

# Food and Fitness

Volume 201

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Smoothies are a simple source of nutrition and can be used for many diverse purposes. Smoothies can be enjoyed as a treat all the way to having a nutritional goal or purpose. Knowing how to build a smoothie for the occasion is important.

The term smoothie is defined as a thick, smooth drink of fresh fruit pureed with milk, yogurt, or ice cream. Smoothies, as a treat, really have no limits as long as it follows the definition. Smoothies as a treat can be loaded with added sugars with minimal nutritional value depending on what all you add.

On the contrary, smoothies with a set of guidelines can serve with a purpose for a range of needs. People use smoothies for many reasons (the most common is for meal replacement). When eating any meal, fat, carbohydrates, and proteins should be included. The same should go for a smoothie that is being used as a meal replacement.

The more advanced question is: *why are you wanting to replace that meal?* Whether it is weight loss or compensating for a loss of appetite, choosing the right ingredients as well as finding the pairing that suits your fancy can be a process all in itself. With all the ingredient possibilities and opportunities for mistakes, it can be simplified into a few easy steps.



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(Continues on Page 2)

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## Smoothies with a Purpose

(Continued from Page 1)

**Smoothies can contain these items:**

- Fruit—usually about 1 cup, fresh, frozen or canned
- Vegetable—green leafy ones like spinach or kale are a good way to go
- Protein—1/2 to 1 cup of yogurt (preferably plain and Greek style), protein powders, legumes or other sources
- Plant-based fats—nut butters, seeds, or avocados
- Liquid—choices include milk, non-dairy milk, juice, iced coffee, or tea
- Flavor boosters—can depend on what fruits you choose, some fan favorites are cocoa powder, cinnamon, and ginger
- Grains—adding grains are not as common but some like to add oats for the fiber benefits
- Ice—if using fresh fruit, the ice will give it the cold smoothie temperature for longer sipping



**Now there are some mistakes to avoid if you are wanting to make the most out of the nutrition that is in the smoothie.**

1. If using the smoothie as a meal replacement or the smoothie is high in calories, eating in conjunction can add extra calories to your day.
2. Adding too much fruit (more than a cup) can rack up the calories and carbohydrates.
3. Watching the amount of added sugars. Adding too much honey, agave or other sweeteners can make the smoothie's nutritional value go astray. Adding just a hint, if any, is best.
4. Lastly, adding too many protein sources. Yes, adding protein is common, but adding too much of these will also cause the calories to add up rather quickly.

Because smoothies are versatile, they can be used for many different purposes. Smoothies can be used for fun all the way to aiding in constipation issues.

# create-a-smoothie



- STEP 1** Choose fluid milk and fruit.  
Select yogurt. Add choices to blender.
- STEP 2** Add extras, optional.  
Put the cover on the blender.
- STEP 3** Pulse until smooth. Pour into cups.
- STEP 4** Refrigerate until service. Hold for cold service at 41°F or below.

**Yield:** Approximately 1-12oz serving

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SP10 CACFP05 SFS10-2014 (v2)

*Recipe adapted from Western Dairy Association and Southeast Dairy Association.*

## fluid milk

- ☐ **Fluid Milk**  
Unflavored Fat-free or Low-fat **4 oz. Fluid Milk**  
Flavored Fat-free (credit as 1/2 milk serving)  
Lactose-free

## yogurt

- ☐ **Yogurt, Low-fat**  
Plain Fruit-flavored  
Vanilla Greek-style **4 oz. (credit as 1 oz. meat alternative component)**

### tasty treat tips

Use yogurt for smooth, creamier consistency.

Use frozen for best consistency.

- ☐ Bananas
- ☐ Berries  
Blueberries  
Raspberries  
Strawberries
- ☐ Cherries, pitted
- ☐ Kiwi
- ☐ Mango
- ☐ Melons  
Cantaloupe  
Honeydew
- ☐ Papaya

## fruit

**1/2 cup total**  
(credit as 1/2 fruit juice)

- ☐ Peaches
- ☐ Pineapple

## extras

(optional)

- ☐ Nuts  
Almonds, Cashews, Walnuts
- ☐ Carrot
- ☐ Avocado
- ☐ Peanut or almond butter
- ☐ Honey
- ☐ Fresh mint
- ☐ Vanilla
- ☐ Cinnamon
- ☐ Chocolate syrup
- ☐ Instant, non-fat dry pudding mix
- ☐ Oats or oatmeal
- ☐ Ground flax seeds
- ☐ Spinach
- ☐ Nutmeg
- ☐ Cocoa powder

\*Extra ingredients add calories so recommend limiting to 1 or 2 items from this list.

(over)



## Vegetable—Brussels Sprouts

Brussels sprouts are a leafy green vegetable that is a type of cabbage and belong to the mustard family. Brussels sprouts get their name from the city Brussels in Belgium.

Brussels sprouts are grown in Europe and North America. It can take anywhere from 90 to 180 days to harvest the produce after planting. They grow along the side of a stalk that is about 24 to 47 inches in height. The plant can grow about 2 to 3 pounds of produce per stalk. The Brussels sprouts themselves are usually about one inch and look like baby cabbages.

The flavor of a Brussels sprouts when cooked have a sweet nutty flavor all on their own. If Brussels sprouts are overcooked, they produce a strong unpleasant smell. Brussel sprouts put off a sulfur odor when cooking because of a nutrient they contain called glucosinolates. When cooking, common pairings for increasing flavor are butter, balsamic vinegar, apple cider vinegar, bacon, brown sugar, chestnuts, parmesan cheese, pistachios, pine nuts or pepper.

Nutrition wise, Brussels sprouts have many nutrients. They are an excellent source of both vitamins C and K. They also contain many other vitamins and minerals.



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

Caloric Ratio Pyramid for Brussels sprouts, cooked, boiled, drained, without salt

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

71%	12%	17%
Carbs	Fats	Protein

### Estimated Glycemic Load

2

0 250

Typical target total is 100/day or less

[What is this?](#)

### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

**The good:** This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Thiamin, Riboflavin, Iron, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese.

# Brussels sprouts, cooked, boiled, drained, without salt

Serving size: 1/2 cup (78g) ▼



## NUTRITION INFORMATION

Amounts per 1/2 cup (78g)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	28.1 (118 kJ)	1%
From Carbohydrate	20.0 (83.7 kJ)	
From Fat	3.3 (13.8 kJ)	
From Protein	4.9 (20.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	5.5 g	2%
Dietary Fiber	2.0 g	8%
Starch	~	
Sugars	1.4 g	

[More details ▼](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.4 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.2 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	135 mg	
Total Omega-6 fatty acids	61.6 mg	

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

[More details ▼](#)

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.0 g	4%

[More details ▼](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	604 IU	12%
Vitamin C	48.4 mg	81%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.3 mg	2%
Vitamin K	109 mcg	137%
Thiamin	0.1 mg	6%
Riboflavin	0.1 mg	4%
Niacin	0.5 mg	2%
Vitamin B6	0.1 mg	7%
Folate	46.8 mcg	12%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	31.7 mg	
Betaine	0.2 mg	

[More details ▼](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	28.1 mg	3%
Iron	0.9 mg	5%
Magnesium	15.6 mg	4%
Phosphorus	43.7 mg	4%
Potassium	247 mg	7%
Sodium	16.4 mg	1%
Zinc	0.3 mg	2%
Copper	0.1 mg	3%
Manganese	0.2 mg	9%
Selenium	1.2 mcg	2%
Fluoride	~	

## Recipe-Oven Roasted Parmesan Brussels Sprouts

### Ingredients

- ◆ 1 1/2 pounds Brussels sprouts, trimmed and halved
- ◆ 2 tablespoons olive oil
- ◆ 1/3 cup parmesan cheese
- ◆ 1 teaspoon garlic powder
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon pepper



### Directions

1. Heat oven to 425 degrees F. Very lightly spray a cookie sheet with cooking spray.
2. In a bowl, combine Brussels sprouts with the remaining ingredients.
3. Toss together to coat all the Brussels sprouts.
4. Spread onto the cookie sheet making sure they are not touching or overlapping.
5. Cook for 16-18 minutes. Serve immediately.

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### Recipe Notes

This recipe is so versatile. Add in additional seasonings of your choice if you want.

You can use the cheaper grated parmesan cheese in the green can or the shredded parmesan cheese that is fresh.

Recipe Received From: <https://togetherasfamily.com/oven-roasted-parmesan-brussel-sprouts/>

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

# Easter Trivia



Name \_\_\_\_\_ Correct Answers \_\_\_\_\_

1. How do the majority of children eat their chocolate bunnies?

- A. Broken into pieces
- B. Tail first
- C. Ears first
- D. Feet first

2. How did eggs come to be associated with Easter?

- A. Edible treat easy to decorate
- B. Came from a chicken that is a symbol of Easter
- C. Because it was inexpensive
- D. It was considered a symbol of life

3. What is the most popular jellybean flavor?

- A. Cherry
- B. Strawberry
- C. Lime
- D. Grape

4. What kind of bread is associated with Easter?

- A. Bagel
- B. Hot cross buns
- C. Banana bread
- D. Biscuit

5. What is the name for the traditional Ukrainian craft of egg decorating?

- A. Scratched eggs
- B. Etched eggs
- C. Pysanka
- D. Paschal eggs

6. From which country the Easter Bunny was brought to America?

- A. Italy
- B. Germany
- C. Ukraine
- D. Hungary

7. The Easter Bunny was not a rabbit at first. What was it?

- A. A dove
- B. A hare
- C. A cat
- D. A possum

8. Where is the world's largest collection of Easter eggs?

- A. Poland
- B. Ukraine
- C. Canada
- D. United States

9. On which day is a tradition to make pancake?

- A. Ash Wednesday
- B. Easter Monday
- C. Good Friday
- D. Shrove Tuesday

10. Which flower is associated with Easter?

- A. Rose
- B. Dahlia
- C. Tulip
- D. Lily

11. Where is the world's largest decorated Easter egg?

- A. Canada
- B. United States
- C. Germany
- D. Ukraine

12. What are the Easter colors?

- A. Pink and Purple
- B. Yellow and Pink
- C. Purple and Yellow
- D. Green and Purple

Answers on Page 10

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's Day	2 National PB&J Day	3 World Party Day	4 Walk Around Things Day	5 National Walk to Work Day	6 Sorry Charlie Day
7 Carmel Popcorn Day	8 Zoo Lover's Day	9 Name Yourself Day	10 National Siblings Day	11 Eight Track Tape Day	12 Grilled Cheese Sandwich Day	13 Scrabble Day
14 National Pecan Day	15 World Art Day	16 Mushroom Day	17 National Cheeseball Day	18 National High Five Day	19 National Garlic Day	20 Husband Appreciation Day
21 Easter Sunday	22 National Jelly Bean Day	23 National Zucchini Bread Day	24 Pig in a Blanket Day	25 World Penguin Day	26 National Pretzel Day	27 National Prime Rib Day
28 Great Poetry Reading Day	29 Greenery Day	30 National Honesty Day				

### Monthly Observations

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month
- National Pecan Month
- National Welding Month
- Stress Awareness Month





April

# The Organic Movement

By Becky Smith, WVU Extension Agent – Harrison County

**Monthly Challenge:** Plant a container of herbs or vegetables. See the Environment Working Group's Dirty Dozen List at <https://www.ewg.org/foodnews/full-list.php>.



## Health Motivator Talking Points

- The organic movement began in the 1920s in Europe.
- Today, more and more people shop for organic foods. About 4 percent of total U.S. food purchases are for organic foods, which is more than \$35 billion each year.
- Because of this demand, the USDA has a program called the National Organic Program. This certifies that a product is in compliance with organic standards.
- What is organic? Organic farmers emphasize the use of renewable resources and conservation. Organic meat, poultry, eggs and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation. For a product to be labeled as organic, a government-approved certifier inspects the farm; they ensure all USDA organic standards are met. Companies that handle or process organic food before it gets to the market or restaurant must be certified, too.
- Organic foods have less exposure to pesticide residue, and they are considered better for the environment and animal welfare than conventional foods.



### Chuckle of the Month:

What kind of water will grow the best organic vegetables?

*Perspiration!*

### Quick Club Activity:

## Organic Gardening

Pretend we are gardening organic vegetables. Give yourself some space.

Do each for 30 seconds:

1. Use a shovel to dig in the dirt.
2. Trim the bushes with clippers.
3. Push the lawn mower.
4. Rake the ground.
5. After all our hard work, let's go for a swim.
6. Now, we are ready to finish and take a walk home.

## Learn More

U.S. Department of Agriculture – [www.usda.gov/topics/organic](http://www.usda.gov/topics/organic)



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**West Virginia Bureau of Senior Services**

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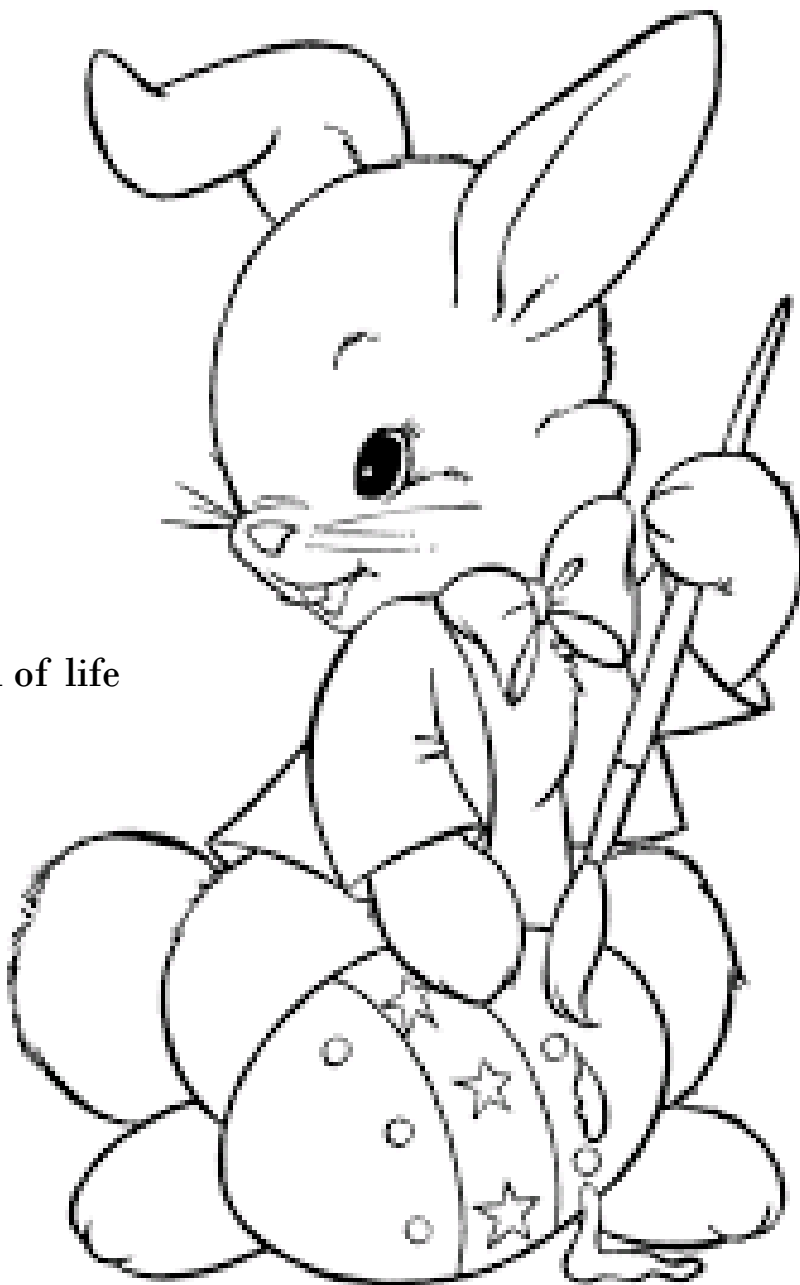
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**Brain Exercise Answers**

1. C—Ears first
2. D—It was considered a symbol of life
3. A—Cherry
4. B—Hot cross buns
5. C—Pysanka
6. B—Germany
7. B—A hare
8. A—Poland
9. D—Shrove Tuesday
10. D—Lily
11. A—Canada
12. C—Purple and Yellow



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

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