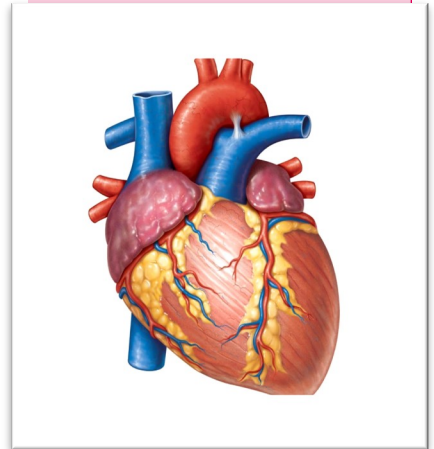




West Virginia Bureau of Senior Services

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Volume 259



Food and Fitness

SMALL STEPS IN THE RIGHT DIRECTION—HEART HEALTH

Have you been diagnosed with some form of heart disease or are you someone who wants to prevent heart disease before it starts? If so, taking small steps in the right direction is better than not taking any steps at all.

If you are trying to prevent heart disease before it possibly occurs, you will be taking the same steps as others that have already been diagnosed. However, if you have been already diagnosed, it can come with added stress and pressure. Many times, people hear that they have heart disease and the rest of the information becomes a blur. While the mind is processing this new diagnosis, the other information, like nutrition, doesn't sink in, and nutrition plays a major role in heart health.

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SMALL STEPS IN THE RIGHT DIRECTION— HEART HEALTH

Step 1—Changing a few eating habits

Eating habits are ingrained into us from birth, so asking someone to completely change the way they eat all at once can be tough. Instead, start with these tasks: eat one extra fruit or vegetable every day, make breakfast with whole grains instead of refined grains, eat more protein from plants instead of animals, and choose low sodium foods when you can.

Step 2—Better Drinks

Drinking can become habitual and more about routine. Try drinking more water and less drinks with added sugar, as well as limiting alcohol consumption.

Step 3—Add More Activities

Activities can be more than just exercise. Now don't get me wrong, adding small amounts of exercise, like taking short walks, is a great idea but other activities are great to add in to your routine as well. Taking up a hobby like knitting, sewing, painting, crafting, etc. are great ways to create movement while also good for relieving stress.

Step 4—Mental Health

Mental health is one that should not be forgotten. The activities step also plays a role in the mental health step, but there are a few more items to add like sharing a laugh with a friend. I can almost guarantee that everyone has heard the phrase “laughter is the best medicine.” Lastly, getting enough sleep. The brain requires sufficient rest. Without the right amount of sleep it can impact the whole body system. Though it is common to sleep less as aging occurs, 7-9 hours of sleep is best.

Everyone has a heart, and heart health effects the entire body. These steps are a great starting point for creating small changes.



American Heart Association.

10 ways to improve your heart health

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.

5



Use liquid non-tropical plant oils.



6 Choose minimally processed foods.

7



Subtract added sugars.

8



Cut down on salt.

9



Limit alcohol.

10



Do all this wherever you eat!

Need more food for thought? Go to www.heart.org/eatsmart

FRUIT—PLANTAIN

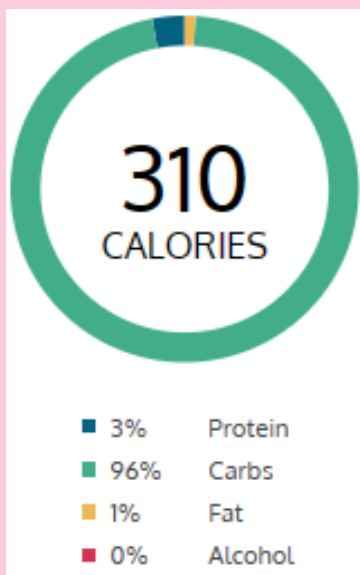
The plantain falls in the banana family group. Plantains are a staple food in tropical countries but not in the United States. However, they can be found in many grocery stores in the United States.

Plantains have more starch than a traditional banana and are not to be eaten raw. It is suggested to cook plantains when they are green because that is when they contain the most starch. The plantains are often boiled or fried and used in savory dishes. Sugar is commonly added when cooking them for added sweetness.

As for nutrition, they are often compared to a potato but do offer more vitamins and minerals. Plantains are a rich source of fiber, vitamin A, vitamin C and vitamin, magnesium and potassium. Plantains also contain notable amounts of manganese, copper, vitamin B1, vitamin B5, folate, and vitamin K.

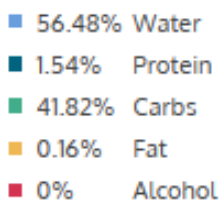
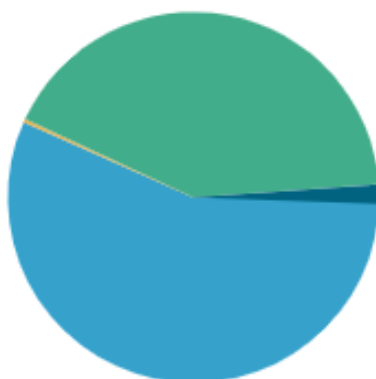


WHERE DO THE CALORIES COME FROM?



4

WHAT IS THIS FOOD MADE OF?



Minerals

		%DV
-- = missing data		
Weight	200g	
Calcium	6mg	0%
Iron, Fe	0.56mg	3%
Potassium, K	954mg	20%
Magnesium	82mg	20%
Phosphorus, P	74mg	6%
Sodium	4mg	0%
Zinc, Zn	0.42mg	4%
Copper, Cu	0.09mg	10%
Manganese	0.33mg	14%
Selenium, Se	0mcg	0%

NUTRITION FACTS



Plantains Cooked

Plantains Yellow Baked

Serving Size:

1 x 1 cup, mashed (200g) ▾

Nutrition Facts

Serving Size
1 cup, mashed (200g)

Calories 310

% Daily Value *

Total Fat 0.32g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 82.7g	30%
Dietary Fiber 4.4g	16%
Total Sugars 42.7g	85%
Includes --g Added Sugars	--%
Protein 3g	6%
Vitamin C 32.8mg	36%
Vitamin D 0mcg	0%
Iron 0.56mg	3%
Calcium 6mg	0%
Potassium 954mg	20%
Phosphorus 74mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

-- = missing data		%DV
Weight	200g	
Vitamin A, RAE	90mcg	10%
Vitamin C	32.8mg	36%
Thiamin (B1)	0.18mg	15%
Riboflavin (B2)	0.26mg	20%
Niacin (B3)	1.4mg	9%
Vitamin B5 (PA)	1.1mg	21%
Vitamin B6	0.42mg	25%
Biotin	--mcg	
Folate (B9)	106mcg	27%
Folic acid	0mcg	0%
Food Folate	106mcg	27%
Folate DFE	106mcg	27%
Choline	25.4mg	5%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	738mcg	7%
Carotene, alpha	706mcg	3%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	1818IU	
Lycopene	0mcg	
Lut + Zeaxanthin	56mcg	
Vitamin E	0mg	0%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	25.8mcg	22%

RECIPE—SAUTEED PLANTAINS

Ingredients

- 1 tablespoons butter
- 1 tablespoons canola oil
- 1 plantain, sliced in 1/2 inch pieces



Recipe Adapted and Received From: [Sauteed Plantains Recipe | Sunny Anderson | Food Network](#)

Instructions

In a large skillet, heat butter and oil over medium-low heat until butter melts, add plantains and sauté until golden brown, and a fork goes through the flesh easily, 10 to 12 minutes. Turn occasionally to brown all sides.

BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!



Valentines Day

February 14th

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

T	S	E	R	A	E	D	D	I	P	U	C	E	Z	C
S	T	S	S	E	E	B	E	O	M	U	W	V	H	D
T	R	R	S	N	N	N	E	B	S	O	K	O	J	N
F	A	E	E	I	G	M	E	M	R	N	C	L	B	E
I	E	W	C	T	A	S	W	R	I	O	R	H	O	I
G	H	O	N	N	P	A	A	P	L	N	O	R	Y	R
I	H	L	A	E	M	F	L	A	H	N	E	V	F	F
L	U	F	M	L	A	F	T	B	G	D	D	X	R	L
O	G	V	O	A	H	E	C	U	B	Y	A	W	I	R
V	O	G	R	V	C	C	U	R	E	N	R	E	E	I
E	T	R	A	E	H	T	E	E	W	S	L	R	N	G
Y	E	R	R	I	O	I	D	H	F	W	I	O	D	E
O	A	N	I	R	T	O	P	C	K	K	N	D	N	D
U	R	O	S	E	S	N	K	I	S	S	G	A	Q	A
E	C	A	N	D	Y	D	E	V	O	L	E	B	E	R

ADORE

AFFECTION

ARROW

BE MINE

BELOVED

BOYFRIEND

CANDY

CHAMPAGNE

CHERUB

CHOCOLATE

CUPID

DARLING

DEAREST

FLOWERS

GIFTS

GIRLFRIEND

HEARTS

HUG

I LOVE YOU

KISS

LOVE

PINK

POEM

RED

ROMANCE


ROSES

SWEETHEART

VALENTINE



February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>National Freedom Month</i>	2 <i>Ground Hog Day</i>	3 <i>Feed the Birds Day</i>
4 <i>Stuffed Mushroom Day</i>	5 <i>National Weatherman's Day</i>	6 <i>National Chop Stick Day</i>	7 <i>Send a Card to a Friend</i>	8 <i>Kite Flying Day</i>	9 <i>National Pizza Day</i>	10 <i>Umbrella Day</i>
11 <i>Make a Friend Day</i>	12 <i>Plum Pudding Day</i>	13 <i>Mardi Gras</i>	14 <i>Valentine's Day</i>	15 <i>National Gum Drop Day</i>	16 <i>Do a Grouch a Favor Day</i>	17 <i>Spice Up Your Life Day</i>
18 <i>National Drink Wine Day</i>	19 <i>President's Day</i>	20 <i>Cherry Pie Day</i>	21 <i>Card Reading Day</i>	22 <i>National Chili Day</i>	23 <i>Tennis Day</i>	24 <i>National Tortilla Chip Day</i>
25 <i>Pistol Patent Day</i>	26 <i>National Pistachio Day</i>	27 <i>Polar Bear Day</i>	28 <i>Floral Design Day</i>	29 <i>Leap Day</i>		

Monthly Observations

- American Heart Month
- Black History Month
- Canned Food Month
- Creative Romance Month
- Great American Pie Month
- National Bird Feeding Month
- National Cherry Month
- National Grapefruit Month
- National Weddings Month



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Valentines Day

Word Search

SOLUTION

