

February 2018



# FOOD AND FITNESS

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## What Different Color Bowel Movements Can Tell You About You



Let's face it, bowel movements (BM) happen to everyone. It is truly amazing all the information you can learn about your diet, medication, disease state, and other information that can be understood just from our bodies natural way of expending waste. The focus of this article is to understand what factors contribute the different colors of bowel movements may occur.






The food and beverages we ingest go through the process of digestion to further be eliminated by BMs. Most healthy BMs are in the brown to greenish color family and anything different could indicate that something is off. Some issues could be minor while other issues could be potentially life threatening. However, BMs can occur in typically six different colors. The colors are brown, green, yellow, black, light-colored (white or clay), or red.

 **Brown** color is the most common color of BMs. BMs get the color brown from the bile that is produced in the liver and then secreted into the digestive tract. Bile is used to break down and absorb fats and fat soluble vitamins in the small intestine.

(Continues on Page 2)

## What Different Color Bowel Movements Can Tell You About You

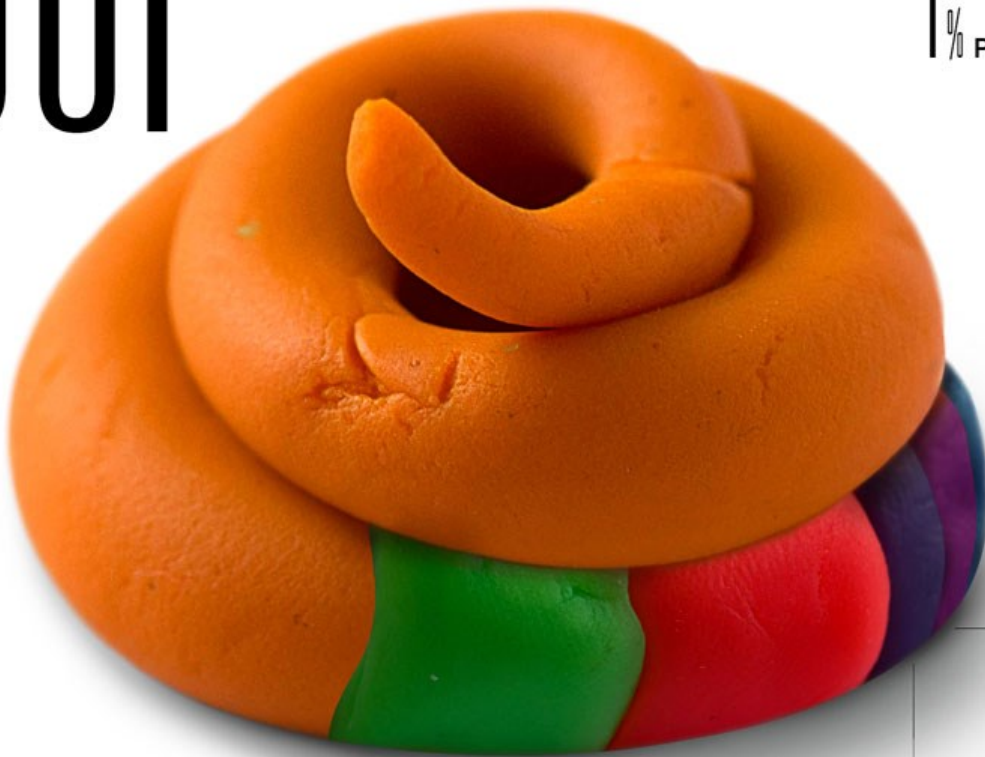
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-  **Green:** Green BMs typically indicated that foods moved through the large intestine too quickly and that the bile was not well absorbed. The BMs can also be a green hue if you have eaten foods that are green like leafy greens.
-  **Yellow:** Yellow BMs usually come with a greasy and foul smell this could indicate a number of issues. It can be caused by the intestines not being able to break down or absorb fat (like in celiac disease or cystic fibrosis) or not enough bile being delivered to the intestine (like in liver cancer or bile duct blockage). No matter the case, yellow BMs are because of fat not being digested properly.
-  **Black** BMs usually are not related to food and can be very problematic. Black BMs may be because of large amounts of blood that are introduced into the digestive tract.
-  **Light-colored, white, or clay-color** are most commonly seen with disease of the liver or bile ducts. Pancreatic cancer is one of the causes that can block the bile ducts creating this color.
-  **Blood-stained or Red:** Red BMs most common cause is related to bleeding from hemorrhoids. It can also be from infection of the intestines, inflammatory bowel disease, diverticular bleeding, tumors, and other gastrointestinal issues. However, foods we eat can cause a red color BMs too. Foods that contain red food coloring and beets are a known source that can frighten us at first.

As we age, BMs are discussed more and more within the medical world. BMs can tell professionals if there are some issues that need to be addressed within the enter workings of our bodies. If you are having questionable issue related to your digestive tract, make sure to bring them up to your doctor.

# KNOW YOUR POOP

} 0.9 KG IS THE AVERAGE  
AMOUNT A HUMAN  
POOPS IN A DAY



1% PROTEIN

4% SALTS

75% WATER

8% INDIGESTIBLE  
FIBERS

8% DEAD BACTERIA

4% FATS

## POOP COLOR CHART }





**JOKE:**  
**What kind of**  
**apple has a**  
**short temper?**

**A crab apple.**

## APPLE– Nutrition



Apples are a staple food in the world. The European settler brought over the apples we most consume today. The only apple that was native to America was the crab apple. Now, America is one of the leading growers of apples along with China.

As for nutrition, the amount of fiber and vitamin C are the main points to note for the apple. The apple with the skin provides 3 grams of dietary fiber per cup. Vitamin C is at 5.7 mg accounting for 10% of most individual needs for one day. Making the old saying, “an apple a day keeps the doctor away” ring true knowing that vitamin C is important for immune health.

One of the most talked about topics when it comes to apples is the nutritional value that the skin provides. On page 5, it shows the nutritional value of an apple with and without the skin for comparison.

### NutritionData's Opinion

? What is this?

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

**The good:** This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber and Vitamin C.

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

### Caloric Ratio Pyramid ? What is this?

Caloric Ratio Pyramid for Apples, raw, with skin [Includes USDA commodity food A343]

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

95%	3%	2%
Carbs	Fats	Protein

## Apples, raw, with skin [Includes USDA commodity food A343]

Serving size: 1 cup, quartered or chopped (125g) ▾

### Calorie Information

#### Amounts Per Selected Serving

Calories	65.0 (272 kJ)	52.8 (221 kJ)
From Carbohydrate	62.1 (260 kJ)	50.6 (212 kJ)
From Fat	1.8 (7.5 kJ)	1.2 (5.0 kJ)
From Protein	1.1 (4.6 kJ)	1.0 (4.2 kJ)
From Alcohol	0.0 (0.0 kJ)	0.0 (0.0 kJ)

### Carbohydrates

#### Amounts Per Selected Serving

Total Carbohydrate	17.3 g	14.0 g
Dietary Fiber	3.0 g	1.4 g
Starch	0.1 g	~
Sugars	13.0 g	11.1 g

### Fats & Fatty Acids

#### Amounts Per Selected Serving

Total Fat	0.2 g	0.1 g
Saturated Fat	0.0 g	0.0 g
Monounsaturated Fat	0.0 g	0.0 g
Polyunsaturated Fat	0.1 g	0.0 g
Total trans fatty acids	~	~
Total trans-monoenoic fatty acids	~	~
Total trans-polyenoic fatty acids	~	~
Total Omega-3 fatty acids	11.2 mg	7.7 mg
Total Omega-6 fatty acids	53.8 mg	34.1 mg

### Protein & Amino Acids

#### Amounts Per Selected Serving

Protein	0.3 g	0.3 g
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### Vitamins

#### Amounts Per Selected Serving

Vitamin A	67.5 IU	41.8 IU
Vitamin C	5.7 mg	4.4 mg
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.2 mg	0.1 mg
Vitamin K	2.8 mcg	0.7 mcg
Thiamin	0.0 mg	0.0 mg
Riboflavin	0.0 mg	0.0 mg
Niacin	0.1 mg	0.1 mg
Vitamin B6	0.1 mg	0.0 mg
Folate	3.8 mcg	0.0 mcg
Vitamin B12	0.0 mcg	0.0 mcg
Pantothenic Acid	0.1 mg	0.1 mg
Choline	4.2 mg	3.7 mg
Betaine	0.1 mg	~

### Minerals

#### Amounts Per Selected Serving

Calcium	7.5 mg	5.5 mg
Iron	0.1 mg	0.1 mg
Magnesium	6.3 mg	4.4 mg
Phosphorus	13.8 mg	12.1 mg
Potassium	134 mg	99.0 mg
Sodium	1.3 mg	0.0 mg
Zinc	0.0 mg	0.1 mg
Copper	0.0 mg	0.0 mg
Manganese	0.0 mg	0.0 mg
Selenium	0.0 mcg	0.0 mcg
Fluoride	4.1 mcg	~

**NOTE:** The values in the outlined boxes to the right are the nutritional values for raw apples WITHOUT the skin.

## Apple Pie Muffins

### Ingredients:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 1 cup buttermilk
- 1/2 cup butter, melted
- 1 teaspoon vanilla extract
- 1 1/2 cups packed brown sugar
- 2 cups diced apples
- 1/2 cup packed brown sugar
- 1/3 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 2 tablespoons butter, melted

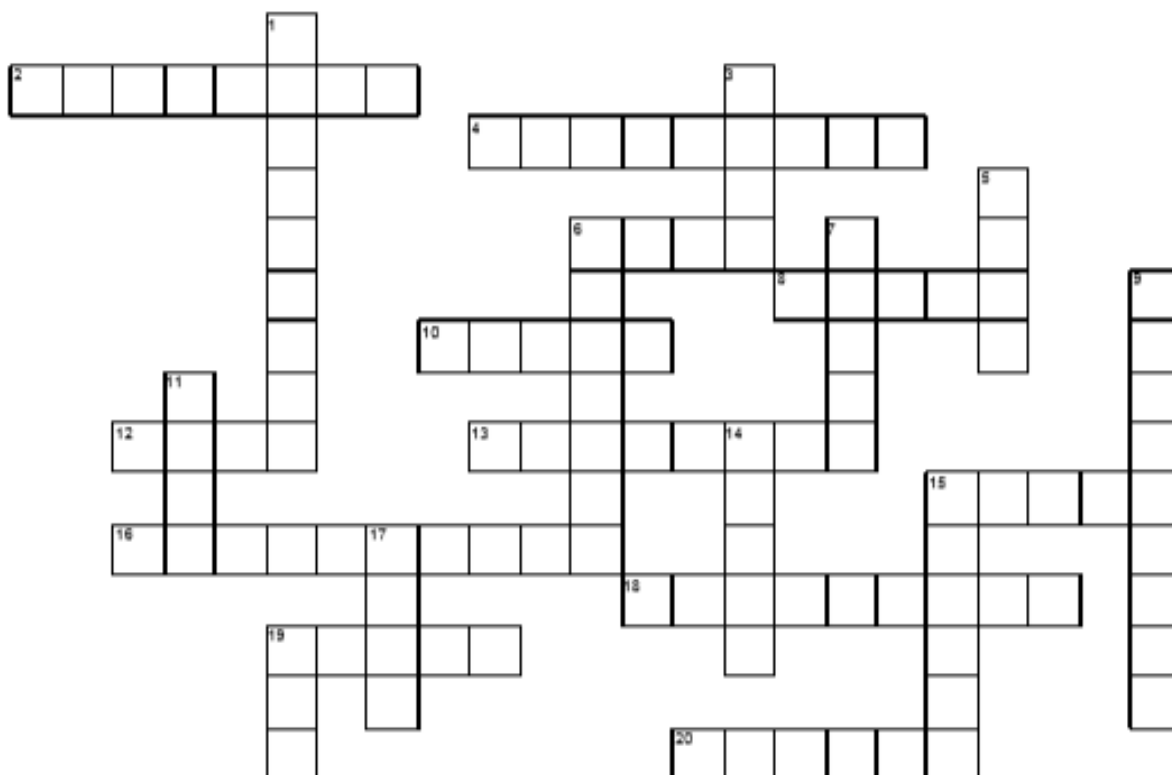


### Directions:

1. Preheat the oven to 375 degrees F (190 degrees C). Grease a 12 cup muffin tin or line with paper muffin cups.
2. In a large bowl, stir together 2 1/4 cups flour, baking soda and salt. In a separate smaller bowl, mix together the egg, buttermilk, 1/2 cup melted butter, vanilla and 1 1/2 cups of brown sugar until sugar has dissolved. Pour into the flour mixture and sprinkle the diced apple into the bowl as well. Stir just until everything is blended. Spoon into the prepared muffin tin, filling the cups to the top.
3. In a small bowl, stir together 1/2 cup of brown sugar, 1/3 cup flour and cinnamon. Drizzle in 2 tablespoons of melted butter while tossing with a fork until well blended. Sprinkle this over the tops of the muffins.
4. Bake for 25 minutes in the preheated oven, or until the tops of the muffins spring back when lightly pressed.



# Valentine's Day Crossword Fun



## ACROSS

- 2 A piece of jewelry worn around one's neck.  
 4 \_\_\_\_\_ and girlfriend.  
 6 "Be \_\_\_\_\_."  
 8 School children often exchange these on Valentine's Day.  
 10 He shoots invisible arrows to make people fall in love.  
 12 The most popular flower for Valentine's Day.  
 13 Valentine's Day falls on \_\_\_\_\_ 14.  
 15 "\_\_\_\_\_ Valentine's Day!"  
 16 A safe place to store jewelry. (Two words.)  
 18 My friend gave me heart-shaped box full of \_\_\_\_\_.  
 19 Bees make this substance, which is also a nickname for someone who is loved.  
 20 St. Valentine is known as the patron saint of \_\_\_\_\_.

## DOWN

- 1 "Will you be my \_\_\_\_\_?"  
 3 Husband and \_\_\_\_\_.  
 5 In "XOXOXOX," an X represents this action.  
 6 Did the mail carrier leave any Valentines in your \_\_\_\_\_?  
 7 School children sometimes celebrate with a Valentine's Day \_\_\_\_\_.  
 9 A stuffed animal often given as a Valentine's gift. (Two words.)  
 11 "I \_\_\_\_\_ you."  
 14 Bow and \_\_\_\_\_.  
 15 Children may read and eat candy \_\_\_\_\_.  
 17 A man usually gives a woman a \_\_\_\_\_ when he asks her to marry him.  
 19 In "XOXOXOX," an O represents this action.

# February 2018

## February Monthly Observations

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 National Freedom Month	2 Ground Hog Day	3 Feed the Birds Month	• <b>American Heart Month</b>
							• <b>An Affair to Re- member Month</b>
							• <b>Black History Month</b>
							• <b>Canned Food Month</b>
4 Thank a Mailman Day	5 National Weather- man's Day	6 National Chop- sticks Day	7 Send a Card to a Friend Day	8 Boy Scout Day	9 National Pizza Day	10 Umbrella Day	• <b>Creative Ro- mance Month</b>
							• <b>Great American Pie Month</b>
11 Make a Friend Day	12 National Lost Pen- ny Day	13 Fat Tues- day	14 National Organ Donor Day	15 Singles Aware- ness Day	16 Do a Grouch a Favor Day	17 Random Acts of Kind- ness Day	• <b>National Cherry Month</b>
							• <b>National Chil- dren's Dental Health Month</b>
18 National Drink Wine Day	19 National Cholate Mint Day	20 Love Your Pet Day	21 Card Reading Day	22 Walking the Dog Day	23 Tennis Day	24 Open That Bot- tle Day	• <b>National Grape- fruit Month</b>
							• <b>National Wed- dings Month</b>
25 Pistol Pa- tent Day	26 National Pistachio Day	27 No Brain- er Day	28 Floral Design Day				



February

# The Beat Goes On

By Terrill Peck, WVU Extension Agent – Raleigh County



**Monthly Challenge:** Buy a heart-healthy fruit or vegetable that you have never tried. Prepare it for dinner.

## Health Motivator Talking Points

Everyone wants a healthy heart. That life-sustaining beat is what helps us live life to the fullest. Your heart beats about 100,000 times a day. Try these everyday tips to keep your heart healthy and pumping:

- Exercise. This is the single, most important thing you can do for your heart. Anything that gets the blood flowing and the heart muscle beating is good for your heart and overall health.
- Sitting too much puts you at great risk for heart-disease. Stand and walk as much as you can.
- Eat more oily fish, such as salmon and tuna, for omega-3 fatty acid.
- Add more berries to your diet for heart-healthy phytonutrients and soluble fiber.
- Add extra nutrients with oatmeal and flaxseed.
- Eat more vitamin-rich, deeply colored vegetables, such as kale, leafy greens, bok choy, sweet potatoes, and acorn and butternut squash.
- Choose whole-grain brown rice, bread and pastas when available. Eat less of the processed varieties, which have very little fiber.
- Reduce your sodium. Ban the salt shaker from the table. Read labels to find the lower sodium foods. Limit fast foods that are high in sodium.
- Avoid fried, high-fat foods. Use healthy oils, like canola and olive.



### Chuckle of the Month:

Why is lettuce the most loving vegetable?  
*Because it's all heart.*

### Quick Club Activity: Try Yoga

Yoga's calm rhythmic movements can help to ease both stress and tension in the body. It helps with relaxation, flexibility and strengthening your core.

1. Either sit or stand with your hands up. Stretch as high as you can. Slowly lower your arms until they are in front of your face. Slowly raise your arms back up, then down again. Breathe deeply throughout these movements.
2. Share the Monthly Challenge. Ask each person to name a deep-colored, heart-healthy fruit or vegetable.

## Learn More

<https://www.Health.Clevelandclinic.org/>

<http://www.Mayoclinic.org/diseases-conditions/heart-disease>

WEST VIRGINIA  
BUREAU OF  
SENIOR SERVICES



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Brain Exercise

Answer Key

