

Food and Fitness

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Apple Versus Pear Body Types

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All bodies come in different shapes, sizes, and colors. The apple and pear body types get the most focus. These body types show how the fat is stored in different locations throughout the body. The most common areas for storing fat are the chest, stomach, thighs, and buttocks. It is important to understand how your body stores fat. This will better help you achieve a healthy lifestyle.



When we eat more calories than our bodies need, these calories become stored as fat. Fat is stored underneath the skin all over our body. However, fat is not evenly stored throughout our body. A person with an apple-shaped body will store fat around the stomach and chest. A person with a pear-shaped body will store fat in the thighs and buttocks areas.

Do you have an apple or pear-shaped body? Most often, you can look in the mirror and determine if you have an apple or pear-shaped body. For others, this might be a little more difficult to decide. To decide if you have an apple or pear-shaped body type, start with taking the measurements of your waist and hip circumference. If the waist is the larger measurement, your body type is an apple shape. If the hips are the larger measurement, your body type is the pear shape.

(Continues on Page 2)

Apple Versus Pear Body Types

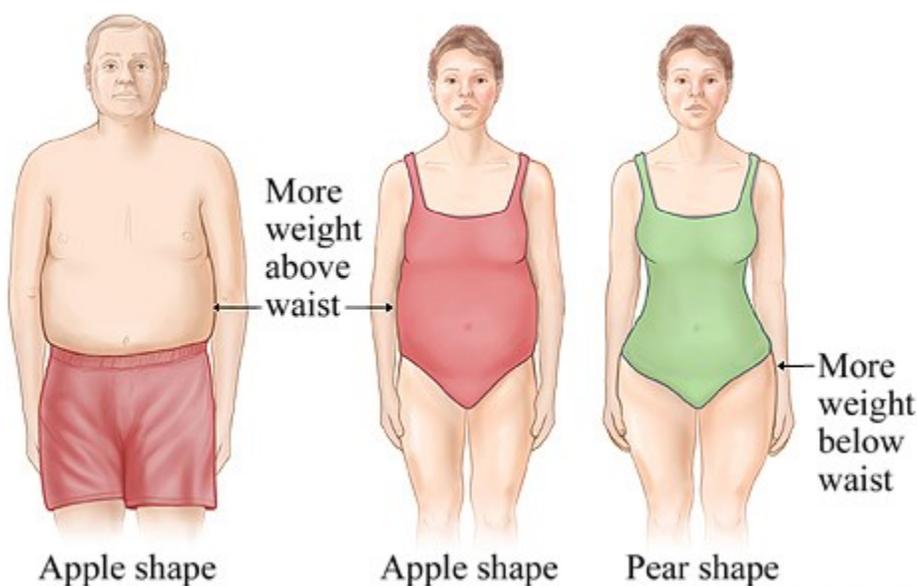
(Continued from Page 1)

Next, the two measurements are used to create a ratio called the waist-to-hip ratio (see page 3). The waist-to-hip ratio is used to determine any health risks. People who accumulate fat in the abdominal (stomach) area (apple body type) are at a higher risk for heart disease and type 2 diabetes. For women, a waist-to-hip ratio of 0.85 or less is considered healthy, and for men a waist-to-hip ratio of 0.9 or less is considered healthy, according to the World Health Organization. Ratios above 1.0 have an increased risk for heart disease and other health conditions related to being overweight.

Everyone stores fat differently. Women tend to have pear-shaped bodies and men tend to have apple-shaped bodies. Hormones produced in the body are one of the factors in how fat is stored. Men who have higher levels of testosterone store less body fat. Women create the hormone estrogen that men do not produce. Estrogen makes women's hips larger for child bearing. Estrogen is also responsible for fat being stored on the hips.

Menopause can change a woman's body type. When a woman goes through menopause, the levels of estrogen decrease. The fat may no longer be directed to the hips for storage. Instead, the fat can start to store in the abdominal (stomach) area.

So which body type is better? A pear-shaped body is considered to be the healthier body type. Unfortunately, the apple body type is considered the unhealthy body type. The apple body type creates more significant health risks such as heart disease, cancer, and diabetes. However, both body types can have too much fat storage.



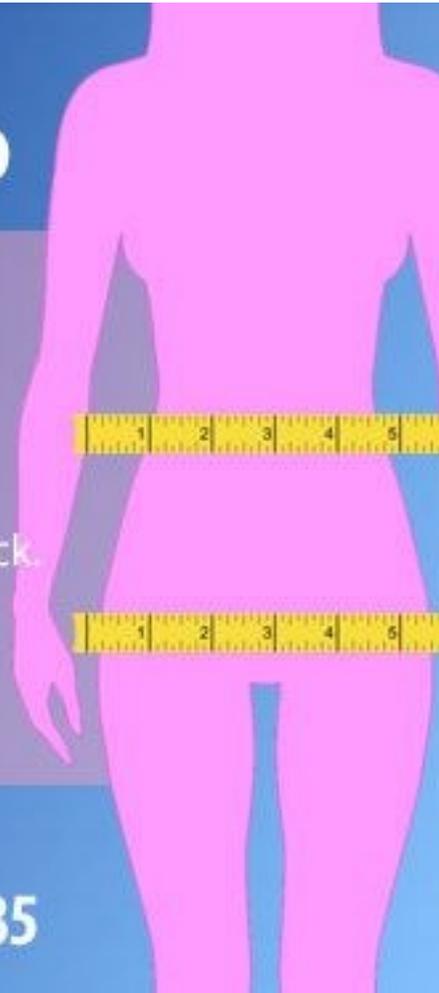
Calculate Your Waist-to-Hip Ratio

How to Calculate Waist-Hip Ratio

INSTRUCTIONS

1. Measure your waist – just under your lowest rib.
2. Measure your hips – at the widest portion of your buttock.
3. Divide waist measurement by hip measurement to get the ratio.

For women, the ratio should be less than 0.85



What your Waist-to-Hip Ratio Means

WOMEN	HEALTH RISK	BODY SHAPE
0.80 or below	Low	Pear
0.81 to 0.85	Moderate	Avocado
0.85+	High	Apple

MEN	HEALTH RISK	BODY SHAPE
0.95 or below	Low	Pear
0.96 to 1.0	Moderate	Avocado
1.0+	High	Apple

Fruit—Coconut

Coconuts are large seeds that grow on the coconut palm tree in tropical areas. The coconut palm tree can grow up to 100 feet tall. Coconuts are said to be prehistoric plants that are located in the South Pacific. They have a hard-fibrous brown husk, a white meaty inside, and a water center. Coconuts are used in many ways such as eating their meaty insides and using their husks for making mattresses.

Some think that a coconut belongs in the nut family because of their misleading name when, in fact, the coconut is a fruit. The coconut is considered a tropical drupe which include fruits like the peach, plum, and cherry. The drupe is defined as a type of fruit in which an outer fleshy part surrounds a shell with a seed inside.

When talking about nutrition, a coconut provides both water and food (the white meaty flesh) for consumption. At the first stage of growth, the coconut has high levels of water that can be used to drink and can be used as a substitute for blood plasma due to its high levels of sugar and salt. The coconut provides fiber, saturated fat, manganese, and copper. Researchers have focused on the high level of saturated fat and its potential health benefits.

Fun fact—coconut milk is not the same as coconut water.



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

Caloric Ratio Pyramid for Nuts, coconut meat, raw

This feature requires Flash player to be installed in your browser. Download the player here.

18%	79%	3%
Carbs	Fats	Protein



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★☆☆☆

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Cholesterol and Sodium. It is also a very good source of Manganese.

The bad: This food is very high in Saturated Fat.

Nuts, coconut meat, raw

Serving size: ▼



NUTRITION INFORMATION

Amounts per 1 cup, shredded (80g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	283 (1185 kJ)	14%
From Carbohydrate	49.7 (208 kJ)	
From Fat	224 (938 kJ)	
From Protein	9.2 (38.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.7 g	5%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	2.6 mg	4%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.2 mg	1%
Vitamin K	0.2 mcg	0%
Thiamin	0.1 mg	4%
Riboflavin	0.0 mg	1%
Niacin	0.4 mg	2%
Vitamin B6	0.0 mg	2%
Folate	20.8 mcg	5%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	9.7 mg	
Betaine	~	

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	12.2 g	4%
Dietary Fiber	7.2 g	29%
Starch	0.0 g	
Sugars	5.0 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	26.8 g	41%
Saturated Fat	23.8 g	119%
Monounsaturated Fat	1.1 g	
Polyunsaturated Fat	0.3 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	293 mg	

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

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	11.2 mg	1%
Iron	1.9 mg	11%
Magnesium	25.6 mg	6%
Phosphorus	90.4 mg	9%
Potassium	285 mg	8%
Sodium	16.0 mg	1%
Zinc	0.9 mg	6%
Copper	0.3 mg	17%
Manganese	1.2 mg	60%
Selenium	8.1 mcg	12%
Fluoride	~	

Recipe—Oatmeal Banana Raisin Coconut Cookies

Ingredients

- ◆ 1 1/4 cup margarine
- ◆ 3/4 cup firmly packed brown sugar
- ◆ 1/2 cup white sugar
- ◆ 1 egg, lightly beaten
- ◆ 1 teaspoon vanilla extract
- ◆ 1 1/2 cups all-purpose flour
- ◆ 1 teaspoon baking soda
- ◆ 1/2 teaspoon salt
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/4 teaspoon ground nutmeg
- ◆ 1/8 teaspoon ground cloves
- ◆ 3 cups rolled oats
- ◆ 2 ripe bananas, sliced
- ◆ 1 1/2 cups raisins
- ◆ 1 cup flaked coconut



Directions

1. Preheat the oven to 375 degrees F. Grease cookie sheets or line with parchment paper.
2. In a large bowl, cream together the margarine, brown sugar and white sugar. Beat in the egg and vanilla. Combine the flour, baking soda, salt, cinnamon, nutmeg and cloves; stir into the creamed mixture until well blended. Stir in the oats, bananas, raisins and coconut, one at a time. Drop one spoonful at a time onto the prepared cookie sheet, 2 inches apart.
3. Bake for 11 to 13 minutes in the preheated oven. Allow cookies to cool on baking sheet for 1 minute before removing to a wire rack to cool completely.

Brain Exercise

Don't Just Exercise Your Body, Work Out Your Brain!

LABOR DAY

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22	23					
24						25	26				27	28	29	30
31					32							33		
			34	35						36	37			
	38	39						40	41					
42							43							
44					45	46					47	48	49	50
51			52		53						54			
			55	56					57	58				
59	60	61				62	63	64				65		
66						67						68		
69						70						71		

By Evelyn Johnson - www.qets.com

Answers on Page 11

ACROSS

- 1 Baseball stick
 4 Right angle to a ships length
 9 Ascend
 14 Be
 15 Fast food meal
 16 Got out of sleep
 17 Time zone
 18 Feel sadness
 19 Wrathful
 20 Weasel's cousin
 22 Dispose of
 24 Jewish calendar month
- 25 Smack
 27 Drains energy
 31 Nothing
 32 Water markers
 33 Underwater boat
 34 Contending
 36 Out-of-date
 38 Bodies of water
 40 Becomes aware of
 42 Chalkboard need
 43 Located as number on a series
 44 Not brightly lit
- 45 Friendlier
 47 Object
 51 Soaks
 53 German "Mrs."
 54 Soybean
 55 Christmas
 57 Manservant
 59 Time segments
 62 Melts together
 65 Antlered animal
 66 Turn out
 67 Inches, for example
 68 Stamping tool
 69 Gleans
 70 Rounded part
 71 Unusual

DOWN

- 1 Stolen money collector
 2 Naval fleet
 3 Group of four
 4 Peak
 5 Blessing
 6 Flightless bird
 7 Reduced (abbr.)
 8 Second day of the week
 9 Play in the water
 10 Army unit
 11 Also known as (abbr.)
 12 Rent
 13 East northeast
 21 Journey
- 23 Highs
 25 Phoenix's BB team
 26 Lumber
 28 Association (abbr.)
 29 Domestic cat
 30 Compass point
 32 Container
 35 Talk
 36 Old-fashioned Fathers
 37 Creator
 38 Buckeye State
 39 Bivouac
 40 Place
 41 Goof
 42 Disks
- 43 Farm credit administration (abbr.)
 45 Football assoc.
 46 Wroth
 48 City in Kansas
 49 Blinker
 50 Ticked
 52 Pancake need
 56 Avails
 57 Second letter of the greek alphabet
 58 Russia
 59 That woman
 60 Only
 61 America
 63 Spanish "one"
 64 Sibling

September 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 National Cherry Popover Month	2 LABOR DAY	3 Skyscraper Day	4 Newspaper Carrier Day	5 Cheese Pizza Day	6 Read a Book Day	7 National Salami Day
8 Grand-parent's Day	9 Teddy Bear Day	10 Sewing Machine Day	11 911 Remembrance Day	12 Chocolate Milk Shake Day	13 Fortune Cookie Day	14 International Crab Fest Day
15 Wife Appreciation Day	16 American Legion Day	17 National Apple Dumpling Day	18 National Cheeseburger Day	19 National Butterscotch Pudding Day	20 National Punch Day	21 Miniature Golf Day
22 Elephant Appreciation Day	23 Checkers Day	24 National Cherries Jubilee Day	25 National Comic Book Day	26 Johnny Appleseed Day	27 Crush a Can Day	28 National Public Lands Day
29 Confucius Day	30 National Mud Pack Day					

September Monthly Observances

- Baby Safety Month
- Chicken Month
- Better Breakfast Month
- Classical Music Month
- Fall Hat Month
- Hispanic Heritage Month
- Honey Month
- International Square Dancing Month
- Little League Month
- National Blueberry Popsicle Month
- National Courtesy Month
- National Piano Month
- Self Improvement Month
- National Sewing Month

September

Fermented Foods

By Zona Hutson, WVU Extension Agent –
Doddridge County



Monthly Challenge: Write down fermented foods you eat this month.

Health Motivator Talking Points

- Fermented foods have made a resurgence in the food market. This food preservation method has been around for thousands of years, such as in yogurt, wine, beer and sauerkraut.
- Fermentation is the process of using good bacteria and yeast to preserve food and beverages. Fermentation converts carbohydrates to alcohols and carbon dioxide or organic acids. This is done using yeasts, bacteria or a combination with anaerobic (without oxygen) conditions.
- Our bodies have different types of bacteria, both good and bad.
- Bacteria helps with digestion, extracting nutrients from food and protecting us from harmful bacteria.
- Research shows that eating fermented dairy foods may help control weight and lower risk of heart disease and Type 2 diabetes.
- Many fermented foods have several strains of good bacteria and beneficial yeast. Foods rich in these microorganisms are sometimes called probiotic.

Quick Club Activity: Walking and Talking

Spread out with plenty of room to move around. Pair up. Take a two-minute stroll together around the room. As you walk, talk about fermented foods. Which foods do participants like and dislike? Have you made your own fermented foods? What fermented foods would you like to learn to make?

Learn More

http://msue.anr.msu.edu/news/interested_in_making_your_own_home_fermented_foods



Chuckle of the Month:

Why does yogurt love going to museums?
Because it's cultured.

West Virginia Bureau of Senior Services

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Brain Exercise Answers

Solution:

1	B	2	A	3	T		4	A	5	B	6	E	7	A	8	M		9	S	10	C	11	A	12	L	13	E
14	A	R	E				15	C	O	M	B	O						16	W	O	K	E	N				
17	G	M	T				18	M	O	U	R	N						19	I	R	A	T	E				
20	M	A	R	21	T	E	N								22	D	23	U	M	P							
24	A	D	A	R						25	S	L	A	P				27	S	28	A	29	P	30	S		
31	N	A	D	A				32	B	U	O	Y	S								33	S	U	B			
					34	V	Y	I	N	G					36	P	37	A	S	S	E						
		38	O	39	C	E	A	N	S				40	L	E	A	R	N	S								
42	C	H	A	L	K								43	F	I	R	S	T									
44	D	I	M					45	N	46	I	C	E	R				47	I	48	T	49	E	50	M		
51	S	O	P	52	S					53	F	R	A	U				54	S	O	Y	A					
					55	Y	U	L	E						57	B	58	U	T	L	E	R					
59	H	O	U	R	S					62	F	U	S	E	S				65	E	L	K					
66	E	N	S	U	E					67	U	N	I	T	S				68	D	I	E					
69	R	E	A	P	S					70	L	O	B	A	R				71	O	D	D					

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