

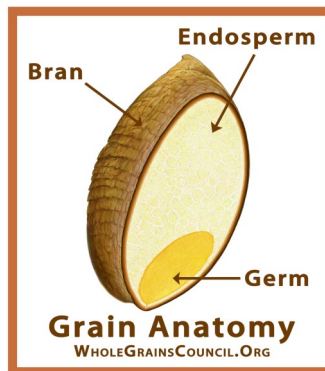


# Food and Fitness

## HOW TO CREATIVELY EAT MORE WHOLE GRAINS

The battle for eating more whole grains is probably one of the most challenging. When it comes to switching from refined grain products, it always comes with a push back. The rule for eating grains is to try to make half of the grains you consume whole grains, meaning that you can keep some of the refined grain products you love while making changes to ones that are similar to the whole grain version.

First, what is the difference between whole grains and refined grains? A whole grain is a grain (or a food made from a grain) that contains all three parts of the grain seed, while a refined grain is missing one or more parts of the whole grain. Often, refined grains mostly use the endosperm, while the bran and germ are normally removed.



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## HOW TO CREATIVELY EAT MORE WHOLE GRAINS

Whole grains are important because they contain fiber and nutrients that refined grains are lacking. Telling someone to eat more whole grains often comes with resistance. Unlike telling someone to eat more vegetables, grains are the one food group that isn't as much of a concern that people are not eating enough of; the concern is more related to eating too many grains and not enough of the right kinds. But what if we would make small, creative changes that get you eating more whole grains?

**Choosing to try different grain sources.** Try different whole grain products outside of your typical grain such as wheat, corn (dried), oats, and rice. These are on the top of the list for grain products consumed, but there are more you can try out. Other grains include barley, bulgur, farro, millet, and quinoa. Trying out new recipes with these whole grain versions can provide some diversity in your diet while also getting whole grains.

**Explore whole grain versions.** One thing I feel confident in is that some products have very little change in texture when switching to whole grain version, while others have a bit more of a dramatic difference. Bread can have a pretty significant difference in texture, while you can't really tell a difference in things like crackers, chips, and cereals. These products are great for making small changes that provide the benefits of whole grains without sacrificing the texture.

**Trading out refined flour for whole wheat flour.** Whole wheat flour can be used in place of all purpose flour in most recipes. It is recommended that when you use whole wheat flour instead of regular flour that you overmix the batter to develop gluten in the recipe. When making recipes like muffins, you can start with trading half of the refined flour with the whole wheat flour.

**Eat more of the whole grains you already love.** Popcorn and oats are the two that come to mind for this section. Eating more of these while reducing the refined grains is an easy trade-off.

Grains and grain products are a staple across the world. They provide comfort and are a great source of energy. Small and creative changes when choosing whole grains can provide additional fiber and nutrients to our diet.

# HOW TO USE WHOLE GRAINS TO IMPROVE YOUR RECIPES

## Elevate Your Baked Goods with Different Whole Grain Flours

All-purpose flour is a bland blank slate.

Add **MORE FLAVOR** to your baked goods by **SWAPPING** in different whole grain flours.

WHOLE GRAIN FLOUR	For Hints of	ADD
	cocoa	teff flour
	sweetness	teff flour, sorghum flour, whole cornmeal, sprouted whole wheat flour, freshly milled whole wheat flour
	butterscotch	oat flour
	caramel	brown rice flour

“When I switched to whole grains, the greatest revelation was a world of flavor I had been stubbornly resisting for years.”

~ Alice Waters  
My Pantry

## Prone To Overmixing? Not A Problem with Whole Grains!

Mixing develops the elastic gluten to help baked goods rise. But in foods leavened with baking soda or baking powder, overmixing white flour makes this “elastic” so thick that air bubbles can’t expand. With whole wheat flour, bran cuts the gluten strands, allowing baked goods to expand even if overmixed.



“overmixed” pancakes made with whole wheat flour  
= remain fluffy



“overmixed” pancakes made with all-purpose white flour  
get chewy

## Whole Grains Allow for Delicious Kitchen Shortcuts

“... the most finicky techniques of classic baking can be entirely ignored with these flours:



- Ingredients usually do not have to be at room temperature.
- Flour need not ever be added to batters in three parts alternating with two parts of liquid.”

Alice Medrich, *Flavor Flours*



According to America's Test Kitchen, by making fried rice with **BROWN RICE**, you can:

- **CUT THE OIL IN HALF** (since brown rice doesn't clump together as much)
- use the pasta method of **QUICKER COOKING**
- and there's **NO NEED TO WAIT** for the rice to chill and harden (since brown rice is drier).



## Whole Grain Pasta Stands Up to Richer Sauces



**PASTA SALAD TIP:**  
Avoid soggy pasta salad by using whole grain pasta

Just as different wines pair best with certain dishes, certain sauces and toppings go best with the nuttier, fuller taste of whole grain pasta. These toppings work especially well:

- Spicy peppers
- Aromatics: garlic, onion, leeks
- Strong or salty cheeses (Pecorino, Parmigiano-Reggiano, Feta, etc.)
- Mushrooms, especially morels, porcini or chanterelle
- Nuts
- Roasted, sweet vegetables, like winter squash, carrots, beets
- Garbanzo beans and other beans
- Assertive vegetables, like kale, cauliflower, or broccoli – accented with a little bacon or pancetta

## VEGETABLE—POTATO

The potato is also known as the solanum tuberosum. It is the most widely used versatile vegetable in the America diet. The potato is native to Peru and was cultivated in South Africa as early as 1,800 years ago.

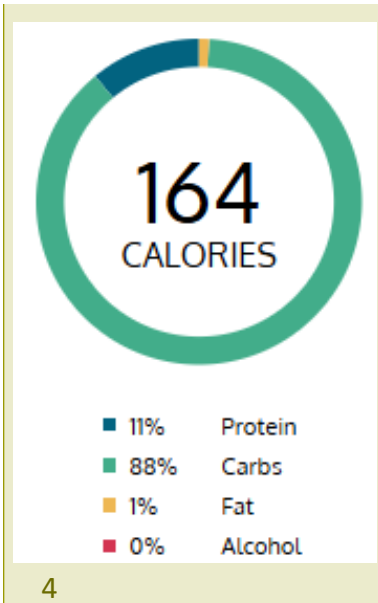
The potato is one of the world's main food crops. There are more than 200 varieties of potatoes sold in the United States but they fall into seven categories: russet, red, yellow, white, blue/purple, fingerling, and petite.

The potato is most often served whole, mashed, or fried. The potato can also be turned into potato flour that is used in baking or to thicken sauces.

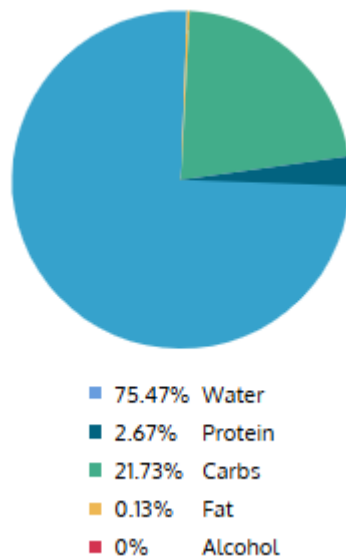
As for nutrition, the potato contains vitamins such as vitamin B6, vitamin C, niacin, vitamin B5, folate, and vitamin B1. The notable minerals are copper, potassium, manganese, magnesium, iron, and phosphorus.



### WHERE DO THE CALORIES COME FROM?



### WHAT IS THIS FOOD MADE OF?



### Minerals

		%DV
-- = missing data		
Weight	173g	
Calcium	31.1mg	2%
Iron, Fe	1.9mg	10%
Potassium, K	951.5mg	20%
Magnesium	51.9mg	12%
Phosphorus, P	122.8mg	10%
Sodium	24.2mg	1%
Zinc, Zn	0.61mg	6%
Copper, Cu	0.19mg	21%
Manganese	0.39mg	17%
Selenium, Se	0.87mcg	2%
Fluoride, F	78.2mcg	2%

# NUTRITION FACTS

## Baked Russet Potatoes

Potatoes, Russet, flesh and skin, baked

Serving Size:

1 x 1 potato medium (2-1/4 inch to 3-1/4 inch dia) ✓



### Nutrition Facts

#### Serving Size

1 potato medium (2-1/4 inch to 3-1/4 inch dia.) (173g)

**Calories 164**

% Daily Value \*

Total Fat 0.22g	0%
Saturated Fat 0.06g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24.2mg	1%
Total Carbohydrate 37.1g	13%
Dietary Fiber 4g	14%
Total Sugars 1.9g	4%
Includes --g Added Sugars	--%
Protein 4.5g	9%
Vitamin C 14.4mg	16%
Vitamin D 0mcg	0%
Iron 1.9mg	10%
Calcium 31.1mg	2%
Potassium 951.5mg	20%
Phosphorus 122.8mg	10%

\*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

		%DV
-- = missing data		
Weight	173g	
Vitamin A, RAE	1.7mcg	0%
Vitamin C	14.4mg	16%
Thiamin (B1)	0.12mg	10%
Riboflavin (B2)	0.08mg	6%
Niacin (B3)	2.3mg	15%
Vitamin B5 (PA)	0.66mg	13%
Vitamin B6	0.61mg	36%
Biotin	--mcg	
Folate (B9)	45mcg	11%
Folic acid	0mcg	0%
Food Folate	45mcg	11%
Folate DFE	45mcg	11%
Choline	26mg	5%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	10.4mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	17.3IU	
Lycopene	0mcg	
Lut + Zeaxanthin	32.9mcg	
Vitamin E	0.12mg	1%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	3.5mcg	3%

## RECIPE—CREAMY SAUSAGE KALE POTATO SOUP

### Ingredients

- 8 oz (1/2 pound) Italian sausage removed from casing
- 1 teaspoon olive oil
- 1 /2 large onion, diced
- 1 parsnips, peeled and diced (optional)
- 1 carrots, peel and diced
- 1 stalks celery, diced
- 1/2 pound red skinned potatoes, diced
- 1/2 teaspoon dried oregano
- Dash of crushed red pepper flakes (optional)
- 1 bay leaf
- 4 cups chicken stock, low sodium
- 1/2 cup cream
- 2 cups leafy kale, chopped
- Salt, and pepper to taste



*Recipe adapted From: [Creamy Sausage Kale Potato Soup - Garlic & Zest \(garlicandzest.com\)](http://garlicandzest.com)*

### Instructions

1. Heat a Dutch oven or soup pot over medium high heat. Add the olive oil and brown the sausage, breaking it up into small bite sized bits with the back of a wooden spoon.
2. Stir in the onion, parsnips, carrots and celery. Cook, until tender, stirring occasionally, about 5-8 minutes.
3. Add the diced potatoes, oregano, red pepper flakes, fennel (if using), salt, pepper and bay leaf. Cook and stir for one minute until fragrant.
4. Add the chicken stock and bring the pot to a boil. Reduce the heat to a simmer and cook for 10-15 minutes or until the potatoes are tender.
5. Remove the tough stem from the kale and discard. Roughly chop the kale and add the greens to the soup. Cook for one minute until the kale wilts and stir in the heavy cream. Heat for another minute until the soup is hot. and ladle into bowls to serve.
6. Taste for seasonings and adjust as necessary. Ladle into bowls to serve.

## BRAIN EXERCISE

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


ACCEPT  
ACTS  
BABYSIT  
BAKE COOKIES  
BE COURTEOUS  
BE GENEROUS  
BE TOLERANT  
COMPLIMENT  
DONATE  
ENCOURAGE  
HOLD THE DOOR  
HOSPITALITY  
INVITE  
KINDNESS  
LISTEN  
PICK UP LITTER  
PLANT A TREE  
RANDOM  
SAY HELLO  
SAY THANK YOU  
SMILE  
TIP  
VISIT  
VOLUNTEER



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

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

# September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>National Cherry Popover Day</i>	2 <i>Labor Day</i>	3 <i>Skyscraper Day</i>	4 <i>Newspaper Carrier Day</i>	5 <i>Cheese Pizza Day</i>	6 <i>Read a Book Day</i>	7 <i>World Beard Day</i>
8 <i>Grandparent's Day</i>	9 <i>Teddy Bear Day</i>	10 <i>Sewing Machine Day</i>	11 <i>911 Remembrance</i>	12 <i>Chocolate Milkshake Day</i>	13 <i>Friday the 13th</i>	14 <i>National Cream-Filled Donut Day</i>
15 <i>Wife appreciation Day</i>	16 <i>Collect Rocks Day</i>	17 <i>Citizenship Day</i>	18 <i>National Cheeseburger Day</i>	19 <i>National Dance Day</i>	20 <i>National Punch Day</i>	21 <i>World Gratitude Day</i>
22 <i>Autum Equinox</i>	23 <i>Checker Day</i>	24 <i>National Cherries Jubilee Day</i>	25 <i>National Quesadilla Day</i>	26 <i>Johnny Appleseed Day</i>	27 <i>Crush a Day</i>	28 <i>Breakfast in Bed Day</i>
29 <i>Confucius Day</i>	30 <i>National Mud Pack Day</i>					

## Monthly Observations

- Baby Safety Month
- Chicken Month
- Better Breakfast Month
- Classical Music Month
- Happy Cat Month
- Honey Month
- International Square Dancing Month
- National Blueberry Popsicle Month
- National Mushroom Month
- National Piano Month
- Self Improvement Month
- National Sewing Month
- Whole Grains month





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## Random Acts of Kindness

### SOLUTION

