

# Food and Fitness

West Virginia Bureau of Senior Services

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## Wound Healing with Nutrition

Everyone has had many experiences with cuts and bruises that we generally don't think twice about. A cut or bruise heals, and we move on. However, some wounds are not so simple. When dealing with more serious wounds like pressure ulcers or diabetic wounds, these can lead to infection, illness, and death if not cared for properly. These types of wounds are ones that will require more attention and can get worse if they are ignored. It is often wounds of this nature are more common in the older Americans and can be more life threatening in this particular age group.

Wound healing factors are determined by age, nutrition, comorbidities, medication, and lifestyle. Wound care is a multiple step process and by no means quick.

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## Wound Healing with Nutrition

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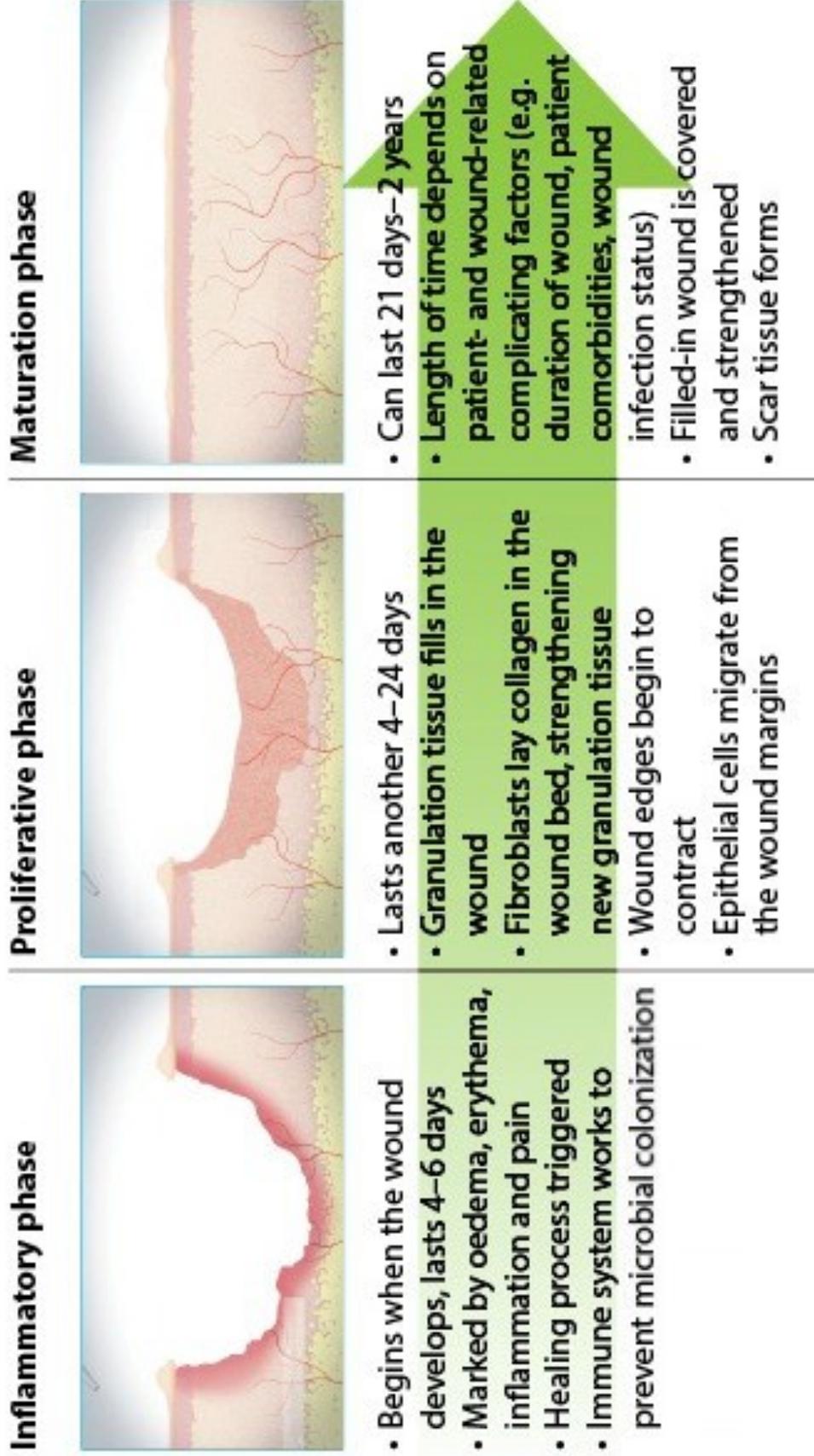
Nutrition is a key component in healing wounds successfully. There are a number of issues to address when caring for a wound, however, the nutrition side is what will be the focus of this article.



Wounds that are serious generally require medical attention. Also, nutrition support is a must. Additional amounts of energy, vitamins, minerals, protein, as well as fluids are needed. Some of the nutrition components that are a focus are protein, carbohydrates, zinc, vitamin A, and vitamin C. The roles of each are vital. **Protein** is required to promote growth and repairing damaged tissue. **Carbohydrates** are needed to provide energy for the white blood cells and boost collagen. **Zinc** helps promote the wound healing process by maintaining the durability of skin and mucosal membranes. Zinc boost your immune system which is also an important role in fighting infection. **Vitamin A** controls the inflammatory response. **Vitamin C** helps to form new collagen and is an antioxidant for wound healing.

Wounds are no laughing matter and need to be taken seriously. Depending on the severity of the wound, the care process for each person is different. Wounds can be cared for in a hospital, long term care facility, or even at home. Nutrition support is required in all of these setting and needs to be addressed to promote proper healing.

**Figure 1 | Phases of wound healing**



# Vegetable-Arugula



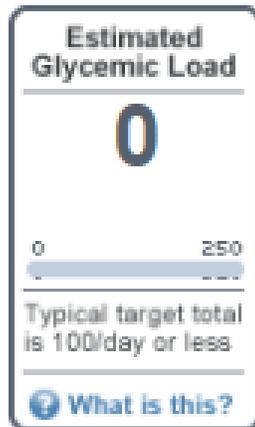
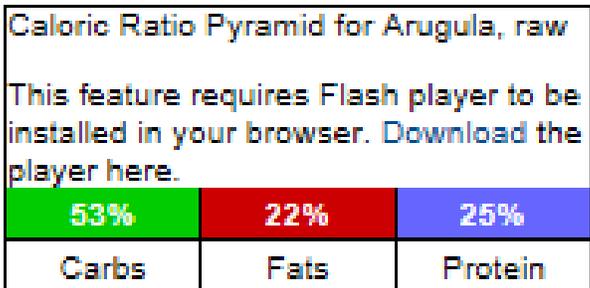
Arugula is scientifically known as *Eruca sativa* and is a member of the mustard or Brassicaceae family. Which includes vegetables like broccoli, kale, and Brussel sprouts. Arugula is less popular than other vegetables in its family even though it had been around for a long time. Arugula is a leafy green that is tender and has a tangy or peppery flavor which is due to its high sulfur content. The spicy aroma and flavor it has also make it naturally resistant to pests.

Arugula is available all year long. It is harvested when the leaves are mild in flavor and young or when they are fully mature at about 3 to 4 inches long. If the leaves mature to long, they become bitter.

Arugula is mostly eaten fresh like in salads but can also be cooked. Arugula cooks much faster than greens like kale since it is tenderer.

**Joke:**  
 What does a pirate put in their salad?  
 Arrrrrugula

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



### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

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

# Arugula, raw

Serving size:



## NUTRITION INFORMATION

Amounts per 1/2 cup (10g)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	2.5 (10.5 kJ)	0%
From Carbohydrate	1.3 (5.4 kJ)	
From Fat	0.6 (2.5 kJ)	
From Protein	0.6 (2.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.3 g	1%

[More details](#)

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	0.4 g	0%
Dietary Fiber	0.2 g	1%
Starch	0.0 g	
Sugars	0.2 g	

[More details](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	237 IU	5%
Vitamin C	1.5 mg	2%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	10.9 mcg	14%
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	1%
Niacin	0.0 mg	0%
Vitamin B6	0.0 mg	0%
Folate	9.7 mcg	2%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.0 mg	0%
Choline	1.5 mg	
Betaine	0.0 mg	

[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	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	17.0 mg	
Total Omega-6 fatty acids	13.0 mg	

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

[More details](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	16.0 mg	2%
Iron	0.1 mg	1%
Magnesium	4.7 mg	1%
Phosphorus	5.2 mg	1%
Potassium	36.9 mg	1%
Sodium	2.7 mg	0%
Zinc	0.0 mg	0%
Copper	0.0 mg	0%
Manganese	0.0 mg	2%
Selenium	0.0 mcg	0%
Fluoride	~	

## Pasta with Arugula, White Beans, and Walnuts

### Ingredients:

- \* 12 ounces bow-tie pasta
- \* 4 garlic cloves, thinly sliced
- \* 1 pound baby arugula
- \* 1/3 cup walnut pieces, toasted if desired
- \* Salt
- \* Pepper
- \* 4 tablespoons butter
- \* 1 can (15 ounces) cannellini beans, rinsed and drained



### Directions:

1. Cook pasta in a large pot of boiling salted water until al dente. Reserve 1/2 cup pasta water; drain pasta and set aside.
2. Place pasta pot over medium heat. Add garlic and 1 tablespoon butter; cook, stirring, until garlic is fragrant, about 2 minutes.
3. Add arugula to pot; toss until wilted. Add beans, pasta, and remaining 3 tablespoons butter; season with salt and pepper. Toss, adding enough reserve water to mixture to coat pasta. Garnish with walnuts.



# Brain Exercise

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

### MOTHER'S DAY

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19					20				21			22	
23				24				25		26			
	27		28				29				30	31	32
			33				34			35			
36	37	38				39				40			
41					42				43				
44				45					46			47	48
			49					50				51	52
53	54	55		56			57				58		
59			60				61				62		
63							64				65		
66							67				68		

# MOTHER'S DAY

## ACROSS

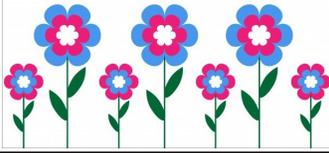
- 1 Deer
- 6 Heart
- 9 Walk slowly
- 13 Terminate
- 14 Vane direction
- 15 Tan color
- 16 Places
- 17 Permit
- 18 Aromas
- 19 Attention-Deficit  
Hyperactive Disorder  
(abbr.)
- 20 Female having the same  
parents as another person
- 22 Pouch
- 23 Downwind
- 24 Bewitch
- 25 Sight organs
- 27 Wilt
- 29 Responded
- 33 Greenwich Time
- 34 Headed
- 35 Air (prefix)
- 36 Sky-blue
- 39 What a cow chews
- 40 Put into the ground to grow
- 41 Solitary
- 42 Embrace affectionately
- 43 Spiritedness
- 44 Enthusiastic supporter
- 46 Flowers with thorny stems
- 49 Go boating
- 50 Charged particle
- 51 Brew
- 53 Police officer
- 56 Person whom you know  
well and like and who likes  
you
- 58 President (abbr.)
- 59 Reserved
- 61 Calorie
- 62 Impressionist painter
- 63 Full of swamp grass
- 64 Southwestern Indian
- 65 Open grassy area
- 66 Curved roof
- 67 Eastern Standard Time
- 68 Curt

# MOTHER'S DAY

## DOWN

- |                               |  |
|-------------------------------|--|
| 1 Essential                   | 40 Lowest in rank  |
| 2 Remained                    | 42 One who inherits  |
| 3 Female parent               | 43 Poke  |
| 4 Ill ___                     | 45 Pull candy  |
| 5 Possessive pronoun          | 47 Wage getter   |
| 6 DNA is a double one         | 48 Slumbers  |
| 7 Wields                      | 50 Cove  |
| 8 Improved                    | 52 _____ Lauder skin care products                         |
| 9 Doctoral degree             | 53 Printed document sent on a special occasion to a friend |
| 10 Country in SE Asia         | 54 Margarine   |
| 11 Vegetable                  | 55 Piece of writing with words that rhyme                  |
| 12 Record                     | 57 Food  |
| 15 Divided nation             | 58 Top of the head   |
| 20 September (abbr.)          | 60 Lyric poem  |
| 21 Looked at                  | 62 Clock time  |
| 24 Place where a person lives |  |
| 26 Sells illegally            |  |
| 28 Giant's wife               |  |
| 30 British drink              |  |
| 31 European sea eagle         |  |
| 32 Period                     |  |
| 34 Carry                      |  |
| 36 Loose gown worn at mass    |  |
| 37 Collection of animals      |  |
| 38 Card game                  |  |
| 39 Fancy handwriting curve    |  |





# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 May Day	2 Baby Day	3 Garden Meditation Day	4 Star Wars Day	5 National Hoagie Day
6 National Nurses Day	7 National Tourism Day	8 World Red Cross Day	9 National Reception- ist Day	10 Clean Up Your Room Day	11 Eat What You Want Day	12 National Train Day
13 Mother's Day	14 Dance Like a Chicken Day	15 National Chocolate Chip Day	16 Love a Tree Day	17 Pack Rat Day	18 Visit Your Relatives Day	19 Armed Forces Day
20 Pick Straw- berries Day	21 National Memo Day	22 Buy a Musical In- strument day	23 Lucky Pen- ny Day	24 National Escargot Day	25 National Wine Day	26 Interna- tional Jazz Day
27 Sun Screen Day	28 Memorial Day	29 Learn About Compost- ing Day	30 Water a Flower Day	31 Save Your Hearing Day		

## Schedule of Events

- Older Americans Month
- Date Your Mate Month
- Foster Care Month
- Gifts from the Garden Month
- Lupus Awareness Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Photography Month
- National Recommitment Month
- National Salad Month

May

# Avoid the Snap, Crackle, Pop of Arthritis

By Becky Smith, WVU Extension Agent – Harrison County



**Monthly Challenge:** Have fun with a different 30-second activity break every day.

## Health Motivator Talking Points

Did you know?

Arthritis is the nation's number one cause of disability. More than 50 million adults have diagnosed arthritis. Two-thirds of people with arthritis are younger than 65 and about 300,000 are children. Arthritis increases with age and is more common among women.

**What helps arthritis?**

- Losing weight through diet and exercise to reduce stress on joints.
- Eating oily fish that has omega-3 fatty acids and anti-inflammatory benefits.
- Using healthy oils, such as canola, olive, peanut and walnut oil.
- Eating brightly colored fruits and vegetables to lower inflammation.
- Eating antioxidant-rich foods, such as beets, berries, avocados, lentils, beans, nuts, whole grains, green tea, ginger, turmeric and dark chocolate.
- Asking your health care provider about necessary supplements.

**What hurts arthritis?**

- Eating saturated and trans fats in meats, full-fat dairy products and partially hydrogenated oils.
- Eating processed foods, such as deep-fried foods, white rice, sugar and refined breads.

## Quick Club Activity: Snap-Crackle-Pop Activity Breaks

1. Breathe deeply for 30 seconds, inhaling and then exhaling slowly.
2. March in place for 30 seconds.
3. Circle arms backward for 30 seconds.
4. Circle each wrist for 30 seconds.
5. Open and close fingers for 30 seconds.
6. Ask participants which activity break feels best for their body.
7. Share the Monthly Challenge.

## Learn More

<http://www.health.harvard.edu/nutrition/can-diet-improve-arthritis-symptoms>

<http://www.mayoclinic.org/nutrition-and-pain/art-20208638?pg=1>

<http://www.arthritis.org/living-with-arthritis/exercise/workouts/simple-routines/2-minute-workout.php>



### Chuckle of the Month:

*"I don't deserve this award, but I have arthritis and I don't deserve that either."*  
– Jack Benny

# Food and Fitness



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## Brain Exercise Answers



### Solution:

1	B	2	A	3	M	4	B	5	I		6	H	7	U	8	B		9	P	10	L	11	O	12	D
13	A	B	O	R	T					14	E	S	E				15	K	H	A	K	I			
16	S	I	T	E	S					17	L	E	T				18	O	D	O	R	S			
19	A	D	H	D				20	S	I	S	T	21	E	R			22	S	A	C				
23	L	E	E			24	H	E	X				25	E	Y	E	26	S							
		27	D	R	O	O	P					29	R	E	A	C	30	T	E	31	D				
					33	G	M	T				34	L	E	D		35	A	E	R	O				
36	A	37	Z	38	U	R	E			39	C	U	D			40	P	L	A	N	T				
41	L	O	N	E				42	H	U	G				43	P	E	P							
44	B	O	O	S	45	T	E	R						46	R	O	S	47	E	48	S				
					49	S	A	I	L				50	I	O	N			51	A	L	52	E		
53	C	O	54	P			56	F	R	I	57	E	N	D			58	P	R	E	S				
59	A	L	O	O	60	F				61	C	A	L			62	M	A	N	E	T				
63	R	E	E	D	Y					64	U	T	E			65	S	T	E	P	E				
66	D	O	M	E						67	E	S	T			68	T	E	R	S	E				