

Food and Fitness

VOLUME 286

MAY 2026

INSIDE THIS ISSUE:

BREAKING UPDATE

Nutrition Guidance Has Changed. Here's What You Need to Know.



Nutrition Guidance Has Changed. Here's What You Need to Know. **1-2**

Updates to Reflect Advances in Nutrition Science **3**

Herbs and Spices—Fennel **4-5**

Recipe—Fennel Frond Pesto **6**

Brain Exercise **7**

Monthly Observations **8**

Nutrition Counseling Contact Information **9**



2025–2030 Dietary Guidelines



Protein Takes Center Stage

Emphasizes high-quality, lean protein at every meal with recommendations increasing to 1.2–1.6 g/kg, up from 0.8 g/kg (50–100% more).



Clear Stance on Processed Foods

Recommends for reduced intake of products high in added sugar, salt, and refined carbs.



Added Sugar Guidance Tightens

Recommends avoiding added sugar for children under four with everyone else keeping intake low—about 10 g per meal (\approx 2 tsp).



Updated to Reflect Advances in Nutrition Science



Full-Fat Dairy Is Now Embraced

Recommends full-fat dairy (≈ 3 servings/day)—based on research showing it's more nutrient-dense than low-fat options.



Saturated Fat—Source Matters

Recommends saturated fats from whole-foods like lean meats and full-fat dairy with intake $\leq 10\%$ of calories.



Whole Food at the Foundation

Focuses on nutrient-dense, whole foods with protein, dairy, healthy fats, fruits, and vegetables at the core.



Herbs and Spices—Fennel

Fennel was originally grown in the Mediterranean regions. From there, it spread throughout Europe and eventually around the world, becoming a common ingredient in many dishes.

Fennel is a bit unique because its bulb is classified as a vegetable, its seeds are considered a spice, and its leaves (also called fronds), flowers, and stalks are classified as an herb. For this article we will focus on the herbs and spices.

Fennel fronds offer a light, sweet, fresh flavor with a bold aniseed note. They are soft, very delicate, and resemble dill in appearance. They are most often used raw — added to salads, used as a garnish or blended into pesto. They also provide vitamin C, vitamin A and potassium.

Fennel seeds have a bold mix of sweet, licorice-like anise flavor with a mild citrus note. Their taste is mild, savory and warm. Fennel seeds are often used in bread, sausage, pork dishes, and teas. The seeds contain fiber, calcium, iron and magnesium.

Fennel might be something that people have eaten many times without realizing it, especially in seed form. Now, trying fennel fronds to make a tasty pesto or salad might not be so far off the beaten path.



PAIRINGS

WHAT GOES
WELL WITH
FENNEL

Fruit & Vegetables

Apples, Beetroot, Brussel
Sprouts, Celeriac, Corn,
Cucumber, Garlic, Grape,
Grapefruit, Green bean, Guava,
Kohlrabi, Lemon, Mushroom,
Olive, Orange, Peach, Pear,
Pomegranate, Potatoes,
Tomatoes, Watercress,
Watermelon

Herbs, Nuts & Spices

Dill, Elderflower, Thyme,
Chickpea, Cumin, Chervil

Protein & Others

Chicken, Fish, Mussels,
Sausage



Recipe—Fennel Frond Pesto

Ingredients

- 1/2 cup Walnuts
- 1/4 cup Olive Oil
- 1/4 cup Distilled Water
- 2-3 cups Fennel Fronds
- 2 Garlic Cloves
- 2 tsp Fresh Lemon Juice
- Sprinkle of Salt to Season



Recipe Received from: <https://sustainableholly.com/fennel-frond-pesto/>

Instructions

1. Wash Fennel Fronds and remove hard woody center stem.
2. Place all ingredients EXCEPT Walnuts in a Nutri bullet or food processor. Blitz until combined and fronds have broken up into small pieces.
3. Add the Walnuts and blitz to combine. If the mixture looks a little thick or dry add in an extra dash of water or olive oil.
4. Taste and add extra salt if needed. Ready to serve!

Brain Exercise

Don't Just Exercise your body — work out your brain!



Memorial Day Word Scramble

Memorial Day is a time to honor and remember the men and women who have died while serving in the United States Armed Forces. Can you figure out the Memorial Day vocabulary words by unscrambling the letters?

NRHOO

MERIACA

FAGL

MAYR

EAVGR

AYNV

LREMAMIO

OISLEDR

VEIECRS

EENOMYCR

INAERM

OERH

RYMECTEE

OPITCTARI

AYODLIH

NTEAMH

EMDOFER

PSAT

EDMLA

SCRFIAEIC

LEROFW

ETVANRE

OARVL

UTALES

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>May Day</i>	2 <i>Herb Day</i>
3 <i>Garden Meditation Day</i>	4 <i>Bird Day</i>	5 <i>Cinco de Mayo</i>	6 <i>Beverage Day</i>	7 <i>National Paste Up Day</i>	8 <i>World Red Cross Day</i>	9 <i>National Train Day</i>
10 <i>Mother's Day</i>	11 <i>Eat What You Want Day</i>	12 <i>International Nurses Day</i>	13 <i>National Apple Pie Day</i>	14 <i>National Buttermilk Biscuit Day</i>	15 <i>National Slider Day</i>	16 <i>Love a Tree Day</i>
17 <i>World Baking Day</i>	18 <i>Visit Your Relatives Day</i>	19 <i>National Devil's Food Cake Day</i>	20 <i>Pick a Strawberry Day</i>	21 <i>National Memo Day</i>	22 <i>Don't Fry Friday</i>	23 <i>Lucky Penny Day</i>
24 <i>International Tiara Day</i>	25 <i>Memorial Day</i>	26 <i>Blueberry Cheesecake Day</i>	27 <i>Sun Screen Day</i>	28 <i>National Hamburger Day</i>	29 <i>International Space Day</i>	30 <i>Water a Flower Day</i>
31 <i>Save Your Hearing Day</i>						

MONTHLY OBSERVATIONS

- *Barbecue Month*
- *Bike Month*
- *Blood Pressure Month*
- *Date Your Mate Month*
- *Gifts from the Garden Month*
- *Hamburger Month*
- *Mystery Month*
- *National Salad Month*
- *Older Americans Month*
- *Recommitment Month*
- *Salsa Month*



Kathrine J. Clark, MS, RD, LD
State Registered Dietitian
3003 Charleston Town Center
Charleston, WV 25389
Kathrine.J.Clark@wv.gov
(681) 344-1679

SOLUTION

NRHOO	<u>HONOR</u>
MERIACA	<u>AMERICA</u>
FAGL	<u>FLAG</u>
MAYR	<u>ARMY</u>
EAVGR	<u>GRAVE</u>
AYNV	<u>NAVY</u>
LREMAMIO	<u>MEMORIAL</u>
OISLEDR	<u>SOLDIER</u>
VEIECRS	<u>SERVICE</u>
EENOMYCR	<u>CEREMONY</u>
INAERM	<u>MARINE</u>
OERH	<u>HERO</u>

RYMECTEE	<u>CEMETERY</u>
OPITCTARI	<u>PATRIOTIC</u>
AYODLIH	<u>HOLIDAY</u>
NTEAMH	<u>ANTHEM</u>
EMDOFER	<u>FREEDOM</u>
PSAT	<u>TAPS</u>
EDMLA	<u>MEDAL</u>
SCRFIAEIC	<u>SACRIFICE</u>
LEROFW	<u>FLOWER</u>
ETVANRE	<u>VETERAN</u>
OARVL	<u>VALOR</u>
UTALES	<u>SALUTE</u>

