

December
2021
Volume 233

HAPPY
HOLIDAYS

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Food and Fitness

Pantry Clean Out Challenge

December can easily be one of the most expensive months of the year due to the holidays. Reduce the amount of money you spend on groceries this month by taking the pantry clean out challenge. It can be a beneficial approach in more ways than one.



We all have those lingering items in the pantry that get left there for months or even longer periods of time. Some of these items we might not know what to do with, how to prepare them, or just simply overlook them. The foods may have been purchased for a special recipe, but it didn't use the entire container. A can of beets, a can of soup, a package of rice, or whatever it may be – we see them but at this point it's like they are a part of the family they have been there so long.

What is the pantry clean out challenge? The goal of the challenge is to clean out the pantry, by becoming creative in using the ingredients you already have on hand, without purchasing more items. The pantry clean out challenge is first throwing away any foods that are past their expiration date or are no longer edible – like an open package of stale crackers. The second (and main objective) of the challenge is to use and eat the items in the pantry before purchasing new, literally cleaning out all the old foods.

(Continues on Page 2)

Pantry Clean Out Challenge

(Continued from Page 1)



What are the rules for the pantry clean out challenge? The good news is that the rules can be tailored to fit whatever you are wanting to accomplish. Are you just wanting to clean out one area or all the areas: the pantry cabinet, the freezer, and/or fridge? It could be that you want to clean out your entire pantry but only certain items in the fridge and freezer.

The first step is to establish the rules you want to follow for this process. Write down your objectives and stick to them. Do you want to completely clean out all food areas or just focus on one area? Do you want to clean out all of your shelf stable items but not necessarily items like flour and spices. How long does this process need? If you have a large amount of food, the recommendation is a 30 day challenge but if you have a smaller amount of food 15 days might just work. Create and write down the rules for your pantry clean out challenge.

One important rule to understand is flexibility with creating the rules. Purchasing certain items like milk, produce, and proteins might be a must for some. Even though the point is to clean out the old foods, we want to maintain healthy eating as well.

Now, check the expiration dates of the foods and get rid of the items that are no longer safe to eat. Time passes quickly and that can of soup might be a year past its expiration date and the last thing you want is to find yourself with food poisoning during this process.

The next step is to make an inventory list of all the foods you have, not just the areas you want to clean out. The list of foods can help you create ideas to use the foods you are wanting to clean out, or, who knows, maybe you are wanting to clear it all out and that is the hardest challenge. If you have access to the internet, there are many resources where you can put in a list of a few ingredients and find recipes that use those items. Now is the time to be creative and having that list of foods will be handy.

Keep in mind during this process that you make the rules and it wouldn't be called a challenge if it was easy. The process will get your pantries cleaned out and a fresh clean start for the new year!

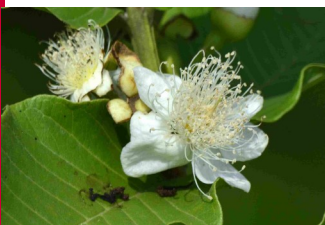
PANTRY INVENTORY SHEET

Item

Quantity

Expiration Date

[illegible]



Fruit—Guave

The guava fruit is a lesser known fruit in the area we live, but it is a very popular tropical fruit all over the world. According to archaeological evidence, the fruit was used in Peru around 800 BCE and is believed to have been domesticated there. The fruit quickly spread throughout South and Central America, then all over the world.

The guava is a sweet pear shaped fruit that is juicy. It can come in a variety of forms. The most common type is a large pear shape with a white inner flesh. The inside of the guava will contain many seeds in the center.

The guava fruit grows on a small shrub. When the guava is ripe, it will fall off the plant or can be picked very easily. Guava that are not ripe will be very bitter.

The guava fruit can be eaten both cooked and raw. It can also be eaten with or without the seeds. Commonly, it is eaten raw, plain, or in salads. There is a popular Latin dessert called casos de guayaba where they remove and strain the seeds and then add them back to the guava shells while cooking. Other ways to enjoy guava are guava jelly, added in ice cream, cakes, pies, chutney, and other products.

NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

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

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

Estimated Glycemic Load

7

0 250

Typical target total is 100/day or less

[? What is this?](#)

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

Caloric Ratio Pyramid for Guavas, common, raw

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

75%	12%	13%
Carbs	Fats	Protein



Guavas, common, raw

Serving size: 1 cup (165g) ▼

NUTRITION INFORMATION

Amounts per 1 cup (165g)

Calorie Information

Amounts Per Selected Serving	%DV
Calories	112 (469 kJ) 6%
From Carbohydrate	84.9 (355 kJ)
From Fat	13.1 (54.8 kJ)
From Protein	14.1 (59.0 kJ)
From Alcohol	0.0 (0.0 kJ)

Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	4.2 g 8%

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	23.6 g 8%
Dietary Fiber	8.9 g 36%
Starch	0.0 g
Sugars	14.7 g

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	1.6 g 2%
Saturated Fat	0.4 g 2%
Monounsaturated Fat	0.1 g
Polyunsaturated Fat	0.7 g
Total trans fatty acids	~
Total trans-monoenoic fatty acids	~
Total trans-polyenoic fatty acids	~
Total Omega-3 fatty acids	185 mg
Total Omega-6 fatty acids	475 mg

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

[More details ▼](#)

Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	1030 IU 21%
Vitamin C	377 mg 628%
Vitamin D	~ ~
Vitamin E (Alpha Tocopherol)	1.2 mg 6%
Vitamin K	4.3 mcg 5%
Thiamin	0.1 mg 7%
Riboflavin	0.1 mg 4%
Niacin	1.8 mg 9%
Vitamin B6	0.2 mg 9%
Folate	80.8 mcg 20%
Vitamin B12	0.0 mcg 0%
Pantothenic Acid	0.7 mg 7%
Choline	12.5 mg
Betaine	~

[More details ▼](#)

Minerals

Amounts Per Selected Serving	%DV
Calcium	29.7 mg 3%
Iron	0.4 mg 2%
Magnesium	36.3 mg 9%
Phosphorus	66.0 mg 7%
Potassium	688 mg 20%
Sodium	3.3 mg 0%
Zinc	0.4 mg 3%
Copper	0.4 mg 19%
Manganese	0.2 mg 12%
Selenium	1.0 mcg 1%
Fluoride	~

Recipe—Guava and Queso Fresco Grilled Cheese

Ingredients

- ♦ 2 tablespoons butter, at room temperature
- ♦ 2 slices white bread
- ♦ 1 thick slice queso fresco
- ♦ 2 to 3 slices guava paste



Directions

1. Heat a grill pan over medium heat.
2. Butter one side of each slice of bread. Add the queso fresco and guava paste to the non buttered side of one of the slices. Top with the other slice of bread, buttered-side up.
3. Add the sandwich to the grill and cook until golden brown, 3 to 4 minutes. Flip and cook the other side.

Brain Exercise

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

Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.

4 Letter Words

BELL
SNOW

5 Letter Words

ANGEL
COCOA
ELVES
HOLLY

6 Letter Words

LIGHTS
SLEIGH
TINSEL
WINTER
WREATH

7 Letter Words

CHIMNEY
GARLAND
PAGEANT
RUDOLPH
SNOWMAN

8 Letter Words

CAROLING
DECEMBER
EXCHANGE
ORNAMENT
PRESENTS
REINDEER
WRAPPING

9 Letter Words

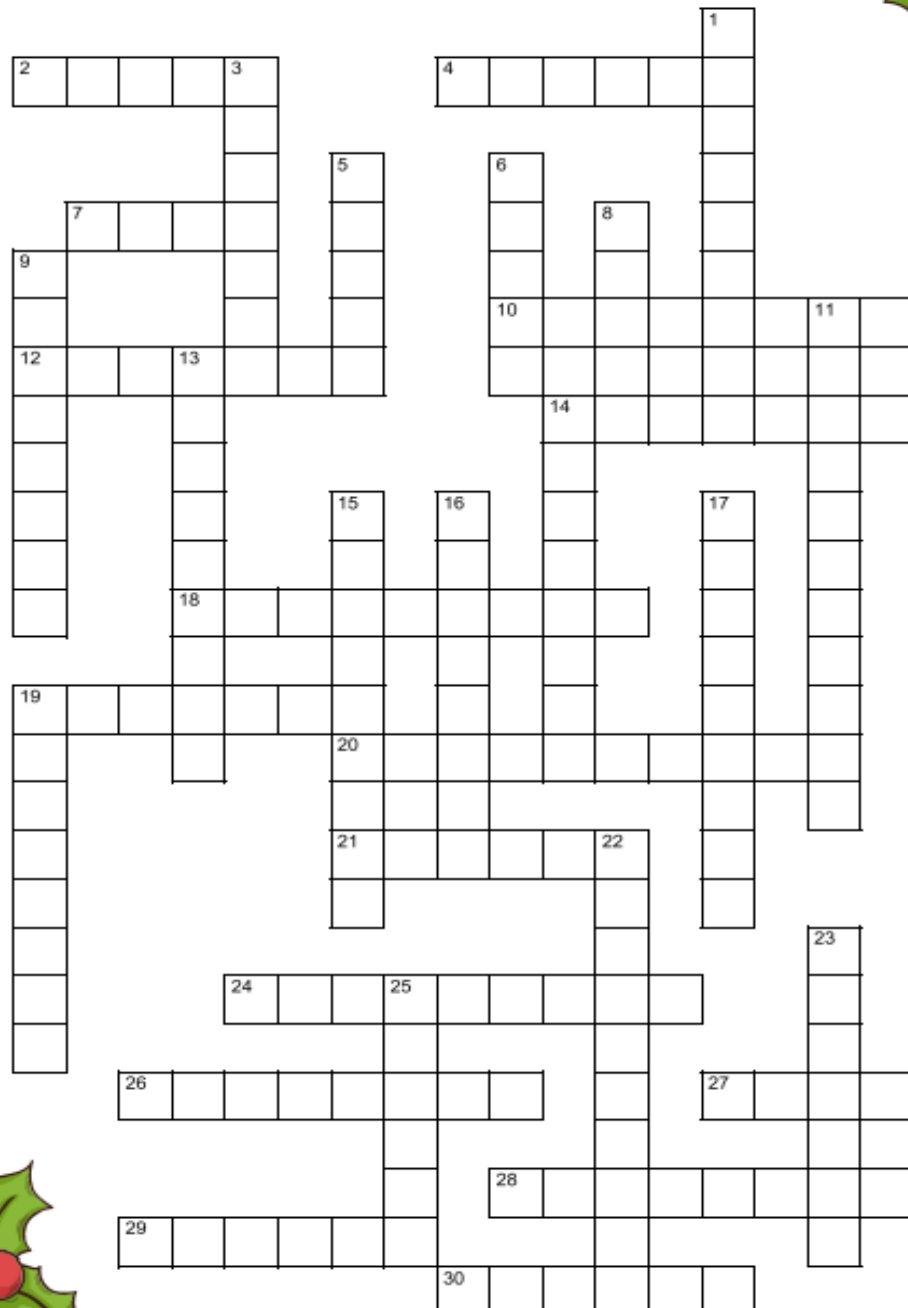
CHESTNUTS
CHRISTMAS
EVERGREEN
FRUITCAKE
MISTLETOE
NORTH POLE

10 Letter Words

POINSETTIA
SANTA CLAUS

11 Letter Word

GINGERBREAD





December Monthly Observances

- **Bingo Month**
- **Safe Toys and Gifts Month**
- **World Food Service Safety Month**
- **Write a Friend Month**



December 2021

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 Wear Brown Shoes Day
5 Repeat Day	6 Mitten Tree Day	7 Letter Writing Day	8 National Brownie Day	9 Christmas Card Day	10 Human Rights Day	11 National Noodle Ring Day
12 Poinsettia Day	13 Violin Day	14 Roasted Chestnuts Day	15 Bill of Rights Day	16 National Chocolate Covered Anything Day	17 National Maple Syrup Day	18 Bake Cookies Day
19 Look for an Evergreen Day	20 Go Car-oling Day	21 Cross-word Puzzle Day	22 National Date Nut Bread Day	23 Roots Day	24 National Egg Nog Day	25 Christmas Day
26 National Candy Cane Day	27 National Fruit-cake Day	28 Card Playing Day	29 Pepper Pot Day	30 Bacon Day	31 New Year's Eve	



December Potassium

By David Roberts, WVU Extension Agent – Lincoln County

Monthly Challenge: The 2015-2020 Dietary Guidelines for Americans identified potassium as a nutrient of public health concern, because most adults consume less than recommended. This month focus on consuming a diet with an adequate amount of potassium.



Health Motivator Talking Points

- Potassium is an essential nutrient and must be consumed through diet.
- Potassium works to maintain intracellular fluid volume.
- Higher intake of potassium may decrease blood pressure by helping blood vessels dilate and eliminating sodium through urine.
- The Dietary Approach to Stop Hypertension (DASH) diet emphasizes potassium as one of the nutrients that can help lower blood pressure. This eating pattern provides three times more potassium than the average American's diet.
- Insufficient intake of potassium can lead to increased blood pressure and an increased risk of kidney stones, urinary calcium excretion and salt sensitivity, meaning that changes in sodium intake can have a greater impact on blood pressure than normal.
- Please talk to your physician before taking any potassium supplements.
- Individuals with pica (an eating disorder that involves eating non-food substances), irritable bowel syndrome, or who are on certain medications (such as certain diuretics) are at the greatest risk of potassium deficiency.
- People taking blood pressure medication and diuretics should talk to their physicians regarding their potassium levels.
- Sources of potassium include fruits, vegetables, legumes, potatoes, meat, poultry, fish, milk, yogurt, nuts, whole wheat flour, brown rice, coffee and tea.
- Many salt substitutes replace sodium chloride with potassium chloride. Anyone with kidney failure or on blood pressure medications should consult their physician before consuming salt substitutes.

Quick Club Activity:

Today we will walk in place for 2 minutes. Stretch and reach while you're walking.

Learn More

<https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>

<https://www.hsph.harvard.edu/nutritionsource/potassium/>
<https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-is-potassium>



Chuckle of the Month:

Did you hear oxygen went on a date with potassium?
It went OK. (Atomic symbol for oxygen and potassium are "O" and "K".)

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

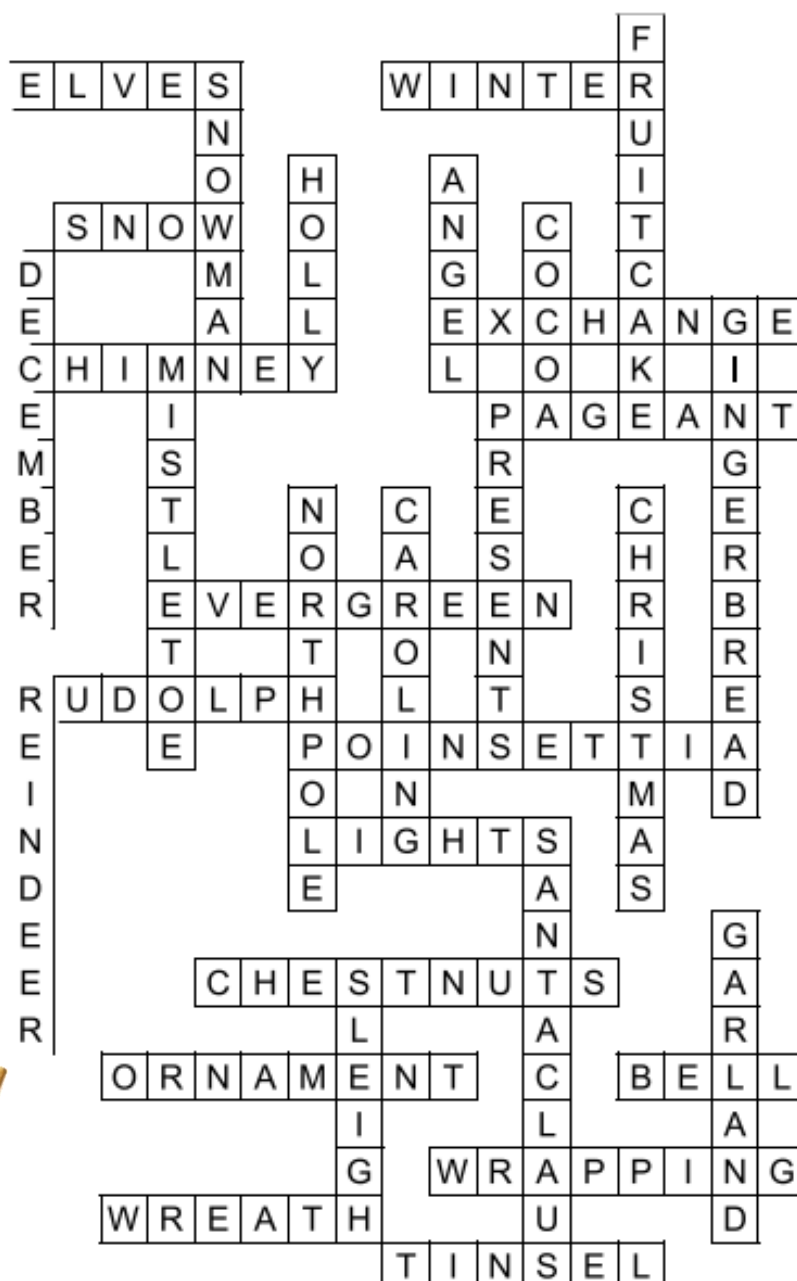
1 John Marshall Drive

Huntington, WV 25575

Kathrine.Clark@marshall.edu

Brain Exercise Answers

SOLUTION



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