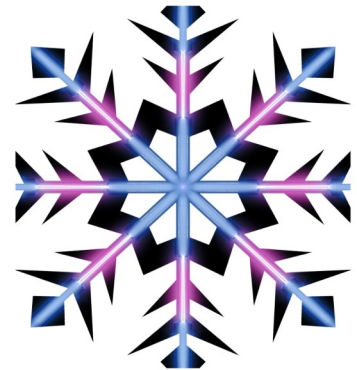


Food and Fitness



VITAMIN D AND THE WINTER BLUES

It is official, winter is here in full force. Winter can offer a great deal of outdoor beauty and some research believes that winter offers many health benefits for sleep, skin, and brain activity. However, one of the down falls of winter is the decreased amount of sunlight. This is very important when talking about levels of vitamin D. Vitamin D is essential for mental health as well as physical health.

Vitamin D is a nutrient that we can get from foods, supplements, and even our bodies can create it with the help of sunlight. Vitamin D helps with the absorption and retention of calcium and phosphorus which are both related to bone health. Vitamin D is a unique vitamin because when your skin is exposed to sunlight, it takes cholesterol and turns it into vitamin D. In the winter, people often spend less time outside and the sun is not out as long. These two factors can play a major role, in the winter, for lower levels of vitamin D.

INSIDE THIS ISSUE

Vitamin D and the Winter Blues1-2

7 Tips to Beat the Winter Blues.....3-4

Vegetable—Radish5-6

Recipe—Garlic Roasted Radishes7

Brain Exercise8

Monthly Observation9

Nutrition Counseling Contact Information10

VITAMIN D AND THE WINTER BLUES

How does it work? Vitamin D from food and supplements are absorbed in the small intestine and transported to the kidneys and liver. Vitamin D is then changed to a hormone that aids in calcium absorption. Many organs in the body have vitamin D receptors and it is suggested that vitamin D can play a larger role in the human body than we are fully aware of yet.

As far as seasonal affective disorder is concerned, it is noted that often people with depression have lower levels of vitamin D. Vitamin D and seasonal affective disorder has been a huge topic in the last few years and needs more research. Seasonal affective disorder is defined as a type of depression that is related to the changing of the seasons. The winter months are at the top for depression.

Knowing how to identify the symptoms and determine if you are suffering from depression is an important step for getting out of the winter blues. People often have changes in thoughts, feelings, and behavior. Depression can be caused by low vitamin D and that can be determined by lab work.

Vitamin D levels in the blood run on a scale. Normal amounts of vitamin D are 20ng/ml with 12ng/ml being too low and 50ng/ml being considered too high. When it comes to how much vitamin D a person needs per day, people ages 1-70 years of age need 15 mcg (600 IU) while those adults that are 71+ years of age need 20 mcg (800IU) per day.

Getting enough vitamin D from food is not a very easy task. Vitamin D is found in very few foods. Some sources of vitamin D are cod liver oil, salmon, tuna fish, sardines, fortified juice (like some orange juice), fortified dairy products, beef liver, egg yolks, and fortified cereals. Often people will take a supplement and should always first consult with a doctor.

Many people are at risk for a vitamin D deficiency when the winter rolls around. Whether you choose to add more foods that contain vitamin D or take a supplement, if needed, vitamin D is important. Also, finding ways to get into the sun even if it is sitting in near a window while inside can offer benefits to increasing vitamin D. Let's not let the winter blues get us down!

7 TIPS TO BEAT THE WINTER BLUES



1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.

7 TIPS TO BEAT THE WINTER BLUES



4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

VEGETABLE—RADISH



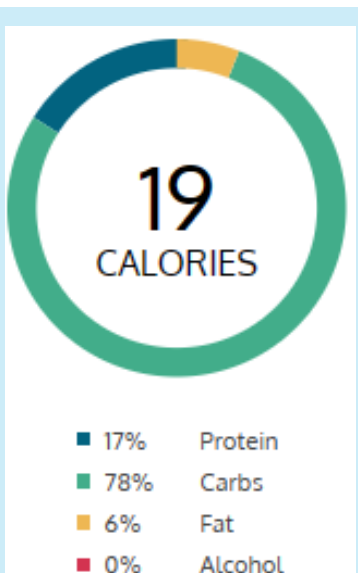
Radishes are a member of the Brassica family. The radishes are related to both the turnip and mustard. Radishes grow very quickly. Once the radish seed has been germinated, many varieties of the radishes are ready to be eaten in as little as four weeks.

There are many different varieties and colors of radishes. Some are round while others are elongated. The outside of the radishes come in many colors but the inside is almost always white. The most common radish sold in the USA is red.

The entire part of the radish can be eaten. Both the bulb and the leaves. Most people grow the radishes to eat the bulb because the leaves can be tough and bitter. The bulbs have a crunchiness with a bit of spicy flavor.

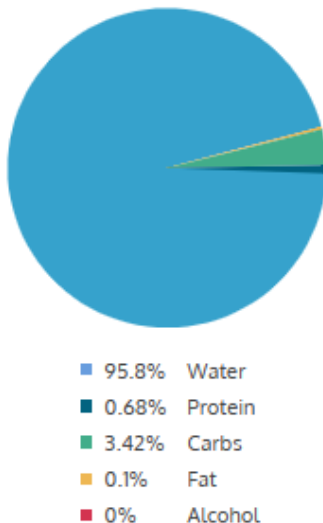
As for nutrition, radishes contain vitamin C, vitamin B6, folate, potassium, and copper.

WHERE DO THE CALORIES COME FROM?



5

WHAT IS THIS FOOD MADE OF?



Minerals

-- = missing data

		%DV
Weight	116g	
Calcium	29mg	2%
Iron, Fe	0.39mg	2%
Potassium, K	270.3mg	6%
Magnesium	11.6mg	3%
Phosphorus, P	23.2mg	2%
Sodium	45.2mg	2%
Zinc, Zn	0.32mg	3%
Copper, Cu	0.06mg	6%
Manganese	0.08mg	3%
Selenium, Se	0.7mcg	1%
Fluoride, F	7mcg	0%

NUTRITION FACTS



Radishes

Radishes Raw

Serving Size:

1

x

1 cup slices (116g)



Nutrition Facts

Serving Size

1 cup slices (116g)

Calories **19**

% Daily Value *

Total Fat 0.12g	0%
Saturated Fat 0.04g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45.2mg	2%
Total Carbohydrate 3.9g	1%
Dietary Fiber 1.9g	7%
Total Sugars 2.2g	4%
Includes --g Added Sugars	--%
Protein 0.79g	2%
Vitamin C 17.2mg	19%
Vitamin D 0mcg	0%
Iron 0.39mg	2%
Calcium 29mg	2%
Potassium 270.3mg	6%
Phosphorus 23.2mg	2%

*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	116g	
Vitamin A, RAE	0mcg	0%
Vitamin C	17.2mg	19%
Thiamin (B1)	0.01mg	1%
Riboflavin (B2)	0.05mg	3%
Niacin (B3)	0.29mg	2%
Vitamin B5 (PA)	0.19mg	4%
Vitamin B6	0.08mg	5%
Biotin	--mcg	
Folate (B9)	29mcg	7%
Folic acid	0mcg	0%
Food Folate	29mcg	7%
Folate DFE	29mcg	7%
Choline	7.5mg	1%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	4.6mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	8.1IU	
Lycopene	0mcg	
Lut + Zeaxanthin	11.6mcg	
Vitamin E	0mg	0%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	1.5mcg	1%

RECIPE—GARLIC ROASTED RADISHES

Ingredients

- 1 lb. fresh radishes, stems removed, ends trimmed and halves
- 1 tablespoon melted butter
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 tsp dried parsley, dried chives or dried dill
- 2 garlic cloves, finely minced
- Optional toppings: ranch dressing for drizzling



Recipe Received and adapted From: [Garlic Roasted Radishes - The Real Food Dietitians](#)

Instructions

1. Preheat oven to 425 degrees F. In a bowl, combine the radishes, melted butter, dried herbs, salt, and pepper; toss until the radishes are evenly coated. (Note: don't add the minced garlic until step 3).
2. Spread radishes out in a single layer in a large 9×13 inch baking dish.
3. Bake for 20-25 minutes, tossing every 10 minutes. After the first 10 minutes of baking add the minced garlic and toss. Return to oven to bake an additional 10-15 minutes or until radishes are golden brown and easily pierced with a fork.
4. If desired, serve with ranch dressing for dipping or drizzling on top and garnish with fresh parsley, dill, or chives.

BRAIN EXERCISE

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

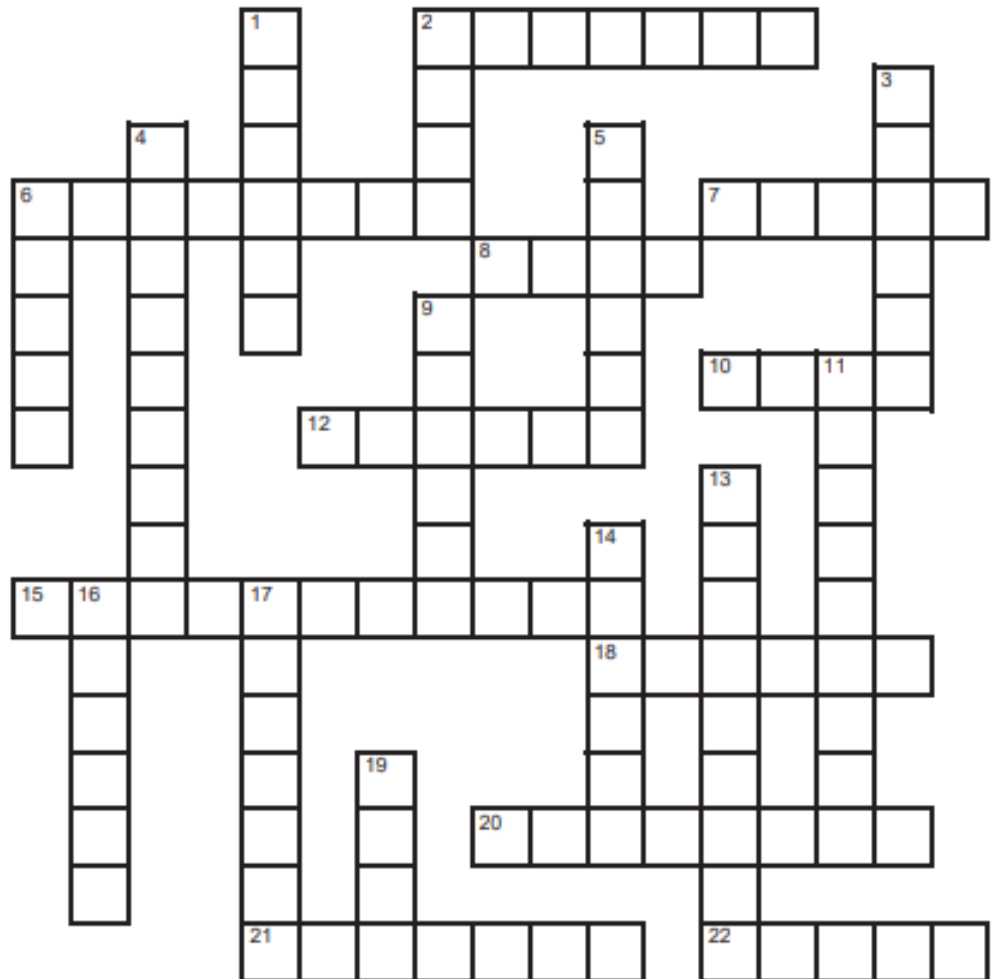
Winter Crossword

Across

- 2. Knitted top.
- 6. Snowstorm with winds.
- 7. Month that winter ends in.
- 8. When the air moves.
- 10. A sudden blast of wind.
- 12. Shake from the cold.
- 15. Tells you how cold it is outside.
- 18. Rather cold.
- 20. Month that winter starts in.
- 21. He might have a carrot for a nose.
- 22. Keeps you neck warm.

Down

- 1. Turned into ice.
- 2. It goes downhill fast.
- 3. A short coat.
- 4. What bears do in the winter.
- 5. Opposite of summer.
- 6. Shoes for snowy days.
- 9. Frozen trickle of water.
- 11. Ice crystal.
- 13. December 25th.
- 14. Area around the North Pole.
- 16. Used to warm a room.
- 17. Winter hand warmers.
- 19. Temperature (in Celsius) at which water freezes.



January 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 <i>New Year's Day</i>	2 <i>World Introvert Day</i>	3 <i>Festival of Sleep Day</i>	4 <i>National Spaghetti Day</i>	5 <i>National Bird Day</i>	6 <i>Bean Day</i>
7 <i>Old Rock Day</i>	8 <i>Bubble Bath Day</i>	9 <i>Play God Day</i>	10 Bitter-sweet <i>Chocolate Day</i>	11 Learn Your Name in Morse <i>Code Day</i>	12 <i>National Hot Tea Day</i>	13 <i>National Rubber Duckie Day</i>
14 <i>Dress Up Your Pet Day</i>	15 <i>National Bagel Day</i>	16 <i>National Nothing Day</i>	17 <i>Kid Inventors Day</i>	18 <i>Thesaurus Day</i>	19 <i>National Popcorn Day</i>	20 <i>National Cheese Lovers Day</i>
21 <i>National Hugging Day</i>	22 <i>National Blonde Brownie Day</i>	23 <i>National Pie Day</i>	24 <i>Compliment Day</i>	25 <i>Opposite Day</i>	26 <i>Spouse's Day</i>	27 <i>Chocolate Cake Day</i>
28 <i>Fun at Work Day</i>	29 <i>National Puzzle Day</i>	30 Nation- al Insane Answering Message Day	31 <i>Backward Day</i>			

Monthly Observations

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





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Winter Crossword

SOLUTION

**Are you a senior
looking for free
nutrition education
or information?**

Contact me for more
information or to
schedule a free
appointment!

