

Food and Fitness

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Clean Eating Diet is the Buzz

Over the course of many years new diets have come and gone. Every diet usually claims to have the key to success for healthy living, weight loss, or some grand miracle. A *clean eating* diet is one that is currently in the mix.



A clean eating diet suggests eating most foods in their whole natural raw form while avoiding processed foods and refined sugars. There are many variations of this diet. Some suggest avoiding gluten, grains and/or dairy products.

Avoiding as much processed food as possible. When foods are processed, they tend to lose fiber and nutrients while gaining sugar, salt, and other additives. Processed foods have been removed from their natural state. The type of food depends on the amount of processing. Some foods are minimally processed while others are drastically changed. For example, nuts that have been shelled and packaged have gone through less processing than a frozen pizza.

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Clean Eating Diet is the Buzz

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Minimally processed foods are accepted in the clean eating diet. Package foods like vegetables, nuts, and meats are the most common exception. It is very important to read the food labels. Reading the ingredient label will help with understanding what has been added to the products. For instance, a premade salad mix might add some preservatives while another brand might not.

Fruits and vegetables are packed with nutrients. For this diet, the idea is to consume or eat them in their raw form, getting them as close to picking/fresh as possible. The recommendation for this diet is to choose organic produce, when possible, to reduce the amount of pesticides that have been exposed to the produce.

Refined carbohydrates are the mostly highly processed. These should be avoided since they do not provide much nutritional value. Whole grains are the best option for this diet because they are less processed and provide more nutrients and fiber. Staying away from ready-to-eat cereals, white bread, and other refined carbohydrates is the best choice while eating a clean diet. Another option that has been very popular is to replace refined grains with vegetables in the recipe. One of the most common substitutes is the replacing grains with cauliflower.

With carbohydrates, you also want to avoid foods that have been processed with added sugars. When reading labels, it is hard to identify as to whether the sugars are from added sugar or from its natural state.

Added sugars are in all kinds of foods that are processed, even foods that are not particularly sweet. If you are wanting to add a little sweetness, natural sugar from both honey and maple syrup are allowed in small amounts for clean eating.



Clean Eating Diet is the Buzz

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Vegetable oils and margarines are not allowed in the clean eating diet. These oils are highly processed. While this diet discourages having processed fats, it is very important to obtain fat from foods like fish and nuts. If you cannot avoid oil, the diet suggests choosing olive oil over the other options.

A part of the clean eating diet is to choose meats that come from ethically raised animals. These animals are not overcrowded or living in unsanitary conditions. The animals can live outdoors and are grass-fed a portion of their lives.

Lastly, clean eating means drinking water. Water is the cleanest beverage you can choose. Unsweetened coffee and tea are okay as well. Avoid the highly processed sugar sweetened beverages and alcohol.

Choosing foods in its simplest form with little to no processing is the key to this diet. The goal of clean eating is to promote a healthy lifestyle and optimize the nutritional values of the foods we eat.

A HEALTHY MEAL PLAN SHOULD INCLUDE:

COMPLEX CARBOHYDRATES

whole grain bread, oatmeal,
potatoes, brown or wild rice



FIBER

beans, whole grains, fruits &
vegetables



PROTEIN

fish, chicken or turkey (without skin),
eggs or egg whites, Select or Choice
grades of beef trimmed of fat



LOTS OF VEGETABLES

especially the green, leafy ones



LIMITED AMOUNTS OF HEART-HEALTHY FATS

olive, peanut or canola oil,
walnuts, almonds & flax seed



Fruit—Cucumbers

According to science, a cucumber belongs in the fruit group. As for how we actually eat them, we can put them into the vegetable food group because of their nutritional value. Cucumbers are a part of the Cucurbitaceae family. Other members of this family include squash and melons.

Cucumbers grow either on a vine or a bush. The plant can grow rapidly and produce many cucumbers on one plant. There are many different types of cucumbers. Some grow large at around 10 inches while others are smaller growing to about 2 inches in size. Cucumbers are most often grown to eat fresh or for pickling.

Cucumbers should be stored tightly in plastic wrap to retain moisture. They can keep for a week to 10 days when stored properly in the refrigerator.

Cucumbers are low in calories and fat but are high in water content. Cucumbers contain potassium, fiber, and vitamin C. They contain small amounts of other vitamins and minerals as well. The taste is a mild watery flavor. Cucumbers can be eaten in salads, soups, beverages, dips, sushi, pickled, and raw.



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

Caloric Ratio Pyramid for Cucumber, with peel, raw

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

83%	6%	11%
Carbs	Fats	Protein

Estimated Glycemic Load

1

0250

Typical target total is 100/day or less

[? What is this?](#)

NutritionData's [? What is this?](#)

Opinion

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, Pantothenic Acid, Magnesium, Phosphorus and Manganese, and a very good source of Vitamin C, Vitamin K and Potassium.

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

Cucumber, with peel, raw

Serving size: 1/2 cup slices (52g) ▼



NUTRITION INFORMATION

Amounts per 1/2 cup slices (52g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	7.8 (32.7 kJ)	0%
From Carbohydrate	6.5 (27.2 kJ)	
From Fat	0.5 (2.1 kJ)	
From Protein	0.8 (3.3 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	1.9 g	1%
Dietary Fiber	0.3 g	1%
Starch	0.4 g	
Sugars	0.9 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	2.6 mg	
Total Omega-6 fatty acids	14.6 mg	

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

[More details ▼](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.3 g	1%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	54.6 IU	1%
Vitamin C	1.5 mg	2%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	8.5 mcg	11%
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	1%
Niacin	0.1 mg	0%
Vitamin B6	0.0 mg	1%
Folate	3.6 mcg	1%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	3.1 mg	
Betaine	0.1 mg	

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	8.3 mg	1%
Iron	0.1 mg	1%
Magnesium	6.8 mg	2%
Phosphorus	12.5 mg	1%
Potassium	76.4 mg	2%
Sodium	1.0 mg	0%
Zinc	0.1 mg	1%
Copper	0.0 mg	1%
Manganese	0.0 mg	2%
Selenium	0.2 mcg	0%
Fluoride	0.7 mcg	

Recipe— Smashed Cucumber Salad

Ingredients

- ◆ 2 medium cucumbers
- ◆ Salt, to taste
- ◆ 1 teaspoon sugar
- ◆ 2 tablespoons rice wine vinegar
- ◆ 2 teaspoons soy sauce
- ◆ 1 teaspoon sesame oil
- ◆ 1 clove of garlic, finely grated
- ◆ Pinch crushed red pepper flakes (optional)



Directions

1. Quarter the cucumbers lengthwise. Put the slices on a cutting board, skin-side-up. Use the flat side of your knife to lightly smash along the length, then cut the cucumbers into 3/4-inch pieces. Toss the cucumbers with 1/2 teaspoon each salt and sugar, then drain in a colander for 20 minutes.
2. Whisk together the vinegar, soy sauce, sesame oil, garlic and remaining 1/2 teaspoon sugar. Add the cucumbers and toss to coat. Sprinkle with crushed red pepper, if using.

Brain Exercise

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

Killer Sudoku

You might find killer sudoku puzzles easier or harder than regular sudokus. They certainly make a fun change. In addition to the regular sudoku rules, each of the outlined areas must add up to the total given for that area.

So in our example (a 6 by 6 grid), each of the rows and columns must contain one and only one of the digits from 1 through six. But the thing that makes it killer, are those little numbers in the left corners of each of the red outlined areas. The digits in a given outlined area must add up to the little number for that area.

Sum Sudoku 1

15	7		6	6	7
	6				
		7		9	
4	8		13	8	3
	13	5			
				9	

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Sum Sudoku 2

8	10		4	9	
		6	13		
	13			4	12
		15	10		
4				5	
8				5	



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day	2 Run Up The Flagpole & See in Anyone Salutes Day	3 Festival of Sleep Day	4 National Spaghetti Day
5 National Bird Day	6 Bean Day	7 Old Rock Day	8 National Take the Stairs Day	9 Play God Day	10 Bittersweet Chocolate Day	11 Learn Your Name in Morse Code Day
12 National Pharmacist Day	13 National Rubber Duckie Day	14 Dress Up Your Pet Day	15 National Bagel Day	16 National Nothing Day	17 Ditch New Years Reso- lutions Day	18 Thesaurus Day
19 National Popcorn Day	20 National Cheese Lover Day	21 National Hugging Day	22 National Blond Brownie Day	23 National Pie Day	24 Compliment Day	25 National Seed Swap Day
26 Spouse's Day	27 Chocolate Cake Day	28 Fun at Work Day	29 National Puzzle Day	30 National In- sane Answer- ing Message Day	31 Backward Day	

Monthly Observances

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month

West Virginia Bureau of Senior Services

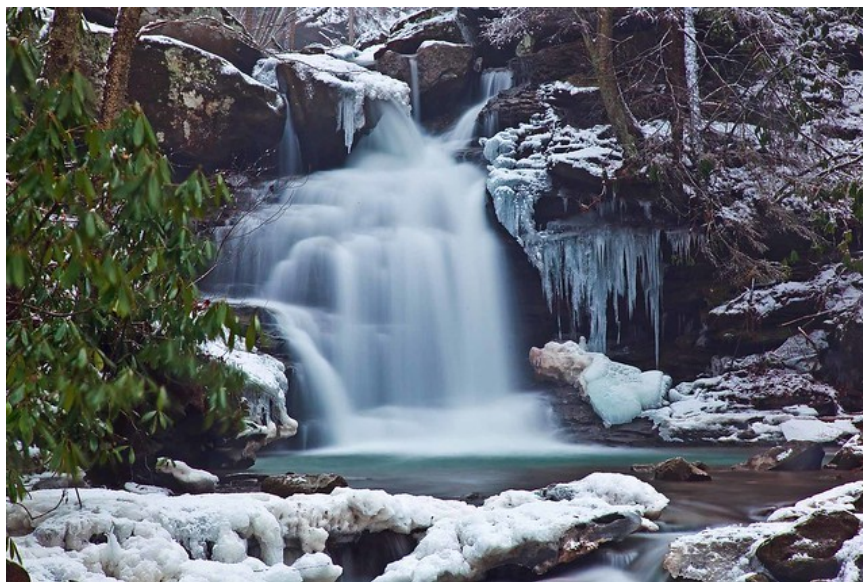
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Brain Exercise Answers

Sum Sudoku 1 - Solution

5	4	3	1	6	2
6	3	2	5	1	4
4	1	5	2	3	6
1	2	6	4	5	3
3	5	4	6	2	1
2	6	1	3	4	5

Sum Sudoku 2 - Solution

2	5	1	4	6	3
1	4	3	6	2	5
5	6	2	1	3	4
4	3	6	5	1	2
3	1	4	2	5	6
6	2	5	3	4	1

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