

Food and Fitness

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West Virginia Bureau of Senior Services



Are You Skipping Breakfast?

Inside this issue:

Are You Skipping
Breakfast? 1-2

Pumpkin Oatmeal
Breakfast 3

Vitamin B 4

Brain Exercise 5

October Monthly
Observations 6

Contact
Information 7

Are you a breakfast skipper? Breakfast is exactly the way it sounds – break the fast. After sleeping throughout the night, breakfast should greet you in the morning. However, many times I hear “I am not hungry,” or “I do not have enough time.” How can we overcome the hurdles of being a breakfast skipper and how can we better our choices for breakfast foods?

For some, it is difficult to get up and as soon as our feet hit the floor be thinking about breakfast but for others it is the first thing on their mind. One thing to keep in mind with breakfast – it does not have to be large, fancy, or take up very much time. Breakfast can be as simple as a glass of milk or 100% juice with whole wheat toast, granola bar, or fruit – simple and fast. Quick or ready-to-eat foods like oatmeal, bagels, cereal, muffins, granola bars, fruits, yogurt, smoothies, and etc. are always good to have on hand to promote eating breakfast.



(Continued on Page 2)

Are You Skipping Breakfast?

(Continued From Page 1)



I have noticed a trend in some breakfast skippers. It seems that most are coffee drinkers. If this is the case, try eating something simple and fast before you drink your coffee. At times, filling up on coffee might curb the feeling of being hungry and keep you from wanting breakfast.

What if I do not like breakfast foods? We tend to associate certain foods are appropriate for breakfast while others are meant for dinner or lunch. Any food can be eaten for any meal. If cereal is not for you, eat soup or sandwich or whatever you choose. No one says you have to eat “breakfast foods” for breakfast.



This next hurdle I call the breakfast battle – How can we make breakfast healthier? Incorporate protein, whole grains, fruit and/or vegetable into breakfast.

Proteins and whole grains stick with your body so when you incorporate a protein and a whole grain it helps make you feel full longer. Protein options—peanut butter, cottage cheese, an egg, nuts, or a glass of milk are some of the ways to get protein at breakfast time. Whole grains—whole wheat bread/toast, muffins, cereals, waffles, and pancakes to name a few.



Fruits are typically easy to incorporate into the breakfast meal. Any fruit can work when adding it to breakfast. However, it is much more difficult to eat vegetables for breakfast but it can be done. Having an omelet with vegetable, vegetable juice, or adding vegetable to a smoothie can make for a real treat.

Breakfast does not have to be an all out cooking adventure. It can be simple and toned down for all to enjoy. The goal is to make breakfast a routine. Plan it out the night before and have foods that are quick and easy to grab or prepare. Breakfast should not have to be a chore and you may learn to not be a breakfast skipper anymore.

Pumpkin Oatmeal Breakfast



Cook Time: 3 minutes

Ingredients:

- 1 3/4 cups almond milk or water
- 1/2 cup uncooked quick oats
- 1/2 cup canned pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- Dash of sea salt
- maple syrup, nuts, and coconut flakes for garnish

Instructions:

In a saucepan, bring almond milk or water to a boil and stir in oats, canned pumpkin and pumpkin spice. Reduce heat immediately and let the mixture simmer a few minutes, stirring until oats are cooked. Serve with a sprinkle of coconut flakes, chopped pecans, and/or drizzled

Vitamin B 12

Vitamin B12—also known as Cobalamin



Daily amounts needed for adults 50 and older:

Recommended Daily Allowance:

Men - 2.4 µg/d

Women - 2.4 µg/d

What are its Functions?

Vitamin B12 is very important and necessary for growth and division of cells. Important areas for growth and cell division are for the nervous system, the gastrointestinal tract, and bone marrow. Vitamin B12 is also needed forming new red blood cells. Vitamin B12 is absorbed in the small intestine and with the presence of intrinsic factor.

Natural sources
of vitamin B12:

Eggs, meat, poultry,
shellfish, milk and
milk products

B12 is also added
to fortified grain
products, such as
cereals



Food Sources

Liver meat, kidney meat, meats, eggs, cheese, and fish

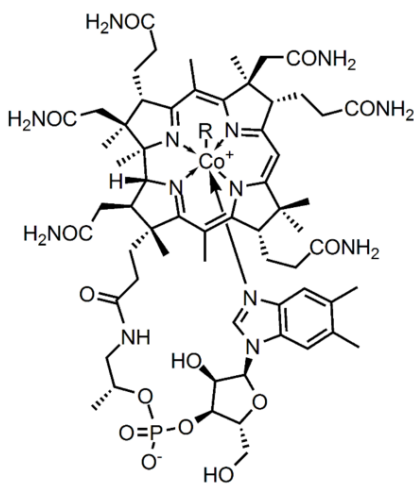
Deficiency Symptoms

Deficiency occurs mostly in older adults due to a decrease in intrinsic factor. Deficiency can also be seen in people who have had part or all of their small intestine removed.

Fun Fact: Excess Vitamin B12 can be stored in the liver for up to 10 years.

Toxicity Symptoms

No known risk of toxicity



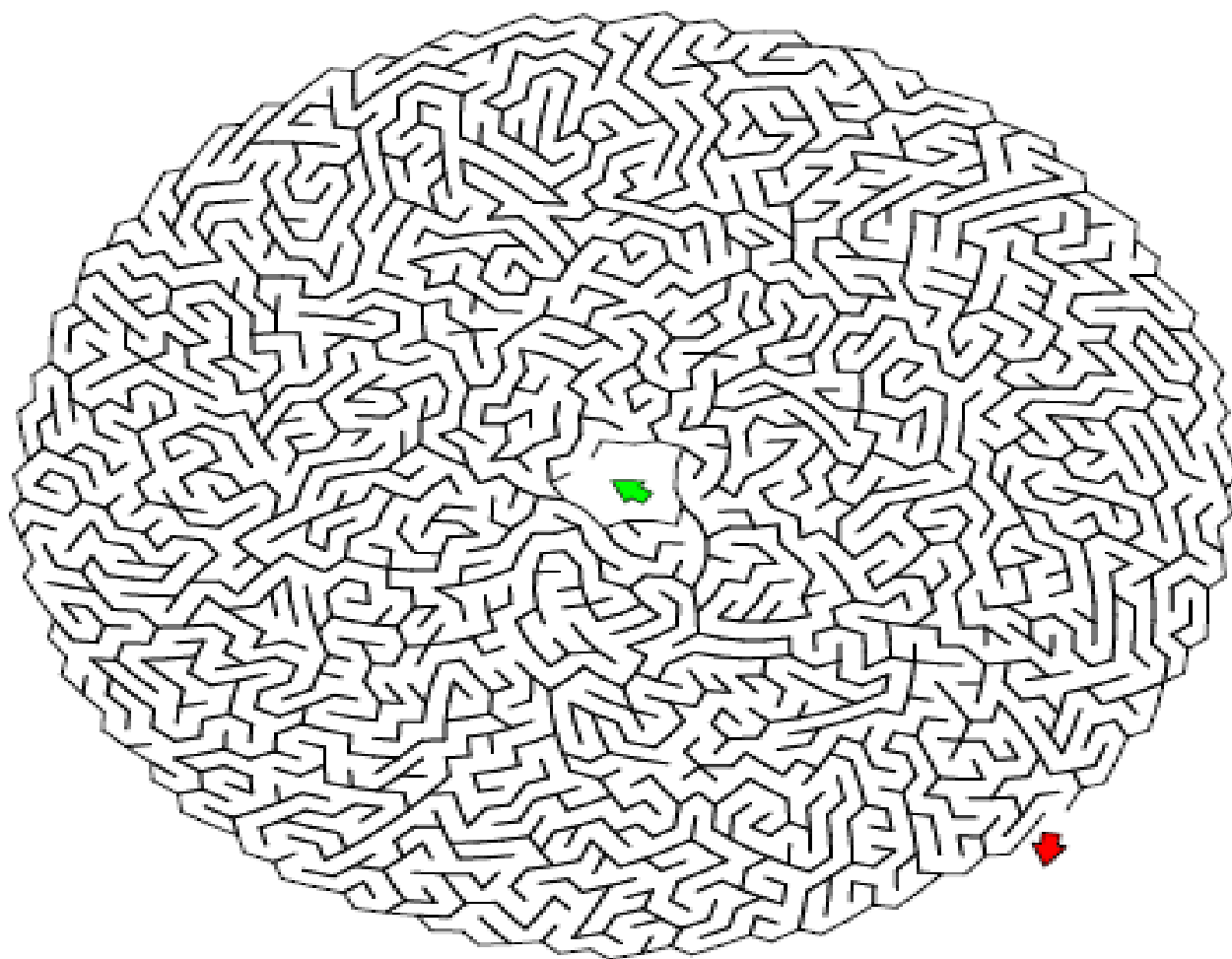
R = 5'-deoxyadenosyl

Brain Exercise

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

Tough Mazes by KrazyDad, Book 30

Maze #1



Brain Exercise Answer on Page 7




KRAZYDAD.COM/PUZZLES
Need the answer? <http://krazydad.com/mazes/answers>

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October 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Monthly Observations
				1 World Vegetarian Day	2 World Smile Day	3 Techies Day	<ul style="list-style-type: none"> * Adopt a Shelter Dog Month * Apple Jack Month * Awareness month
4 National Frappe Day	5 Do Something Nice Day	6 Physician Assistant Day	7 Bald and Free Day	8 American Touch Tag Day	9 Fire Prevention Day	10 National Angel Food Cake Day	<ul style="list-style-type: none"> * Breast Cancer Awareness Month * Cookie Month * Eat Country Ham Month
11 It's My Party Day	12 Columbus Day	13 International Skeptics Day	14 National Dessert Day	15 White Cane Safety Day	16 Bosses Day	17 Sweetest Day	<ul style="list-style-type: none"> * International Drum Month * Lupus Awareness Month
18 No Beard Day	19 Evaluate Your Life Day	20 Brandied Fruit Day	21 National Pumpkin Cheesecake Day	22 National Nut Day	23 TV Talk Show Host Day	24 National Bologna Day	<ul style="list-style-type: none"> * National Diabetes Month * National Pizza Month * National Vegetarian Month
25 World Pasta Day	26 National Mincemeat Day	27 Navy Day	28 Plush Animal Lover's Day	29 National Frankenstein Day	30 National Candy Corn Day	31 Halloween	<ul style="list-style-type: none"> * National Popcorn Month * Seafood Month

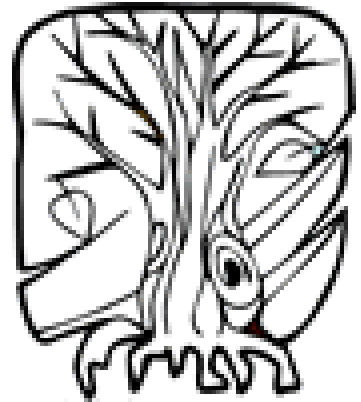


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This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.

Brain Exercise Answer

Tough Mazes by KrazyDad, Book 30
Maze #1

