

Food and Fitness



REASONS TO SPEAK WITH A DIETITIAN FOR NUTRITION RELATED CONCERNS

Did you know that as an older American you have the ability to speak with a Registered Dietitian? It is common that older Americans (and people in general) do not understand the full scope of what a dietitian can provide for nutrition counseling. To add to that, not knowing how to get in touch with a dietitian who offers these kinds of services can be a challenge. The good news is, if you are a part of your local senior center that works with the West Virginia Bureau of Senior Services, this service is now offered to you for free.

Dietitians are more useful than most of the diet information for common areas such as weight loss, diabetes, hypertension, or kidney disease. Granted those are very important needs and those services are great, but dietitians can offer support in most all aspects of food and eating.

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DIETITIAN



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REASONS TO SPEAK WITH A DIETITIAN FOR NUTRITION RELATED CONCERNS

Weight is one of the most common reasons to speak with a dietitian. Not only are we talking about weight loss but it can also be weight gain, unintentional weight loss, considering bariatric weight loss surgery, and anything related to weight change. Diet plans for weight loss should be diets that one can sustain over their lifetime and not diets that are considered to be fad diets.

Other reasons you may consider wanting to reach out to a dietitian are for disease states or other health related nutritional information. This includes, but are not limited to, diabetes, hypertension, fluid retention, low sodium, kidney, joint or bone health, and many more reasons. You can also add into this section wanting to have a healthy relationship with foods—mental health.

Some other reasons can include:

- Eating alone/cooking for one
- Lack of mobility
- How to buy healthy foods on a budget
- Increase or decrease an appetite
- Difficulty chewing or swallowing
- Digestive problems
- Caring for an aging person
- Smarter eating habits
- Anxiety or depression changing your food habits
- Food allergy or intolerance issues

Support from a dietitian can come in all kinds of forms. Dietitians are around for all the aspects of eating and the simple thing is, we all eat. Some may have a healthy relationship with food but struggle with budgeting and others may have differing issues. Most people can benefit from the kinds of services that dietitians provide. If you can benefit from any of this information, reach out, my contact information is listed on page nine.

10 Reasons to See a Dietitian

Support a healthy relationship with food

Manage/prevent chronic health conditions

Have fewer aches, pains, and joint issues

Help with anxiety and depression

Have a sustainable diet

Help with digestive issues

Support you before, during, and after pregnancy

Navigate food allergies and intolerances

Help with what foods to make at home

Improve your performance in sports

DIETITIAN



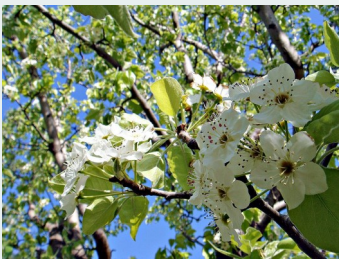
Often regulated by government bodies

NUTRITIONIST



Anyone can call themselves a nutritionist

FRUIT—PEAR



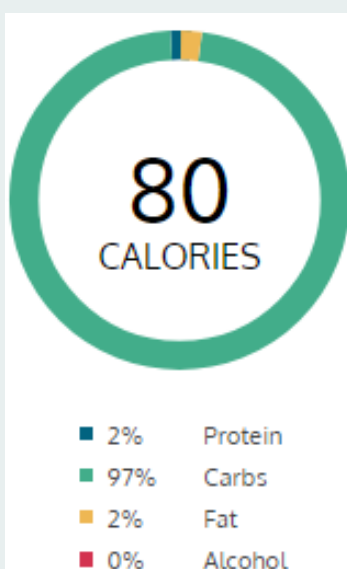
Pears are grown on trees and belong in the rose family (Rosaceae). Pears originated from southeastern Europe. Pears are grown all over the world. The most common places are Chile, New Zealand, Australia, Argentina, and the USA. In the United States, most pears are grown in Oregon and Washington.

Pears ripen best when picked firm and ripen off of the tree. They are considered to be fully mature during the picking process but are not necessarily considered to be ripe yet. Pears often need time to ripen after you have purchased them.

Pears are a very versatile fruit. They can be eaten raw, baked, poached, sautéed, roasted, and grilled. Pears can be turned into jams, jellies, and the like. They can even be cooked in sweet or savory dishes.

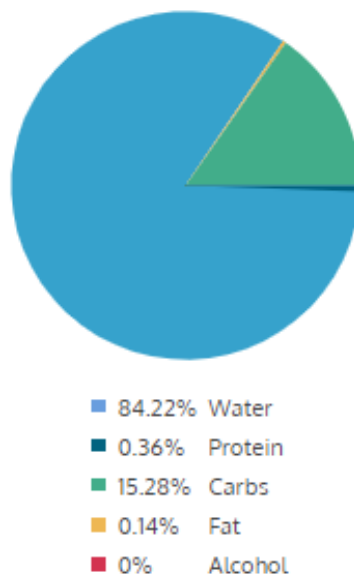
Pears contain an excellent source of dietary fiber. They also are a good source of vitamin C. Pears also contain notable amounts of copper, potassium, and vitamin K.

WHERE DO THE CALORIES COME FROM?



4

WHAT IS THIS FOOD MADE OF?



Minerals

-- = missing data

%DV

Weight	140g	
Calcium	12.6mg	1%
Iron, Fe	0.3mg	1%
Potassium, K	162.4mg	3%
Magnesium	9.8mg	2%
Phosphorus, P	16.8mg	1%
Sodium	1.4mg	0%
Zinc, Zn	0.1mg	1%
Copper, Cu	0.1mg	13%
Manganese	0.1mg	3%
Selenium, Se	0.1mcg	0%
Fluoride, F	3.1mcg	0%

NUTRITION FACTS



Pears

Pears Raw

Serving Size:

1 x 1 cup, slices (140g)

Nutrition Facts

Serving Size

1 cup, slices (140g)

Calories 80

% Daily Value *

Total Fat 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1.4mg	0%
Total Carbohydrate 21.3g	8%
Dietary Fiber 4.3g	16%
Total Sugars 13.7g	27%
Includes --g Added Sugars	--%
Protein 0.5g	1%
Vitamin C 6mg	7%
Vitamin D 0mcg	0%
Iron 0.3mg	1%
Calcium 12.6mg	1%
Potassium 162.4mg	3%
Phosphorus 16.8mg	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	140g	
Vitamin A, RAE	1.4mcg	0%
Vitamin C	6mg	7%
Thiamin (B1)	0mg	1%
Riboflavin (B2)	0mg	3%
Niacin (B3)	0.2mg	1%
Vitamin B5 (PA)	0.1mg	1%
Vitamin B6	0mg	2%
Biotin	--mcg	
Folate (B9)	9.8mcg	2%
Folic acid	0mcg	0%
Food Folate	9.8mcg	2%
Folate DFE	9.8mcg	2%
Choline	7.1mg	1%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	19.6mcg	0%
Carotene, alpha	1.4mcg	0%
Cryptoxanthin, beta	2.8mcg	0%
Vitamin A, IU	35IU	
Lycopene	0mcg	
Lut + Zeaxanthin	61.6mcg	
Vitamin E	0.2mg	1%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	6.2mcg	5%
Vitamin K1	0mcg	

RECIPE—APPLE AND PEAR CRUMBLE

Ingredients

- 1 ½ cups rolled oats
- 1 ½ cups brown sugar, divided
- ½ cup all-purpose flour
- ½ cup butter, softened
- 2 cups peeled and diced apples
- 2 cups peeled and diced pears
- 1 teaspoon ground cinnamon
- ½ cup sliced almonds, or to taste



Recipe Received From: [Apple and Pear Crumble Recipe \(allrecipes.com\)](http://allrecipes.com)

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Mix oats, ¾ cup brown sugar, flour, and butter together in a bowl until crumbly.
3. Mix apples, pears, remaining ¾ cup brown sugar, and cinnamon together in a separate bowl; spread into the bottom of a 9x9-inch glass pan. Sprinkle oat mixture atop apple-pear mixture; top with almonds.
4. Bake in the preheated oven until the top is golden brown, about 40 minutes.



BRAIN EXERCISE

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



Halloween

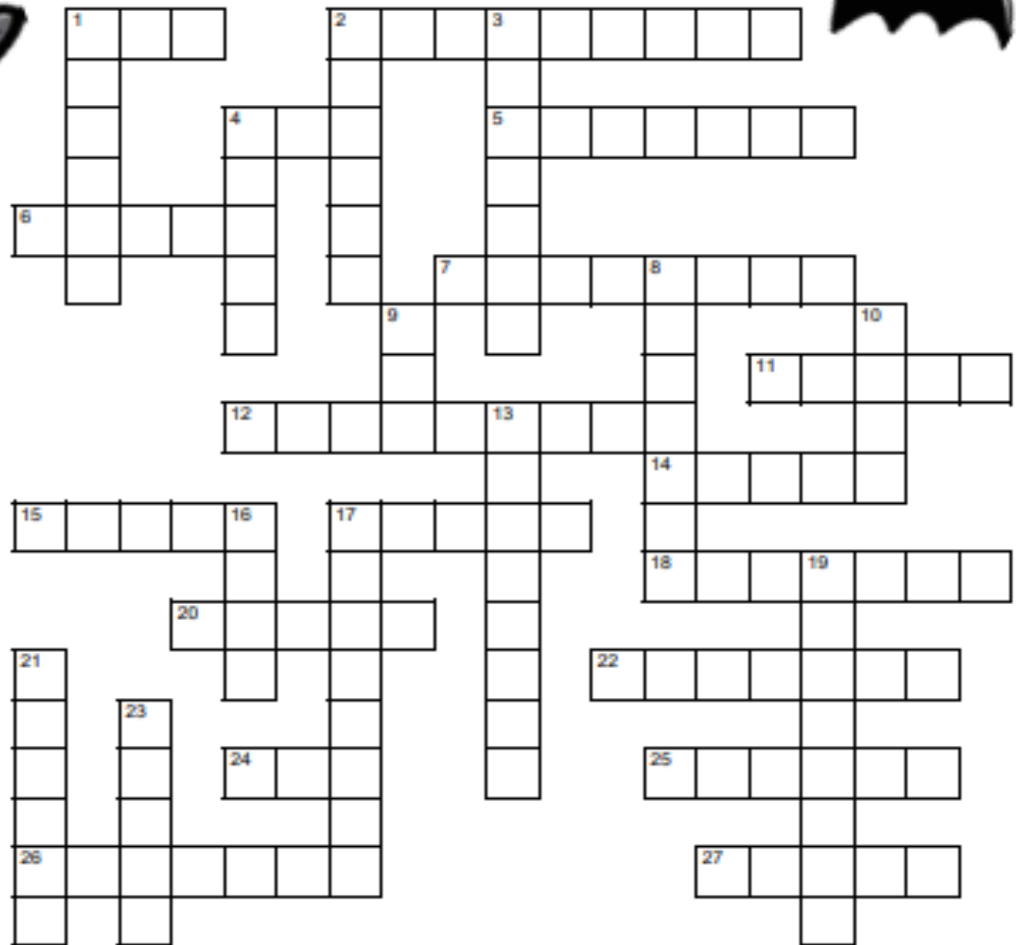


Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. _____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. _____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. _____ house.



9. Who? Who?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and _____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>International Coffee Day</i>	2 <i>National Custodial Worker Day</i>	3 <i>Oktoberfest</i>	4 <i>National Kale Day</i>	5 <i>World Teacher's Day</i>	6 <i>World Smile Day</i>	7 <i>World Forgiveness Day</i>
8 <i>American Touch Tag Day</i>	9 <i>Columbus Day</i>	10 <i>National Angel Food Cake Day</i>	11 <i>It's My Party Day</i>	12 <i>Old Farmers Day</i>	13 <i>Friday the 13th</i>	14 <i>National Dessert Day</i>
15 <i>White Cane Safety Day</i>	16 <i>World Food Day</i>	17 <i>National Pasta Day</i>	18 <i>Meatloaf Appreciation Day</i>	19 <i>Evaluate Your Life Day</i>	20 <i>International Chefs Day</i>	21 <i>International Nacho Day</i>
22 <i>National Nut Day</i>	23 <i>TV Talk Show Host Day</i>	24 <i>National Bologna Day</i>	25 <i>World Pasta Day</i>	26 <i>National Mince-meat Day</i>	27 <i>Navy Day</i>	28 <i>Make a Difference Day</i>
29 <i>Hermit Day</i>	30 <i>Mischief Night</i>	31 <i>Halloween</i>				



October Monthly Observations

- Adopt a Shelter Dog Month
- American Cheese Month
- American Pharmacist Month
- Apple Jack Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Cookie Month
- Eat County Ham Month
- National Piza Month
- National Popcorn Poppin' Month
- National Vegetarian Month
- Seafood Month

**Are you a senior
looking for free
nutrition education
or information?**

Contact me for more
information or to
schedule a free
appointment!

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Halloween

Crossword
SOLUTION

