



# Food and Fitness

## Better Breakfast Switch

Often, it is said that breakfast is the most important meal of the day. By definition, breakfast means to break the fast and fasting happens when not eating throughout the night. Breakfast gives the brain and body energy to start the day. Not eating breakfast leaves our bodies without the energy it needs to get going.

Breakfast can be the most challenging meal. Breakfast is a hard meal to plan for in comparison to other meals for a few reasons. Breakfast requires planning, time, quick decisions, and other challenges. It is easy to make excuses for eating an unhealthy breakfast or skipping breakfast. The most common is lack of time, not liking breakfast foods and the loss of an appetite.

Switching how we choose to eat a better breakfast takes practice and understanding of how to pair and add in additional food groups. In addition, lowering the amount of sugar and fat content while increasing the opportunity to add in quality nutrients is an important priority.



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## Better Breakfast Switch

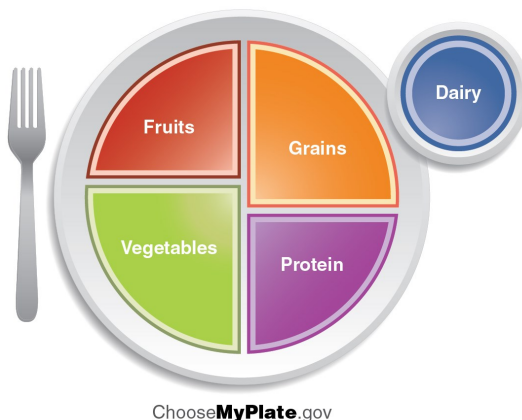
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Breakfast is a meal you can make as easy or as hard as you want. Whipping up a fancy breakfast or something quick and simple both can meet the needs of a better breakfast. The best way to tackle breakfast is to make the best use of MyPlate and the food groups. Instead of eating from two food groups, try to make at least three food groups, if not all five fit.

It's easy to eat a bowl of cereal with milk capturing only two of the food groups. With a simple change of choosing a cereal that is low in sugar content and adding a fruit into the mix, simply adds to the value of bettering your breakfast. A more advanced change is starting with a basic cereal and adding fruit and nuts to account for a fourth food group. If you are a pancakes fan, instead of pancakes with syrup, add peanut butter and bananas to the top. Then, have a glass of milk to make it four out of the five food groups met (refer to page 3 for additional ideas).

As for those who have a harder time with eating anything at all for breakfast, choosing even one item that is nutritious and sustainable is ideal. Protein source foods like boiled eggs and nuts give some energy while lasting in the digestive system for the feeling of satiety.

Depending on what kind of breakfast eater you are can determine the food you choose to eat to start off the day. Some days you might be a fancy breakfast goer while others the simple easy method works best. Eating breakfast jump starts your energy needs for the day. All food groups count all day so try to get as many food groups as you can into your better breakfast switch.



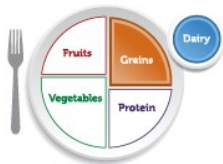
# Make A Switch—Breakfast



**Fruit-Flavored Yogurt & Medium-Sized Muffin**

Calories	Saturated Fat	Sodium	Added Sugars
681	8g	481mg	60g

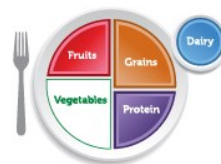
How this food fits into MyPlate:



**Plain Yogurt topped with Berries, Granola, & Nuts**

Calories	Saturated Fat	Sodium	Added Sugars
356	3g ↓	230mg ↓	7g ↓

How this food fits into MyPlate:



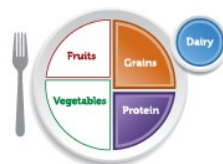
#MyPlateMyWins



**Egg, Sausage & Cheese Breakfast Burrito**

Calories	Saturated Fat	Sodium	Added Sugars
629	14g	1178mg	1g

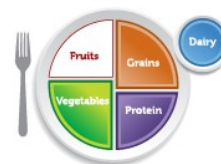
How this food fits into MyPlate:



**2 Tacos on Corn Tortillas with Egg, Black Beans, Cheese & Salsa**

Calories	Saturated Fat	Sodium	Added Sugars
356	4g ↓	921mg ↓	0g ↓

How this food fits into MyPlate:



#MyPlateMyWins



# Fruit—Crabapples

Crabapples are in the rose family. They are native to cold temperature areas like North America, Russia and Asia. Crabapple trees are commonly planted because of their beautiful appearance as they grow from season-to-season. At the beginning of the season, the trees have pink or red buds with shinny green leaves. As the buds begin to open in the spring, the flowers are an assortment of white, pink or red colors. Once the flowers are pollinated, they start to grow the small fruits that ripen over time. Lastly, the trees in the fall turn into the general autumn colors that allow the trees beauty to continue to shine.

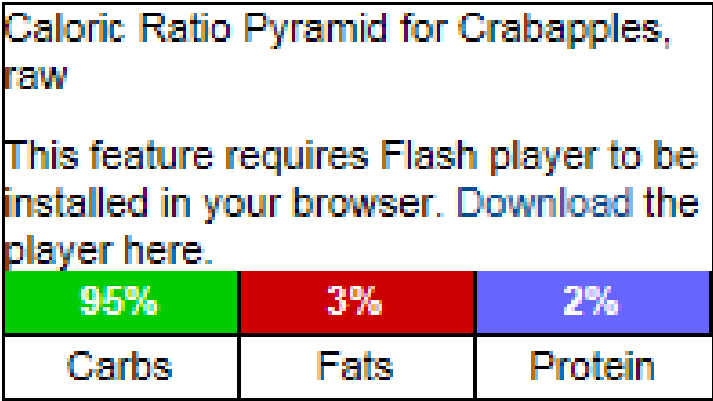
As for the crabapples that grow on these trees, they are a green and/or red color. They are much smaller than other apples and are more tart. To be classified as a crabapple, the fruit must be two inches in diameter or smaller.

Crabapple trees are not usually planted for the harvesting of their fruit. The apples on these trees are very tart and after eating a few can cause a stomach ache. Crabapples, because of their tart nature, are mostly used for jellies, preserves, and ciders if eaten.

*One fun fact about the crabapples is that they can remain on the trees throughout the winter if they are not picked.*



## Caloric Ratio Pyramid ? What is this?



## NutritionData's Opinion ? What is this?



The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin C.

# Crabapples, raw

Serving size:  ▼



## NUTRITION INFORMATION

Amounts per 1 cup slices (110g)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	83.6 (350 kJ)	4%
From Carbohydrate	79.3 (332 kJ)	
From Fat	2.8 (11.7 kJ)	
From Protein	1.5 (6.3 kJ)	
From Alcohol	~ (0.0 kJ)	

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	21.9 g	7%
Dietary Fiber	~	~
Starch	~	
Sugars	~	

[More details ▼](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 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	16.5 mg	
Total Omega-6 fatty acids	80.3 mg	

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

[More details ▼](#)

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.4 g	1%

[More details ▼](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	44.0 IU	1%
Vitamin C	8.8 mg	15%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.0 mg	2%
Riboflavin	0.0 mg	1%
Niacin	0.1 mg	1%
Vitamin B6	~	~
Folate	~	~
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	~	~
Choline	~	
Betaine	~	

[More details ▼](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	19.8 mg	2%
Iron	0.4 mg	2%
Magnesium	7.7 mg	2%
Phosphorus	16.5 mg	2%
Potassium	213 mg	6%
Sodium	1.1 mg	0%
Zinc	~	~
Copper	0.1 mg	4%
Manganese	0.1 mg	6%
Selenium	~	~
Fluoride	~	

## Recipe-Old Fashioned Spice Crabapples

### Ingredients

- ◆ 1 Quart (4 cups) of crabapples
- ◆ 1 3/4 cup cider vinegar
- ◆ 1 1/2 cups water
- ◆ 3 cups sugar
- ◆ 1 Tbsp cardamom pods
- ◆ 1 tsp whole cloves



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### Directions

1. Wash the apples well, and leave the stems intact.
2. Gently prick the apples all over with a fork or the tip of a small sharp knife. (This is so that they don't burst as they cook.)
3. Combine the vinegar, water, and sugar in a pot.
4. Roll over the cardamom pods with a rolling pin or the side of a wine bottle to gently crack them open. Don't lose any of the black seeds. Add the cardamom (seeds and pods) and cloves to the pan and bring to boil.
5. Turn down the heat and add the apple to the pot. Simmer for about 5 to 10 minutes, depending on the size of your apples. Use your judgement, you don't want the apples to get soft and mushy.
6. Carefully remove the apples from the hot liquid and pack them into your jar and jars.
7. Strain the pickling liquid and then pour into the jars, completely.
8. The apples can be canned, as well, for longer storage.

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

How many different words can you make from the phrase:

**Saint Patricks' Day**



Lined area for writing answers, consisting of 20 horizontal green lines.

Lined area for writing answers, consisting of 20 horizontal green lines.

Lined area for writing answers, consisting of 15 horizontal green lines.

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Employee Appreciation Day	2 Old Stuff Day
3 Caregiver Appreciation Day	4 Holy Experiment Day	5 Mardi Gras	6 Ash Wednesday	7 National Crown Roast of Pork Day	8 Be Nasty Day	9 Panic Day
10 Middle Name Pride Day	11 Johnny Appleseed Day	12 Plan a Flower Day	13 Ear Muff Day	14 National Pi Day	15 Ides Of March	16 National Quilting Day
17 Corned Beef and Cabbage Day	18 Supreme Sacrifice Day	19 Poultry Day	20 International Earth Day	21 Fragrance Day	22 National Goof Off Day	23 National Chip & Dip Day
24 National Chocolate Covered Raisin Day	25 Waffle Day	26 National Spinach Day	27 National “Joe” Day	28 Something on a Stick Day	29 Smoke and Mirrors Day	30 I am in Control Day
31 World Backup Day						

## Monthly Observations

- Irish American Month
- Music in Our Schools Month
- National Craft Month
- National Frozen Food Month
- National Irish Heritage Month
- National Nutrition Month
- National Peanut Month
- National Women’s History Month
- Red Cross Month
- Social Workers Month



March

# Gluten Free

By Elizabeth Metheny, WVU Extension Agent – Hardy County

**Monthly Challenge:** Explore gluten-free recipes. Share your favorite with a friend.



## Health Motivator Talking Points

Have you considered going gluten free? Gluten-free diets have gained popularity, with many reporting health and weight loss benefits. Those who suffer from the symptoms of celiac disease and non-celiac gluten sensitivity have found success in limiting gluten in their diet. CD and NCGS are medical conditions that require medical diagnosis and care. Before making drastic diet changes, talk to your health care provider. Be informed and consider these tips:

- Common symptoms of CD and NCGS are tiredness, anxiety, gas, bloating, headache, numbness and intestinal symptoms similar to irritable bowel syndrome.
- Reducing gluten does not mean cutting carbs. Carbohydrates and gluten are two different food compounds. For example, potatoes have carbohydrates and are gluten free.
- Gluten is found in wheat, barley, rye and oats. Gluten can be found in breads and pastas, as well as tomato products that have vinegar from gluten grains.

### Quick Club Activity:

## Spell Gluten

*\*This activity may be done sitting or standing. Choose what works best for you.*

Use one foot to spell “g-l-u-t-e-n.” Now the other. For a real challenge, try using one hand and one foot at the same time!

## Learn More

[www.newsinhealth.nih.gov/2016/05/going-gluten-free](http://www.newsinhealth.nih.gov/2016/05/going-gluten-free)



### Chuckle of the Month:

What do you call a gluten-free joke?  
*Corny!*

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**eat right.** Academy of Nutrition  
and Dietetics



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