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Food and Fitness

What Are Processed Foods and Which Ones Are Unhealthy?

Understanding what processed food means can be a challenge. According to the United States Department of Agriculture (USDA), processed food is defined as any raw agricultural commodity that has been subject to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging, or other procedures that alter the food from its natural state. Processing food can also add ingredients such as preservatives, flavors, vitamins, minerals, fats, salt, and sugar. Cooking food ourselves is also considered to be processing food.



The American Academy of Nutrition and Dietetics has made understanding the levels of processing with an easy scale that goes from minimally processed to mostly processed foods.

The first level covered is minimally processed foods. These foods include foods that are pre-prepped for convenience purposes. Foods like bagged lettuce, fresh cut fruits and/or vegetables, and roasted nuts to name a few. These foods have the least amount of processing done to them.

(Continues on Page 2)



What Are Processed Foods and Which Ones Are Unhealthy?

(Continued from Page 1)

The second level of processing foods are at their peak of ripeness. The purpose of processing at the peak of ripeness is to gain the most nutritional value and freshness from the food that is processed. Canned and frozen products such as vegetables and fruits are one of the most common foods that are in this level.

The third level contains foods that have added things like flavorings, colors, texture additives, and preservatives. Foods most associated with this level are foods like pasta sauces, salad dressings, yogurts, and bakery mixes.

The fourth level gains more processing but not the most. These are ready-to-eat foods. Foods here include crackers, chips, cookies, and deli meats to name a few.

The fifth (and last) level is the most heavily processed foods which include frozen meals or pre-made meals. These foods are the top of the list on processing. They should be avoided when possible.

Many foods that are processed are considered to be part of a normal healthy diet. Many processed foods have even been fortified or enriched with vitamins, minerals, or fiber to add to their nutritional value, even the highly processed ones. Choose the minimally processed foods over the mostly processed foods. Reading the packages of those food labels can give you more information about the food and its level of processing. The packages will indicate the amount of sodium, added sugars, preservatives, colors, and etc. Eating healthy starts with you and educating yourself.

Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost
50% of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1

Choose healthier processed foods.

By one recent estimate
highly processed foods
 contribute
50% of the calories & 90% of added sugars
 in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2

Seek healthier alternatives to highly processed foods.



Cook more meals
at home.



Swap highly processed
foods with less
processed options.



Try fruits and vegetables from
the produce aisle, the farmer's
market, or your own garden.

3

Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from
**PROCESSED, PREPACKAGED,
 AND RESTAURANT FOODS,**
NOT THE SALT SHAKER.



4

Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.

Vegetable—Mushrooms

Mushrooms are technically fungi and are not considered to be plants. The fungi family includes mildew, mold, yeast, and rust. However, mushrooms are vastly unique.

Mushrooms come in edible and inedible forms. Some edible species are the oyster and Portobello mushrooms. They provide a wide range of culinary use. The top ten most popular edible mushrooms are white button, cremini, Portobello, shiitake, chanterelle, porcini, enokitake, Lion's mane, morel, and shimeji. The flavors can range from mild to strong. The textures also vary depending on the species.

On the other hand, many mushrooms are inedible. Some of these mushrooms can be harmful if eaten or touched. Mushrooms can be turned into a form of vegan leather, used in skincare products and more.

Mushroom growth depends on the species. Most mushrooms like to be grown in a cool, damp area that is rich in nutrients.

Mushrooms that are edible are low in calories and are low in fat. Mushrooms contain antioxidants, B vitamins, potassium, vitamin D, beta glucan, and phytochemicals.



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

Caloric Ratio Pyramid for Mushrooms, white, raw

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

50%	13%	37%
Carbs	Fats	Protein

NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

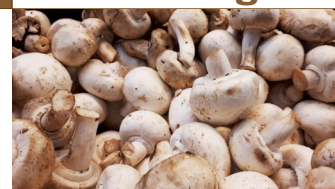
Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is low in Saturated Fat and Sodium, and very low in Cholesterol. It is also a good source of Dietary Fiber, Protein, Vitamin C, Folate, Iron, Zinc and Manganese, and a very good source of Vitamin D, Thiamin, Riboflavin, Niacin, Vitamin B6, Pantothenic Acid, Phosphorus, Potassium, Copper and Selenium.

Mushrooms, white, raw

Serving size: 1 cup, pieces or slices (70g) ▼



NUTRITION INFORMATION

Amounts per 1 cup, pieces or slices (70g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	15.4 (64.5 kJ)	1%
From Carbohydrate	7.7 (32.2 kJ)	
From Fat	2.0 (8.4 kJ)	
From Protein	5.7 (23.9 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.2 g	4%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	1.5 mg	2%
Vitamin D	12.6 IU	3%
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	0.0 mcg	0%
Thiamin	0.1 mg	4%
Riboflavin	0.3 mg	17%
Niacin	2.5 mg	13%
Vitamin B6	0.1 mg	4%
Folate	11.2 mcg	3%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	1.0 mg	10%
Choline	12.1 mg	
Betaine	6.6 mg	

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	2.3 g	1%
Dietary Fiber	0.7 g	3%
Starch	0.0 g	
Sugars	1.2 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	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	97.3 mg	

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

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	2.1 mg	0%
Iron	0.3 mg	2%
Magnesium	6.3 mg	2%
Phosphorus	60.2 mg	6%
Potassium	223 mg	6%
Sodium	3.5 mg	0%
Zinc	0.4 mg	2%
Copper	0.2 mg	11%
Manganese	0.0 mg	2%
Selenium	6.5 mcg	9%
Fluoride	~	

Recipe—Wild Rice Mushroom Soup

Ingredients

- ◆ 1 medium yellow onion
- ◆ 3 celery ribs
- ◆ 3 medium carrots
- ◆ 12 ounces mushrooms: cremini* (aka baby bella) or a mix of baby bella and shiitake
- ◆ 3 garlic cloves
- ◆ 2 tablespoons olive oil
- ◆ 2 tablespoons butter
- ◆ 8 cups vegetable broth
- ◆ 1 teaspoon garlic powder
- ◆ 1 cups or 7 ounces wild rice (not a wild rice blend)
- ◆ 1 tablespoon each dried thyme, dried oregano and dried dill
- ◆ 1 ½ teaspoons kosher salt
- ◆ ½ teaspoon black pepper
- ◆ ½ cup milk
- ◆ ½ cup grated Parmesan cheese
- ◆ 1 tablespoon cornstarch
- ◆ ½ tablespoon soy sauce, or more salt to taste



Directions

1. Dice the onion. Thinly slice the celery. Dice the carrots into rounds. Clean the mushrooms and slice them (if you're using shiitake, make sure to remove the tough stems). Mince the garlic.
2. Add the olive oil and butter to a Dutch oven or soup pot. Add the onion, celery and carrot and cook, stirring occasionally for 5 minutes until lightly browned. Add mushrooms and saute for 2 minutes. Add the garlic and stir for 2 minutes.
3. Add the vegetable broth, wild rice, spices, kosher salt, and black pepper. Bring to a simmer. Cover the pot and simmer for 45 minutes to 1 hour, until rice breaks open, stirring occasionally.
4. When the wild rice is cooked, stir in the milk and Parmesan cheese. Remove 2 cups from the soup using a liquid measuring cup (including veggies, rice and broth) and place it in a blender. Add the cornstarch, then blend. Pour it back into the soup.
5. Stir in the soy sauce, taste and adjust seasonings as desired. Enjoy warm. Stores refrigerated for 3 days.

Recipe Received From: [Wild Rice Mushroom Soup – A Couple Cooks](#)

Brain Exercise

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



Lucille Ball

1911 - 1989

"Once in his life, every man is entitled to fall madly in love with a gorgeous redhead."

DIRECTIONS:

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



Actress
Ball
Comedian
Crystal Award
Desi Arnaz
Desilu Productions
Desiree
Eloped
Emmy Awards
Ethel

Fred
Gary Morton
Glamorous
Golden Globe
Hall of fame
Here's Lucy
Hilarious
I Love Lucy
Icon
Jamestown

Life with Lucy
Lucille
Model
New York
Producer
Series
Sitcom
Television
The Lucy Show
Vivian Vance

Monthly Observances

- Aviation History Month
- Child Safety Month
- International Drum Month
- National Adoptions Awareness Month
- Nationals Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- National Sleep Comfort Month
- World Vegan Month

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 World Vegan Month	2 Deviled Egg Day	3 Sandwich Day	4 Men Make Dinner Day	5 Guy Fawkes Day	6 National Nacho Day
7 Bittersweet Chocolate with Almonds Day	8 Cook Something Bold Day	9 World Freedom Day	10 Forget Me Not Day	11 Veteran's Day	12 Chicken Soup for the Soul Day	13 Caregiver Appreciation Day
14 World Diabetes Day	15 Clean Your Refrigerator Day	16 Button Day	17 Take a Hike Day	18 Occult Day	19 Have a Bad Day Day	20 Universal Children's Day
21 World Hello Day	22 Go For a Ride Day	23 Eat a Cranberry Day	24 National Tie One On Day	25 Thanksgiving Day	26 Shopping Reminder Day	27 Pins and Needles Day
28 French Toast Day	29 Square Dance Day	30 Stay at Home Because You Are Well Day				



November

Feel Free to Spree with Omega-3

By Denis M. Scott, WVU Extension Specialist –
Civic Engagement and Global Education



Monthly Challenge: Try a different food rich in omega-3 each week. Keep track of the different omega-3 ingredients you use and share with your friends.

Health Motivator Talking Points

- Omega-3 oils are fatty acids that our bodies can't make but are essential to our diets.
- Scientific studies have shown a correlation between eating omega-3s and preventing dementia, combating depression, supporting bone health, fighting inflammation, reducing rheumatoid arthritis and improving heart function.
- The simplest way to add healthy amounts of omega-3s to your diet may be eating seafood. The American Heart Association recommends eating at least two servings of fish per week.
- Albacore tuna packed in water, salmon and canned sardines are relatively common foods that are loaded with omega-3s.
- For additional omega-3s, use a little flax seed oil for making salad dressings, or substitute it for fats in baking, dips, soups and sauces.
- Chia seeds also are an excellent source of omega-3s. Sprinkle over yogurt, salad, soup and cereal, or enhance smoothies or baked goods without changing the flavor.
- Walnuts and food fortified with omega-3s, such as certain brands of eggs, milk, yogurt and juice, are good sources of omega-3s.
- Consult with your doctor on recommendations for over-the-counter omega-3 dietary supplements as well as prescription-strength fish oils.

Quick Club Activity:

Do an omega-3 dance based on the 1964 song "C'mon and Swim" performed by Bobby Freeman. Get up and move to this aquatic-inspired dance hit.

Move your arms in a swimming motion while walking in place or around the room. At intervals, bend your knees while holding your nose pretending to go underwater. Mimic treading water to incorporate differing arm movements.

For more fun watch the RetroTVCentra YouTube link (<https://www.youtube.com/watch?v=h6S5v6lLEgs>) for a compilation of 1960s film and television clips that go along with the song. When you catch your breath from dancing, try to name some of the actors, actresses or shows featured in the video.



Chuckle of the Month:

A woman at the pharmacy was overheard saying, "Be careful picking up that box of omega-3 pills. You might get a super-fish-oil injury."

Learn More

efaeducation.org/
omega3scores.com/



Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

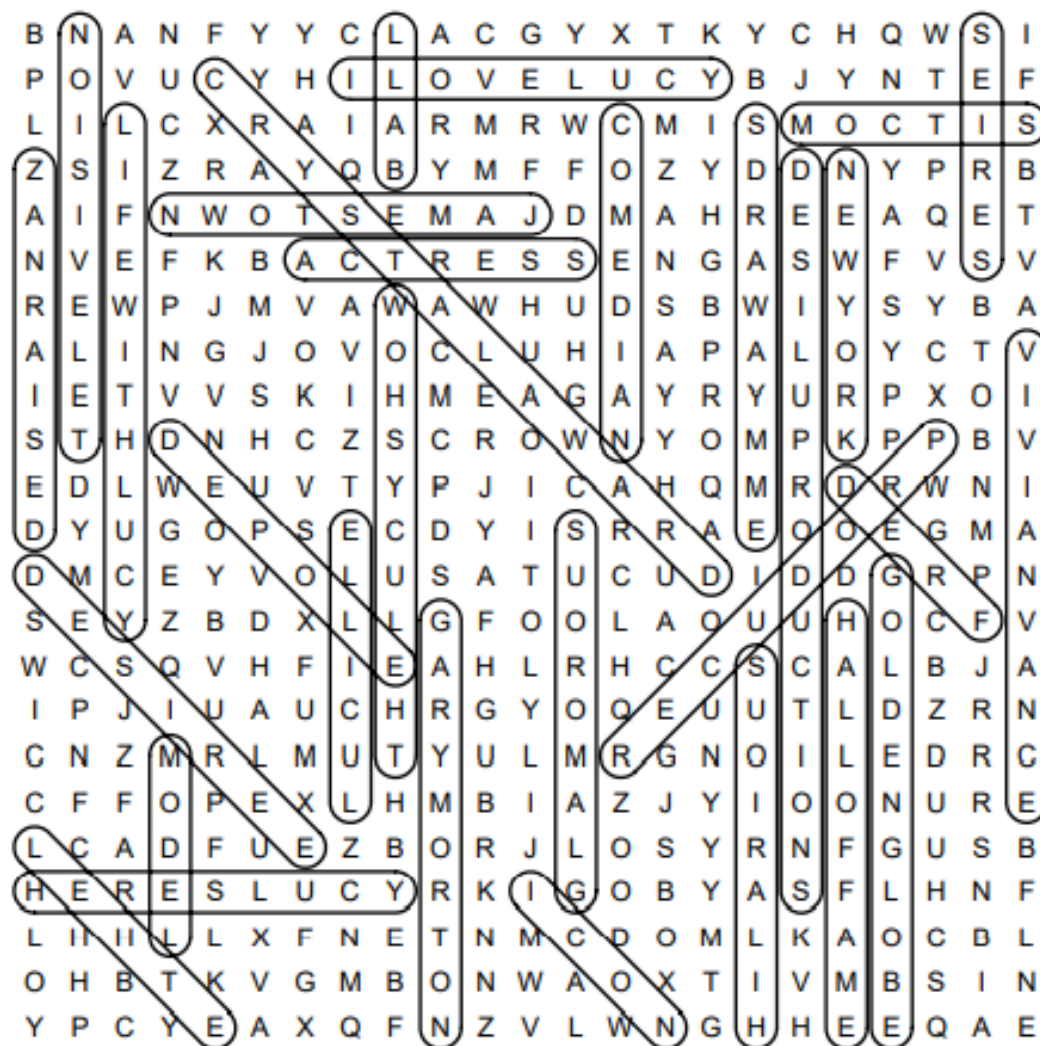
1 John Marshall Drive

Huntington, WV 25575

Kathrine.Clark@marshall.edu



Brain Exercise Answers



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the

West Virginia Bureau of Senior Services.