

# Food and Fitness



## WHAT ABOUT PLANT BASED PROTEINS?

Many Americans plan their dinner meals around their source of protein. Often times, that protein source comes from animals and plant based proteins are often forgotten about. For some reason, people often do not associate plant forms of protein as being a source of protein at all. When in fact, plant proteins can offer benefits that animal sources may be lacking such as dietary fiber. Now, this article isn't intended to push someone into changing to a vegetarian or vegan, only providing additional information on protein sources. In fact, changing to be vegan or vegetarian is very hard work. However, with the rising cost of foods, eating more plant based proteins over animal sources could help save on groceries.



What is a protein? Protein is a macronutrient and a molecule that is made up of amino acids. Proteins are needed in the body for growth and the repairing cells. For protein to work properly, it is important to have sufficient amount each day and that can be done with a wide variety of foods.

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## WHAT ABOUT PLANT BASED PROTEINS?

One thing to understand is the difference between animal and plant based proteins. Animal proteins are called complete proteins while plant proteins are incomplete proteins. This means that animal sources provide all the amino acid requirements an individual needs that the body does not produce. On the flip side, plant proteins, as they stand alone, will not provide all the amino acid that the body requires. This is why you will see people having red beans with rice or peanut butter with bread. When these foods are eaten together, then they will get all the required amino acids. Since we are not focusing on going fully plant based, those details are not quite as important for those who plan to go one hundred percent plant based.

Plant-based proteins are grains, soy foods, pulses, nuts and seeds, and other groups.

**Grains**—When it comes to grains, whole grains like whole grain bread, brown rice, quinoa, barley, and bulgar.

**Soy**—Soy is found in more things than people realize. Protein sources like tofu, edamame, and soy beverages.

**Pulses**—Pulses are the edible seeds of legumes. The most popular are pinto beans, chickpeas, kidney beans, lentils, and black beans.

**Nuts and seeds**—Both tree nuts and peanuts are in this group as well as seeds like pumpkin, sunflower, and hemp seeds.

**Others**—The last is nutritional yeast and vegetables like dark leafy greens.

At times, nutrition can become quite confusing. For instance, beans can count as a vegetable or as a source of protein. No matter the case, having a better understanding of where protein is found in plant based foods provides other options for a balanced meal.

Food	Quantity	Protein
<b>Grains</b>		
Cooked whole grains: barley, bulgur, brown rice	1 cup	5–8 grams
Cooked whole grains/seeds: quinoa, millet, amaranth	1 cup	8–12 grams
Whole grain bread	2 slices	5–8 grams
<b>Soy foods</b>		
Tofu, firm	1 cup	22 grams
Edamame	1 cup	23 grams
Soy beverage	1 cup	7–8 grams
Soy nuts	¼ cup	16 grams
Tempeh	150 grams	27 grams
<b>Pulses</b>		
Beans: black, kidney, pinto, chickpeas	1 cup	14–16 grams
Lentils	1 cup	18 grams
Hummus	1/3 cup	7 grams
<b>Nuts and seeds</b>		
Nuts: almonds, pecans, walnuts, etc.	¼ cup	6–9 grams
Seeds: pumpkin, hemp	¼ cup	7–12 grams
Peanuts	¼ cup	10 grams
Peanut butter	2 tbsp	8 grams
<b>Other</b>		
Nutritional yeast (nooch)	2 tbsp	6 grams
Vegetables	½ cup	1–2 grams

# healthy eating for vegetarians



## 10 tips for vegetarians

**A vegetarian eating pattern can be a healthy option.** The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

### 1 think about protein

Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

### 2 bone up on sources of calcium

Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soy milk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).



### 3 make simple changes

Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

### 4 enjoy a cookout

For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

### 5 include beans and peas

Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.



### 6 try different veggie versions

A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

### 7 make some small changes at restaurants

Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.



### 8 nuts make great snacks

Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

### 9 get your vitamin B<sub>12</sub>

Vitamin B<sub>12</sub> is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B<sub>12</sub> supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B<sub>12</sub> in fortified products.

### 10 find a vegetarian pattern for you

Go to [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov) and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.



WHERE DO THE CALORIES COME FROM?



- 6% Protein
- 88% Carbs
- 6% Fat
- 0% Alcohol

## FRUIT—PLUM

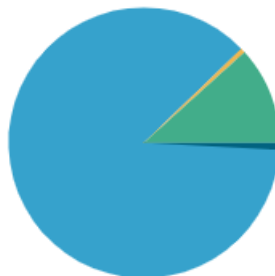
The plum is a stone because it contains a pit. It is similar to peaches, nectarines, apricots, and cherries. Plums grow on trees that produce white flowers in the spring. Once the flowers are pollinated, the plums can start to grow. The plums can be picked in the later summer months. Often plums are purple but they can also be red, yellow, green, and black. California and Washington state are the two leading places plums are grown in the United States.

Plums are a sweet fruit with a smooth skin. Plums are eaten fresh, used in salads, and for desserts. Plums are often dried and sold as prunes or juiced.

Plums are often used for constipation. Fresh, dried, or juice all can do the trick. The plum contains sorbitol that acts like a natural laxative.

For nutrition, plums contain potassium, copper, vitamin C, vitamin K and dietary fiber. Plums contain antioxidants and phytochemicals.

WHAT IS THIS FOOD MADE OF?



- 87.55% Water
- 0.7% Protein
- 11.46% Carbs
- 0.28% Fat
- 0% Alcohol

### Minerals

-- = missing data

		%DV
Weight	165g	
Calcium	9.9mg	1%
Iron, Fe	0.28mg	2%
Potassium, K	259.1mg	6%
Magnesium	11.5mg	3%
Phosphorus, P	26.4mg	2%
Sodium	0mg	0%
Zinc, Zn	0.17mg	2%
Copper, Cu	0.09mg	10%
Manganese	0.09mg	4%
Selenium, Se	0mcg	0%
Fluoride, F	3.3mcg	0%

# NUTRITION FACTS



## Plums

Plums Raw

Serving Size:

1 x 1 cup, sliced ( 165g) ▾

### Nutrition Facts

Serving Size  
1 cup, sliced (165g)

**Calories 76**

% Daily Value \*

<b>Total Fat</b> 0.46g	<b>1%</b>
Saturated Fat 0.03g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 18.8g	<b>7%</b>
Dietary Fiber 2.3g	<b>8%</b>
<b>Total Sugars</b> 16.4g	<b>33%</b>
Includes --g Added Sugars	<b>--%</b>
<b>Protein</b> 1.2g	<b>2%</b>
Vitamin C 15.7mg	<b>17%</b>
Vitamin D 0mcg	<b>0%</b>
Iron 0.28mg	<b>2%</b>
Calcium 9.9mg	<b>1%</b>
Potassium 259.1mg	<b>6%</b>
Phosphorus 26.4mg	<b>2%</b>

\*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	165g	
Vitamin A, RAE	28.1mcg	3%
Vitamin C	15.7mg	17%
Thiamin (B1)	0.05mg	4%
Riboflavin (B2)	0.04mg	3%
Niacin (B3)	0.69mg	4%
Vitamin B5 (PA)	0.22mg	4%
Vitamin B6	0.05mg	3%
Biotin	--mcg	
Folate (B9)	8.3mcg	2%
Folic acid	0mcg	0%
Food Folate	8.3mcg	2%
Folate DFE	8.3mcg	2%
Choline	3.1mg	1%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	313.5mcg	3%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	57.8mcg	0%
Vitamin A, IU	569.3IU	
Lycopene	0mcg	
Lut + Zeaxanthin	120.5mcg	
Vitamin E	0.43mg	3%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	10.6mcg	9%

## RECIPE—UPSIDE DOWN PLUM YOGURT CAKE

### Ingredients

For the cake:

- 1/2 cup plain or Greek yogurt
- 1 cup granulated sugar
- 3 large eggs
- 1 tsp vanilla
- 2 tsps. Baking powder
- 1/2 tsp salt
- 1 1/2 cup all-purpose flour
- 1/2 cup canola oil

For the plum topping:

- 3 Tbsps. butter
- 1/2 cup light brown sugar
- 1/4 tsp ground cinnamon
- 1 tsp milk



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*Recipe Received and Adapted From: [Upside Down Plum Cake - The Café Sucre Farine \(thecafesucrefarine.com\)](http://thecafesucrefarine.com)*

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### Instructions

#### For the Prep

1. Preheat the oven to 350°F.
2. Spray a 9-inch round cake pan (with at least 2-inch tall sides) with baking spray. Line bottom of the pan with parchment paper and spray parchment paper lightly. Set aside.

## RECIPE—UPSIDE DOWN PLUM YOGURT CAKE

### For the plum topping

1. Place the butter in a medium-size microwave-safe bowl or cup. Cover with a slightly damp paper towel and cook for 30-45 seconds or until melted. Add the brown sugar and cinnamon and stir until well combined.
2. Microwave for another 30 seconds then add the milk or cream and stir well. Pour the mixture into the prepared cake pan, spreading to cover the bottom of the pan.
3. Slice the plums in half and twist to separate. You might need a small sharp knife to remove the stone. Slice each half into thin, 1/8-1/4-inch slices.
4. Working from the center of the pan in, place the plum wedges (slightly overlapping) in a circular pattern over the brown sugar mixture. You could also randomly cover the bottom of the pan with the plums. Just make sure all of the caramel is covered.

### For the cake

1. In a large bowl, combine the yogurt, sugar, eggs and vanilla, stirring until well blended. Add the baking powder and salt. Stir well to combine. Add the all-purpose flour. Stir to combine.
2. Add the oil and stir well. At first, it may seem to separate, but keep stirring till nice and smooth.
3. Pour the batter into prepared pan. Bake for 35-40 minutes, until the cake feels springy to the touch in the center and a toothpick or cake tester inserted into the center comes out clean. Cover loosely with foil if getting too brown near the end and cake is still not done. The best way to test if a cake is done is to use an instant thermometer. The internal temp should be 205-210 °F.
4. Cool for 10 minutes in the pan, then invert the pan onto a plate or platter. Give the pan a firm little shake. You should hear the cake drop onto the plate. Slowly and carefully lift the pan off of the cake.
5. This part is optional but I like to do it. Use a pastry brush to brush any extra sauce that's left in the pan (or that drips down the sides of the cake) around the edges of the cake. Serve warm or at room temperature with a dollop of whipped cream, if desired.

## BRAIN EXERCISE

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

# Golden Age Movie Actresses



BALL  
BARBARA  
BETTE  
CAROLE  
CLAUDETTE  
COLBERT  
DAVIS  
DAY  
DORIS  
DOROTHY

GINGER  
HARLOW  
HAYWORTH  
JANE  
JEAN  
LAMOUR  
LEIGH  
LOMBARD  
LOY  
LUCILLE

MAE  
MARILYN  
MONROE  
MYRNA  
RITA  
ROGERS  
STANWYCK  
VIVIEN  
WEST  
WYMAN



# April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>April Fool's Day</i>	2 <i>National PB&amp;J Day</i>	3 <i>National Walking Day</i>	4 <i>Tell a Lie Day</i>	5 <i>Deep Dish Pizza Day</i>	6 <i>Sorry Charlie Day</i>
7 <i>Caramel Popcorn Day</i>	8 <i>Draw a Picture of a Bird Day</i>	9 <i>Name Yourself Day</i>	10 <i>Golfer's Day / Sibling Day</i>	11 <i>National Pet Day</i>	12 <i>Grilled Cheese Sandwich Day</i>	13 <i>Scrabble Day</i>
14 <i>National Pecan Day</i>	15 <i>World Art Day</i>	16 <i>Mushroom Day</i>	17 <i>National Cheeseball Day</i>	18 <i>National High Five Day</i>	19 <i>National Garlic Day</i>	20 <i>Volunteer Recognition Day</i>
21 <i>Kindergarten Day</i>	22 <i>Earth Day</i>	23 <i>National Picnic Day</i>	24 <i>Administrative Professionals Day</i>	25 <i>National DNA Day</i>	26 <i>National Pretzel Day</i>	27 <i>National Prime Rib Day</i>
28 <i>International Astronomy Day</i>	29 <i>International Dance Day</i>	30 <i>National Raisin Day</i>				

## Monthly Observances



- Global Astronomy Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Card and Letter Writing Month
- National Frog Month
- National Humor Month
- National Kite Month
- National Pecan Month
- National Poetry Month
- National Welding Month



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## Golden Age Movie Actresses

SOLUTION

