

# FOOD AND FITNESS

# Spring

## Spring—The Fresh Way

Finally, we are getting away from the cold of winter and moving forward into the warmer weather! In the winter we sometimes have to rely on canned, frozen, dried, and juices. We can always purchase fruits and vegetables year round, but not always are they of a good variety and the best of quality. Spring is the perfect way to get into eating a fresh and better variety of fruits and vegetables.

Winter months have us tied down to the more basic of the fruits and vegetable world when we talk about buying them fresh. Apples, oranges, potatoes, and onions we can find anywhere but to find a ripe and juicy watermelon in the dead of winter can pose a challenge. Buying canned, frozen, dried, and juices are great alternatives for when fresh is simply not available. These products over the years have been a challenge on their nutrient loss. However, the nutrient content is comparable to fresh. Some products may experience more of a nutritional loss than other products. It is important to note that even when we cook our fresh products at home, fruits and vegetables experience some nutritional loss due to heating, air, and acid. In some cases, the nutrient value can be increased when they are picked at the peak of ripeness. Also, the process of cooking can increase availability of the nutrients to be more pronounced. Luckily, we do have the option to buy fruits and vegetable canned, frozen, dried, and in the form of juice to hold us over until we can get our hands on the peaches we have been dreaming off all winter long.



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## Spring—The Fresh Way

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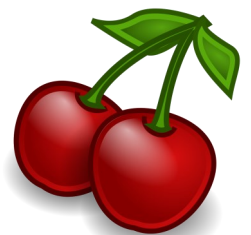
Even though we can find some of our fruits and vegetables in other ways than fresh, how often do you see a canned or frozen watermelon or cantaloupe? We simply just don't see it. Eating a frozen blueberry isn't the same as eating one fresh. Plus, when fruits and vegetables are in season usually they are less expensive, and easier on the budget. Most of us have seen strawberries in the winter that cost four dollars apiece and are mostly green. Who wants to pay for that?

When we are able to get our hands on more of a variety, we tend to eat more fruits and vegetables because we are not bored of continuously eating the same ones over and over again. A variety is key when we want to ensure we are getting the right amounts of vitamins and minerals. To get the right amount of vitamins and minerals, we need to eat 5-6 servings of fruits and vegetables per day. An easy way is to make one-half of your plate at every meal full of fruits and vegetables. Challenge yourself to eat fresh while they are available at the peak of ripeness for every season.



### Spring Fruits and Vegetable at the Peak of Ripeness

|                |                 |                     |
|----------------|-----------------|---------------------|
| Apricots       | Fennel          | Ramps               |
| Asparagus      | Honeydew        | Rhubarb             |
| Avocados       | Leeks           | Snow Peas           |
| Broccoli       | Limes           | Spinach             |
| Butter Lettuce | Mango           | Spring Baby Lettuce |
| Carrots        | Morel Mushrooms | Strawberries        |
| Cherries       | Mustard Greens  | Swiss Chard         |
| Chives         | Oranges         | Vidalia Onions      |
| Collard Greens | Pea Pods        | Watercress          |
| Corn           | Peas            | White Asparagus     |
| Grapefruit     | Pineapples      |                     |
| Green Beans    | Potatoes        |                     |



# Minerals at a Glance



## MINERALS



## Moving to Minerals

Now that we have gone through the list of vitamins, let's get started on the minerals. We need minerals just like we need vitamins. Vitamins and minerals go hand-in-hand with each other. The difference between being classified as a vitamin or a mineral is based on its structure. Vitamins are an organic compound and can be broken down by heat, acid, or air, whereas minerals are inorganic and hold their structure.

Some minerals are called macrominerals and others are what we call trace minerals (meaning we only need them in small amounts). The minerals listed in bold are the ones that are macrominerals and are needed in a larger quantity than the trace minerals. Keep in mind getting the right amounts of minerals is very important, however, some we need in larger quantities than others. The amounts of minerals we need are not an indication of their importance in our bodies. Some minerals we may need in more abundance than another, however, some of the ones we need in trace amounts might have a higher importance.

Just like vitamins, eating a balanced diet can provide all the necessary amount of minerals one should need in their diet.



### Minerals to Cover:

|                 |                  |                   |
|-----------------|------------------|-------------------|
| Boron           | Fluoride         | <b>Phosphorus</b> |
| <b>Calcium</b>  | Iodine           | <b>Potassium</b>  |
| <b>Chloride</b> | Iron             | <b>Sodium</b>     |
| Chromium        | Manganese        | Selenium          |
| Cobalt          | <b>Magnesium</b> | <b>Sulfur</b>     |
| Copper          | Molybdenum       | Zinc              |





## Spring Strawberry Spinach Salad

Serves 4

### Ingredients

- 1 bunch spinach
- 10 large strawberries, sliced
- 1/2 cup white sugar
- 1 teaspoon salt
- 1/3 cup white wine vinegar
- 1 cup vegetable oil
- 1 tablespoon poppy seeds



Optional additions to add to the salad can be nuts, sunflower seeds, other fruits or vegetables like mandarin oranges, onions, apples, or blueberries, or for a more depth of flavor adding feta cheese.

### Instructions

1. In a large bowl, mix the spinach and strawberries.
2. In a blender, place the sugar, salt, vinegar, and oil and blend until smooth. Stir in the poppy seeds. Pour over the spinach and strawberries, and toss to coat.
3. Serve and enjoy.

If you do not want to go through all the work of making the poppy seed dressing, you can buy a similar product at your local grocery store.

## Brain Exercise

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

Intermediate Sudoku by KrazyDad, Volume 8, Book 35

### Sudoku #1

|   |   |   |   |  |   |   |   |   |
|---|---|---|---|--|---|---|---|---|
| 8 |   |   |   |  | 7 |   |   |   |
|   | 5 |   |   |  | 2 |   |   | 7 |
|   | 7 |   |   |  |   | 8 | 3 | 2 |
| 7 | 8 |   | 4 |  |   |   | 9 | 6 |
|   |   | 4 |   |  |   | 7 |   |   |
| 5 | 6 |   |   |  | 8 |   | 2 | 1 |
| 3 | 4 | 8 |   |  |   |   | 1 |   |
| 2 |   |   | 1 |  |   |   | 7 |   |
|   |   |   | 3 |  |   |   |   | 9 |

*Is not absence death to those who love?  
 -- Alexander Pope*

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

*Brain Exercise Answers on Page 8*

# APRIL 2016

## April Monthly Observations

*National Humor Month*

*International Guitar Month*

*Keep America Beautiful Month*

*Lawn and Garden Month*

*National Poetry Month*

*National Pecan Month*

*National Welding Month*

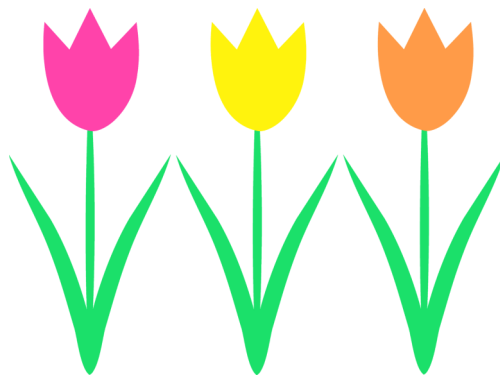
*Records and Information Management Month*

*Stress Awareness Month*

*Sexual Assault Awareness Month*

| Sun                            | Mon                           | Tue                        | Wed                          | Thu                              | Fri                               | Sat                              |
|--------------------------------|-------------------------------|----------------------------|------------------------------|----------------------------------|-----------------------------------|----------------------------------|
|                                |                               |                            |                              |                                  | 1<br>National Walk to Work Day    | 2<br>National PB&J Day           |
| 3<br>World Party Day           | 4<br>Hug A News-man Day       | 5<br>Go For Broke Day      | 6<br>National Tartan Day     | 7<br>National Beer Day           | 8<br>Draw A Picture of a Bird Day | 9<br>Winston Churchill Day       |
| 10<br>Golfer's Day             | 11<br>Barber-shop Quartet Day | 12<br>Big Wind Day         | 13<br>Scrabble Day           | 14<br>National Pecan Day         | 15<br>Titanic Remembrance Day     | 16<br>National Eggs Benedict Day |
| 17<br>National Cheese-ball Day | 18<br>Patriot's Day           | 19<br>National Garlic Day  | 20<br>Look Alike Day         | 21<br>National High Five Day     | 22<br>National Jelly Bean Day     | 23<br>Take a Chance Day          |
| 24<br>Pig in a Blanket Day     | 25<br>World Penguin Day       | 26<br>National Pretzel Day | 27<br>National Prime Rib Day | 28<br>Take Your Daughter To Work | 29<br>Greenery Day                | 30<br>National Honesty Day       |

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



## Brain Exercise Answers

### Hints

Sudoku #1

|    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|
|    | 21 | 24 | 39 | 38 |    | 36 | 7  | 4  |
| 26 |    | 33 | 27 | 25 |    | 40 | 5  |    |
| 37 |    | 32 | 50 | 51 | 47 |    |    |    |
|    |    | 41 |    | 28 | 35 | 16 |    |    |
| 42 | 17 |    | 48 | 44 | 43 |    | 8  | 9  |
|    |    | 29 | 34 | 45 |    | 10 |    |    |
|    |    |    | 30 | 31 | 22 | 18 |    | 1  |
|    | 2  | 11 |    | 49 | 46 | 19 |    | 12 |
| 6  | 3  | 13 |    | 23 | 20 | 14 | 15 |    |

### Answers

Sudoku #1

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 3 | 2 | 6 | 1 | 7 | 9 | 5 | 4 |
| 4 | 5 | 9 | 8 | 3 | 2 | 1 | 6 | 7 |
| 1 | 7 | 6 | 9 | 5 | 4 | 8 | 3 | 2 |
| 7 | 8 | 1 | 4 | 2 | 3 | 5 | 9 | 6 |
| 9 | 2 | 4 | 5 | 6 | 1 | 7 | 8 | 3 |
| 5 | 6 | 3 | 7 | 9 | 8 | 4 | 2 | 1 |
| 3 | 4 | 8 | 2 | 7 | 9 | 6 | 1 | 5 |
| 2 | 9 | 5 | 1 | 4 | 6 | 3 | 7 | 8 |
| 6 | 1 | 7 | 3 | 8 | 5 | 2 | 4 | 9 |

