

Food and Fitness

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Eating Right on Vacation

Vacations are a time to enjoy life to the fullest. Whether you are a vacationer who enjoys relaxing, being on the go, planning, traveling, staying at home, or whatever type of vacationer you choose to be. Eating healthy while on vacation can sometimes be difficult for anyone. Balancing what to eat can keep you from adding on those unwanted vacation pounds.

Snacking –Snacking while traveling (or at home) can increase your calorie consumption. We sometimes snack out of boredom so we have something to do. Having snacks on-hand for when you are really needing one can help to avoid the high calorie cookies, candy, chips and colas. Some easy snacks can be made from cut up fresh fruits, vegetables, dried fruits, cheese, water, percent fruit juices, and vegetable juices. By preparing snacks before hand can lead to better foods to snack on.

Food on the Go— When traveling long distance, the thought of grabbing fast food is always on the table. Here is where you



(Continued on Page 2)

Eating Right on Vacation

(Continued from Page 1)

you have two major options. One—you can pack foods like sandwiches, salads, yogurts, and etc. Just make sure the right foods are cooled properly in coolers. Two—Stopping at a local fast food place. Try to pick foods that are grilled verses fried, salads over French fries, water or milk instead of sugary sodas. Easy steps to keep the calories a bit lower.



Dining out—

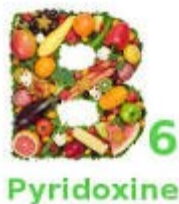
Dining out can be an emotional rollercoaster when you are trying to maintain calories, carbohydrate counts, fat, and/or salt intake. The first piece of advice is to enjoy these foods. You do not need to cut them out entirely. Sampling is a good way to enjoy these foods without getting carried away. Try eating a salad, order fresh fruits or vegetable as sides for fillers.

Some restaurants put the calories on the menu for some of their diet friendly meals. However, all restaurants should have a nutrient analysis (may include how many calories, grams of fat, carbohydrates, and sodium) for each food item or meal. If you need a little extra help on deciding what to eat, do not hesitate to ask for their nutrient analysis of their foods.



When you are at home cooking, you control exactly what you put into your foods but when eating out you are no longer in control... or are you? Asking questions about what is in the food or how it is prepared will help to make better choices. Restaurants are very good at making food the way you want to eat it. Ask them to substitute the salad with the fried chicken to grilled or to put dressing or sauces on the side. Do not be afraid to ask questions about the food and make substitutions.

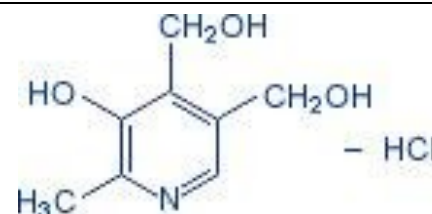
Planning a vacation can be difficult but choosing what to eat doesn't have to be. The temptations of sugary, sweet, salty, and fat loaded foods are everywhere. Just be prepared to snack wisely, sample the foods, and enjoy vacationing without be overwhelmed.



Pyridoxine

Vitamin B6 - Pyridoxine

Vitamin B6—also known as Pyridoxine



Daily amounts needed for adults 50 and older:

Recommended Daily Allowance:

Men - 1.7mg per day

Women - 1.5 mg per day

What are its Functions?

Pyridoxine is a water soluble vitamin which means the body does not store extra. It is important in protein synthesis, used in making antibodies, helps with maintaining normal nerve functions, and works with blood sugar levels. Also, used to help make red blood cells. The amount of pyridoxine needed in one's diet can vary on the amount of protein in the diet.

- | | | |
|---------------------|------------|--------------|
| ♦ Whole Grains | ♦ Peas | ♦ Fish Liver |
| ♦ Fortified Cereals | ♦ Potatoes | ♦ Meat |
| ♦ Legumes | ♦ Milk | ♦ Flour |
| ♦ Carrots | ♦ Cheese | ♦ Nuts |
| ♦ Spinach | ♦ Eggs | |

Major Food Sources

Deficiency Symptoms

Typically rare in the US but can occur due to some medications. Symptoms can include weakness, nervousness, insomnia, confusion, and depression.

Toxicity Symptoms

Toxicity can alter the sense of touch, temperature, and pain.



Peaches & Cream Frozen Yogurt

by [Dana Angelo White](#) in [5-Ingredient Recipes](#).

Ingredients:

5 medium peaches, peeled and diced
1/2 cup vanilla sugar or regular sugar
1 1/2 cups reduced-fat (2 percent) Greek yogurt
1/2 cup low-fat plain yogurt

Directions:



To peel fresh peaches, cut a small, shallow “x” mark onto the bottom of each piece of fruit. Drop peaches into a pot of boiling water for 30 seconds. Remove and place directly into a bowl of ice water (this will loosen the skin). Using a paring knife, peel skin away, remove pit, then dice.

In a small saucepan, combine diced peaches and sugar. Bring to a simmer over medium heat and cook for 15 minutes until thickened – set aside to cool completely. In a large bowl, whisk yogurts and transfer to an ice cream maker. Mix according to the manufacturer’s suggestions, until thick and frosty (about 10-12 minutes). Add peach mixture to the machine and continue to churn for an additional 5-10 minutes, until thick. Enjoy immediately, or for more a scoopable yogurt, transfer to a freezer-safe container and allow to harden in the freezer for one hour. Store in the freezer for up to one week. (Makes about 3 cups.)

Vanilla Sugar

To make your own, split a vanilla bean, scrape out the seeds and toss it all (seeds and pod) into an airtight container of granulated sugar (use one vanilla bean for every 2 cups of sugar). The vanilla infuses the sugar with flavor and you’ll see tiny specs of vanilla distributed throughout. Use it place of regular sugar for making whipped cream, baked goods, or to sprinkle in coffee or tea.

Reduced Fat Greek Yogurt and Lowfat Plain Yogurt

Thick and creamy Greek yogurt is high in protein, calcium, and probiotics for a healthy digestive system – and don’t worry, freezing doesn’t stop those healthy bacteria from doing their job. Greek yogurt is almost too thick for making frozen yogurt. Adding a half-cup of regular plain yogurt (which contains more water) helps to thin it out just enough.

Nutrition Info per 1/2 cup serving:

Calories: 146

Total Fat: 1.5 grams

Saturated Fat: 1 gram

Total Carbohydrate: 28 grams

Protein: 6 grams

Sodium: 34 milligrams

Cholesterol: 5 milligrams

Fiber: 1 gram

Brain Exercise

Do Not Just Exercise Your Body, Work Out Your Brain

ACROSS

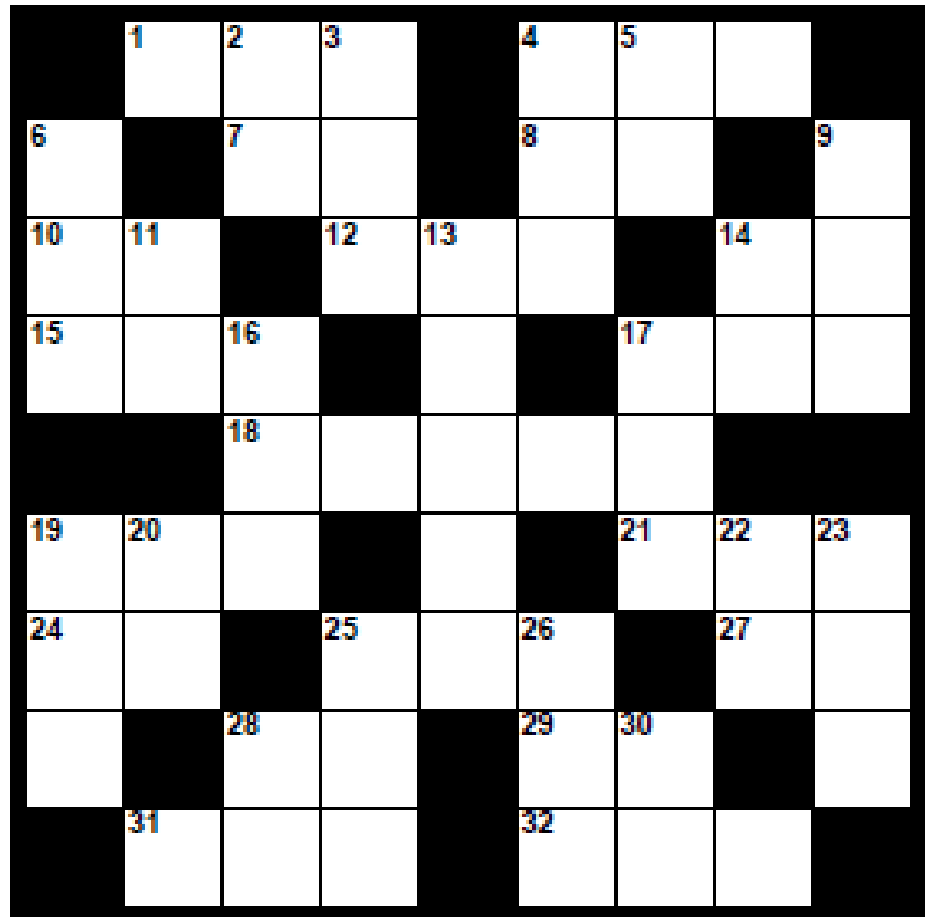
1. Consecutive digits in order
4. 2 down squared
7. 27 across minus one
8. See 30 down
10. Its digits total 7 across
12. Three times 28 across
14. Its digits total five
15. Consecutive digits in reverse order
17. See 31 across
18. 1 across squared
19. Three times 8 across
21. 31 across minus 29 across
24. Five times 14 down
25. 4 across reversed
27. Square root of 25 across
28. One digit is twice the other
29. Four times 27 across
31. Seven times 17 across
32. Consecutive digits in order

DOWN

2. A third of 28 across
3. See 6 down
4. 23 down plus 28 down
5. Four times 7 across
6. 3 down plus 8 across
9. 17 down minus 24 across
11. Twice 27 across
13. 32 across times 12 across
14. First two digits of 17 across
16. Consecutive digits unordered
17. 14 across squared
19. 21 across minus 4 across
20. 28 down minus 14 across
22. Its digits total 14 down
23. Five times 30 down
25. 25 across minus 27 across
26. Three identical digits
28. A square
30. 8 across plus one

Cross Figure #1

Y. Dvir



JULY 2015

July Monthly Observations

SUN	MON	TUE	WED	THU	FRI	SAT
			1 International Joke Day	2 I Forgot Day	3 Disobedi- ence Day	4 Inde- pendenc e Day
5 Work-A- Holics Cay	6 National Fried Chicken Day	7 Nation- al Straw- berry Sunday Day	8 Video Games Day	9 National Sugar Cookie Day	10 Teddy Bear Pic- nic Day	11 Cheer Up The Lonely Day
12 Different Color Eyes Day	13 Fool's Paradise Day	14 National Nude Day	15 Cow Apprecia- tion Day	16 Fresh Spinach Day	17 Peach Ice Cream Day	18 National Caviar Day
19 National Ice Cream Day	20 Ugly Truck Day	21 National Junk Food Day	22 Ham- mock Day	23 National Hot Dog Day	24 Cousins Day	25 Treading the Nee- dle Day
26 Parent's Day	27 Take Your Pants for a Walk Day	28 National Choco- late Milk Day	29 National Lasagna Day	30 Inter- national Day of Friend- ship	31 Mutt's Day	

- National Blueber-
ry Month

- National Anti-
Boredom Month

- Unlucky Month
for Weddings

- National Cell
Phone Courtesy
Month

- National Hot Dog
Month

- National Ice
Cream Month

Food And Fitness

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Brain Exercise Answers

Cross Figure #1

Y. Dvir

#1

	1	2	3		4	4	1	
3		1	1		8	4		1
9	2		1	8	9		1	4
5	4	3		6		1	0	6
		1	5	1	2	9		
2	5	2		8		6	9	4
5	0		1	4	4		1	2
3		6	3		4	8		5
	7	4	2		4	5	6	

