

# Food and Fitness

## *Have You Heard of Prebiotics and Probiotics?*

West Virginia  
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By now, most people have heard the terms either prebiotics or probiotics. Unfortunately, the place we might have heard these terms might be from food or supplement advertisements on television. What are they and how do they work?

First, knowing that current research is growing and growing on both prebiotics and probiotics and will for year to come. More information is needed to accurately depict what both are and the role of them in our bodies. One thing we all can count on while research is being performed is change and new discovery.

Right now researchers believe that certain functional foods may improve health, like prebiotics and probiotics. Prebiotics and probiotics are commonly found in our everyday foods. Although they are available in supplement form, we should put our focus on foods in which they are naturally found. Food sources are more readily digested and absorbed.

Probiotics are “good” bacteria that help your digestive system. They help to control the levels of “bad” bacteria in the digestive tract. Probiotics are the live cultures like the ones that are naturally occurring in your gut. Probiotics replenish the “good” bacteria to maintain a balance in the overall gut flora. It may boost immunity and gastrointestinal health.

(Continues on Page 2)

Happy National Nutrition Month



# Have You Heard of Prebiotics and Probiotics?

(Continued from Page 1)

Research is still ongoing for allergy symptoms, irritable bowel syndrome, lactose intolerance, and more.

Prebiotics are carbohydrates that do not break down during the digestion process but are food to feed the probiotics. It appears that prebiotics fuel the probiotics to keep the digestive system healthy and may increase the absorption of calcium.

## Food Sources for Prebiotics and Probiotics

Prebiotics are found in foods that include asparagus, artichokes, onions, garlic, leeks, bananas, oatmeal, whole wheat foods and legumes. Probiotics best source is found in yogurt with live cultures. However, probiotics can also be found in sauerkraut, kimchi, miso soup, fermented soft cheeses, and sourdough bread. No food source contains both prebiotic and probiotics.

Although more research is needed to pinpoint how much prebiotics or probiotics are needed in our diets and to determine what health benefits they provide, most can safely add these food sources to their diet.



# Functions of Prebiotics and Probiotics

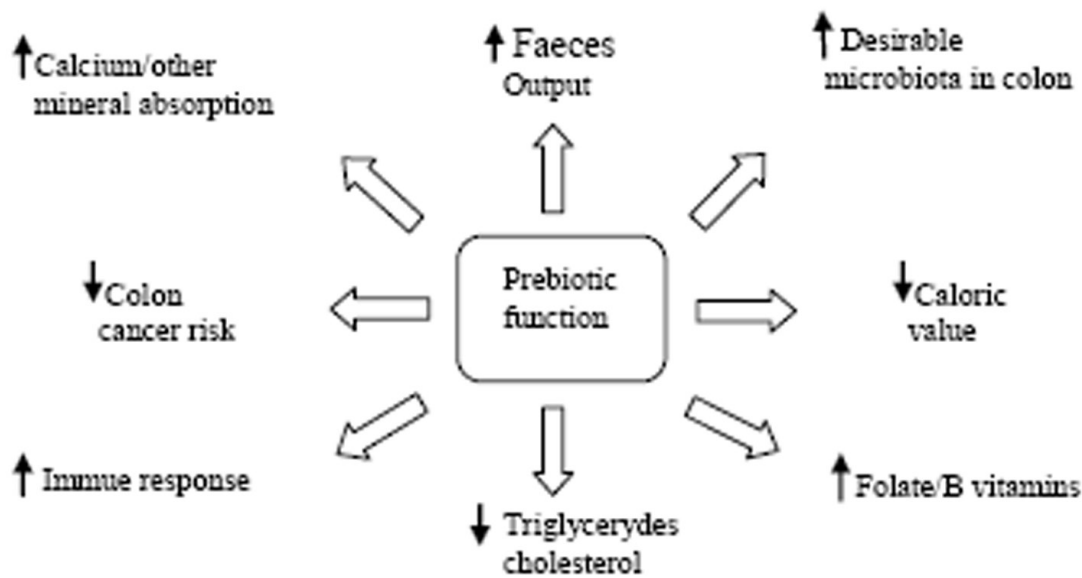
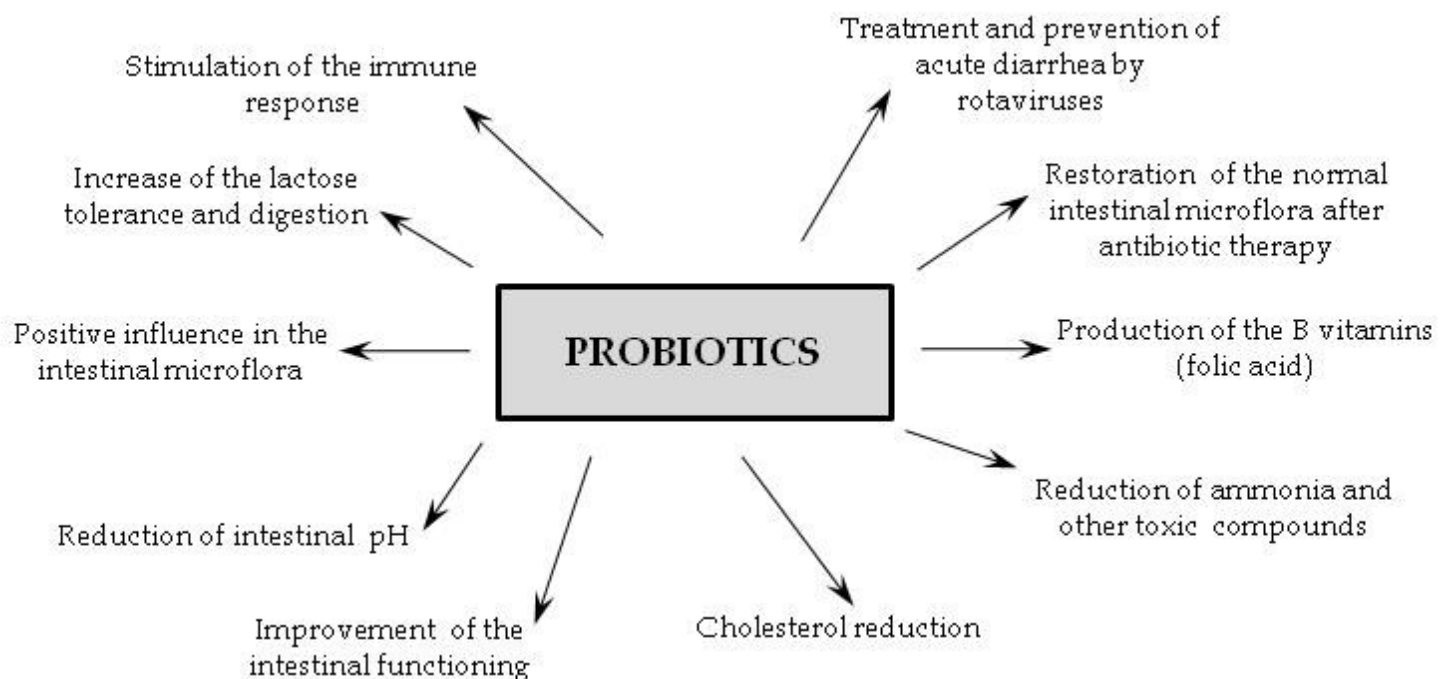


FIGURE 5. The main prebiotic functions./ *Principales funciones de los prebióticos.*



# Mineral— Magnesium

## Functions

Magnesium is the 4th most abundant mineral in the body. It is used in bone mineralization, building proteins, normal muscular function, nerve impulses, normal immune function, and teeth maintenance. Magnesium is also used to regulate blood sugar levels and promotes normal blood pressure.

## Recommendations

Dietary Reference Intakes for 51 years and older

Recommended Dietary Allowances (RDA):

Men 51 and Older: 420 mg/d

Woman 51 and Older: 320 mg/d

## Food Sources:

Nuts

Legumes

Milk

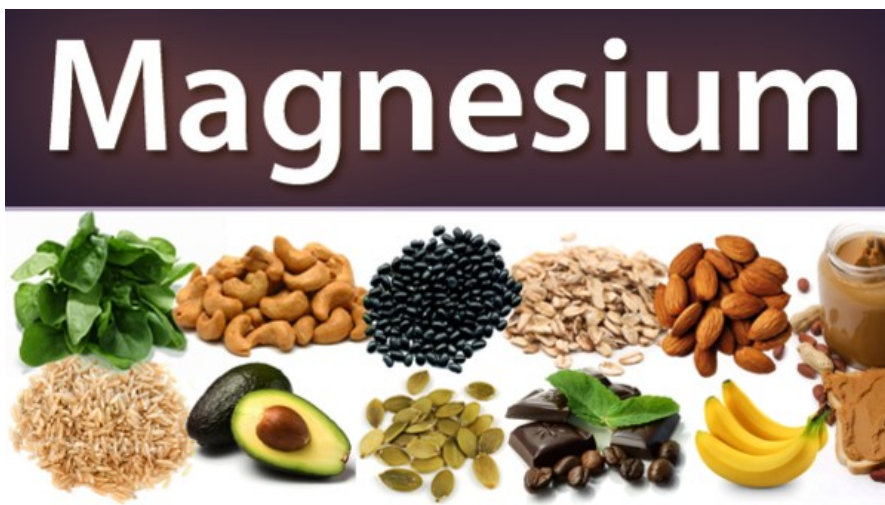
Coffee

Whole Grains

Dark Green Vegetables

Seafood

Dark Chocolate or Cocoa



## Deficiency

Deficiency can be caused by gastrointestinal disorders that impair absorption, excessive vomiting and/or diarrhea, medication, poorly controlled diabetes, and alcohol abuse. Deficiency symptoms can include but are not limited to weakness, muscle twitches, convulsions, seizures, cramps, appetite loss, hallucinations, personality changes, nausea, vomiting, numbness, tingling, and abnormal heart rhythms.

## Toxicity

Can be caused by excessive laxative usage which can cause diarrhea, abdominal cramping, and an imbalance of fluids, electrolytes and pH. Toxicity can also cause kidney failure and can have some of the same signs as deficiency (mental status, low blood pressure, double vision, slurred speech, and irregular heart beat).



# Chocolate Peanut Butter Banana Snack Bread

## Ingredients

- 1 egg
- 3 medium ripe bananas (~1.5 cups)
- 3.5 tsp baking powder
- pinch sea salt
- 1/3 cup salted natural peanut butter (creamy or crunchy)
- 2.5 Tbsp grape seed or coconut oil, melted
- 1/4 cup sugar
- 1/4 cup packed light brown sugar
- 2-3 Tbsp maple syrup
- 3/4 cup milk
- 1 1/4 cup almond meal (ground almonds)
- 1/2 cup unsweetened cocoa powder
- 1 cup flour
- 1 cup oats
- 1/4 cup chocolate chips
- OPTIONAL: [1/4 cup Peanut Butter Chips](#)



## Directions

1. Preheat oven to 350 and line a loaf pan with parchment paper or spray with nonstick spray.
2. In a large mixing bowl add egg and mashed banana mix until combined.
3. Add milk, peanut butter, sugars, oil, and maple syrup, whisk vigorously to combine.
4. Add cocoa powder, almond meal, flour, oats, baking soda, salt, and stir.
5. Last, stir in chocolate and peanut butter chips (if using).
6. Pour into loaf pan and bake for 1 hour – 1 hour 15 minutes. When ready, it should feel firm and be crackly on top.

Recipe Adapted from: <http://minimalistbaker.com/chocolate-peanut-butter-banana-snack-bread-vgf-one-bowl/>

# Nutrition Sudoku for Adults

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters K through S to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Oatmeal	Quinoa				Shrimp	Peanut		
	Shrimp			Peanut				Quinoa
	Milk			Kale			Radish	
Lime					Radish			Nectarine
	Nectarine	Radish	Lime		Oatmeal			
Quinoa			Kale			Lime		
Nectarine	Radish	Peanut		Oatmeal	Lime	Quinoa	Milk	
		Oatmeal		Nectarine				
		Quinoa		Radish	Peanut		Nectarine	

## Brain Exercise

K = Kale  
L = Lime  
M = Milk  
N = Nectarine  
O = Oatmeal  
P = Peanut  
Q = Quinoa  
R = Radish  
S = Shrimp



Don't Look Yet!  
These Are the  
Sudoku Answers:

T	N	O	P	R	W	D	K	S
S	P	R	K	N	O	T	W	
K	W	D	T	O	S	P	N	
R	O	T	N	W	K	S	D	
P	D	W	O	S	T	R	N	K
N	S	K	R	D	P	W	O	T
O	R	S	O	K	N	T	W	P
D	T	N	W	P	O	K	S	R
W	K	M	S	P	K	N	D	O

# March 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Peanut Butter Lover's Day</i>	2 <i>Old Stuff Day</i>	3 <i>Caregiver Appreciation Day</i>	4 <i>Hug a GI Day</i>
5 <i>Multiple Personality Day</i>	6 <i>National Frozen Yogurt Day</i>	7 <i>National Crown Roast of Pork Day</i>	8 <i>International Working Women's</i>	9 <i>Popcorn Lover's Day</i>	10 <i>Middle Name Pride Day</i>	11 <i>Johnny Appleseed Day</i>
12 <i>Plant a Flower Day</i>	13 <i>Ear Muff Day</i>	14 <i>National Potato Chip Day</i>	15 <i>Dumbstruck Day</i>	16 <i>Incredible Kid Day</i>	17 <i>Corned Beef and Cabbage Day</i>	18 <i>National Quilting Day</i>
19 <i>Poultry Day</i>	20 <i>International Earth Day</i>	21 <i>Tea for Two Day</i>	22 <i>National Goof Off Day</i>	23 <i>National Puppy Day</i>	24 Na- tional Chocolate Covered Raisin	25 <i>Waffle Day and Pecan Day</i>
26 <i>National Spinach Day</i>	27 <i>National "Joe" Day</i>	28 <i>Something on a Stick Day</i>	29 <i>National Mom and Pop Business Owner's</i>	30 <i>National Doctor's Day</i>	31 <i>World Backup Day</i>	

**March Monthly Observations**

♦ **National Nutrition Month**

♦ **Red Cross Month**

♦ **Irish American Month**

♦ **Music in Our Schools Month**

♦ **National Craft Month**

♦ **National Frozen Food Month**

♦ **National Peanut Month**

# Train Your Brain

By Sue Flanagan, WVU Extension Agent, Berkeley County



## Health Motivator Talking Points

Did you know . . . ?

A healthy brain helps us to remember, learn, plan, concentrate and keep a clear, active mind. Daily activities that stimulate the brain add to the years and the quality of our lives. Here are a few ways to train your brain:

- *Read* – Join or start a reading club and share ideas about characters and plots. Select a unique genre to broaden your experiences.
- *Play games* – Card games of all kinds can challenge your brain as you develop strategies for winning. Also, try a variety of board games.
- *Learn something new* – Take up a new craft, learn a new language, take music lessons or sign up for a class at the community center. Check with your county's WVU Extension Service office about classes they offer.
- *Volunteer* – Helping other people, engaging socially and learning about your community are valuable.
- *Ditch your calculator* – Balance your checkbook by doing the math in your head or on a scrap piece of paper. Recite the multiplication tables.
- *Challenge yourself* – Can you name the eight U.S. states that begin with "M"? Make a shopping list of 8 to 10 items and recall every item an hour later.
- *Learn a new sport* – Exercise both your mind and body with yoga, golf, tennis, etc.
- *Do puzzles* – Play all types of puzzles and games (i.e., crossword puzzles, Sudoku, word jumbles, word searches, etc.).

## Quick Club Activity: I Train My Brain . . .

Form a circle. Have one individual get in the center of the circle and say, "I train my brain by \_\_\_\_\_," and name something they do to keep their brain active and healthy. If others do the same activity, they say "That's Me!" and join the first individual in the circle. Encourage each participant to take a turn until all have participated.

## Learn More!

What is Brain Health? <http://brainhealth.gov/>.

Melone, L. 10 Brain Exercises That Boost Memory. <http://www.everydayhealth.com/longevity/mental-fitness/brain-exercises-for-memory.aspx>.

Brain Games. [http://www.aarp.org/health/brain-health/brain\\_games/](http://www.aarp.org/health/brain-health/brain_games/).



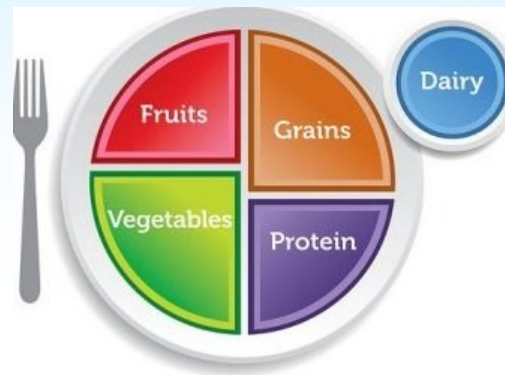
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## Brain Exercise Answers

O	Q	N	R	L	S	P	K	M
R	S	K	O	P	M	N	L	Q
P	M	L	N	K	Q	S	R	O
L	O	M	P	Q	R	K	S	N
K	N	R	L	S	O	M	Q	P
Q	P	S	K	M	N	L	O	R
N	R	P	S	O	L	Q	M	K
M	L	O	Q	N	K	R	P	S
S	K	Q	M	R	P	O	N	L

Nutrition Matters

