

Food and Fitness

West Virginia

The 5 Main Focuses of the 2015-2020 Dietary Guidelines

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Every five years the Dietary Guidelines for Americans are revised in order to stay current with new research and new understanding of health. The 2015-2020 Dietary Guidelines move the focus to five key points that promote health and wellness.

1

Follow a healthy eating pattern across the lifespan.

When trying to eat in a healthy pattern, know that all food and beverage choices you make matter. In order to eat this way, it is imperative to eat at the right calorie level to meet your own needs to maintain a healthy weight, support nutritional adequacy, and help reduce the risk of chronic disease. A healthy eating pattern includes eating a

2

variety of foods from the fruits, vegetable, proteins, dairy, grains, and oils groups. We need to eat from those groups but limit the amounts of saturated fats, trans fats, added sugars, and sodium.

Focus on variety, nutrient density, and amount.

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The 5 Main Focuses of the 2015-2020 Dietary Guidelines

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3

Limit calories from added sugars and saturated fats and reduce sodium intake.

Make sure to eat a pattern of foods that are low in added sugars, saturated fats, and sodium. Educate yourself on what foods and beverages are high in these components so you can cut back on these foods. Fit the recommended amount you need into your healthy eating pattern for your calorie and nutrient levels.

4

Shift to healthier food and beverage choices.

Be sure to choose foods and beverages that are nutrient-dense in all food groups.

Most people have personal preferences that are unique. Make sure you include your preferences and your cultural foods into your shift.

Shift the foods you love into

healthier versions. When doing a shift this way, it will help for a smoother transition and can be easier to help maintain the health.

Example:



5

Support healthy eating patterns for all.

Everyone plays a role in creating a supportive environment for healthy eating patterns. Family, friends, people in the community, and people everywhere else can be a support group and can influence a healthy eating pattern. Be a positive role model to others who want to get started in promoting their health and wellness.



Tools From the 2015-2020 Dietary Guidelines

Figure 2-8.

Typical Versus Nutrient-Dense Foods & Beverages

Achieving a healthy eating pattern means shifting typical food choices to more nutrient-dense options—that is, foods with important nutrients that aren't packed with extra calories or sodium. Nutrient-dense foods and beverages are naturally lean or low in solid fats and have little or no **added** solid fats, sugars, refined starches, or sodium.



Follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease.

A Healthy Eating Pattern Includes:



A Healthy Eating Pattern Limits:



Mineral—Iodine

Functions

Iodine is a trace element that is used in the body for the synthesis of the thyroid hormones. Iodine is also used to regulated the metabolic rate of all cells and promote both growth and development. Iodine is an antioxidant in the body and can be used to disinfect wounds and for water purification.

Recommendations

Dietary Reference Intakes for 50 years and older

Recommended Dietary Allowances (RDA): $150\mu\text{g}/\text{day}$

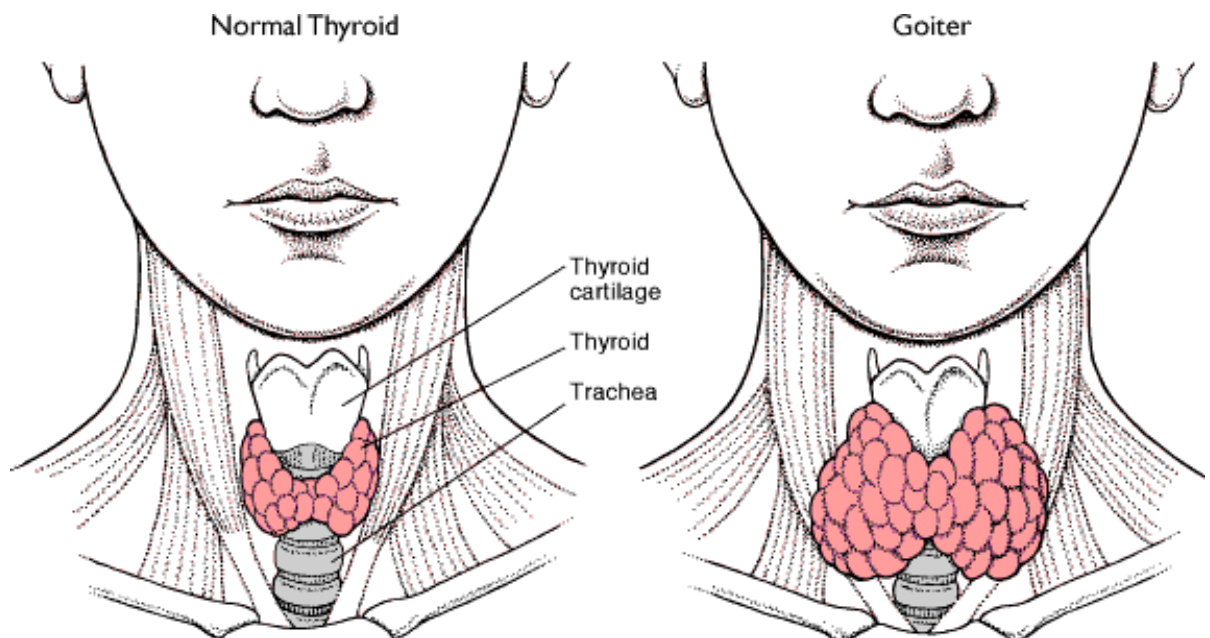


Food Sources

Kelp	Plain Yogurt
Table Salt	Buttermilk
Seaweed	Milk
Saltwater Fish	Eggs
Seafood	Strawberries

Deficiency

Hypothyroidism—
Inflammation of the thyroid gland or graves disease
Goiter—
Thyroid gland hypertrophies



Healthy Oatmeal Cookies

Great for a Holiday Cookie Exchange

Ingredients

- 1 1/3 cups quick or rolled oats
- 1/3 cup of all purpose flour
- pinch of salt
- 1/4 teaspoon of baking powder
- 1/4 teaspoon of baking soda
- 1 teaspoon of ground cinnamon
- 1 teaspoon of vanilla
- 6 tablespoons of room temperature unsalted butter (margarine may be substituted)
- 3/4 cup of light brown sugar
- 1 egg
- 3/4 cup of dark raisins
- 1/3 cup of flax seeds



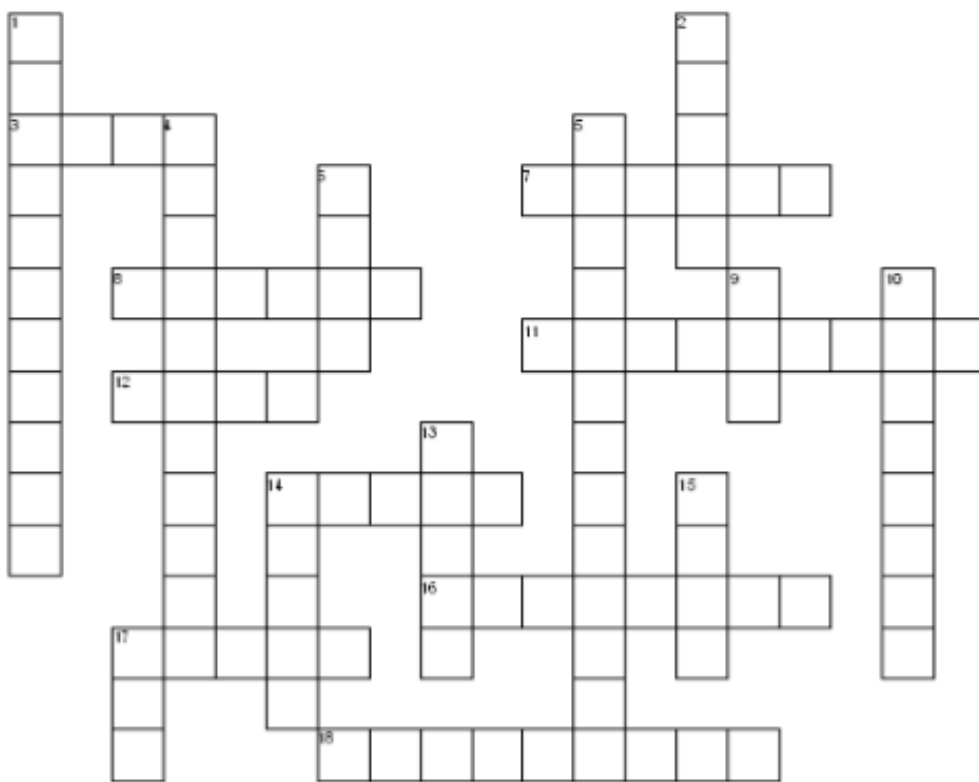
Directions

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. Using a hand mixer, beat the butter and brown sugar until fluffed up (1-2 minutes) and add the egg, cinnamon and vanilla and beat for another 30 seconds until smooth.
3. In a separate bowl, mix the oats, raisins, flax seeds and flour with baking powder and baking soda and pinch of salt.
4. Then using a rubber spatula, fold the oat mixture into the egg mixture. The dough will be a little crumbly, that's ok.
5. Using a standard tablespoon measuring spoon or a small ice cream scoop or oiled hands, pick up golf ball sizes of the dough and place them on the cookie sheet about 1/2 inches apart (these cookies don't spread too much).
6. Bake the cookies (middle rack) for 12-14 minutes depending on the size of your cookies. Take them out while the center is still soft but the edges have set (if you like a chewy cookie) or let them bake an extra 2 minutes until the centers are set too if you like a crunchier cookie.
7. Cool on the baking sheet for 2 minutes before attempting to remove them.

To freeze the dough: wrap it in wax or parchment paper and freeze it as a log or pre-measure it into golf ball sizes. When ready to bake slice the dough (if it's a log) or bake the gold ball frozen doughs at the same temperature for an extra 2 minutes longer.

Recipe Received from: <http://www.twopurplefigs.com/healthy-oatmeal-raisin-cookies/>

WINTER WEATHER



ACROSS

3. The process by which snow or ice changes to water.
7. A period of very cold winter weather that damages plants.
8. Intensely cold temperature.

11. The temperature felt by the human body when wind makes it feel colder than the actual temperature.

12. Mildly cold feeling.

14. Bright with sunshine.

16. Snowfall that is so heavy one can see little or nothing on the horizon.

17. Ice crystals on a frozen surface; "Old Jack _____."

18. A large mass of snow that slides down a mountain.

4. A tool used to measure the temperature.

5. Water that falls to the earth in the form of rain, hail, mist, sleet, or snow.

6. Pieces of ice falling from the sky.

9. A solid form of frozen water.

10. A storm with heavy snow, strong winds, and severe cold.

13. Covered with snow.

14. A mixture of snow and water.

15. Precipitation in the form of small white ice crystals that form inside clouds.

17. Thick water vapor that makes it hard to see.

DOWN

1. A standardized measure of how hot or cold it is outside.

2. Rain that freezes as it falls.



December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Eat a Red Apple Day</i>	2 <i>National Fritters</i>	3 <i>Advent begins</i>
4 <i>Santa's List Day</i>	5 <i>Repeal Day</i>	6 <i>Mitten Tree Day</i>	7 <i>Letter Writing</i>	8 <i>National Brownie</i>	9 <i>Christmas Card Day</i>	10 <i>Human Rights Day</i>
11 <i>International Chil-</i>	12 <i>Poinsettia Day</i>	13 <i>Violin Day</i>	14 <i>National Bouilla-</i>	15 <i>National Lemon</i>	16 <i>National Chocolate</i>	17 <i>National Maple</i>
18 <i>Bake Cookies</i>	19 <i>Look for an Ever-</i>	20 <i>Go Caroling</i>	21 <i>Crossword Puzzle Day</i>	22 <i>National Date Nut</i>	23 <i>Roots Day</i>	24 <i>National Egg Nog</i>
25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27 <i>National Fruitcake</i>	28 <i>Card Playing</i>	29 <i>Pepper Pot Day</i>	30 <i>Bacon Day</i>	31 <i>Make Up Your Mind</i>

December Monthly Observations

- ♦ AIDS Awareness Month
- ♦ Bingo Month
- ♦ Write a Friend Month
- ♦ National Tie Month
- ♦ Operation Santa Paws
- ♦ National Human Rights Month
- ♦ Root Vegetables and Exotic Fruits Month
- ♦ Safe Toys and Gifts Month
- ♦ Spiritual Literacy Month
- ♦ Tomato and Winter Squash Month
- ♦ Worldwide Food Service Safety Month



Maintain Your Health This Holiday Season

By Julie Tritz, WVU Extension Agent, Wayne County

Health Motivator Talking Points

Did you know . . . ?

These are some tips to maintain your health during the holiday season.

- Minimize stress. Try not to over-commit; strive to find a balance between work, home, and holiday socials and events. Set a budget for gifts and holiday supplies.
- Get enough sleep. Keep a regular sleep schedule; go to bed at the same time each night. Avoid large meals just before bedtime.
- Keep an exercise routine. Get 150 minutes of moderate-intensity aerobic activity each week (e.g., walking briskly, light snow shoveling and actively playing with children).
- Eat in moderation. Holiday parties and gatherings are full of tempting foods. Limit foods high in fat, salt and sugar. Instead, choose healthy alternatives. Listen to your body and stop when you start to feel full.
- Wash hands frequently. Use soap and water to wash for at least 20 seconds.
- Stay warm. Infants and the elderly are more susceptible to the cold. Stay dry and dress in layers if heading outside. Pack a blanket and warm jacket in your vehicle for unexpected travel emergencies.
- Give back. The holidays are a perfect time to give a donation of money, food or clothing to a charity. Many donations are tax-deductible. This helps those in need and puts us in the holiday spirit!

Quick Club Activity

Let's pretend we're at the mall or store. We'll park at the end of the parking lot. Then, we will walk some laps around the inside perimeter of the store. Do this with your holiday shopping.

Sources

www.cdc.gov/family/holiday/

www.cdc.gov/healthyweight/physical_activity/



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Food and

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Answer Key

