



Food and Fitness

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WEST VIRGINIA BUREAU OF SENIOR SERVICES



Knowing Your Serving Size

What is the different between a serving size and a portion size? A serving size is the specific measurement recommended for a particular food. As a portion size is the amount given or the amount one chooses to eat. A portion size can be more or less than the serving size.

As time has progressed, the size of food portions have increased. Bagels, muffins, drinks, and SO much more have gradually become larger and larger over time. When going out to eat, we associate a larger portion size with a better value. Sometimes these foods

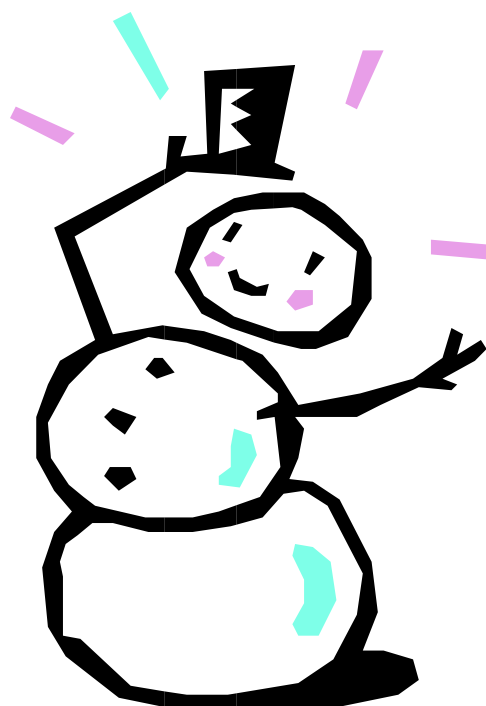
we get can be 400% over the recommended serving size.

There are many ways to be more aware of how much a serving of each food is and how to control how much you are actually wanting to eat of the portion you receive.

Step 1 – Know how much a serving is for each food. (refer to page 3)

Measure out

each food with measuring utensils or scale and place the food on your plate/bowl. Do this for one whole week so you can recognize what it looks like on the dishes you use.



Websites of Interest:

- aicr.org
- eatright.org
- todaysdietitian.com/
- aginginmotion.org/resources/

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Knowing Your Serving Size

Step 2 – Try using smaller dishes. The smaller dishes will make the food appear fuller than on a larger dish.

Step 3 – Always eat your food off of a plate, bowl, etc. Do not eat from the package so you have an idea of how much you are eating.

Step 4 – Read your food labels. If the label states there are two servings and you want to eat the whole two servings, then eat them. This is to make sure you are aware of what the entire package contains. The package may state

two servings with 250 calories per serving which means the entire package contains 500 calories. The servings are not a limit on what you eat but are a recommendation.

Step 5 – When eating out (especially if you are an over eater), ask for a box before you begin eating. Take the amount you do not want to eat and place it in the box to take home. It appears that you have eaten all your meal and should feel satisfied. Doing this will help you from eating until you are about to burst!

Step 6 – Revisit measuring. Make one day per month where you measure out your foods. Over time the portions you plate out might start to grow by estimating. By measuring once a month, this will help keep your serving size from growing.

Remember that a serving size does not limit you to what you should eat or mean you need to eat only that amount. Serving sizes are there to give you an idea of what is in that specific



WINTER FRUITS AND VEGETABLES

- * Brussels Sprouts
- * Buttercup Squash
- * Chestnuts
- * Clementine
- * Collard Greens
- * Dates
- * Grapefruit
- * Kale
- * Kiwifruit
- * Leeks
- * Mandarin Oranges
- * Oranges
- * Passion Fruit
- * Pear
- * Pomegranate
- * Sweet Potatoes
- * Tangerines
- * Turnips



Serving Size Finder

Standard Serving Sizes

FOOD	SERVING	LOOKS LIKE
Chopped Vegetables	1/2 cup	1/2 baseball
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist for average adult
Fresh Fruit	1 medium piece	1 baseball
	1/2 cup chopped	1/2 baseball
Dried Fruit	1/4 cup	1 golf ball
Pasta, Rice, Cooked Cereal	1/2 cup	1/2 baseball
Ready-to-Eat Cereal	1 oz. varies from 1/4 cup to 1 1/4 cups	
Red Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	1/2 cup cooked	1/2 baseball
Nuts	1/3 cup	Level handful for average adult
Cheese	1 1/2 oz.	4 dice or 2 9volt batteries

Source: U.S. Department of Agriculture





Are You Eating 100% Whole Grains?

Are the whole grain foods you are eating 100% whole grains? When reading the packaging, labels can be very tricky to understand. Labels say multi grain, 9 Grain, whole grain, whole wheat, enriched flour, and etc. What do they really mean?

A label can say all of these without being 100% whole wheat or 100% whole grain. Products can use the statement “whole grain” if the product is 51% or more whole wheat flour than enriched flour or if it has more than 8 grams per serving. (Enriched flour is simply white flour that has been “enriched” with vitamins). BUT this does not mean the product is 100% whole grain.

First, it is important to know what foods are grains. The most common ones are:



- * Barley
- * Wheat Flour
- * Rice
- * Tortilla
- * Buckwheat
- * Bulgur
- * Farro
- * Flaxseed
- * Millet
- * Oats
- * Bread
- * Cereal
- * Popcorn
- * Muesli
- * Quinoa
- * Rye
- * Cornmeal
- * Couscous



- * Crackers
- * Pasta
- * Pita
- * Grits
- * Pretzels
- * Waffles
- * Pancakes
- * English Muffins
- * Muffins
- * Biscuits
- * And Much More





Are You Eating 100% Whole Grains?

Next, why are whole grains important? The wheat plant is composed of the bran, germ, and endosperm.

Whole grains use all three parts of the grain whereas the refined grains use only the endosperm.

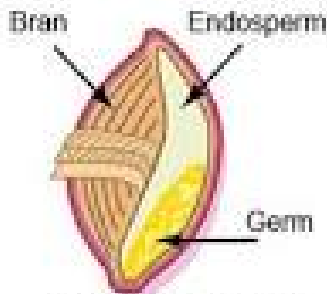
Whole grains are a better source of dietary fiber and other nutrients that refined grains do not provide unless enriched. Whole grain foods have been linked to lower the risk of diabetes, some cancers, and heart disease.

Finally, labels can use the following terms if the products follow these guidelines:

Good Source – 8 or greater grams of whole grains per serving

Excellent Source – 16 or greater grams of whole grains per serving

100% Whole Grain – all grains are whole and at least 16 grams in a serving



Grain Anatomy

The easiest way to determine if the grains are “whole grains”

is to look for the

whole grain stamp. The stamp indicates what the percent of the grains product is whole grains or how many grams of whole grains are in each serving.

Whole grains are important to incorporate into your diet. For most Americans, about five servings of grain foods per day is the recommendation. The Dietary Guidelines for Americans recommendations are to make at least one-half of your grains you eat to be whole grains.

With this information, you can look in your cabinets to find these stamps and see what foods are really 100% whole grains!



THE BASIC STAMP



THE 100% STAMP



December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Cyber Monday</i> <i>National Pie Day</i>	2 <i>National Fritters Day</i>	3 <i>Rockefeller Center Tree Lighting</i>	4 <i>National Cookie Day</i>	5 <i>International Ninja Day</i>	6 <i>National Microwave Oven Day</i>
7 <i>National Pearl Harbor Day</i>	8 <i>National Brownie Day</i>	9 <i>National Pastry Day</i>	10 <i>Nobel Prize Day</i>	11 <i>National Noodle Ring Day</i>	12 <i>Gingerbread House Day</i>	13 <i>National Cocoa Day</i>
14 <i>Monkey Day</i>	15 <i>National Cupcake Day</i>	16 <i>Chocolate-covered Anything Day</i>	17 <i>National Maple Syrup Day</i>	18 <i>National Regifting Day</i>	19 <i>National Oatmeal Muffin Day</i>	20 <i>National Sangria Day</i>
21 <i>Humbug Day</i>	22 <i>National Date Nut Bread Day</i>	23 <i>National Roots Day</i>	24 <i>National Eggnog Day</i>	25 <i>National Pumpkin Pie Day</i>	26 <i>National Candy Cane Day</i>	27 <i>National Fruit Cake Day</i>
28 <i>National Chocolate Candy Day</i>	29 <i>National Pepper Pot Day</i>	30 <i>Bacon Day</i>	31 <i>National Champagne Day</i>			

December Monthly Observations

- National Tie Month
- Root Vegetables and Exotic Fruits Month
- Tomato and Winter Squash Month
- Worldwide Food Service Safety Day
- Bingo Month
- Write a Friend Month
- National Made in America Month
- Read a New Book Month
- Family Holiday Month
- Safe Toys and Gifts Month





Brain Exercise

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CADNY CANSE					<input type="checkbox"/>				
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SINLET						<input type="checkbox"/>			
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Unscramble each of the clue words.

Take the letters that appear in boxes and unscramble them for the final message.



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White Bean and Turkey Chili

Ingredients

- 1 tablespoon canola oil
- 2 cups diced yellow onion (about 2 medium)
- 1 1/2 tablespoons chili powder
- 1 tablespoon minced garlic
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 3 (15.8-ounce) cans Great Northern beans, rinsed and drained
- 4 cups fat-free, less-sodium chicken broth
- 3 cups chopped cooked turkey
- 1/2 cup diced tomato
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 lime wedges (optional)



Preparation

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.

Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

Received From: <http://www.myrecipes.com/recipe/white-bean-turkey-chili>