



Food and Fitness

Varying Vegetables Within Our Meal Pattern

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Did you know there is a healthy guide for how much of certain colors, or types of vegetables, we should consume on a weekly basis for different types of eating patterns?

It is true. The 2015-2020 dietary guidelines have presented a certain amount of certain colors and types of vegetables one should consume to accommodate the amount of vitamins and minerals needed for your target calorie needs. For instance, the amount of dark green vegetables for someone consuming 1800 calories would differ from someone consuming 2200 calories. Similar colors and types of vegetables can share similar nutritional components. The dietary guidelines show how a meal pattern for a healthy U.S. Eating pattern would look in terms of how many cup equivalents are recommended in a weekly time frame.

For a 2000 calorie *Health U.S.* eating pattern, the recommendation is two and a half cup-equivalents of vegetables per day. The term “cup-equivalents” refers to an equality amount. (An example would be that one half cup of broccoli would equal one half of a cup equivalent but one cup of raw kale greens would equal ½ cup- equivalents. If you choose to eat all your dark green vegetable in leafy greens, you would really need to consume 3 cups to equal the one and one half needed for that week.)



(Continues on Page 2)

Varying Vegetables Within Our Meal Pattern

(Continued from Page 1)

Where all foods are different, makes for this difference in what equals a cup-equivalence. The Dietary Guidelines brake it down into a five different categories:

- Dark-green
- Red & Orange
- Legumes (beans & peas)
- Starchy
- Other

Most people need to increase their consumption of vegetables in every category. The Dietary Guidelines note that most of vegetables consumed are potatoes and tomatoes. They also say that 60 percent of vegetables are eaten as a separate food item, 30 percent in mixed dishes and the remaining 10 percent as snacks, condiments, or gravies.

With the summer months bringing in an abundance of options, quantity, and quality of produce, summer makes it much easier to consume a variety of vegetables and at a lower cost. Snacking on vegetables can be an easy way to cut down on high calorie foods while also increasing the amount of vegetables in your diet. Treat yourself to a rainbow of in season vegetable while they are at their ripest.



Table 2-1.
Examples of Vegetables in Each Vegetable Subgroup

Vegetable Subgroup	Examples
Dark-Green Vegetables	Broccoli, Spinach, Leafy Salad Greens (Including Romaine Lettuce), Collards, Bok Choy, Kale, Turnip Greens, Mustard Greens, Green Herbs (Parsley, Cilantro)
Red & Orange Vegetables	Tomatoes, Carrots, Tomato Juice, Sweet Potatoes, Red Peppers (Hot and Sweet), Winter Squash, Pumpkin
Legumes (Beans & Peas)	Pinto, White, Kidney, and Black Beans; Lentils; Chickpeas; Limas (Mature, Dried); Split Peas; Edamame (Green Soybeans)
Starchy Vegetables	Potatoes, Corn, Green Peas, Limas (Green, Immature), Plantains, Cassava
Other Vegetables	Lettuce (Iceberg), Onions, Green Beans, Cucumbers, Celery, Green Peppers, Cabbage, Mushrooms, Avocado, Summer Squash (Includes Zucchini), Cauliflower, Eggplant, Garlic, Bean Sprouts, Olives, Asparagus, Peapods (Snowpeas), Beets

Table 1-1.

Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level, With Daily or Weekly Amounts From Food Groups, Subgroups, & Components

Food Group ^a	Amount ^b in the 2,000-Calorie-Level Pattern
Vegetables	2½ c-eq/day
Dark Green	1½ c-eq/wk
Red & Orange	5½ c-eq/wk
Legumes (Beans & Peas)	1½ c-eq/wk
Starchy	5 c-eq/wk
Other	4 c-eq/wk
Fruits	2 c-eq/day
Grains	6 oz-eq/day
Whole Grains	≥ 3 oz-eq/day
Refined Grains	≤ 3 oz-eq/day
Dairy	3 c-eq/day
Protein Foods	5½ oz-eq/day
Seafood	8 oz-eq/wk
Meats, Poultry, Eggs	26 oz-eq/wk
Nuts, Seeds, Soy Products	5 oz-eq/wk
Oils	27 g/day
Limit on Calories for Other Uses (% of Calories)^c	270 kcal/day (14%)

[a] Definitions for each food group and subgroup are provided throughout the chapter and are compiled in Appendix 3.

[b] Food group amounts shown in cup-(c) or ounce-(oz) equivalents (eq). Oils are shown in grams (g). Quantity equivalents for each food group are defined in Appendix 3. Amounts will vary for those who need less than 2,000 or more than 2,000 calories per day. See Appendix 3 for all 12 calorie levels of the pattern.

[c] Assumes food choices to meet food group recommendations are in nutrient-dense forms. Calories from added sugars, added refined starches, solid fats, alcohol, and/or to eat more than the recommended amount of nutrient-dense foods are accounted for under this category.

NOTE: The total eating pattern should not exceed *Dietary Guidelines* limits for intake of calories from added sugars and saturated fats and alcohol and should be within the Acceptable Macronutrient Distribution Ranges for calories from protein, carbohydrate, and total fats. Most calorie patterns do not have enough calories available after meeting food group needs to consume 10 percent of calories from added sugars and 10 percent of calories from saturated fats and still stay within calorie limits. Values are rounded.

Mineral— Sodium

Functions

Helps to regulate acid-base balance and osmotic pressure of the body fluids. Sodium also plays a role in muscle contraction, cell permeability, and nerve transmitting.

Sodium is absorbed in the intestines and carried to the kidneys where it is filtered and returned to the blood.

Recommendations

Recommended Dietary Allowances (RDA):

Men and Women 51 and Older:
2300 mg/d

Food Sources:

Table salt

Processed foods

Food with added preservative

Sodium is found in abundance in most foods except for fruit.

Deficiency

Nausea

Exhaustion

Cramps

Apathy

Vomiting

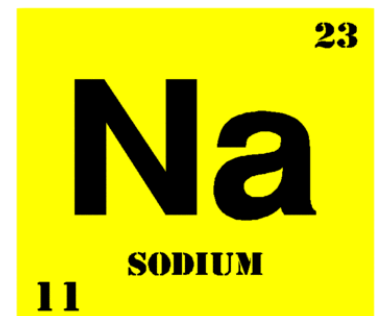
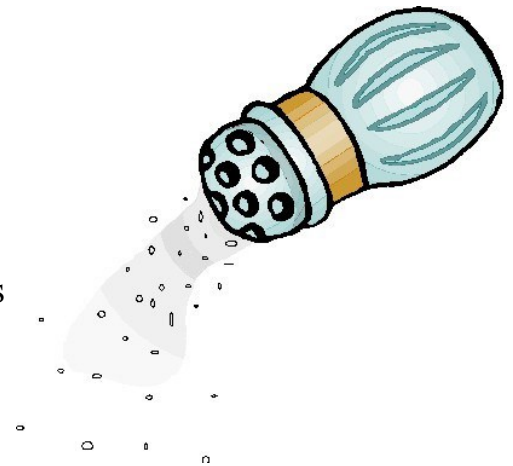
Possible respiratory failure

Dizziness

Hyponatremia is the term used for depletion of sodium.

Toxicity

Toxicity can cause an increased risk of hypertension, heart disease, and stroke.



Blueberry Zucchini Bread

Ingredients

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 1/4 cups white sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries



Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
- In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.
- Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Brain Exercise

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



US Presidents

Find all of the US President names. The names can be up, down, forward, backward, or diagonal.



ADAMS
ARTHUR
BUCHANAN
BUSH
CARTER
CLEVELAND
CLINTON
COOLIDGE
EISENHOWER
FILLMORE

FORD
GARFIELD
GRANT
HARDING
HARRISON
HAYES
HOOVER
JACKSON
JEFFERSON
JOHNSON

KENNEDY
LINCOLN
MADISON
MCKINLEY
MONROE
NIXON
OBAMA
PIERCE
POLK
REAGAN

ROOSEVELT
TAFT
TAYLOR
TRUMAN
TYLER
VAN BUREN
WASHINGTON
WILSON

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Creative Ice Cream Flavors</i>
2 <i>I forgot Day</i>	3 <i>Compliment Your Mirror Day</i>	4 <i>Independence Day</i>	5 <i>Work-a-holics Day</i>	6 <i>National Fried Chicken Day</i>	7 <i>Chocolate Day</i>	8 <i>National Blueberry Day</i>
9 <i>National Sugar Cookie Day</i>	10 <i>Teddy Bear Picnic Day</i>	11 <i>World Population Day</i>	12 <i>Pecan Pie Day</i>	13 <i>Fool's Paradise Day</i>	14 <i>National Nude Day</i>	15 <i>Tapioca Pudding Day</i>
16 <i>Fresh Spinach Day</i>	17 <i>Peach Ice Cream Day</i>	18 <i>National Caviar Day</i>	19 <i>National Raspberry Cake Day</i>	20 <i>Moon Day</i>	21 <i>National Junk Food Day</i>	22 <i>Hammock Day</i>
23 <i>National Hot Dog Day</i>	24 <i>Cousins Day</i>	25 <i>Threading the Needle Day</i>	26 <i>All or Nothing Day</i>	27 <i>Take Your Pants for a Walk Day</i>	28 <i>National Milk Chocolate Day</i>	29 <i>National Lasagna Day</i>
30 <i>National Cheese-cake Day</i>	31 <i>Mutt's Day</i>					

July Monthly Observations

- National Blueberry Month
- National Anti-Boredom Month
- Unlucky Month for Weddings
- National Cell Phone Courtesy Month

- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month

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- Week #2 Nude Recreation Month

July 2017

Nourish Your Brain

By Cheryl Kaczor, WVU Extension Agent, Marshall County



Health Motivator Talking Points

Did you know . . . ?

Healthy foods are good for your heart, bones, brain and whole body! Which foods should you choose?

- Whole grains help promote blood flow.
- Blueberries may reduce the risk of dementia and Alzheimer's disease, and improve learning and motor skills.
- Citrus fruits have antioxidants that protect the brain.
- Vegetables are a colorful way to get antioxidants.
- Fish is rich in omega-3 fatty acids, which are essential for concentration and mood.
- Nuts are high in vitamin E and may lessen cognitive decline.
- A few cups of caffeinated tea or dark chocolate may help improve memory, focus and mood.
- Foods from the Mediterranean lifestyle are excellent choices, because they have anti-inflammatory properties. Avoid too much red meat, saturated and trans fats, refined grains and sugar. A brain-healthy diet helps appetite-regulating hormones work, which may curb cravings.

Quick Club Activity: Chair Zumba

Play a peppy song, such as "New York" by Frank Sinatra or a Latin tune. Lead your group in chair Zumba:

1. Sit up straight, toward the edge of the chair.
 2. Shrug your shoulders up and down to the beat four to five times.
 3. Raise your arms to the sides, up above your head, then back to your sides.
 4. Heel, toe each foot four to five times.
 5. Kick each leg four to five times.
 6. Side step each foot four to five times.
 7. Take turns adding creative movements.
- Enjoy the music and movement!*

Learn More!

Agnvall, E. (2015, October 30). Foods to Try and Avoid for Brain Health. <http://blog.aarp.org/2015/10/30/these-foods-linked-to-bigger-brains-better-memory/>.

C. S., & Chang, L. (2008, December 18). Best Brain Foods for Brain Function. <http://www.webmd.com/diet/eat-smart-healthier-brain>.

YouTube-Zumba Gold Chair Part 1 and other videos.

This newsletter is created by Kathrine J.

Kathrine J. Clark, MS, RD, LD

Clark, MS, RD, LD,

Nutrition Consultant

1 John Marshall Drive

Nutrition Consultant to the West Virginia

Huntington, WV 25575

Kathrine.Clark@marshall.edu

Brain Exercise Answers

US Presidents

SOLUTION

