

Food and Fitness

WEST VIRGINIA BUREAU OF
SENIOR SERVICES

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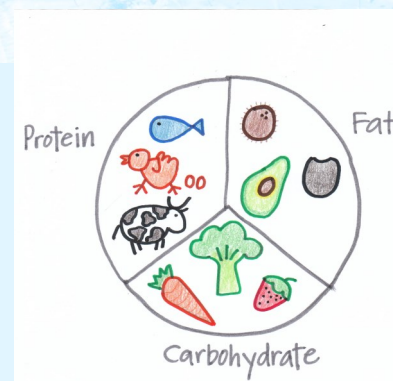
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What Exactly are Calories and How Many do Older Americans Need?

When referring to food, calories are defined as the energy value, or energy measurement, of food. Calories can come from three different categories: carbohydrates, proteins, or fats. The three different categories for calories are also known as macronutrients. Depending on which of the categories the calories come from, determines how much energy it contains, how it gets digested, how it travels, and how it is used within the body system. In relation, the amount of calories each person needs varies with a range of factors.

Everyone has heard of carbohydrates and some people may have heard the short hand term carbs. Each gram of carbohydrate contains four calories. Carbohydrates come in the form of sugars, fibers, and starches. If you take one-fourth teaspoon of sugar, this is the equivalent of one carbohydrate (four calories). So calories can add up quickly when eating high sugar foods. Carbohydrates are in many foods except for a majority of our protein sources (which we will go over shortly) and many vegetables. Calories are in grain products, dairy foods, and even in fruits.



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What Exactly are Calories and How Many do Older Americans Need?

(Continued from Page 1)

The next type of calorie comes in the form of proteins. Each gram of protein also equals four calories. Protein foods are meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds. However, protein when referring to calories can be found in many foods which also include grain products and dairy as well. If you look on a food label, many foods we eat are a combination of carbohydrate, fat and/or protein calorie and not always just one or the other. Take milk for instance, milk has all three calorie categories.

The last place to find calories is in fats. No matter if the fat is good or bad, all fats have nine calories per gram. Fats contain more than double the energy density of the carbohydrates and proteins. A one-fourth teaspoon (which equals 1.125 grams) of oil contain 10 calories from fat. Fats come in the form of saturated, Trans, monounsaturated, and polyunsaturated. Fats are just as important for the body as carbohydrates and proteins.

The next question is how many of these calories do we need? With a lot of research, the amount of calories can be generalized as listed below. However, the amount of calories each person needs are based off of age, gender, and physical activity. The amount of calories will even change depending on stress levels, disease states, and injury. Knowing how many calories you need and where

they originate can allow for a better understanding of energy balance.

Activity Level	CALORIES per DAY FOR:	
	Women aged 51+	Men aged 51+
	51+	51+
Sedentary (not active)	1,600	2,000
Moderately active	1,800	2,200 to 2,400
Active	2,000 to 2,200	2,400 to 2,800

Most older adults need fewer calories than they did in their younger years. The number of calories you need each day depends on your age, gender and activity level. The chart below lists average calorie levels for adults 51 years and over. To find out how many calories you need each day, visit www.choosemyplate.gov/myplate/index.aspx.

Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.¹



BILLIONS Spent in medical cost of diet-related chronic diseases.²

\$147B
Obesity

\$245B
Type 2 Diabetes

\$316B
Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.³



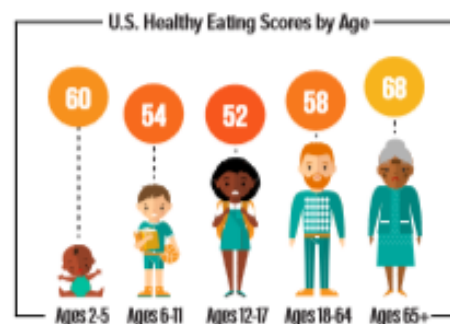
Healthy eating can help... but first, we need to do it.



59

The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** can help reduce risk of:⁴



Heart Disease



Type 2 Diabetes



Cancer



If we invest \$10/person each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD SAVE THE UNITED STATES \$16,000,000,000 annually within five years!⁵

That equals a \$5.60 return on investment for every \$1

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

“ [USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN

“ With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES

“ Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.

FRUIT OR VEGETABLE OF THE MONTH

Now that we have covered all the main vitamins and minerals, you all can look forward to the newest addition to Food and Fitness, The Fruit or Vegetable of the Month. Here is a sneak peak of some of the fruits and vegetables that will be covered thought-out this journey.

Fruits

Apple	Lemon
Apricot	Lime
Avocado	Mango
Banana	Melon
Blackberry	Cantaloupe
Blueberry	Honeydew
Crab apples	Watermelon
Currant	Miracle fruit
Cherry	Mulberry
Coconut	Nectarine
Cranberry	Olive
Cucumber	Orange
Custard apple	Blood orange
Date	Clementine
Dragonfruit	Mandarine
Elderberry	Tangerine
Fig	Papaya
Goji berry	Passionfruit
Gooseberry	Peach
Grape	Pear
Raisin	Persimmon
Grapefruit	Plantain
Guava	Plum
Honeyberry	Prune (dried plum)
Huckleberry	Pineapple
Jackfruit	Pomegranate
Kiwifruit	Pomelo
Kumquat	Quince
	Raspberry

Vegetables

Salmonberry	Garlic
Star fruit	Leek
Strawberry	Onion
Artichoke	Shallot
Arugula	Parsley
Eggplant	Peppers
Legumes	Rhubarb
Beet greens	Root vegetables
Bok choy	Beet
Broccoli	Carrot
Brussels sprouts	Celeriac
Cabbage	Ginger
Carrots	Parsnip
Cauliflower	Rutabaga
Celery	Turnip
Chard	Radish
Collard greens	Spinach
Endive/beetroot	Squashes
Fennel	Tomato
Herbs and spices	Tubers
Kale	Jicama
Kohlrabi	Potato
Lettuce	Sweet potato
Maize (Corn)	Turnip greens
Mushrooms	Water chestnut
Mustard greens	Watercress
Okra	Zucchini
Chives	

ROASTED CAULIFLOWER WHITE CHEDDAR SOUP



Ingredients:

- 1 large head cauliflower (2 - 2 1/2 lb), cored and chopped into small, bite size pieces
- 2 Tbsp olive oil
- Salt and freshly ground black pepper
- 3 Tbsp butter
- 1 cup finely chopped yellow onion
- 3 1/2 Tbsp all-purpose flour
- 1 clove garlic, minced
- 3 cups milk
- 1 (14 oz) can low-sodium chicken broth
- 1/2 cup heavy cream
- 1 tsp dried parsley or 1 Tbsp chopped fresh
- 1/4 tsp (slightly heaping) dried thyme or 1 tsp chopped fresh
- 1 bay leaf
- 1/4 tsp granulated sugar
- 4 oz shredded sharp white cheddar cheese , shredded (1 cup), plus more for serving if desired



Preheat oven to 425 degrees. Place cauliflower on baking sheet, drizzle with olive oil and toss to evenly coat, then spread into an even layer and season lightly with salt and pepper. Bake in preheated oven until golden, about 25 minutes. Remove from oven and set aside.

In a large pot, melt butter over medium heat. Add in onion and saute until tender, about 4 - 5 minutes. Add in flour and cook, stirring constantly 1 1/2 minutes, adding in garlic during last 30 seconds of cooking. While whisking, slowly pour in milk followed by chicken broth and cream. Add in parsley, thyme, bay leaf, sugar, roasted cauliflower and season soup with salt and pepper to taste (I used 1/2 tsp salt but this may vary depending on how much salt you added to your cauliflower and how much salt you prefer). Bring to a boil, stirring constantly, then reduce heat to low. Puree 3 cups of the soup in a blender (being careful as your working with hot liquids) and return to soup in pot. Remove from heat and stir in sharp white cheddar and parmesan cheese. Serve warm garnished with additional shredded white cheddar and serve with fresh bread or croutons if desired.

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

January Trivia Questions

1. Who added the month of January to the calendar?

- ◇ Romans
- ◇ Egyptians
- ◇ Greeks
- ◇ Phoenicians

2. How many months were in the Romans' year before January was added?

- ◇ Eight
- ◇ Eleven
- ◇ Ten
- ◇ Nine

3. How many days had January when it was first added to the calendar?

- ◇ 31
- ◇ 28
- ◇ 30
- ◇ 29

4. Who Changes the length of this month in 46BC?

- ◇ Augustus Caesar
- ◇ Socrates
- ◇ Ptolemy II
- ◇ Julius Caesar

5. January is named after Janus. What was he the god of?

- ◇ Winter
- ◇ Cleanliness
- ◇ Weather
- ◇ Doors and gates

6. The head of Janus is usually portrayed in a certain way. What is it?

- ◇ No eyes
- ◇ Two faces
- ◇ Three mouths
- ◇ No mouth

7. Who named their first month after Thor?

- ◇ Huns
- ◇ Egyptians
- ◇ Norsemen
- ◇ Anglo-Saxons

8. What flower is the symbol of January?

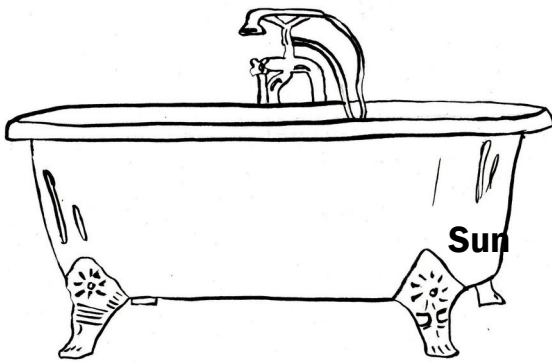
9. What is January's gem?

- ◇ Agate
- ◇ Garnet
- ◇ Onyx
- ◇ Topaz

10. Who said 'The blast of January would blow you through and through'?

- ◇ Milton
- ◇ Tennyson
- ◇ Chaucer
- ◇ Shakespeare

January 2018



JANUARY MONTHLY	
• National Bath Safety Month	7
• National Blood Donor Month	Old Rock Day
• National Braille Literacy Month	14
• National Hobby Month	Dress Up Your Pet Day
• Hot Tea Month	21
• National Oatmeal Month	National Hugging Day
• National Soup Month	28
	Fun at Work Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Year's Day	2 Run up the Flagpole and See if Anyone Salutes Day	3 Festival of Sleep Day	4 Trivia Day	5 National Bird Day	6 Cuddle Up Day
	8 Bubble Bath Day	9 Play God Day	10 Bittersweet Chocolate Day	11 Step in a Puddle and Splash Your Friend Day	12 National Pharmacist Day	13 Make Your Dream Come True
	15 National Hat Day	16 National Nothing Day	17 Ditch New Year's Resolutions Day	18 Winnie the Pooh Day	19 National Popcorn Day	20 National Cheese Lover Day
	22 National Blonde Brownie Day	23 National Pie Day	24 Compliment Day	25 Opposite Day	26 Spouse's Day	27 Chocolate Cake Day
	29 National Puzzle Day	30 National Insane Answering Message Day	31 Backwards Day			

January

Make Metabolism Work for You

By Emily Murphy, WVU Extension Specialist – Obesity Prevention

Monthly Challenge: Choose healthy metabolism food every day.

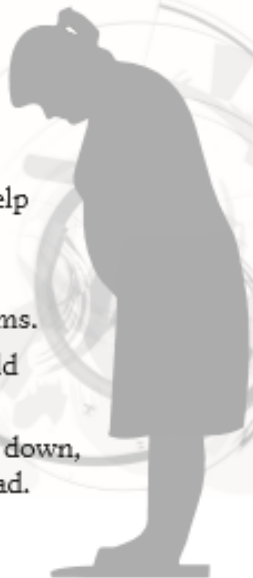
Health Motivator Talking Points

Your body works hard to process the nutrients from food and drink. Your body turns nutrients into body structures, like bones and muscles, and the fuel you need for good health. It's called metabolism.

Metabolism changes nutrients in food we eat into the energy needed to power everything we do, and it helps us stay warm in the winter and cool in the summer. Metabolism tends to slow down as we age. But don't blame weight gain on a slow metabolism or believe the common metabolism-boosting myths.

Take control by making the best daily choices, like these:

- Focus on an active lifestyle and overall healthy diet.
- Eggs are loaded with protein and vitamin D to help your metabolism work.
- Lean meats and lentils are great sources of iron. People with low iron may have slower metabolisms.
- Water helps maintain your metabolism. Even mild dehydration slows down metabolism.
- Fiber-rich whole grains take more effort to break down, compared to processed grains, such as white bread. This helps your body burn more calories.



Chuckle of the Month:

What do you get when you put the right amount of meat and vegetables on a scale?

A balanced meal.

Quick Club Activity:

Lentil Relay Race

(Bring supplies: bag of lentils, plastics cups and plastic spoons)

1. Split the group into two or more teams. Put a cup full of lentils at the starting line for each team and an empty cup at the finish line for each team.
2. The goal is for one team member at a time to scoop a spoonful of lentils from the cup at the starting line and walk to the finish line putting the spoonful of lentils in the empty cup. Return to the starting line and give the next team member the spoon. Play until the first team fills up their finish line cup.
3. At the end of the relay, share the Monthly Challenge. Ask each person to name their favorite healthy metabolism food.

Learn More

https://www.cdc.gov/healthyweight/healthy_eating/index.html

WEST VIRGINIA BUREAU OF SENIOR SERVICES

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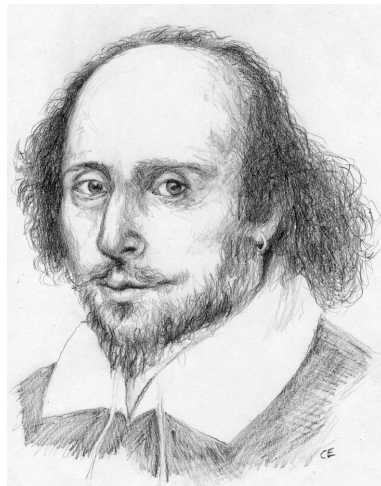
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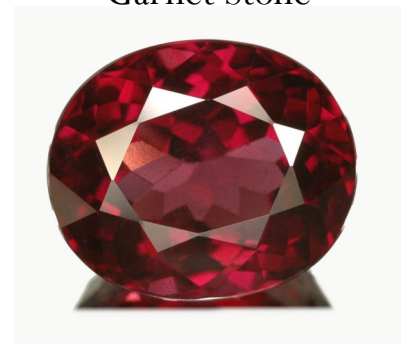
This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.

BRAIN EXERCISE ANSWERS

1. Romans
2. Ten
3. 30
4. Julius Caesar
5. Doors and gates
6. Two faces
7. Norsemen
8. Snowdrop or carnation
9. Garnet
10. Shakespeare



Garnet Stone



Head of Janus on a Roman Coin

