



Food and Fitness

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Blue Zone Diet Basis and Concepts

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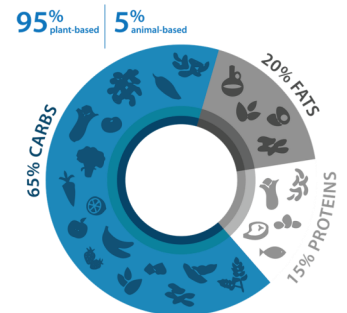
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Observances

The Blue Zone Diet is a newer diet that has been in the news. The Blue Zone diet has used research sources that have identified areas in the world where communities of people are living the longest. They call these areas the “longevity hotspots” or blue zones. The original five areas of the world that have been identified as the blue zones are Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya Peninsula, Costa Rica; and Loma Linda, California. The diets for these areas were compiled and compared in order to come up with one cohesive diet called the Blue Zone Diet. In addition, they gathered recipes from those areas and created a recipe book called the *Blue Zone Kitchen*. So, what are the ideas for the Blue Zone Diet?

According to the Blue Zone Diet, there are eleven simple guidelines to follow that reflect how the world’s longest-lived people ate for most of their lives. The foundation of the diet is making **95-100% of your diet a plant-based diet**. People who are living the longest eat an impressive amount of seasonal garden vegetables and then preserve the additional garden surplus for the off-season. The dark leafy greens like spinach and kale are topping the list for the best produce. Adding to the plant-based diet, they consume seasonal fruits, whole grains and beans.

FOOD GUIDELINES



Blue Zone Diet Basis and Concepts

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Retreat from Meat—is a large focus of the Blue Zone Diet. Four out of the five blue zone areas eat meat, but they only eat it sparingly. The people in these zones eat an average of two ounces of meat or less about five times per month. When they eat meat, it is as a side dish or for flavoring purposes.

Go Easy on Fish—if you must. Eating fewer than three ounces of fish up to three times per week. People in these areas do not overfish their waters to avoid depleting their supply. Most of the fish they choose are fish that are small like sardines, anchovies, and cod.

Reduce Dairy—Milk from cows isn't the main source. Milk in most of these areas are actually from goats or sheep. Reducing the amount of dairy, no matter what the animal being used for milk or the milk products.

Eliminate Eggs—People in these areas eat eggs about two to four times per week. The eggs they eat are from chickens that range freely and do not receive hormones or antibiotics. The Blue Zone Diet states that eggs are not necessary but to eat them no more than three times per week.

Daily Dose of Beans—Beans are packed full of nutrients and fiber, are inexpensive and a great source of protein. They are a staple in all five blue zones. The zones do have different types of beans that are the most common for their area. They eat at least a half a cup of cooked beans each day. The blue zone areas eat more than four times the amount of beans than the average American.

Slash Sugar—Sugar is hard to remove from the diet when eating the American diet. Most Americans eat about twenty-two teaspoons of added sugar each day. The Blue Zone Diet reduced the amount to seven teaspoons (28 grams) of added sugar per day. Eating sugar in the natural form isn't a problem like in fruit, vegetables, or milk. If sweets are a must, save the added sugar for a special occasion.

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Blue Zone Diet Basis and Concepts

(Continued from Page 2)

Snack on Nuts—Eat about two ounces of nuts per day. In the plant-based protein potion of the diet, nuts are common in all five zones. According to the diet, the optimal mix of nuts are almonds, peanuts, Brazilian nuts, cashews, and walnuts.

Sour on Bread—Choose only sourdough and 100 percent whole wheat bread. Breads in the blue zones are incredibly different than breads Americans can purchase at the grocery store. Breads are made from a variety of whole grains like wheat, rye, or barley. The grains cover a large amount of nutrients and, being whole grain, they have higher levels of fiber.

Go Wholly Whole—Eat the foods you can recognize. People in the blue zones traditionally eat whole foods. From the words of blue zone themselves:

“They don’t throw the yolk away to make an egg-white omelet, or spin the fat out of their yogurt, or juice the fiber-rich pulp out of their fruits. They also don’t enrich or add extra ingredients to change the nutritional profile of their foods. Instead of taking vitamins or other supplements, they get everything they need from nutrient-dense, fiber-rich whole foods.”

Drink Mostly Water—Drink lots of water. The recommendation is seven glasses of water daily. Eliminating all soda including diet soda. However, coffee, tea, and wine (in moderation) are okay.

The Blue Zone Diet is a diet that is compiled from five areas of the world where the people are living the longest lives. The diet online goes into much further detail than just eating from these guidelines. They also focus on personal relationships and communities. Healthy living is more than just healthy eating. The Blue Zone Diet goes more into these topics in their books and online sources.





BLUE ZONES™

FOOD GUIDELINES

MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month



Reduce dairy



WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily



Eliminate eggs:

No more than 3 per week



Go easy on fish:

Fewer than 3 oz, up to 3 times weekly



Snack on nuts:

About 1-2 handfuls a day



DAILY

Drink mostly water: About 7 glasses / day; coffee, tea, and wine in moderation



eat often with family and friends

Daily dose of beans: Half-cup to one cup / day



Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed



95-100% plant-based



Fruit—Custard Apple

The custard apple is believed to be native to the West Indies and is popular in the Indian culture. The custard apple is not a popular fruit in the United States, but some is grown in the southern parts of Florida. It is said that seeds from Mexico were planted in Florida and the tree produced an unremarkable quality.

Custard apples grow on trees that require tropical climates with cooler winters. A tree can produce an average of 75 to 100 pounds of fruit per year. The custard apple is harvested in the late winter and spring. The apple should be picked when it has lost all its green color. If picked before ripened, the quality of the custard apple is not as good. The fruits are usually between 3 and 6 inches in size and can take on a variety of different shapes.

When the fruit is ripe, it is soft to touch and the stem is easy to pull off. The inside flesh can be easily scooped out and eaten. Both the skin and the seed should not be eaten. The edible inside is a thick, white, creamy custard-like flesh and is slightly granular texture. The custard apple can be eaten by itself or used in puddings, added to milkshakes, custards, or ice cream.

Even though the custard apple isn't one that is popular in our area, when given the chance to try one, it might be worth your while!



Estimated Glycemic Load

3

0250

Typical target total is 100/day or less

?

What is this?

NutritionData's Opinion

Weight loss:

★★★★☆

Optimum health:

★★★★☆

Weight gain:

★★★★☆

The good:

This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Vitamin B6 and Potassium, and a very good source of Vitamin C.

?

What is this?

Caloric Ratio Pyramid

?

What is this?

Caloric Ratio Pyramid for Custard-apple, (bullock's-heart), raw

This feature requires Flash player to be installed in your browser. Download the player here.

89%	5%	6%
Carbs	Fats	Protein

Custard-apple, (bullock's-heart), raw

Serving size: 1 ounce (28g) ▾



NUTRITION INFORMATION

Amounts per 1 ounce (28g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	28.3 (118 kJ)	1%
From Carbohydrate	25.3 (106 kJ)	
From Fat	1.4 (5.9 kJ)	
From Protein	1.6 (6.7 kJ)	
From Alcohol	~ (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	7.1 g	2%
Dietary Fiber	0.7 g	3%
Starch	~	
Sugars	~	

[More details ▾](#)

Fats & Fatty Acids

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

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

[More details ▾](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.5 g	1%

[More details ▾](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	9.2 IU	0%
Vitamin C	5.4 mg	9%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	2%
Niacin	0.1 mg	1%
Vitamin B6	0.1 mg	3%
Folate	~	~
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	~	
Betaine	~	

[More details ▾](#)

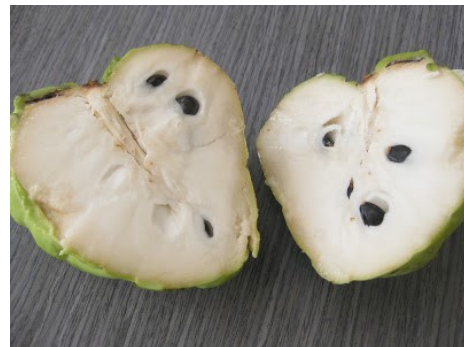
Minerals

Amounts Per Selected Serving		%DV
Calcium	8.4 mg	1%
Iron	0.2 mg	1%
Magnesium	5.0 mg	1%
Phosphorus	5.9 mg	1%
Potassium	107 mg	3%
Sodium	1.1 mg	0%
Zinc	~	~
Copper	~	~
Manganese	~	~
Selenium	~	~
Fluoride	~	

Recipe—Decadent Sitaphal Cream

Ingredients

- 1 large or 2 medium sized custard apples with seeds removed from the flesh
- 1 1/3 cups/300 mL thickened/ heavy/double cream (chilled)
- 3 to 4 drops vanilla essence/extract
- 1/3 cup sugar (ground to a fine powder, you can also use caster sugar or confectioners sugar)



Directions

1. If you want smaller pieces of fruit in the cream, roughly chop up the fruit into pieces of the size you prefer.
2. In a large, chilled (preferably metal) bowl, mix the cream, powdered sugar, vanilla essence/extract in a mixing bowl and stir to blend. Now add the deseeded sitaphal (custard apple) and stir gently to mix well.
3. Chill again for an hour or so in the fridge and serve in large dessert bowls; small ones just won't do!
4. This recipe can be adapted similarly to a few different fruits. It works well with Chikkoo (Sapodilla), strawberries, mangoes, pineapple, and lychees or a combination of these fruits. You can use fruit that is not too tart. It is probably not a recipe to try with most citrus fruits!

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

Cryptograms For St. Patrick's Day

A cryptogram is a type of puzzle, either a quote or a sentence, that has been encrypted with a secret alphabet. To solve the cryptogram, replace one letter for another in each of the encrypted words. Use the decoder chart at the top of the page to keep track of the letter substitutions.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z					

$$\overline{W} \overline{R} \overline{A} \overline{K} \overline{A} \overline{I} \overline{S} \overline{G} \overline{U} \overline{V} \overline{W} - \overline{V} \cdot - \overline{P} \overline{V} \overline{T} \overline{O} \overline{G} \overline{W} \overline{W} \overline{R} \overline{A}$$

$$\overline{A} \overline{C} \overline{O} \overline{V} \overline{Z} \overline{W} \overline{R} \overline{A} \overline{K} \overline{G} \overline{I} \overline{C} \overline{F} \overline{V} \overline{H}.$$

$\overline{G} \overline{F} \overline{A} \overline{S} \overline{W} \overline{Z} \overline{K} \overline{I} \overline{A} \overline{C} \overline{O} \overline{I} \overline{S} \overline{T} \overline{I} \overline{Y} \overline{A} \overline{G} \overline{Z} \overline{V} \overline{D} \overline{K} \overline{T} \overline{A} \overline{G} \overline{Z}$
 $\overline{X} \overline{T} \overline{V} \overline{L} \overline{A} \overline{K} : \overline{R} \overline{G} \overline{K} \overline{O} \overline{W} \overline{V} \overline{Z} \overline{I} \overline{C} \overline{O} \overline{G} \overline{C} \overline{O} \overline{T} \overline{D} \overline{X} \overline{Y} \overline{J}$
 $\overline{W} \overline{V} \overline{R} \overline{G} \overline{L} \overline{A} .$

$$\begin{array}{cccccccccccccccc} \overline{G} & \overline{P} & \overline{V} & \overline{V} & \overline{O} & \overline{T} & \overline{G} & \overline{D} & \overline{P} & \overline{R} & \overline{G} & \overline{C} & \overline{O} & \overline{G} & \overline{T} & \overline{V} & \overline{C} & \overline{P} & \overline{S} & \overline{T} & \overline{A} & \overline{A} & \overline{U} \\ \overline{G} & \overline{K} & \overline{A} & \overline{W} & \overline{R} & \overline{A} & \overline{W} & \overline{H} & \overline{V} & \overline{F} & \overline{A} & \overline{S} & \overline{W} & \overline{X} & \overline{D} & \overline{K} & \overline{A} & \overline{S} & \overline{Z} & \overline{V} & \overline{K} \\ \overline{G} & \overline{C} & \overline{J} & \overline{W} & \overline{R} & \overline{I} & \overline{C} & \overline{P} & \sim & \overline{I} & \overline{K} & \overline{I} & \overline{S} & \overline{R} & \overline{U} & \overline{K} & \overline{V} & \overline{L} & \overline{A} & \overline{K} & \overline{F} \end{array}$$

March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Peanut Butter Lover's Day	2 Old Stuff Day	3 Caregiver Appreciation Day	4 Holy Experiment Day	5 Multiple Personality Day	6 National Frozen Food Day	7 National Crown Roast of Pork Day
8 International (Working) Women's Day	9 Panic Day	10 Middle Name Pride Day	11 Johnny Appleseed Day	12 Girl Scouts Day	13 Jewel Day	14 National Potato Chip Day
15 Ides of March	16 Everything You Do Is Right Day	17 Saint Patrick's Day	18 Supreme Sacrifice Day	19 Poultry Day	20 International Earth Day	21 National Quilting Day
22 National Goof Off Day	23 National Puppy Day	24 National Chocolate Covered Raisin Day	25 Pecan Day	26 National Spinach Day	27 National "Joe" Day	28 Something on a Stick Day
29 Smoke and Mirrors Day	30 National Doctor's Day	31 National Crayon Day				

Monthly Observances

- Irish American Month
- Music in Our Schools Month
- National Celery Month
- National Craft Month
- National Frozen Food Month
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month

West Virginia Bureau of Senior Services

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Brain Exercise Answers

E	X	N	U	J	B	A	W	I	Y	R	V	M	Q	D	G	Z	H	S	L	P	O	T	C	K	F
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

There is a pot o gold at the
W R A K A I S G U V W - V ' - P V T O G W W R A
end of the rainbow
A C O V Z W R A K G I C F V H .

A best friend is like a four leaf
G F A S W Z K I A C O I S T I Y A G Z V D K T A G Z
clover hard to find and lucky
X T V L A K : R G K O W V Z I C O G C O T D X Y J
to have
W V R G L A .

A good laugh and a long sleep
G P V V O T G D P R G C O G T V C P S T A A U
are the two best cures for
G K A W R A W H V F A S W X D K A S Z V K
anything irish Proverb
G C J W R I C P . ~ I K I S R U K V L A K F

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