

# Food and Fitness

May 2023  
Volume 250

## Inside this issue:

### How to Build a Charcuterie Board

Want to entertain and offer food for your guests but don't want to cook? Well, a charcuterie snack board is definitely at the top of the list for a fun way to offer foods. A charcuterie snack board takes the cooking out and can be very beautiful at the same time. One of the best parts, it also provides a variety of food items that will please all of your guests.



The first step for a charcuterie board is to understand how many people you are feeding. For about six guests, a 9 x 13 board is recommended. For serving 10 guests, a board size of 16 x 24, works best, and so on. Often cutting boards, serving plates, or baking sheets are your best option for making charcuterie boards, if you do not have a fancy one. It is also important to know if you are using the charcuterie board for the purpose of snacking or for the purpose of a meal. One of the best things about building a charcuterie snack board is that you can easily refill it because you usually do not use the full content of the packages when you are making them.

The second step is to plan how many items you want to put on the board (number), what items to serve (food variety), and if you are following a theme. For larger boards, I like to go with the rule of three: offering three items in each category. Some people like theme boards for special events like a special group of colors. Others like to offer theme boards like Italian style or French style. Really any idea works as long as you provide a variety of items.

(Continues on Page 2)

|   |     |
|---|-----|
| How to Build a Charcuterie Board        | 1-2 |
| Example: How to Build Charcuterie Board | 3   |
| Fruit—Mango                             | 4-5 |
| Recipe—Fresh Mango Salsa                | 6   |
| Brain Exercise                          | 7   |
| Monthly Observances                     | 8   |

## How to Build a Charcuterie Board

(Continued from Page 1)

Food ideas are almost endless, but for the purpose of charcuterie boards, offer a variety. Usually, it is broken down into these categories for food options.

**Cheeses**—Cheeses come in a wide variety ranging from cheese spreads to hard aged cheese and from mild to strong flavors. Cheese can also range in a variety of prices depending on your budget. Often, a good method can be a cheese spread, some form of sliced cheese and a cheese in its whole form for visual differences.

**Meats or proteins**—Proteins can be anything that includes meats, eggs, nuts, seeds, and beans (like a hummus dip). The most common are cured meats like ham, prosciutto, pepperoni, and salami. Nuts and seeds are another option which can also include nut butters like almond butter.

**Crackers and Breads**—Crackers and breads are a must with charcuterie boards. Both come in so many different forms and flavors. Simple or fancy crackers and breads provide great purpose on the charcuterie boards. If you are looking for variety, pick out one plain cracker, one favored cracker, and some form of bread.

**Fruits**—Fresh fruit is always the ideal choice and fruits do not release a lot of liquid onto the surrounding foods. Berries, apples, grapes, oranges, kiwis are great options for your boards. Other ideas to get check off the fruit component are dried fruits and jams or preserves for spreading.

**Vegetables**—As for vegetables, the most common are raw and freshly cut vegetables. Some examples are cucumbers, broccoli, celery, carrots, grape tomatoes, and cauliflower.

**Others**—Other items like herbs, dips, honey, pretzels, olives, pickles, and candies make great options.

Once you have the items picked out you want to use, now it is time to assemble the board. To actively build the board, you want to start by adding dishes like small bowls for some items to create some structure and dynamic. The bowls are perfect for items like spreads, dips, nuts, and olives. The key to the process is to be creative and not perfectly line up the items. After the bowls are on, the next step is to add the cheeses and meats. The cheese and meat will outline the structure of the charcuterie board. Next, is to add in the crackers and breads, these usually take up a great deal of space. Lastly, add in the produce. The produce can provide a depth of color and variation of textures. Once you have the board to your liking, just serve and enjoy.





## • How to Build A Charcuterie Board •



### Fruits:

- Grapes
- Dried Apricots
- Berries



### Veggies:

- Roasted Cherry Tomatoes
- Roasted Sweet Peppers
- Pickled Shishito Peppers



### Meats:

- Prosciutto
- Salami
- Chorizo



### Cheeses:

- Gouda
- Asiago
- Brie



### Grains:

- Baguette
- Crackers
- Breadsticks



### Extras:

- Spreads
- Nuts
- Olives



## Fruit– Mango

The mango is believed to be originated from Asia and eventually made it to other parts of the world. The mango is a very popular fruit across the globe. In America, mango can grow in California and Florida, but they are also imported from many other counties around the world. Because of this, we can have mangoes all year long.

The mango is considered to be a drupe similar to peach. The mango has an outer skin, edible flesh and one large seed inside. The skin of a mango can range from green all the way to a dark red depending on the variety of mango. The fleshy inside is commonly a yellowish orange color. The seed is very large and takes up much of the inside of the mango. The mango has a sweet flavor that is very unique and is sometimes compared to the flavor of a peach or pineapple.

When buying mangoes, you want to choose one based on how it smells and feels rather than how it looks. Mangoes should have a sweet smell and should be slightly soft. The outside color of the mango has little to do with the mango’s ripeness so don’t be fooled. Mangoes should be stored at room temperature until they are soft and then should be moved to the refrigerator if not eaten.

For nutrition, the mango contain notable amounts of vitamin C, vitamin A, vitamin B6, vitamin E, folate, copper, and potassium.



Fun fact: The skin of a mango is a common allergen.

### Minerals

| ~ = missing data |         | %DV |
|------------------|---------|-----|
| Weight           | 165g    |     |
| Calcium          | 18.2mg  | 1%  |
| Iron, Fe         | 0.3mg   | 1%  |
| Potassium, K     | 277.2mg | 6%  |
| Magnesium        | 16.5mg  | 4%  |
| Phosphorus, P    | 23.1mg  | 2%  |
| Sodium           | 1.7mg   | 0%  |
| Zinc, Zn         | 0.1mg   | 1%  |
| Copper, Cu       | 0.2mg   | 20% |
| Manganese        | 0.1mg   | 5%  |
| Selenium, Se     | 1mcg    | 2%  |
| Fluoride, F      | ~mcg    | ~%  |
| Molybdenum       | ~mcg    |     |
| Iodine, I        | ~mcg    |     |
| Chlorine         | ~mg     |     |
| Chromium         | ~mcg    |     |

### WHAT IS THIS FOOD MADE OF?



- 83.78% Water
- 0.82% Protein
- 15.03% Carbs
- 0.38% Fat
- 0% Alcohol

### WHERE DO THE CALORIES COME FROM?



- 5% Protein
- 91% Carbs
- 5% Fat
- 0% Alcohol

# Nutrition Facts



## Mangos

Mangos Raw

Serving Size:

1 × 1 cup pieces (165g)

### Nutrition Facts

#### Serving Size

1 cup pieces (165g)

**Calories 99**

**% Daily Value \***

|                                 |            |
|---------------------------------|------------|
| <b>Total Fat</b> 0.6g           | <b>1%</b>  |
| Saturated Fat 0.2g              | <b>1%</b>  |
| Trans Fat 0g                    |            |
| <b>Cholesterol</b> 0mg          | <b>0%</b>  |
| <b>Sodium</b> 1.7mg             | <b>0%</b>  |
| <b>Total Carbohydrate</b> 24.7g | <b>8%</b>  |
| Dietary Fiber 2.6g              | <b>9%</b>  |
| Total Sugars 22.5g              | <b>45%</b> |
| Includes ~g Added Sugars        | ~%         |
| <b>Protein</b> 1.4g             | <b>3%</b>  |
| Vitamin C 60.1mg                | 67%        |
| Vitamin D 0mcg                  | 0%         |
| Iron 0.3mg                      | 1%         |
| Calcium 18.2mg                  | 1%         |
| Potassium 277.2mg               | 6%         |
| Phosphorus 23.1mg               | 2%         |

\*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.

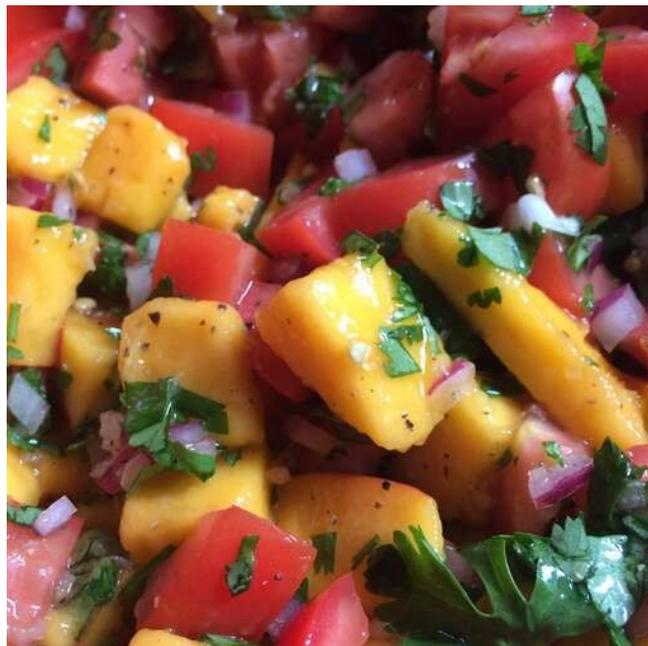
#### ✓ Vitamins

| ~ = missing data    |          | %DV |
|---------------------|----------|-----|
| Weight              | 165g     |     |
| Vitamin A, RAE      | 89.1mcg  | 10% |
| Vitamin C           | 60.1mg   | 67% |
| Thiamin (B1)        | 0mg      | 4%  |
| Riboflavin (B2)     | 0.1mg    | 5%  |
| Niacin (B3)         | 1.1mg    | 7%  |
| Vitamin B5 (PA)     | 0.3mg    | 7%  |
| Vitamin B6          | 0.2mg    | 12% |
| Biotin              | ~mcg     |     |
| Folate (B9)         | 71mcg    | 18% |
| Folic acid          | 0mcg     | 0%  |
| Food Folate         | 71mcg    | 18% |
| Folate DFE          | 71mcg    | 18% |
| Choline             | 12.5mg   | 2%  |
| Vitamin B12         | 0mcg     | 0%  |
| Retinol             | 0mcg     |     |
| Carotene, beta      | 1056mcg  | 10% |
| Carotene, alpha     | 14.9mcg  | 0%  |
| Cryptoxanthin, beta | 16.5mcg  | 0%  |
| Vitamin A, IU       | 1785.3IU | 60% |
| Lycopene            | 4.9mcg   |     |
| Lut + Zeaxanthin    | 37.9mcg  |     |
| Vitamin E           | 1.5mg    | 10% |
| Vitamin D           | 0mcg     | 0%  |
| Vitamin D2          | ~mcg     |     |
| Vitamin D3          | ~mcg     |     |
| Vitamin D (IU)      | 0IU      | 0%  |
| Vitamin K           | 6.9mcg   | 6%  |
| Vitamin K1          | ~mcg     |     |
| Menquinone-4        | ~mcg     |     |

## Recipe– Fresh Mango Salsa

### Ingredients

- 2 cups diced Roma tomatoes
- 1 ½ cups diced mango
- ½ cup diced onion
- 1 teaspoon white sugar
- ½ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon cider vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 cloves garlic, minced



### Directions

Stir the tomatoes, mango, onion, sugar, cilantro, lime juice, cider vinegar, salt, pepper, and garlic together in a bowl; refrigerate 1 hour before serving.

Recipe received from: [Fresh Mango Salsa Recipe \(allrecipes.com\)](http://allrecipes.com)

# Brain Exercise

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



# West Virginia

## STATE SYMBOLS

**DIRECTIONS:** Find and circle the West Virginia state symbols (IN CAPITALS) in the grid. Look for them in all directions including backwards and diagonally.



*State Animal:*  
BLACK BEAR

*State Bird:*  
CARDINAL

*State Butterfly:*  
MONARCH

*State Capital:*  
CHARLESTON

*State Fish:*  
BROOK TROUT

*State Flower:*  
RHODODENDRON

*State Fossil:*  
(Jefferson's) GROUND SLOTH

*State Fruit:*  
GOLDEN DELICIOUS APPLE

*State Gem:*  
FOSSIL CORAL

*State Holiday:*  
WEST VIRGINIA DAY

*State Insect:*  
HONEY BEE

*State Motto:*  
MONTANI SEMPER LIBERI

*State Nickname:*  
MOUNTAIN STATE

*State Reptile:*  
TIMBER RATTLESNAKE

*State Rock:*  
BITUMINOUS COAL

*State Soil:*  
MONONGAHELA

*State Song 1:*  
(West Virginia,)  
MY HOME SWEET HOME

*State Song 2:*  
(The) WEST VIRGINIA HILLS

*State Song 3:*  
(This is) MY WEST VIRGINIA

*State Song 4:*  
(Take Me Home) COUNTRY ROADS

*State Tree:*  
SUGAR MAPLE

# May 2023

| Sun                          | Mon                                | Tue                          | Wed                           | Thu                         | Fri                             | Sat                         |
|------------------------------|------------------------------------|------------------------------|-------------------------------|-----------------------------|---------------------------------|-----------------------------|
|                              | 1<br>May Day                       | 2<br>Baby Day                | 3<br>Garden Medication Day    | 4<br>Star Wars Day          | 5<br>Oyster Day                 | 6<br>Beverage Day           |
| 7<br>National Tourism Day    | 8<br>World Red Cross Day           | 9<br>National Teacher's Day  | 10<br>School Nurse Day        | 11<br>Eat What You Want Day | 12<br>Military Spouses Day      | 13<br>National Train Day    |
| 14<br>Mother's Day           | 15<br>National Chocolate Chip Day  | 16<br>Love a Tree Day        | 17<br>Pack Rat Day            | 18<br>Visit Your Relatives  | 19<br>National Bike to Work Day | 20<br>Pick Strawberries Day |
| 21<br>National Memo Day      | 22<br>Buy a Musical Instrument Day | 23<br>Lucky Penny Day        | 24<br>International Tiara Day | 25<br>National Wine Day     | 26<br>Don't Fry Friday          | 27<br>Sun Screen Day        |
| 28<br>National Hamburger Day | 29<br>Memorial Day                 | 30<br>International Jazz Day | 31<br>Save Your Hearing Day   |                             |                                 |                             |

## Monthly Observances

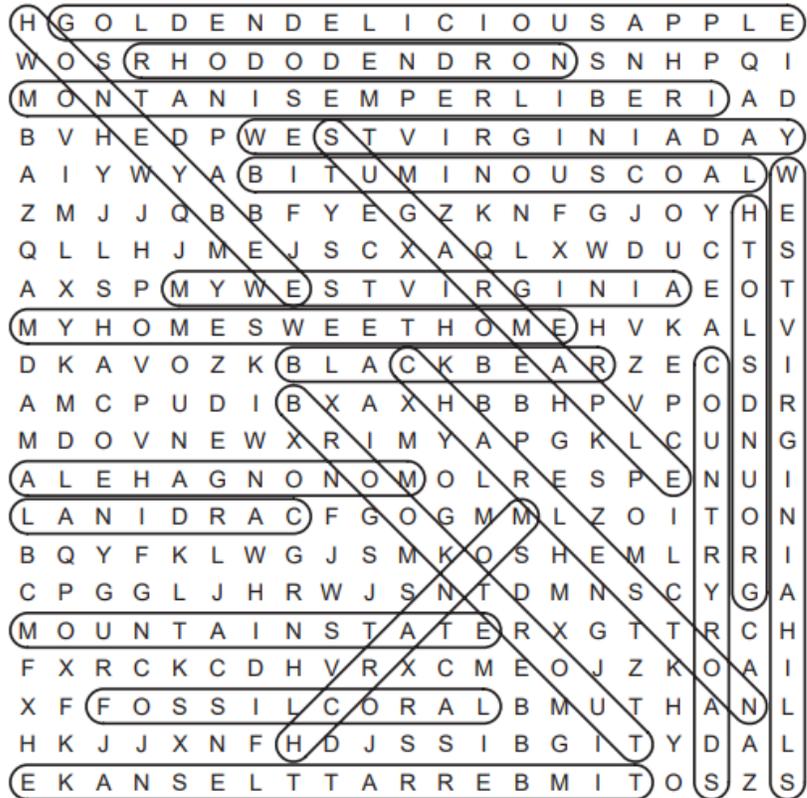
- Asian American Month
- Date Your Mate Month
- Foster Care Month
- Gifts from the Garden Month
- Lupus Awareness Month
- Mystery Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Photograph Month
- Nation Salad Month
- Older Americans Month

Kathrine J. Clark, MS, RD, LD  
 Nutrition Consultant  
 1 John Marshall Drive  
 Huntington, WV 25575  
 Kathrine.Clark@marshall.edu



## Brain Exercise Answers

West Virginia  
 Word Search  
 SOLUTION



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