>	28 <i>National Good Neighbor</i>	29 <i>Confucius Day</i>	30 <i>National Mud Pack Day</i>	

September Monthly Observations

- Classical Music Month
- Hispanic Heritage Month
- Fat Hat Month
- International Square Dancing Month
- National Blueberry Popsicle Month
- National Courtesy Month
- National Piano Month
- Chicken Month
- Baby Safety Month
- Little League Month
- Honey Month
- Self Improvement Month
- Better Breakfast Month

Kathrine J. Clark, MS, RD, LD
 Nutrition Consultant
 1 John Marshall Drive
 Huntington, WV 25575

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



**[Brain Exercise
 Answers]**

D	A	I	H	F	G	C	B	E
E	F	C	B	D	I	G	A	H
G	B	H	C	E	A	I	D	F
F	C	E	A	B	H	D	G	I
I	H	B	E	G	D	A	F	C
A	D	G	F	I	C	H	E	B
B	I	D	G	C	E	F	H	A
C	E	A	D	H	F	B	I	G
H	G	F	I	A	B	E	C	D

I	C	B	G	D	H	F	A	E
D	G	F	A	B	E	C	I	H
H	A	E	C	I	F	B	D	G
G	B	H	E	C	I	A	F	D
C	I	D	H	F	A	G	E	B
E	F	A	D	G	B	I	H	C
F	E	C	B	A	D	H	G	I
A	D	G	I	H	C	E	B	F
B	H	I	F	E	G	D	C	A