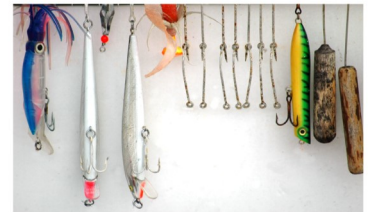




West Virginia Bureau of Senior Services

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Food and Fitness



TIPS ON HOW TO EAT MORE FRUITS AND VEGETABLES AND NOT WASTING THEM

The season is upon us where eating more fruits and vegetables becomes a bit easier. Fruits and vegetables, when they are in season, are generally more cost effective, taste better, and there is a larger variety to choose from.



According to the Dietary Guidelines for Americans, a healthy U.S style eating pattern for a 2000-calorie diet, needs to have about 2.5 cup equivalents of vegetables and 2 cup equivalents of fruits per day. Lets face it, most people are not following this guidance, so how can we make changes to eat more fruits and vegetables, while not letting them rot on the counter or in the refrigerator.

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TIPS ON HOW TO EAT MORE FRUITS AND VEGETABLES AND NOT WASTING THEM

Eating more fruits and vegetables can be easy, but it takes consistency and planning especially, if you do not want to waste them. Here are some tips for eating more and wasting less.

1. Increasing a little bit at a time. Let's say you go to the store once a week, in a full week that means you should be eating about 32 cup of fruits and vegetables. That can be a lot if you are starting out. First, take a week and see about how many serving you are getting. Then, increase your intake a little each week until you get to the desired amount.
2. Shop the sale items. Each week the sale items change. Not only does that affect your budget but it keeps a variety of foods offered during different weeks. This can help to keep you from burning out so you are not eating the same fruits and vegetables all the time. Plus, every now and then choose to add in something new to keep it interesting.
3. Get them in different types. We all know that fresh produce can go bad rather quickly. Fruits and vegetables can be purchased fresh, frozen, canned, packaged, and dried. Each week purchase some different types for variety and storage (just in case you don't get to eating them).
4. The last tip is one that personally works for me every time. Every morning, make a bowl or plate of fruits and vegetables. I generally do this with my fresh produce because I do not want to waste. I create a bowl that I keep beside me that holds about 3 cups of fruits and vegetables. It is amazing how if they are at your side, ready to eat just how quickly you snack on them. The goal is half of your plate, at every meal, should be filled with fruits and vegetables.

Some people are not interested in hiding their fruits and vegetables in dishes. The best practice though is consistency. If you want to eat more fruits and vegetables and you already like them, having a plan and them in your view can go a long way to increase the amount you consume.

Make Half Your Plate

Fruits & Vegetables



There are so many ways to eat **Fruits & Vegetables** every day.



Tomatoes, carrots, celery, and onions are key to this whole-grain **Spaghetti and Quick Meat Sauce**, paired with broccoli florets. Finish with warm **Roasted Pears and Vanilla Cream**.



Flavorful herbed green beans and roasted potatoes round out this **Smoky Mustard-Maple Salmon**. For dessert, enjoy a fruit, granola, and yogurt parfait.



Pineapple, carrots, and tomatoes add tang to this **Sweet and Sour Pork**, served with a colorful salad. Finish with nonfat frozen yogurt.



Enjoy the crunchy, juicy goodness of apples and grapes in this **Chicken Waldorf Salad**, served on mixed greens and topped with low-fat dressing. End your meal with **Blueberry-Lime Yogurt**.



Find these recipes and more ideas at **ChooseMyPlate.gov**



FRUIT— PINEAPPLE

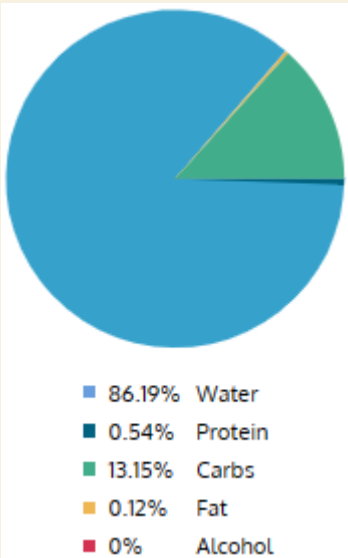
The pineapple is a perennial plant and belongs in the Bromeliaceace family. The pineapple is mostly grown in the tropical or the subtropical parts of America.

Pineapples are unique in how they grow. It can take about 12 months from when a pineapple is planted until a pineapple it ready to be harvested. Most pine-apples are picked by hand to keep from damaging them. One of the most popular pineapples is the “Gold” variety that was released in 1992. This variety is larger, sweeter, and is said to be the reason why the popularity of the pineapple has increased.

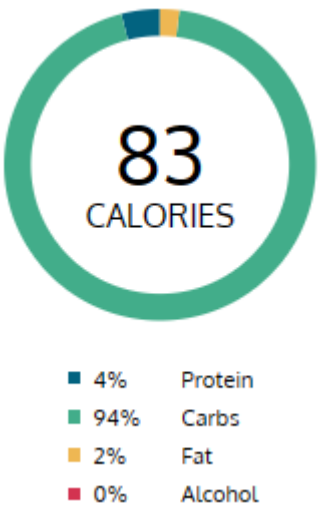
The pineapple can be found fresh, canned, frozen, and dried in most grocery stores. Pineapples are used in combination with main dishes, desserts, side dishes, and alone.

As far as nutrition, the pineapple contains vitamin C, manganese, copper, vitamin B6, vitamin B5, folate, and dietary fiber.

WHAT IS THIS FOOD MADE OF?



WHERE DO THE CALORIES COME FROM?



Minerals

		-- = missing data	%DV
Weight	165g		
Calcium	21.5mg		2%
Iron, Fe	0.48mg		3%
Potassium, K	179.9mg		4%
Magnesium	19.8mg		5%
Phosphorus, P	13.2mg		1%
Sodium	1.7mg		0%
Zinc, Zn	0.2mg		2%
Copper, Cu	0.18mg		20%
Manganese	1.5mg		67%
Selenium, Se	0.17mcg		0%

NUTRITION FACTS

Pineapple

Pineapple, raw, all varieties

Serving Size:

1 × 1 cup, chunks (165g)



Nutrition Facts

Serving Size

1 cup, chunks (165g)

Calories 83

% Daily Value *

Total Fat 0.2g	0%
Saturated Fat 0.01g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1.7mg	0%
Total Carbohydrate 21.6g	8%
Dietary Fiber 2.3g	8%
Total Sugars 16.3g	33%
Includes --g Added Sugars	--%
Protein 0.89g	2%
Vitamin C 78.9mg	88%
Vitamin D 0mcg	0%
Iron 0.48mg	3%
Calcium 21.5mg	2%
Potassium 179.9mg	4%
Phosphorus 13.2mg	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	165g	
Vitamin A, RAE	4.9mcg	1%
Vitamin C	78.9mg	88%
Thiamin (B1)	0.13mg	11%
Riboflavin (B2)	0.05mg	4%
Niacin (B3)	0.83mg	5%
Vitamin B5 (PA)	0.35mg	7%
Vitamin B6	0.18mg	11%
Biotin	--mcg	
Folate (B9)	29.7mcg	7%
Folic acid	0mcg	0%
Food Folate	29.7mcg	7%
Folate DFE	29.7mcg	7%
Choline	9.1mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	57.8mcg	1%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	95.7IU	
Lycopene	0mcg	
Lut + Zeaxanthin	0mcg	
Vitamin E	0.03mg	0%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	1.2mcg	1%

RECIPE—FRESH PINEAPPLE SALSA

Ingredients

- 1 cup finely chopped fresh pineapple
- 1/4 cup finely chopped red onion
- 1/4 cup red bell pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 1 tablespoon fine chopped fresh cilantro
- 1 tablespoon lime juice
- 1 clove garlic, minced
- 1/2 teaspoon white sugar
- 1/2 teaspoon salt



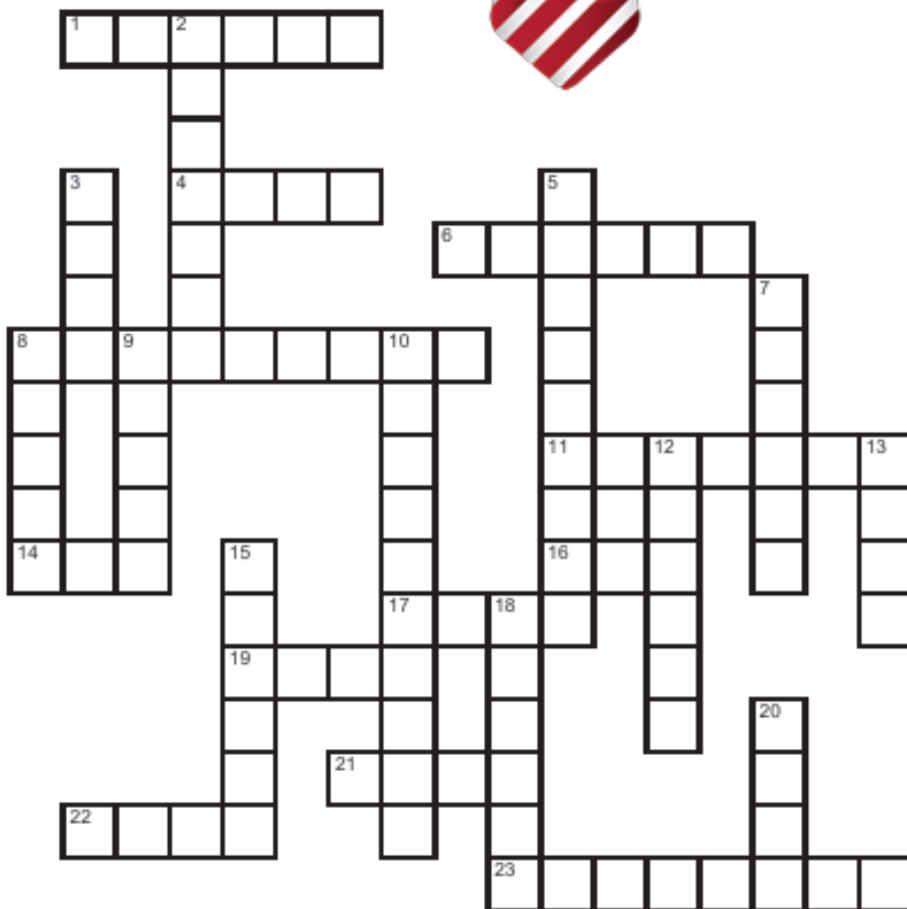
Recipe Received From: [Fresh Pineapple Salsa Recipe \(allrecipes.com\)](http://allrecipes.com)

Instructions:

Mix pineapple, red onion, bell pepper, jalapeño, cilantro, lime juice, garlic, sugar, and salt together in a bowl until combined; cover and refrigerate for 1 hour so flavors can meld

BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!



ACROSS

1. Male parent.
4. Hallmark specialty: greet-
ing ____.
6. Physically and mentally
robust.
8. Male head of the family.
11. Recreational activity for
some fathers.
14. Another name for father.
16. Male offspring.
17. Token of appreciation.
19. Affection and devotion.
21. Month in which Father's
Day is celebrated.
22. Loud explosive sounds and
also an informal term for dad.
23. Female offspring.

DOWN

2. Source of wisdom and
guidance.
3. Biggest of the Three
Bears.
5. Might be served in bed on
Father's Day.
7. Closeknit group of rela-
tives
8. Feeling of satisfaction and
fulfillment.
9. Father's Day is on the ____
Sunday of the month.
10. Brave and determined.
12. Day of the week for Fa-
ther's Day.
13. Popular sport for some
fathers.
15. Beliefs and principles that
are important
18. Companion and confidant.
20. Superlative form of good.

Best	Courageous	Family	Friend	June	Patriarch	Son	Teacher
Breakfast	Dad	Father	Gift	Love	Pops	Strong	Third
Card	Daughter	Fishing	Golf	Papa	Proud	Sunday	Values

June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>National Trails Day</i>
2 <i>National Frozen Yogurt Day</i>	3 <i>World Bike Day</i>	4 <i>National Cheese Day</i>	5 <i>Hot Air Balloon Day</i>	6 <i>National Garden Exercise Day</i>	7 <i>National Doughnut Day</i>	8 <i>Best Friends Day</i>
9 <i>Donald Duck Day</i>	10 <i>Herb and Spices Day</i>	11 <i>National Corn on the Cob</i>	12 <i>National Jerky Day</i>	13 <i>Sewing Machine Day</i>	14 <i>Flag Day</i>	15 <i>National Prune Day</i>
16 <i>Father's Day</i>	17 <i>Eat Your Vegetables Day</i>	18 <i>Sushi Day</i>	19 <i>National Kissing Day</i>	20 <i>West Virginia Day</i>	21 <i>International Yoga Day</i>	22 <i>National Onion Ring Day</i>
23 <i>Let It Go Day</i>	24 <i>Swim a Lap Day</i>	25 <i>National Catfish Day</i>	26 <i>Beautician's Day</i>	27 <i>National Onion Day</i>	28 <i>National Food Truck Day</i>	29 <i>Waffle Iron Day</i>
30 <i>Meteor Day</i>						

Monthly Observations

- Alzheimer's and Brain Awareness Month
- Aquarium Month
- Candy Month
- Dairy Month
- Effective Communication Month
- Great Outdoors Month
- National Fresh Fruit and Vegetables Month
- National Iced Tea Month
- Rose Month
- Turkey Lovers Month

Happy Father's Day



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Father's Day

Crossword

SOLUTION

