

FOOD AND FITNESS

**July 2021
Volume 228**

WEST VIRGINIA BUREAU OF SENIOR SERVICES

Provided Benefits of Dark Greens

Dark-green vegetables, a subgroup of vegetables, are outlined by the Dietary Guidelines for Americans (DGA) as, “All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, amaranth leaves, bok choy, broccoli, chamnamul, chard, collards, kale, mustard greens, poke greens, romaine lettuce, spinach, taro leaves, turnip greens, and watercress.”



According to NHANES analysis, about 78 percent of the US population, for people ages one and older, are not meeting the recommendations for consuming dark-green vegetables. The guidance from the DGAs states that for a 2000 calorie diet, one should have 1.5 cup equivalents of these vegetables per week. For raw leafy vegetables, 1 cup is equal to a half cup equivalent. For instance, if you eat all of your dark-green vegetables (in the raw leafy form), you would need to eat a total of 3 measuring cups to get to the 1.5 cup equivalents for the week, according to the DGAs guidance.

(Continues on Page 2)

Inside this issue:

Provided Benefits of Dark Greens	1-2
Quick Guide to 12 Leafy Greens	3-4
Vegetable—Iceberg Lettuce	5-6
Recipe—Grilled Shrimp Lettuce Cups	7
Brain Exercise	8
July Monthly Observances	9
Monthly Motivator Tips	10

Provided Benefits of Dark Greens

(Continued from Page 1)

Dark-green vegetables are packed with nutrients. Depending on the dark-green vegetable you choose, there might be a variance in the amount vitamins it contains. Nevertheless, they are grouped together because of their similarities. Some of these vegetables are rich in vitamin A, C, E, K, and the list goes on. The benefits from these vegetables are ones that should not be ignored.



Folate is one of the vitamins that is provided in these dark-green vegetables. Folate is linked to promoting heart health, can prevent certain birth defects, and is important in DNA duplication and repair. The DNA portion is important in protecting against cancer.

Vitamin K tends to be a battle when it comes to medication. Vitamin K interacts with certain blood thinning medications. The key for vitamin K and these medications is to eat a consistent amount. However, vitamin K provides many health benefits. Vitamin K supports bone health and is used to protect against osteoporosis. It is also known to help prevent inflammatory disease.

Dark-green vegetables are also high in antioxidants which is important in cancer prevention. Research has shown that eating 2 to 3 servings of dark-green vegetables per week reduces the risk for stomach, breast, and skin cancer. Antioxidants are also linked to decrease the risk of heart disease.

The dark-green vegetable subgroup has many benefits that are great. Not only are the dark-green vegetables one of the most important color subgroups, but they are low in calories and carbohydrates. These vegetables also contain dietary fiber that promotes gut and intestinal health. Dark-Greens can be eaten in such a large variety of ways. From eating a salad, to adding them into a smoothie. Find more ways to add dark-green vegetables into your day so you are hitting the recommendations based off of your calorie needs.

QUICK GUIDE TO 12 LEAFY GREENS

**When it comes to leafy greens, you have many choices.
We highlight 12 of the most commonly used leafy greens.**

- What's the difference in calories for arugula vs. spinach?
- Which leafy greens have a peppery taste?
- Which leafy greens are a good source of potassium?
- Which leafy green is often used in Mediterranean cooking?

Read below to find the answers to these questions and more.



ARUGULA



- has a peppery taste
- is used in salads
- source of potassium
- 3 calories per serving
- serving size is ½ cup

SPINACH



- good source of vitamins A, C and K plus potassium
- 987% of DV for vitamin K
- good source of antioxidants
- 7 calories per serving
- serving size is 1 cup

COLLARDS (Collard greens)



- use as a wrap (instead of tortilla or bread)
- add them to a protein dish
- often used in Southern-style cooking
- 11 calories per serving
- serving size is ½ cup

BEEF GREENS



- good source of vitamins A and C
- sauté, eat in a salad or by themselves
- the greens contain more nutrients than the root
- 39 calories per serving (boiled)
- serving size is 1 cup

DANDELION



- good source of Vitamins A, C, E, K, B6, Thiamin, Riboflavin, plus Calcium, Iron, Potassium
- use the root, flower and/or the leaf
- stir fry with onions, red pepper and garlic cloves
- 25 calories per serving
- serving size is 1 cup

SWISS CHARD



- the taste is often compared to beets
- sauté with parmesan cheese and lemon
- popular in Mediterranean cooking
- 7 calories per serving
- serving size is 1 cup



MUSTARD GREENS

- red and green leaf varieties available
- has a peppery taste
- when you cook it you'll smell mustard
- 15 calories per serving
- serving size is 1 cup



TURNIP GREENS

- good source of vitamins A, C and K
- often more tender than other leafy greens
- often eaten boiled
- 29 calories per serving
- serving size is 1 cup



ENDIVE

- bitter taste
- use in a salad or as a side dish
- 4 calories per serving
- serving size is ½ cup
- makes a great addition to a salad
- serving size is 1 cup



ROMAINE

- crispier than many leafy greens
- good source of dietary fiber, vitamins A, C, K, Thiamin, Folate, plus Iron, Potassium and Manganese
- 8 calories per serving
- serving size is 1 cup



KALE

- Has a ruffled edge
- Comes in a variety of colors
- 33 calories per serving
- serving size is 1 cup



WATERCRESS

- has a peppery taste
- makes a great addition to a salad
- 4 calories per serving
- serving size is 1 cup

Additional Tips

- "The darker the healthier." That means that red leaf is a little better for you than green.
- The serving size for leafy greens is between ½ cup and 1 cup (about the size of half a baseball).

Get Your Greens from these Nature's Sunshine Products

- Nature's Harvest
- Ultimate GreenZone® caps
- Ultimate GreenZone® powder

<https://www.naturessunshine.com/us/product/natures-harvest-465-g-15-servings/3090/>

<https://www.naturessunshine.com/us/product/greenzone-ultimate-180-caps/1104/>

<https://www.naturessunshine.com/us/product/greenzone-ultimate-powder-368-g/1103/>

VEGETABLE—ICEBERG LETTUCE

Iceberg lettuce is the most common type of lettuce used in the United States. Iceberg lettuce grows in a round sphere shape referred to as a head. A head of lettuce can grow in a range of sizes. Grocery stores usually carry them in the medium to large size which is close to 10 to 12 inches in diameter. The outside of the iceberg lettuce is a green color and leafy. As you peel back the layers and get closer to the center of the head, the color of the lettuce changes to a white or yellow colored interior. The center part of the lettuce contains a higher water content and gets more crisp leaves. The lettuce overall contains a crunchy texture and has a mild, yet sweet flavor.

Iceberg lettuce is considered to be a good source of potassium, iron, calcium, fiber, vitamin A, vitamin C, and vitamin K. Iceberg lettuce can be eaten both raw and cooked. When cooking iceberg lettuce, common methods are to braise or stir-fry it. Most often, iceberg lettuce is used for making salads or topping off sandwiches. Get creative and try iceberg lettuce in a new way!



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

Caloric Ratio Pyramid for Lettuce, iceberg (includes crisphead types), raw

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

76%	8%	16%
Carbs	Fats	Protein

Estimated Glycemic Load

1

0 250

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 low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Vitamin B6, Iron and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate and Manganese.

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

Lettuce, iceberg (includes crisphead types), raw



Serving size: 1 cup shredded (72g) ▼

NUTRITION INFORMATION

Amounts per 1 cup shredded (72g)

Calorie Information

Amounts Per Selected Serving	%DV
Calories	10.1 (42.3 kJ) 1%
From Carbohydrate	7.7 (32.2 kJ)
From Fat	0.8 (3.3 kJ)
From Protein	1.6 (6.7 kJ)
From Alcohol	0.0 (0.0 kJ)

Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	0.6 g 1%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	361 IU 7%
Vitamin C	2.0 mg 3%
Vitamin D	~ ~
Vitamin E (Alpha Tocopherol)	0.1 mg 1%
Vitamin K	17.4 mcg 22%
Thiamin	0.0 mg 2%
Riboflavin	0.0 mg 1%
Niacin	0.1 mg 0%
Vitamin B6	0.0 mg 2%
Folate	20.9 mcg 5%
Vitamin B12	0.0 mcg 0%
Pantothenic Acid	0.1 mg 1%
Choline	4.8 mg
Betaine	0.1 mg

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	2.3 g 1%
Dietary Fiber	0.9 g 3%
Starch	0.0 g
Sugars	1.4 g

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	0.1 g 0%
Saturated Fat	0.0 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	37.4 mg
Total Omega-6 fatty acids	15.1 mg

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

[More details ▼](#)

Minerals

Amounts Per Selected Serving	%DV
Calcium	13.0 mg 1%
Iron	0.3 mg 2%
Magnesium	5.0 mg 1%
Phosphorus	14.4 mg 1%
Potassium	102 mg 3%
Sodium	7.2 mg 0%
Zinc	0.1 mg 1%
Copper	0.0 mg 1%
Manganese	0.1 mg 4%
Selenium	0.1 mcg 0%
Fluoride	~

Recipe– Grilled Shrimp Lettuce Cups

Ingredients

- 1 ½ lb. raw medium shrimp, peeled and deveined, tails removed
- ¼ cup olive oil
- 2 small fresh red Thai chiles, stemmed and finely chopped
- 1 stalk lemongrass, trimmed, bruised with a mallet, and cut into 2" pieces
- 1 (4"-piece) ginger, peeled and grated
- Kosher salt and freshly ground black pepper, to taste
- 7 (10") bamboo skewers, soaked in water for 30 minutes
- 4 small radishes, julienned
- 1 medium carrot, julienned
- 1 cup cilantro leaves
- 1 cup Thai basil leaves
- 1 head iceberg lettuce, crisp inner leaves only, for serving
- ♦ Sweet chili sauce, for serving



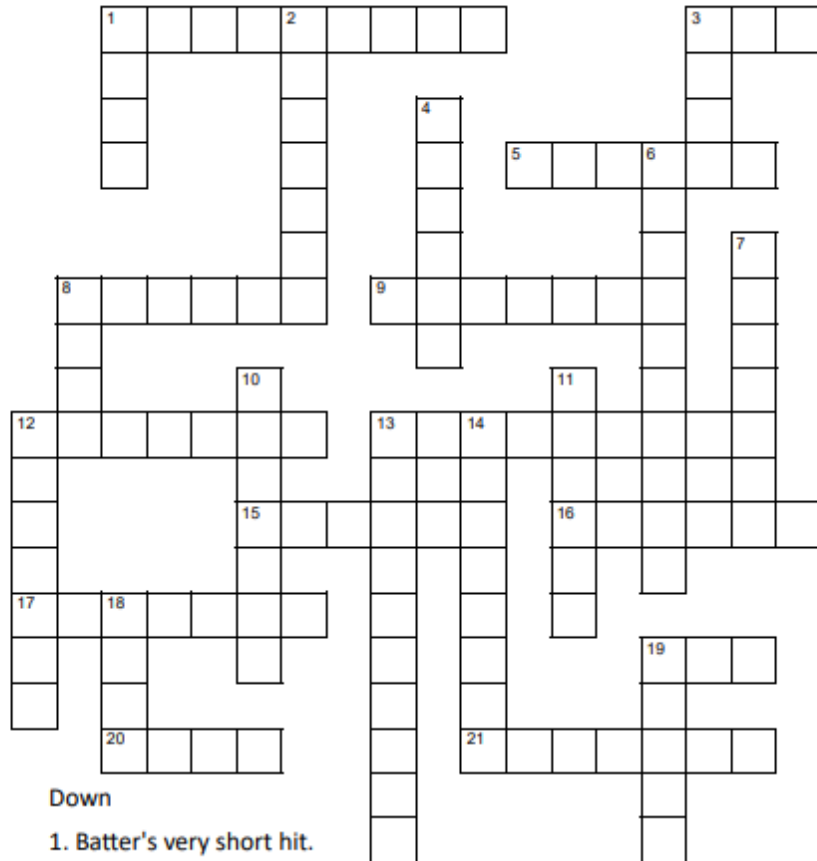
Directions

1. Combine shrimp, oil, chiles, lemongrass, ginger, salt, and pepper in a bowl; toss to combine. Cover and refrigerate at least 4 hours or up to overnight.
2. Heat a charcoal grill or set a gas grill to high; bank coals or turn off burner on one side. Heat a flat cast-iron griddle over coals until very hot. Remove shrimp from marinade and thread onto skewers; place on the flat cast-iron, flipping once, until slightly charred and cooked through, about 3 minutes. Remove shrimp from skewers and serve with radishes, carrots, cilantro, and Thai basil leaves in lettuce leaves; drizzle with sweet chili sauce.

Brain Exercise

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

Baseball Time



Across

1. Simple seating for the fans.
3. Ball that is hit to the outfield.
5. This hit gets the batter to first base.
8. Player who is ready to swing.
9. Puffed corn snack.
12. Roasted, salty snack.
13. His position is between second and third base.
15. Where the team sits when not playing.
16. There are nine of these in a game.
17. Four base hit.
19. Baseball player headwear.
20. Group of players.
21. Part of the field between the bases.

Down

1. Batter's very short hit.
2. Position behind home plate.
3. Hit that is out of bounds.
4. Frankfurter in a bun.
6. Seating in a large stadium.
7. Pitcher's place to warm up.
8. Baseball runner's destination.
10. Large structure where baseball is played.
11. There of these and you are out.
12. He throws the ball.
13. Where the game tally is shown.
14. Area of the field outside of the diamond.
18. Catcher's protective glove.
19. Large group of people.



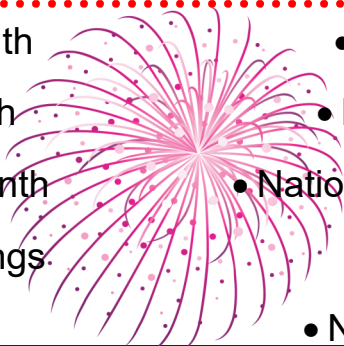
JULY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Creative Ice Cream Flavors Day	2 I Forgot Day	3 Eat Beans Day
4 Independence Day	5 National Apple Turnover Day	6 National Fried Chicken Day	7 Chocolate Day	8 National Blueberry Day	9 National Sugar Cookie Day	10 Teddy Bear Picnic Day
11 World Population Day	12 Pecan Pie Day	13 National French Fries Day	14 National Macaroni and Cheese	15 Cow Appreciation Day	16 Fresh Spinach Day	17 Peach Ice Cream Day
18 National Ice Cream Day	19 National Daiquiri Day	20 National Lollipop Day	21 National Hot Dog Day	22 Hammock Day	23 Vanilla Ice Cream Day	24 Tell an Old Joke Day
25 National Chili Dog Day	26 Aunt and Uncle Day	27 Walk on Stilts Day	28 National Chocolate Milk Day	29 National Lasagna Day	30 National Cheese-cake Day	31 National Watermelon Day

Monthly Observances

- Cell Phone Courtesy Month
- National Blueberry Month
- National Anti-Boredom Month
- National Month for Weddings
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month



Health Motivator Tips

June

Vitamin D

By Andi Hoover, WVU Extension Agent – Greenbrier County

Monthly Challenge: Make sure to eat the appropriate amount of vitamin D foods each day. Try to spend at least 20 to 30 minutes in direct sunlight several times a week.

Health Motivator Talking Points

- Vitamin D helps maintain healthy bones. Calcium can only be absorbed when vitamin D is present; therefore, both are needed for bone growth and remodeling.
- Vitamin D helps with immune function and the reduction of inflammation.
- Research has shown that vitamin D may play a role in protecting you from diseases, such as diabetes, heart disease, depression, osteoporosis and certain types of cancer.
- It is the 'sunshine vitamin' – your body makes vitamin D when in contact with sunlight. People may not get enough vitamin D due to cloudy days, sunscreen, clothing, etc.
- Vitamin D is found in some foods and added to other foods, such as fortified milk and cereal, egg yolks, butter, liver and fish oils and fatty fish, such as tuna, sardines, mackerel and salmon (canned tuna is easy to stock up on and fairly inexpensive).
- Vitamin D deficiencies can cause osteoporosis, brittle bones and increase your risk of fractures. A lack of vitamin D can affect your immune system and your nervous system.
- Those at risk for vitamin D deficiency are individuals who have dark skin, older adults, individuals with digestive diseases that result in malabsorption and individuals with limited sun exposure.
- Because Vitamin D is an important nutrient, talk to your doctor if you are concerned about your intake.

**Chuckle of the Month:**

A mother went into a pharmacy and said to the pharmacist "I would like vitamins for my son."
 "Vitamin A, D or K?" the pharmacist asked.
 "It doesn't matter," the mother replied.
 "He can't read yet."

**Quick Club Activity:**

Look at five or six food labels (items from your home) and see if vitamin D is listed. Is "fortified with vitamin D" written on the package anywhere?

If it is a sunny day, have club members walk outside, and let the sun hit their skin (arms, legs, face) for two to three minutes.

Learn More

www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792

www.hsph.harvard.edu/nutritionsource/vitamin-d/

www.healthline.com/nutrition/vitamin-d-deficiency-symptoms
www.healthline.com/nutrition/9-foods-high-in-vitamin-d#1

www.healthline.com/nutrition/vitamin-d-101#interaction



WEST VIRGINIA BUREAU OF SENIOR SERVICES

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive

Huntington, WV 25575

Kathrine.Clark@marshall.edu



**HOME
OF ★ THE
FREE
BECAUSE
OF ★ THE
BRAVE**

Brain Exercise Answers



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