



# Food and Fitness

July 2019  
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## Plating for Simple Satisfaction Success

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Eating with our eyes is one of reasons we eat the way we do. We visually get stimulated, and then we make decisions both consciously and subconsciously. If food looks good, there is a better chance of it getting eaten, and the converse is also true. The funny part is, that the depending on how food is arranged or presented can change the overall appeal of what our eyes are telling our mind about the food.



Plating food doesn't have to be detailed like a five-star restaurant, but it should be presented in a way that makes all the components attractive. Think of it like putting a puzzle together. All the pieces of the puzzle need to be in place for the puzzle to be completed. Just like plating of food, all the components are important for the end product to be complete.

Presentation of food starts with choosing the right plates. In senior centers, most often the divided tray is the option most used, and some are really stuck on this option. Understandably, the divided tray is convenient and keeps the food separate. It is one of the most undesirable and bulky for presentation which then relates to overall lower satisfaction with the meal. However, this option is common and sometimes liked by some of the seniors.

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## Plating for Simple Satisfaction Success

(Continued from Page 1)

Choosing the right plate for presentation comes down to size and color. Plates that are too large make the amount of food being served look inadequate which is what often happens with the divided tray. Serving the same amount of food on a plate that is just the right size makes the portions no longer look so small. In addition, the plates should not be so small that the food is over crowded either. As for color, white plates are the most popular. Just about any food looks desirable on a white plate. White plates create a high contrast and a neutral background to highlight the food.

Placement of food is the next point to consider. Depending on how you like to eat your food will change how you choose to plate your food. The hardest part of plating is for those who do not like their food to mix or touch. Plating and not having food touch can be more of a challenge. The key points are the amount of foods and not overcrowding. The general rule for serving in amounts is serving in odd numbers. Odd amounts give a feeling of more food than even number amounts, and this should only be applied to the items that you can visually count under twelve. Example: serving seven pieces of cantaloupe.

If you have the creative gene and want to explore more ways to make the presentation at a higher level, paying attention to details like color contrast, height of foods, making it fancy with sauces, and garnishing with edibles like lemons and herbs are great methods for adding a little extra flair. No matter how we choose to plate our food or how we choose to eat it, we always eat with our eyes first. By putting in even the smallest effort to make the food look better, it will give a better satisfaction over the food that is carelessly placed on a plate.



VS



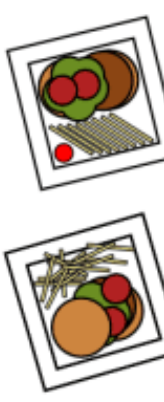


1. The plating, garnishing & arrangement of food on a plate often creates an impression for diners. Aroma & flavor can be negated or enhanced by it.

2. Keep it simple. Elaborate plates can be just as bad as careless ones. Also, complicated plates can make both hot plates and cold plates into warm plates.

3. Maintain balance with foods & garnishes that offer variety and contrast, while avoiding combinations that are awkward or jarring in color, shape or flavor.

4. Maintain temperature: Serve hot foods hot, on hot plates. Serve cold food cold, on cold plates. Make sure that everyone in a party is served together.



5. Protein is usually considered the main item on the plate. Avoid excessive garnish or huge portions of vegetables/starches. Strive for balanced portions.

6. Varied, balanced texture is important. For example, avoid serving all soft foods in a course, e.g. baked meatloaf, whipped potatoes & pureed squash.

7. Flavors are not visual, but this is another factor to consider when balancing colors, shapes, and textures on the plate. First, don't disgust.

8. The more anxious a diner is to dig into the food placed before her, the more likely she is to like it. Food that is arranged properly is key.



9. 2-3 colors on a plate are usually more interesting than just one. Chicken, white beans, and cauliflower vs roasted peppers and saffron chicken on spinach.

10. Small plates can cause an overcrowded, jumbled, messy appearance. Large plates can make portions look skimpy. Balance on the plate is also important.

11. A variety of shapes is important. A plate of Brussels sprouts, meatballs and new potatoes might benefit from green beans or carrots in rounds or dice.

# FOOD PRESENTATION TIPS

adapted from: <http://how-to-cook-gourmet.com/foodpresentationtips.html> Infographic by John leMasney, 365sketches.org



Fruit—Cherry

Cherries belong in the Prunus genus which consists of flowering shrubs or trees in the rose family. The Prunus genus has more than 400 species and some of these include almond, peach, plum, cherry, and apricot trees.

Cherry trees are grown around the world. The best areas for cherry trees are places where the winter weather does not get to severe but have a mild winter. The winter weather is necessary for the trees to blossom in the early spring. Every tree produces about 7000 cherries each year. In the US, Michigan is the top producer, growing about 75% of the cherries from the US.

Cherries come in a few different varieties. There are three main types of cherries grown: sour, sweet, and dukes (mixture between sour and sweet). Sour cherry varieties are typically frozen, canned, made into sauces, and used in pastries. Sour cherries are smaller than that of the sweet variety and have a round or oblate shape. Sour cherries have a higher acidic content to give them a tart flavor, while sweet cherry varieties are typically eaten fresh or used to make maraschino cherries. Sweet cherries are larger and generally heart shaped. They come in assorted colors like yellow, red, and black.

Cherries, just like most fruits, are fat free, sodium free, and cholesterol free. Cherries are a good source of Vitamin C and potassium. The darker cherries provide higher levels of antioxidants and vitamins than the lighter ones.



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

Caloric Ratio Pyramid for Cherries, sweet, raw

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

91%	3%	6%
Carbs	Fats	Protein

Estimated Glycemic Load

7

0250

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 very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber and Vitamin C.

The bad: A large portion of the calories in this food come from sugars.

# Cherries, sweet, raw

Serving size: 1 cup, with pits, yields (138g) ▼

## NUTRITION INFORMATION

Amounts per 1 cup, with pits, yields (138g)



### Calorie Information

Amounts Per Selected Serving		%DV
Calories	86.9 (364 kJ)	4%
From Carbohydrate	79.7 (334 kJ)	
From Fat	2.3 (9.6 kJ)	
From Protein	4.9 (20.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.5 g	3%

[More details ▼](#)

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	22.1 g	7%
Dietary Fiber	2.9 g	12%
Starch	0.0 g	
Sugars	17.7 g	

[More details ▼](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	35.9 mg	
Total Omega-6 fatty acids	37.3 mg	

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

[More details ▼](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	88.3 IU	2%
Vitamin C	9.7 mg	16%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	0%
Vitamin K	2.9 mcg	4%
Thiamin	0.0 mg	2%
Riboflavin	0.0 mg	3%
Niacin	0.2 mg	1%
Vitamin B6	0.1 mg	3%
Folate	5.5 mcg	1%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	8.4 mg	
Betaine	~	

[More details ▼](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	17.9 mg	2%
Iron	0.5 mg	3%
Magnesium	15.2 mg	4%
Phosphorus	29.0 mg	3%
Potassium	306 mg	9%
Sodium	0.0 mg	0%
Zinc	0.1 mg	1%
Copper	0.1 mg	4%
Manganese	0.1 mg	5%
Selenium	0.0 mcg	0%
Fluoride	2.8 mcg	

## Recipe—Cool Summertime Overnight Oatmeal

### Ingredients

- ♦ 1  $\frac{1}{3}$  cup old fashioned oats
- ♦  $\frac{3}{4}$  cup fat-free milk
- ♦  $\frac{3}{4}$  cup (6ounces) reduced-fat plain yogurt
- ♦  $\frac{1}{4}$  cup honey
- ♦ 1 cup pitted fresh or frozen cherries
- ♦ 1 cup fresh or frozen blueberries
- ♦  $\frac{1}{2}$  cup chopped walnuts, toasted



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### Directions

1. In a small bowl, combine oats, milk yogurt and honey. Refrigerate, covered, overnight.
2. Top each serving with cherries, blueberries and walnuts.

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### NOTES:

#### To make individual grab-and-go servings:

Stir together  $\frac{1}{3}$  cup oats, 3 Tbsp. each milk and yogurt, and 1 Tbsp. honey in a resealable glass jar. Top with fruit and nuts; seal and refrigerate overnight.

#### To toast nuts:

Bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.



# July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 International Joke Day	2 I Forgot Day	3 Eat Beans Day	4 Independ- ence Day	5 National Apple Turnover Day	6 National Fried Chicken Day
7 Chocolate Day	8 National Blueberry Day	9 National Sugar Cookies Day	10 Pick Blueber- ries Day	11 World Popula- tion Day	12 Pecan Pie Day	13 National French Fries Day
14 Shark Aware- ness Day	15 Be a Dork Day	16 Fresh Spinach Day	17 Peach Ice Cream Day	18 National Caviar Day	19 National Daiquiri Day	20 National Ice Cream Soda Day
21 National Ice Cream Day	22 Hammock Day	23 Vanilla Ice Cream Day	24 Tell an Old Joke Day	25 Threading the Needle Day	26 Aunt and Uncle Day	27 National Day of the Cowboy
28 Parent's Day	29 National Lasagna Day	30 National Cheese- cake Day	31 Mutt's Day			

## Monthly Observances

- ♦ Dog Days of Summer
- ♦ National Blueberry Month
- ♦ National Anti-Boredom Month
- ♦ Unlucky Month for Weddings
- ♦ National Cell Phone Courtesy Month
- ♦ National Hot Dog Month
- ♦ National Ice Cream Month
- ♦ National Picnic Month



July

# Beware of Fad Diets

By Lauren Weatherford, WVU Extension Agent –  
Fayette and Nicholas Counties

**Monthly Challenge:** Pick a health fad that interests you. Study the pros and cons, and share what you learned with the group.



## Health Motivator Talking Points

Why do fad diets continue to be so popular? Fads offer something new that promises fast and easy fitness or weight loss. The truth is that achieving weight loss and fitness requires consistent and sustained effort.

Here are some important tips:

- Diets that seem too good to be true, probably are. A healthy lifestyle takes time and effort.
- Always use trusted resources, such as sites ending in .gov, .org or .edu. The information will likely be research- and evidence-based. A reliable source for nutrition and physical activity information is [www.choosemyplate.gov](http://www.choosemyplate.gov).
- Do your research to see if a diet or fitness tool is proven to be effective. For reliable reviews of many popular diets, read the "U.S. News & World Report Best Diet Rankings" at <https://health.usnews.com/best-diet>.
- Avoid recommending diets to family and friends. While one diet may be perfect for you, someone else may have a health problem that could make your diet extremely dangerous for them. Always ask your health care provider before changing your diet.

## Quick Club Activity: True or False?

List a variety of health fads (include some crazy fads and some good health practices). If it is a crazy health fad (not true), have the group stand up or march in place. If it is a good health practice or movement, have the group do a stretch. Feel free to add your own fads or healthy behaviors to the game, but make sure they are from accurate and trustworthy sources!

## Learn More

<https://health.usnews.com/best-diet>



### Chuckle of the Month:

Why are most horses in shape?  
*Because they are on a stable diet.*



## West Virginia Bureau of Senior Services

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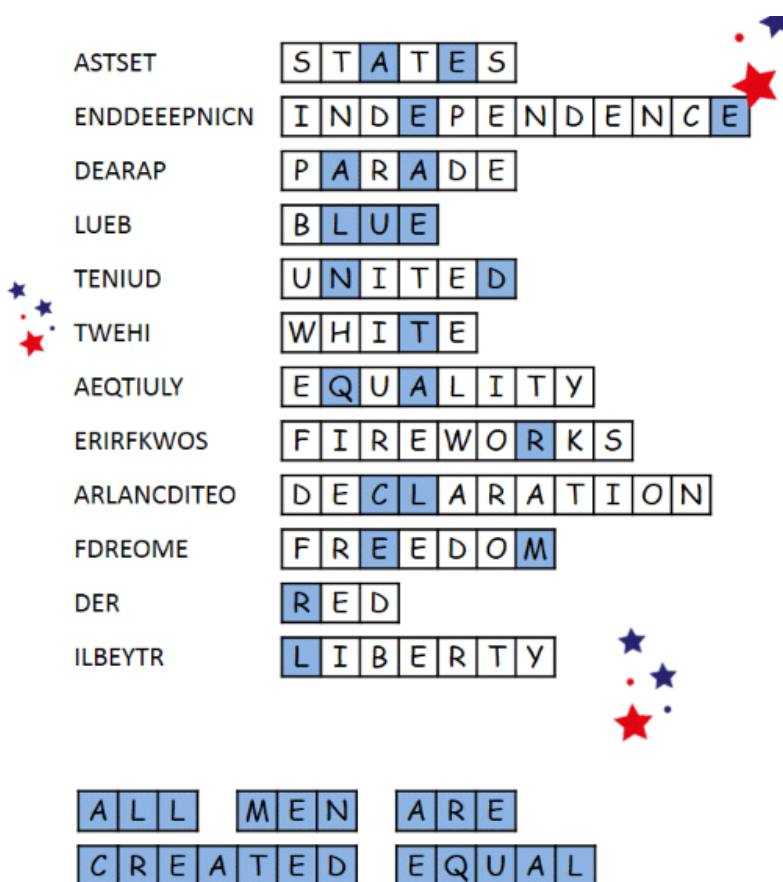
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## Brain Exercise Answers



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