West Virginia Bureau of Senior Services

Food and Fitness

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Advance Carbohydrate Counting

Last month we covered the basics on counting carbohydrates for individual foods. The truth is that the basic knowledge simply is a great starting point but is not enough.

Most people do not eat simple one ingredient foods for meals. In fact, most eat combination dishes like spaghetti or casseroles fairly often, if not daily. Combination foods, fast foods and sweet treats are common to everyone and they have a mix of ingredients that add together that increase the carbohydrate count in recommended serving.

Here is how they break down for more advance carbohydrate counting.

Combination foods:

1 carbohydrate choice—15 grams

Soup (like tomato, cream based, and broth based) - 1 cup

Stew (meat or non-starchy vegetable) - 1 cup

2 carbohydrate choice—30 grams

Casserole or pasta dishes—1 cup

Pizza—1/4 of a 12 inch pizza or 5oz

Potato or macaroni salad—1/2 cup

3 carbohydrate choice—45 grams

Burrito (meat and bean) - 1 burrito (5oz)

Frozen dinner (less than 400 calories) — 1 (9-12 oz) meal

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Advance Carbohydrate Counting

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Fast Food:

1 carbohydrate choice—15 grams

- Chicken breast, breaded—1 piece (or 7oz with bone and skin)
- Chicken nuggets or tenders—3.5 oz (about 6 nuggets)
- Meat, fish or poultry stir-fried with vegetables—1 cup
- Egg roll, meat—1 egg roll
- Taco, with meat and cheese—1 small (3oz)

2 carbohydrate choice—30 grams

- Breakfast sandwich (egg, meat and cheese) - 1 sandwich
- Hamburger, regular—1 burger with 3.5 oz bun
- Noodles and vegetables in sauce (like chow or lo mein) - 1 cup

3 carbohydrate choice—45 grams

- Chicken sandwich, grilled—1 sandwich (7.5oz)
- French fries = 1 medium order (5 oz)
- Submarine sandwich—1 6-inch sub

Sweets:

1 carbohydrate choice—15 grams

- Brownie, unfrosted—1 1/4 inch square (1oz)
- Cake, unfrosted—2 inch square (1oz)
- Ice cream, plain—1/2 cup
- Pudding—1/2 cup
- Sandwich cookies with filling—2 small cookies

2 carbohydrate choice—30 grams

- Candy or chocolate—1 3/4 oz
- Cake (or cupcake), frosted—1.75 oz
- Doughnut, yeast and glazed—2 oz (about 3 3/4 inches in diameter)

3 carbohydrate choice—45 grams

- Fruit cobbler—1/2 cup
- Fruit pie, 2 top and bottom crust—1/6 of 8 inch pie

A key point for people with diabetes or really anyone is all foods can fit, but just not all of them all at once. Having foods that are high in carbohydrates needs to be balanced with other foods that are high in protein and low/free of carbohydrates. Moderation, education and practicing how to manage diabetes comes with time but is very important for living a healthy lifestyle.

WHAT CAN I EAT?

THINGS TO REMEMBER

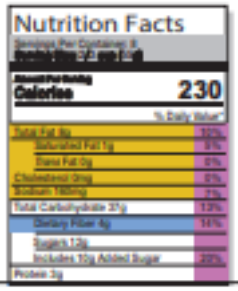
A good meal plan includes a balance of carbohydrate (carbs), protein, and good fats. Carbs are the body's main source of energy. About half of the calories you eat each day will come from carbs.

Know Your Serving Sizes

Measure Your Food

Blood sugar goes up when you eat. Your blood sugar will be easier to control if you eat a balance of foods from the different food groups in the right amounts (portions). You will get the sugar from food your body needs for energy without having high blood sugar problems.

Always Check Food Labels When You Shop



EXAMPLES OF FOOD GROUP CHOICES

FOODS WITH CARBS

Grains, Beans, Starchy Vegetables

Serving Size: 1/2 cup
15 Carb grams
80 Calories

Pasta, rice, corn, peas, potato, hot and cold cereal, 1 slice of bread

Fruit

Serving Size:
1/2 cup juice,
1 cup cut
15 Carb grams
60 Calories

One small apple, orange, banana, or pear, 1/2 small grapefruit, 15 grapes

Milk

Serving Size:
1 cup
12 Carb grams
80 Calories

Fat-free or 1% mink, yogurt, buttermilk soymilk

FOODS WITH LITTLE OR NO CARBS

Vegetables (Non-Starchy)

1/2 cup cooked,
1cup raw
25 Calories

Celery, zucchini, carrots cauliflower, greens, peppers, and tomatoes

Meat

Serving Size:
2-3 oz (palm of hand)
150 Calories

Lean meat, fish, chicken or eggs, cheese, and peanut butter (2 tablespoons)

Fat

Serving Size:
1 teaspoon
45 Calories

Cooking oils mayonnaise, margarine, or low-fat salad dressing

SAMPLE MEAL PLAN

BREAKFAST	LUNCH	DINNER	SNACKS (IF RECOMMENDED)
1/2 banana	1/2 cup tuna in water	3 ounces chicken (1/2 small breast)	_____
1 slice of whole-wheat toast	1 tsp mayonnaise	2/3 cup brown rice	_____
1 tsp margarine	1 slice whole-wheat bread	1 cup broccoli	_____
1/2 cup hot cereal	1 tsp margarine	1 tsp cooking oil	_____
1 cup fat-free or 1% milk	1 small tomato, sliced	Mixed green salad with 2 tbsp low-calorie dressing	
coffee or tea	1 cup melon	1 1/2 cup strawberries	
	1 cup plain or light yogurt		

There are many healthy foods you can eat. Your doctor, diabetes educator or dietitian will help you learn how to eat the right foods, in the right amounts, at the right times, to control your blood sugar.

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Fruit–Lemon

Lemons are a citrus fruit that belong in the rue family. Around 1000 and 1200 CE, the lemon was believed to have been introduced into Spain and North Africa. In the later 1400s, the lemon was being cultivated and shipped to England. Now, the lemon is shipped worldwide.

The lemon plant can grow to a 10-20 foot evergreen tree if it is not pruned. Usually, lemon trees that grow commercially are grown in tropical or subtropical countries. Lemon trees take about five years of growing before the tree will be used to produce com-mercial fruit. The lemon tree can yield about 6 to 10 pickings each year with an estimated 1500 lemons per tree. The lemons are picked while they are still green and can be held for months to mature. Once the lemons start to turn a unform yellow, they are ready to be shipped.

The lemon is like the onion of the fruit family. The lemon can hold its own but it can be added to such a wide variety of foods. Lemons are widely used in many foods. Both the flesh of the lemon and the peel can be eaten. Often however, the peel is usually discarded. Lemons are used to make desserts, beverages, used with vegetables, and to accent meat, fish and poultry. The list for the use of lemons in foods can go on.

As far as nutrition is concerned, lemons provide citric acid, vitamin C, B vitamins, dietary fiber, calcium, iron and potassium. The lemon is low in both calories and fat.

Caloric Ratio Pyramid What is this?

Caloric Ratio Pyramid for Lemons, raw, without peel [Includes USDA commodity food A415]

This feature requires Flash player to be installed in your browser. Download the player here.

78%	9%	13%
Carbs	Fats	Protein

Estimated Glycemic Load

4

0 250

Typical target total is 100/day or less

What is this?

NutritionData's Opinion What is this?

Weight loss:	★★★★★
Optimum health:	★★★★½
Weight gain:	★½☆☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin B6, Iron and Potassium, and a very good source of Dietary Fiber and Vitamin C.

The bad: A large portion of the calories in this food come from sugars.

Nutrition Facts

Lemons, raw, without peel

NUTRITION INFORMATION

Amounts per 1 cup, sections (212g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	61.5 (257 kJ)	3%
From Carbohydrate	48.3 (202 kJ)	
From Fat	5.3 (22.2 kJ)	
From Protein	7.8 (32.7 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	19.8 g	7%
Dietary Fiber	5.9 g	24%
Starch	~	
Sugars	5.3 g	

More details

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.6 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.2 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	55.1 mg	
Total Omega-6 fatty acids	134 mg	

Learn more about these fatty acids and their equivalent names

More details

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.3 g	5%

More details

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	46.6 IU	1%
Vitamin C	112 mg	187%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.3 mg	2%
Vitamin K	0.0 mcg	0%
Thiamin	0.1 mg	6%
Riboflavin	0.0 mg	2%
Niacin	0.2 mg	1%
Vitamin B6	0.2 mg	8%
Folate	23.3 mcg	6%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	10.8 mg	
Betaine	~	

More details

Minerals

Amounts Per Selected Serving		%DV
Calcium	55.1 mg	6%
Iron	1.3 mg	7%
Magnesium	17.0 mg	4%
Phosphorus	33.9 mg	3%
Potassium	293 mg	8%
Sodium	4.2 mg	0%
Zinc	0.1 mg	1%
Copper	0.1 mg	4%
Manganese	0.1 mg	3%
Selenium	0.8 mcg	1%
Fluoride	~	

Recipe–Blueberry Lemon Trifle

Ingredients

- 3 cups fresh blueberries, divided
- 2 cans lemon pie filling
- 2 cup lemon yogurt
- 1 prepared angel food cake (8 to 10 ounces), cut into 1-inch cubes
- 1 carton (8 ounces) frozen whipped topping thawed
- Lemon slices and fresh mint (optional for garnish)

Directions

1. Set aside 1/4 cup blueberries for garnish. In a large bowl, combine pie filling and yogurt.

2. In a 3-1/2-qt. serving or trifle bowl, layer a third of the cake cubes, lemon mixture and blueberries. Repeat layers twice. Top with whipped topping. Cover and refrigerate for at least 2 hours. Garnish with reserved blueberries and, if desired, lemon and mint.

Blueberry Lemon Trifle Recipe: How to Make It (tasteofhome.com)

Brain Exercise

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

Christmas Carol Cryptogram

Here is a list of 18 Christmas Carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZ! NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'O IXRWOFUT QJ W DSFNR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYYA
12. YFNNYR IXBOORX MQV
13. TQI XRAN VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD OQOOV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYYA
17. SWER VQBXARYJ W ORXXV YFNNYR PSXFANOWA
18. Q PSXFANOWA NXRR

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December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Eat a Red Apple Day	2 National Fritters Day	3 National Roof Over Your Head Day
4 Santa's List Day	5 Repeal Day	6 Mitten Tree Day	7 Letter Writing Day	8 National Brownie Day	9 National Pastry Day	10 Human Rights Day
11 International Children's Day	12 Poinsettia Day	13 Ice Cream Day	14 Roasted Chestnuts Day	15 National Lemon Cupcake Day	16 National Chocolate Covered Anything Day	17 National Maple Syrup Day
18 Bake Cookies Day	19 Look for an Evergreen Day	20 Go Caroling Day	21 Crossword Puzzle Day	22 National Date Nut Bread Day	23 Roots Day	24 National Eggnog Day
25 Christmas Day	26 National Candy Cane Day	27 National Fruitcake Day	28 Card Playing Day	29 Pepper Pot Day	30 Bacon Day	31 New Year's Eve

Monthly Observances

- Bingo Month
- National Fruit Cake Month
- Safe Toys and Gifts Month
- World Food Service Safety Month
- Write a Friend Month

Brain Exercise Answers

1. O COME ALL YE FAITHFUL
2. SILENT NIGHT, HOLY NIGHT
3. DECK THE HALLS WITH BOUGHS OF HOLLY
4. HARK! THE ANGELS SING
5. THE FIRST NOEL
6. WE WISH YOU A MERRY CHRISTMAS
7. IT CAME UPON THE MIDNIGHT CLEAR
8. I'M DREAMING OF A WHITE CHRISTMAS
9. AWAY IN THE MANGER
10. SANTA CLAUS IS COMING TO TOWN
11. SILVER BELLS
12. LITTLE DRUMMER BOY
13. GOD REST YE MERRY GENTLEMEN
14. RUDOLPH THE RED NOSED REINDEER
15. I SAW MOMMY KISSING SANTA CLAUS
16. JINGLE BELLS
17. HAVE YOURSELF A MERRY LITTLE CHRISTMAS
18. O CHRISTMAS TREE

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

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