West Virginia Bureau of Senior Services

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Food and Fitness

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Sunlight and Vitamin D

Why sunlight and Vitamin D Matter for your health

Did you know that getting a little sunlight each day can help you feel better and stay healthy? Sunlight helps your body make vitamin D, which is an important nutrient. Vitamin D helps keep your bones strong and supports your immune system. It also helps with mood, which means it can help you feel happier.



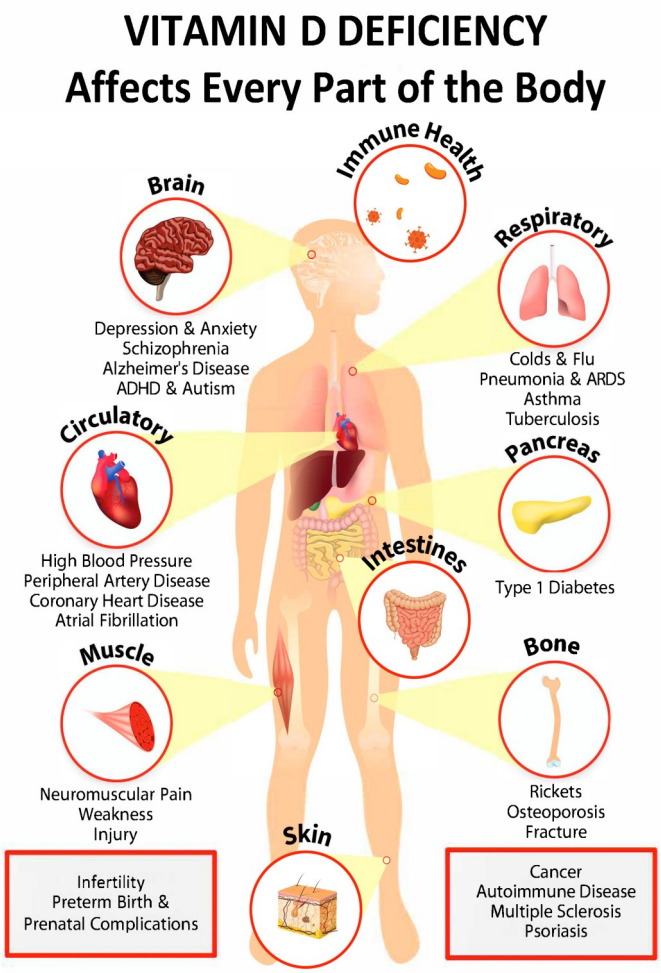
As we get older, our bodies have a harder time making vitamin D from the sun. This means elder Americans need to be extra careful to get enough vitamin D. Without enough vitamin D, bones can become weak and more likely to break. It can also make it harder to fight off illnesses.

Sunlight and Vitamin D



The good news is that a short time in the sun can help. Spending 10 to 30 minutes outside a few times per week can be enough, especially if your arms or face are exposed to sunlight. Be sure to avoid staying out too long without sunscreen, though. Too much sun can hurt your skin.

If it's hard to get outside often, vitamin D can also come from foods and supplements. Some foods like eggs, fish, and fortified milk have vitamin D. Your doctor may also suggest a vitamin D pill if you are not getting enough sunlight or your vitamin D is low.



Taking care of your health is important at any age. Getting some sun and enough vitamin D is a simple way to stay strong and feel good. So open those curtains, take a walk outside, or enjoy a sunny spot—it's good for you!

VITAMIN D



SUMMER



Vitamin D is important for:

- ✓ healthy bones
- ✓ muscle function
- ✓ normal cell function
- ✓ supporting immune function

The human body produces **vitamin D** when the skin is exposed directly to sunlight (UVB rays)

Consider when you train – is it during the optimal vitamin D window? **Check out our handy tips below**



Short shadow

The **best time** of day to **maximise** your vitamin D production from the sun is when your **shadow is shorter** or the same height as you

How to Optimise Vitamin D Production

- **15-20 minutes** of direct sun exposure from **April to September, in Scotland,** is normally enough for healthy individuals.
- Train or eat lunch **outside** in shorts when your shadow is **short.**
- Skin must be **directly exposed** to the sun *i.e.*, without sunscreen & wearing shorts and t-shirt.
- **HOWEVER…… Care** needs to be taken to **prevent sunburn** by moving out of the sun or covering up before the skin reddens.
- **Sunlight is the BEST source of vitamin D,** however, there are some **dietary sources** which can be consumed to support production from the sun.

Fortified Cereals
Mackerel
Fortified Milk
Egg yolks
Oily fish
Salmon
Sardines









Fruit—Honeydew

Honeydew is a juicy, sweet melon that comes from a type of muskmelon, specifically a cultivar of the species *Cucumis melo*. It is part of the same family as cantaloupes and other melons.

Honeydew is thought to have cultivated from West Africa or the Middle East, but today America, Mexico, Spain, and China are great producers of the honeydew melon.

One great thing about honeydew is that it's full of water. This helps keep you hydrated. It's also low in calories.

Honeydew is rich in vitamin C, which helps your immune system fight off sickness and keeps your skin healthy. It also has vitamin B6, which helps your brain work well and gives you energy. There's even a small amount of vitamin K, which helps your blood clot and keeps your bones strong.

Honeydew also has important minerals like potassium, which helps control your blood pressure and keeps your heart healthy. You'll also get magnesium, which supports your muscles and nerves, and folate, which is important for making new cells.

Adding honeydew to your meals is easy. You can eat it by itself, mix it in a fruit salad, or even blend it into a smoothie. However you enjoy it, honeydew is a delicious way to stay healthy!

WHAT IS THIS FOOD MADE OF?



90.2%	Water	152.7g
0.5%	Protein	0.92g
9.1%	Carbs	15.5g
0.1%	Fat	0.24g
0%	Alcohol	0g

WHERE DO THE CALORIES COME FROM?



5%	Protein
92%	Carbs
3%	Fat
0%	Alcohol

Minerals

	-- = missing data	%DV
Weight	170g	
Calcium	10.2mg	1%
Iron, Fe	0.29mg	2%
Potassium, K	387.6mg	8%
Magnesium	17mg	4%
Phosphorus, P	18.7mg	1%
Sodium	30.6mg	1%
Zinc, Zn	0.15mg	1%
Copper, Cu	0.04mg	5%
Manganese	0.05mg	2%
Selenium, Se	1.2mcg	2%
Fluoride, F	--mcg	--%

Nutrition Facts

Honeydew Melon

Melons, honeydew, raw

Serving Size:

1 × 1 cup, diced (approx 20 pieces per cup) (17(



Nutrition Facts

Serving Size

1 cup, diced (approx 20 pieces per cup) (170g)

Calories	61
	% Daily Value *
Total Fat 0.24g	**0%**
Saturated Fat 0.06g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30.6mg	**1%**
Total Carbohydrate 15.5g	**6%**
Dietary Fiber 1.4g	**5%**
Total Sugars 13.8g	**28%**
Includes --g Added Sugars	**--%**
Protein 0.92g	**2%**
Vitamin C 30.6mg	34%
Vitamin D 0mcg	0%
Iron 0.29mg	2%
Calcium 10.2mg	1%
Potassium 387.6mg	8%
Phosphorus 18.7mg	1%

*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

	-- = missing data	%DV
Weight	170g	
Vitamin A, RAE	5.1mcg	1%
Vitamin C	30.6mg	34%
Thiamin (B1)	0.06mg	5%
Riboflavin (B2)	0.02mg	2%
Niacin (B3)	0.71mg	4%
Vitamin B5 (PA)	0.26mg	5%
Vitamin B6	0.15mg	9%
Biotin	--mcg	
Folate (B9)	32.3mcg	8%
Folic acid	0mcg	0%
Food Folate	32.3mcg	8%
Folate DFE	32.3mcg	8%
Choline	12.9mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	51mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	85IU	
Lycopene	0mcg	
Lut + Zeaxanthin	45.9mcg	
Vitamin E	0.03mg	0%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	4.9mcg	4%

Recipe— Honeydew Sorbet



Ingredients:

- 1 honeydew melon
- 1 tablespoon lemon juice
- 2 teaspoons maple syrup or honey

Recipe Received From: https://iheartvegetables.com/honeydew-sorbet/

Instructions:

1. 1. Slice the honeydew into 1" chunks and spread out on a baking sheet.
2. Put it in the freezer for 4-6 hours until frozen.
3. Once frozen, put the chunks in the blender with the lemon juice and sweetener.
4. You may need to add a couple tablespoons of water to help it to start blending.
5. If you don't have a high-powered blender, you can make this in a food processor.
6. Blend until smooth.
7. Put it back into the freezer for another 30 minutes until it sets.

Scoop & serve!

Brain Exercise

Don't Just Exercise your body, workout your brain!

Happy Mothers Day

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

APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS
GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER
NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

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

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May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 May Day	2 Space Day	3 National Fitness Day
4 Bird Day	5 Cinco de Mayo	6 Beverage Day	7 Tourism Day	8 World Red Cross Day	9 Military Spouses	10 National Train Day
11 Mother's Day	12 International Nurses Day	13 National Apple Pie Day	14 National Buttermilk Biscuit Day	15 National Chocolate Chip Day	16 Love a Tree Day	17 National Walnut Day
18 World Baking Day	19 World Plant a Vegetable Garden Day	20 Pick Strawberries Day	21 National Memo Day	22 Buy a Musical Instrument Day	23 Lucky Penny Day	24 International Tiara Day
25 Brown Bag It Day	26 Memorial Day	27 Sun Screen Day	28 World Hunger Day	29 Learn About Composting Day	30 Water A Flower Day	31 Save Your Hearing Day

MONTHLY OBSERVATIONS

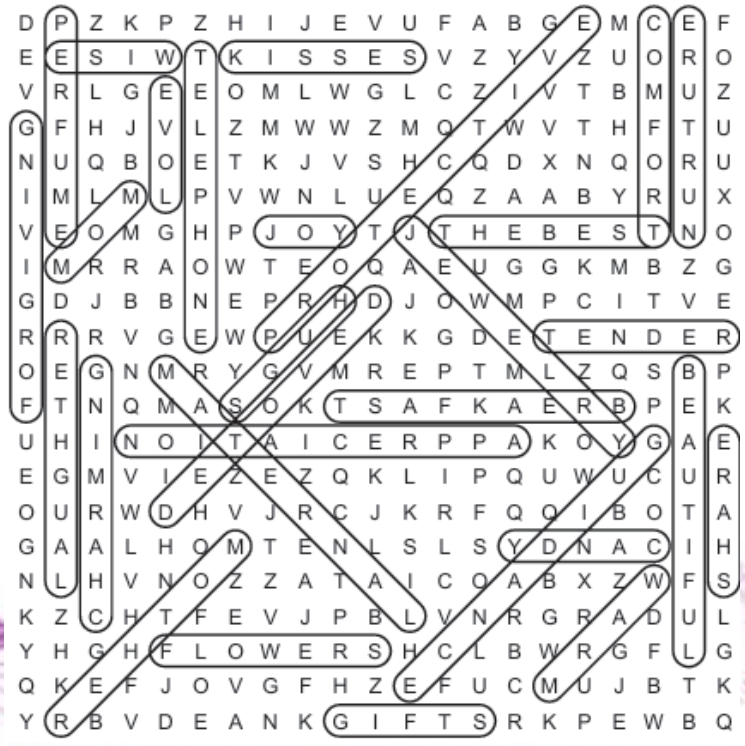
- Asian American Month
- Barbecue Month
- Bike Month
- Blood Pressure Month
- Date Your Mate Month
- Gifts from the Garden Month
- Hamburger Month
- Lupus Awareness Month
- Mystery Month
- National Photography Month
- National Salad Month
- Older Americans Month

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575
Kathrine.J.Clark@wv.gov
(681) 344-1679



Happy Mothers Day

Word Search
SOLUTION



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