

# Food and Fitness

August 2023  
Volume 253



## Setup a Healthy and Safe Picnic

Since it is National Picnic month, what better way to celebrate than to have a safe and healthy one. A picnic simply involves a packed meal that is to be eaten outside. When deciding on your destination, whether it be out in your own yard or some distance away, can vary your needs on how to keep your food safe.



Picnics are one of the simplest ways to enjoy food outside. The rules are easy to follow, just grab some food and eat it outside. You can choose to eat at a table or throw a blanket on the ground. No matter the case, picnics are a good way to get outdoors and have a meal. Sometimes having a picnic means that people choose heavily processed foods but creating a healthy picnic can be pretty easy as well. For a picnic (really for every meal), you are needing to choose a balance of foods and pick foods from all the food groups.

**Pick Some Produce**—Fruits and vegetables are the first thing to choose. A good rule of thumb is to have at least 1 cup of fruits and vegetables per person. Not only do fruits and vegetables give you vitamins and minerals but they are also a source of water for hydration, depending on the ones you choose. My preferred choice here are fresh fruits and vegetables. Don't forget to pre-cut or pack a knife if necessary.

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## Setup a Healthy and Safe Picnic

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**Have a healthy protein**—Protein foods are important for helping you to feel full longer. Foods like hummus or bean dip are a great, healthy source of protein which is perfect for a picnic. As for meat and poultry, foods lower in sodium like turkey, roast beef, and chicken work well. Cheese is another great option. Even though cheese belongs within the dairy food group it also provides protein.

**Choose a whole grain**—Whole grains give the body the fiber that it needs. Whole grains also help with feeling full longer. Most grain products you can find in both a refined or whole grain option. Some of the most common whole grains options for a picnic are whole grain crackers, whole grain bread, and whole grain pita bread. Some people really enjoy a whole grain salad like quinoa salad or wild rice salad.

**Add a healthy fat**—Now when we talk about healthy fats for a picnic, we are not talking about carrying out a jug of olive oil. Here we are looking for foods that contain healthy fats within them. Healthy fats can be found in foods like nuts (which are also a protein), pumpkin or sunflower seeds, olives, and guacamole.

**Include a drink of choice**—The best no calorie option for a healthy drink is water. Other options can be a nice little addition on a hot, sunny day as well. Some people have taken a liking to seltzer water but tea, juice, and infused waters are another good option.

**Something a little sweet**—As for something sweet, it could be such a wide variety of things from fruit to cookies. Since we already have fruit covered from the first section, small items of sweetness give a picnic a little fun. A small cookie or brownie can always do the trick for a little sweetness and still create a healthy balanced meal when following all the guidelines.

Lastly, if you are going through all the work to create a picnic outside, it is important to make sure your perishable foods are kept at a safe temperature. Make sure to pack your foods with plenty of ice or ice boxes. All foods should be kept under 40 degrees F to be kept safe. There is something called the temperature danger zone and it is when food is sitting out at room temperatures between 40 degrees F and 140 degrees F. This is when bacteria rapidly grows on those perishable foods. Any perishable food that has been sitting in the temperature danger zone for 2 hours (1 hour if the room temperature is 90 degrees F or more) or more should be discarded.

Picnics can be a lot of fun to enjoy alone, with family, or friends. I think that having a picnic is a great way to try new foods as well as enjoy the outdoors. Just make sure to try and have a balance of healthy foods while also keeping it safe.

## LEAVE IT OUT



Small packet of crisps and 1/2 pot taramasalata

427 kcal

## GOOD TO GO



6 mini breadsticks and a handful of marinated olives

122 kcal

**SAVE**  
305kcal

## LEAVE IT OUT



Slice of French bread with 2 slices salami

130 kcal

## GOOD TO GO



Rye cracker topped with 1 slice smoked salmon

80 kcal

**SAVE**  
50kcal



Cheese and pickle sandwich on white bread

510 kcal



Chicken salad sandwich on wholemeal bread

360 kcal

**SAVE**  
150kcal



Slice of quiche lorraine

280 kcal



Slice of thin-crust vegetable pizza

150 kcal

**SAVE**  
130kcal



1tbsp mayo-based potato salad

110 kcal



1tbsp homemade rice salad

75 kcal

**SAVE**  
35kcal



250ml berry smoothie

160 kcal



250ml iced tea

75 kcal

**SAVE**  
85kcal



## Fruit—Peach

Peaches are a fruit that is a staple in most households in America. The peach is a part of the rose family known as the Rosaceae. The fruit grows on a tree and is found in warmer regions. The peach tree is not a very large tree. Most often the tree will stay under 21 feet tall. The ideal size is to keep the tree pruned to reach only 10 to 13 feet tall. The tree produces a five petal flower that will eventually turn into a peach once pollinated.

The peach is a fuzzy skinned fruit with a large pit (seed) that is sweet when ripe. The fuzzy skin is a way to protect the peach. Peaches that have a smooth skin are called nectarines. Peaches have either a yellow or white flesh depending on the variety. However, there are thousands of varieties of peaches all over the world. The most popular ones in North America are the Elberta, Redhaven, and Halford varieties.

Peaches are eaten both fresh and cooked. Peaches can be used in almost any kind of dish. To pick the right peach at the grocery store, you want to look for firm ones with a sweet aroma. Once the peach has slightly softened, it is ready to enjoy.

As for nutrition, peaches (yellow ones) contain a rich amount of vitamin A. They also contain notable amounts of potassium, copper, vitamin C, B vitamins, vitamin E and dietary fiber.



### Minerals

-- = missing data

%DV

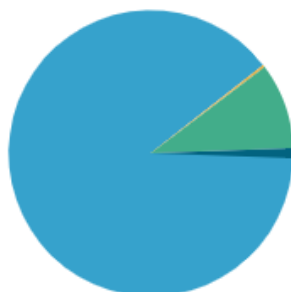
Weight	154g	
Calcium	9.2mg	1%
Iron, Fe	0.4mg	2%
Potassium, K	292.6mg	6%
Magnesium	13.9mg	3%
Phosphorus, P	30.8mg	2%
Sodium	0mg	0%
Zinc, Zn	0.3mg	2%
Copper, Cu	0.1mg	12%
Manganese	0.1mg	4%
Selenium, Se	0.2mcg	0%
Fluoride, F	6.2mcg	0%
Molybdenum	--mcg	
Iodine, I	--mcg	
Chlorine	--mg	
Chromium	--mcg	

WHERE DO THE CALORIES COME FROM?



9%	Protein
86%	Carbs
5%	Fat
0%	Alcohol

WHAT IS THIS FOOD MADE OF?



89.25%	Water
0.91%	Protein
9.58%	Carbs
0.25%	Fat
0%	Alcohol



## Yellow Peaches

Peaches Yellow Raw

Serving Size:

1 x 1 cup slices ( 154g)

### Nutrition Facts

Serving Size

1 cup slices (154g)

**Calories 60**

% Daily Value \*

Total Fat 0.4g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14.7g	5%
Dietary Fiber 2.3g	8%
Total Sugars 12.9g	26%
Includes --g Added Sugars	--%
Protein 1.4g	3%
Vitamin C 10.2mg	11%
Vitamin D 0mcg	0%
Iron 0.4mg	2%
Calcium 9.2mg	1%
Potassium 292.6mg	6%
Phosphorus 30.8mg	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.

-- = missing data

Source

## Nutrition Facts

### ✓ Vitamins

-- = missing data

%DV

Weight	154g	
Vitamin A, RAE	24.6mcg	3%
Vitamin C	10.2mg	11%
Thiamin (B1)	0mg	3%
Riboflavin (B2)	0mg	4%
Niacin (B3)	1.2mg	8%
Vitamin B5 (PA)	0.2mg	5%
Vitamin B6	0mg	2%
Biotin	--mcg	
Folate (B9)	6.2mcg	2%
Folic acid	0mcg	0%
Food Folate	6.2mcg	2%
Folate DFE	6.2mcg	2%
Choline	9.4mg	2%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	249.5mcg	2%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	103.2mcg	0%
Vitamin A, IU	502IU	
Lycopene	0mcg	
Lut + Zeaxanthin	140.1mcg	
Vitamin E	1.1mg	7%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	4mcg	3%
Vitamin K1	0mcg	

## Recipe– Peach Oatmeal

### Ingredients

- 2 cups old fashioned oats
- 1 1/2- 2 cups milk
- 1 tbsp brown sugar or honey
- 3/4 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/2 cup peach slices
- 1/4 cup granola for garnish (optional)



### Directions

1. In a medium bowl, stir together oats and milk.
2. Microwave for about an 1 minute and a half or until the oats are soft. If you want to cook the oats longer, you'll need to add 1/4 cup more milk at a time to your liking. The longer the oats cook, the more milk it will need (up to 2 cups).
3. Next add the sugar or honey, cinnamon, nutmeg and vanilla. Stir together then fold in peaches
4. Add the oatmeal to 2 bowls then garnish with peach slices, drizzle with a little maple syrup and top with granola and serve and Enjoy! See below for Overnight oats method.

### Notes

Overnight Oats Method—Divide oats into 2 mason jars. Add 1 cup of milk to each mason jar. Then add each of the spices and sweetener. You can add the peaches now or wait until the morning. Wait to add granola right before you get ready to eat it. Give the oats a splash of milk in the morning, if needed. Enjoy! You can use any sweetener you prefer. Feel free to replace brown sugar with maple syrup or honey.

Recipe received from: [Peach Oatmeal - Grandbaby Cakes \(grandbaby-cakes.com\)](http://grandbaby-cakes.com)

# Brain Exercise

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

Medium Jigsaw Sudokus from Puzzles to Print

Set 1

		4		3		2	
5	8			2	4	6	
	2	7			8		1
4	1						
						7	8
8		3			2	1	
	3	5	1			8	2
	4		7		5		

3		6		8	5	1	4
1		5		3			
6						4	3
2	3						
						3	1
8	6						7
			3		7		8
7	8	4	6		3		5

2	4			3	5		7
	7			2		4	8
7							
5	8		2	7			
			5	4		3	6
							2
3	6		4			8	
8		2	3			7	4

3	6					5	8
2			7	4			1
		8			3		
	5		1	3		8	
	1		3	8		2	
		2			4		
8			5	2			6
1	2					7	3

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# August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 National Raspberry Cream Pie Day	2 National Ice Cream Sandwich Day	3 National Watermelon Day	4 National Chocolate Chip Cookie Day	5 Campfire Day
6 Friendship Day	7 National Lighthouse Day	8 International Cat Day	9 Book Lover's Day	10 National S'mores Day	11 Son and Daughter Day	12 National Garage Sale Day
13 Left Handers' Day	14 National Creamsicle Day	15 Relaxation Day	16 National Tell a Joke Day	17 National Thrift Shop Day	18 Bad Poetry Day	19 National Potato Day
20 National Radio Day	21 Senior Citizen's Day	22 Be an Angel day	23 Ride the Wind Day	24 National Waffle Day	25 National Banana Split Day	26 National Dog Day
27 Just Because Day	28 Stuffed Green Bell Peppers Day	29 More Herbs, Less Salt Day	30 Toasted Marshmallow Day	31 National Trail Mix Day		



## August Monthly Observances

- Admit You're Happy Month
- Family Fun Month
- International Pirate Month
- National Catfish Month
- National Eye Exam month
- National Golf Month
- National Picnic Month
- Peach Month
- Romance Awareness Month
- Water Quality Month



## West Virginia Bureau of Senior Services

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



### Brain Exercise Answers

7	6	4	8	3	1	2	5
5	8	1	3	2	4	6	7
3	2	7	5	6	8	4	1
4	1	8	2	7	6	5	3
2	5	6	4	1	3	7	8
8	7	3	6	5	2	1	4
6	3	5	1	4	7	8	2
1	4	2	7	8	5	3	6

2	4	1	8	3	5	6	7
6	7	5	1	2	3	4	8
7	3	4	6	5	8	2	1
5	8	6	2	7	4	1	3
1	2	8	5	4	7	3	6
4	1	3	7	8	6	5	2
3	6	7	4	1	2	8	5
8	5	2	3	6	1	7	4



3	7	6	2	8	5	1	4
1	4	5	8	3	6	7	2
6	1	8	5	7	2	4	3
2	3	7	4	5	1	8	6
4	5	2	7	6	8	3	1
8	6	3	1	2	4	5	7
5	2	1	3	4	7	6	8
7	8	4	6	1	3	2	5

3	6	1	4	7	2	5	8
2	8	5	7	4	6	3	1
7	4	8	2	1	3	6	5
4	5	6	1	3	7	8	2
6	1	7	3	8	5	2	4
5	3	2	8	6	4	1	7
8	7	3	5	2	1	4	6
1	2	4	6	5	8	7	3

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