

October 2022
Volume 243

Food and Fitness

Tricks for Trading Out Treat Foods



Sugary treats are lurking all over. With the holiday season that is coming upon us, here are some helpful ways to combat all the sugary treats that will be presented throughout the season.

Sugar is one of the most desired flavors that we can almost taste before we even eat it. Sugar is powerful. Often, people want something loaded with sugar after they have eaten a full meal. Some might even be addicted to sugar.

The first part for trading out treat foods is knowing moderation of sugar. According to the American Heart Association, they suggest limiting sugar for women to 100 calories (24 grams) and men to 150 calories (36 grams) of sugar. To put that into perspective, one (12oz) can of coke contains 37 grams of sugar. If you are a heavy sugary beverage drinker, then choosing treat foods that are loaded with sugar would put you well over the recommended amount of sugar within a given day. Whereas if you mostly stick to water as your beverage choice, having a sugary treat might be more realistic to say close to the recommendation of the American Heart Association.

(Continues on Page 2)

Inside this issue:

Tricks for Trading Out Treat Foods	1-2
How Much Sugar Is In That?	3
Fruit—Kumquat	4-5
Recipe— Asian Chicken with Kumquat Sauce	6
Brain Exercise	7
October Monthly Observances	8

Tricks for Trading Out Treat Foods

(Continued from Page 1)

There are a few tricks for trading out treats like baked goods, candies, ice cream and other foods that are referred to as treats. Some of the suggestions might contain either added sugars or natural sugars. Added sugars are sugars that have been added to foods like sucrose, dextrose, syrup and more. Natural sugars are sugars that are found in fruit and dairy products. The goal is just to change out ones that are loaded with added sugar to ones that may have less added sugar or natural sugar.



A big part of trading out treat foods is being prepared to fight off the craving. It is important to have foods like fruits and lightly sweetened yogurts readily available. Both fruit and yogurt are a key place for trading out too many sugary sweet treats. Yogurt also has natural sugars and even some added sugar but you need be careful of yogurts with a lot of added sugar. Fruit is naturally sweet and provides a variety of vitamins, minerals and fiber. Mixing fruits with sweet treats can reduce the amount of the sugar. For instance, eating strawberries dipped in a small amount of chocolate verse eating a whole chocolate bar.

Other tricks can be helpful too. Reducing the amount of sugar you drink can have huge impact on total sugar consumption. Take the time to make a show transition to less and less sugar. Reduce the amount of sugar in your baked goods. An apple pie can be just as good as the original recipe but with a third less of the suggest amount of sugar it calls for. The sugar can even be replaced with natural sugar like a mashed banana or apple sauce. One suggestion that might seem a little odd is to roast vegetables rather then steaming or sauteing them. When you roast vegetables, a caramelization process happens that enhances the natural sugars that are in them. One good example is if you bake a sweet potato verse cooking it in the microwave, you can clear notice that the bake one taste much sweeter. Lastly, limit the amount of sugary sweets in your home and save those sweet treats for a special occasion.

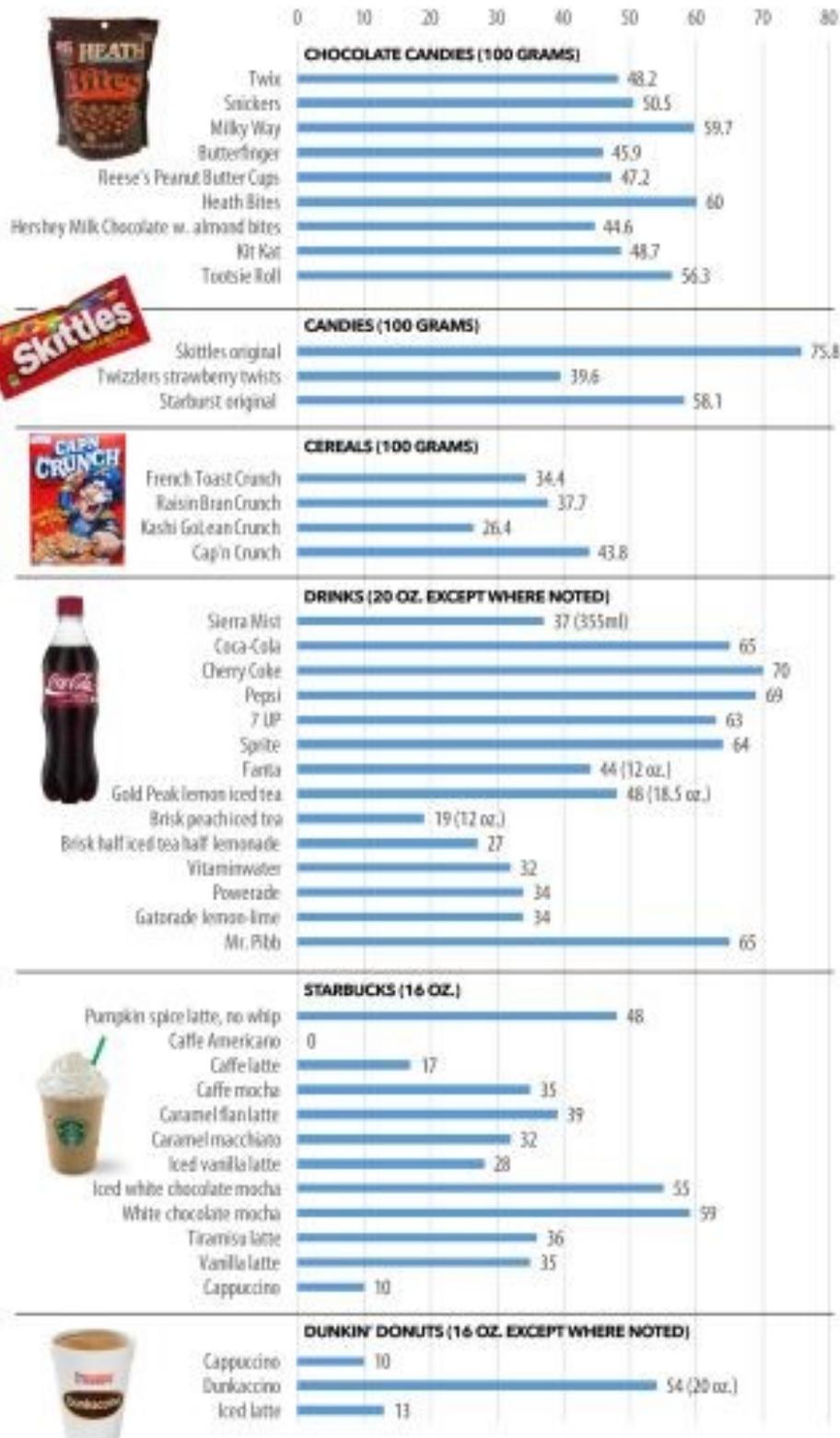
Understanding that having treat foods in moderation is a perfectly fine option but having them all the time is not ideal. The truth is that sugar is hiding everywhere but start small with reducing the ones that are loaded with sugar.

HOW MUCH SUGAR IS IN THAT?!

It's no secret that soda and candies contain a lot of sugar. But which products have more, and do some cereals and coffees provide a bigger sugar rush? Below is a list of some popular food and beverage products and their sugar content:

SUGAR CONTENT IN GRAMS (PER SERVING)

1 teaspoon of sugar equals 4.2 grams and 16 calories



Fruit—Kumquat

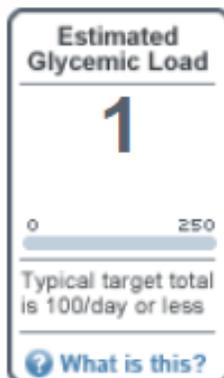
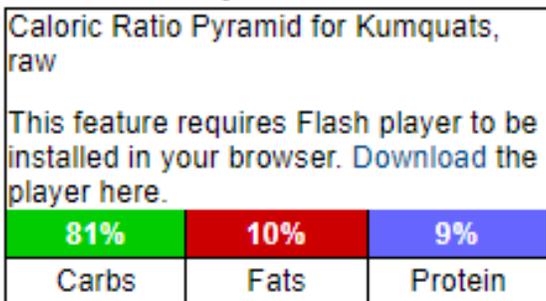
A kumquat is a tart orange fruit that grows on a tree. The kumquat originates from eastern Asia. They grow in warm climates such as Japan, Philippines, California and Florida. Kumquat plants grow to be anywhere from 8 to 12 feet in height. The branches on the plant are mostly thornless with dark green glossy leaves. The plant grows white flowers. The bright orange kumquats are either round or oval in shape and are about the size of a grape, measuring about 1 inch in diameter. A fun fact about the branches of the kumquat, they are often used as a part of Christmas decorations across the world, including the United States.



The kumquat can be found in selective grocery stores. The kumquats can be found from November to April with the peak months of February and March. When looking for them, they look just like miniature oval shaped oranges but the flavor is very different. Pick kumquats that are bright orange and firm to the touch. The fruit should be fragrant and have no spots on the skin.

The kumquat is usually eaten fresh, cooked or preserved as jams or jellies. They can also can be turned into a candied form. The flavor of the kumquat is mild and acidic juice with a sweet edible skin.

Caloric Ratio Pyramid [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 very good source of Dietary Fiber and Vitamin C.

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



Kumquats, raw

Serving size: 1 fruit without refuse (19g) ▼

NUTRITION INFORMATION

Amounts per 1 fruit without refuse (19g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	13.5 (56.5 kJ)	1%
From Carbohydrate	10.9 (45.6 kJ)	
From Fat	1.4 (5.9 kJ)	
From Protein	1.2 (5.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.4 g	1%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	55.1 IU	1%
Vitamin C	8.3 mg	14%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	1%
Niacin	0.1 mg	0%
Vitamin B6	0.0 mg	0%
Folate	3.2 mcg	1%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	1.6 mg	
Betaine	~	

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	3.0 g	1%
Dietary Fiber	1.2 g	5%
Starch	0.0 g	
Sugars	1.8 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	8.9 mg	
Total Omega-6 fatty acids	23.6 mg	

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

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	11.8 mg	1%
Iron	0.2 mg	1%
Magnesium	3.8 mg	1%
Phosphorus	3.6 mg	0%
Potassium	35.3 mg	1%
Sodium	1.9 mg	0%
Zinc	0.0 mg	0%
Copper	0.0 mg	1%
Manganese	0.0 mg	1%
Selenium	0.0 mcg	0%
Fluoride	~	

Recipe—Asian Chicken with Kumquat Sauce

Ingredients

Chicken

- ◆ 1 whole chicken (3 to 3 1/2lb)
- ◆ 3 tablespoons dry sherry or orange juice
- ◆ 2 tablespoons soy sauce
- ◆ 1/2 teaspoon garlic powder

Kumquat Sauce

- ◆ 1/3 cup thinly sliced preserved kumquats
- ◆ 1/2 cup orange juice
- ◆ 3 tablespoons orange marmalade
- ◆ 1 tablespoon lemon juice
- ◆ 1/4 teaspoon ground ginger
- ◆ 1 tablespoon cold water
- ◆ 2 teaspoons cornstarch
- ◆ 2 tablespoons slivered almonds, toasted
- ◆ 1 tablespoon orange-flavored liqueur, if desired

Directions

1. Heat oven to 375°F. Fold wings of chicken across back with tips touching. Tie or skewer drumsticks to tail. Place chicken, breast side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.
2. Roast uncovered 45 minutes. In small bowl, mix sherry, soy sauce and garlic powder; brush on chicken. Roast uncovered about 45 minutes longer, brushing once or twice with sherry mixture, until thermometer reads 180°F and juice is no longer pink when center of thigh is cut. Discard any remaining sherry mixture
3. Remove seeds from kumquats. In 1-quart saucepan, mix orange juice, orange marmalade, lemon juice and ginger. Heat to boiling. In small bowl, mix water and cornstarch; stir into orange juice mixture. Heat to boiling, stirring constantly. Boil and stir about 1 minute or until thickened. Stir in kumquats, almonds and liqueur. Serve chicken with sauce.



Brain Exercise

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

Harvest Festival

Word Search

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

ANNUAL
APPLES
AUTUMN
CELEBRATION
CONTESTS
CORN
CORNUCOPIA
CROPS
FARMER
FEASTING
FESTIVAL
FIELDS
GAMES
HARVEST



HAYRIDE
LEAVES
MERRIMENT
MUSIC
OCTOBER
PUMPKINS
REGIONAL
SCARECROW
SEPTEMBER
SQUASH

Monthly Observances

October 2022

- **Adopt a Shelter Dog Month**
- **American Cheese Month**
- **American Pharmacist Month**
- **Apple Jack Month**
- **Awareness Month**
- **Breast Cancer Awareness Month**
- **Clergy Appreciation Month**
- **Cookie Month**
- **Eat Country Ham Month**
- **National Diabetes Month**
- **National Pizza Month**
- **National Popcorn Popping Month**
- **Seafood Month**

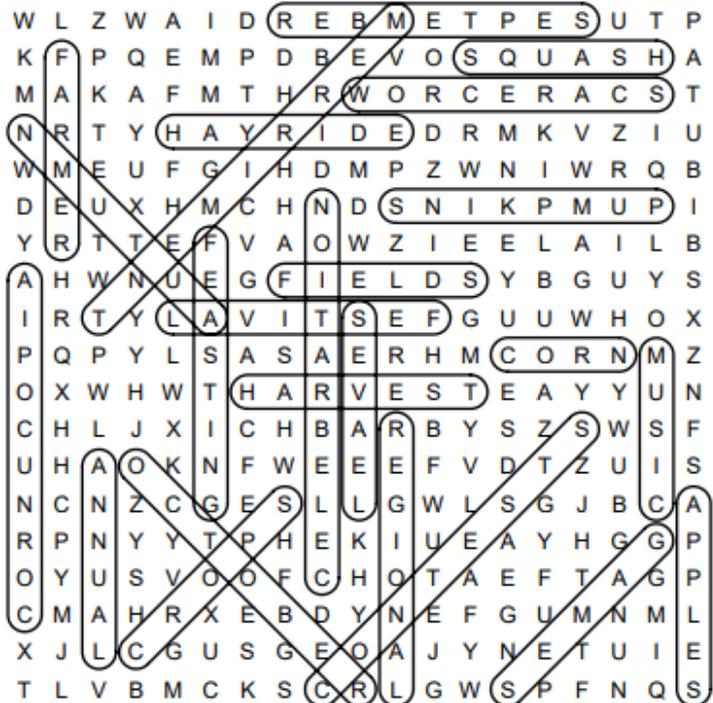
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 International
2 World Farm Animals Day	3 Oktoberfest	4 National Golf Day	5 National Kale Day	6 Come and Take it Day	7 World Smile Day	8 National Motorcycle Ride Day
9 Fire Prevention Day	10 Columbus Day	11 It's My Party Day	12 National Gumbo Day	13 International Skeptics Day	14 National Dessert Day	15 White Cane Safety
16 Dictionary Day	17 National Pasta Day	18 National Meatloaf Appreciation	19 Evaluate Your Life Day	20 International Chefs Day	21 International Nacho Day	22 National Nut Day
23 National Mole Day	24 United Nations Day	25 World Pasta Day	26 National Mince-meat Day	27 National Tell a Story Day	28 Plush Animal Lover's Day	29 National Cat Day
30 National Candy Corn Day	31 Halloween					

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575
Kathrine.Clark@marshall.edu



Brain Exercise Answers

SOLUTION



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