

# Food and Fitness

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## Food Is Fuel—How Does Your Body Use Food as Fuel

The body is a very complex and efficient machine that takes the food we eat and converts it into energy. The energy is used to power everything your body does, from breathing to exercising. This information can help us make better choices about what foods to eat and when to eat them.



## Three Sources of Energy

**Carbohydrates**—The body prefers carbohydrates as its main source of energy. When you eat carbohydrates, they are turned into glucose. Glucose is a quick form of energy for the cells. When you have excess glucose, it is stored in the muscles and liver in the form of glycogen and ready to be used at a later time.

Examples of Carbohydrate energy sources:

- Simple carbohydrates: fruit, sugar, milk, sugar sweetened beverages
- Complex carbohydrates: whole grains, vegetables, legumes

## Food Is Fuel—How Does Your Body Use Food as Fuel

**Protein**—Proteins are known for being the building blocks within the body. Proteins can be turned into energy, but it is not their main purpose. Their main purpose is to build and repair tissue.

Proteins are responsible for:

- Building and repairing muscles
- Enzymes and hormones
- Support immune health and function
- Keeping healthy skin, nails and hair

**Fat**—Fat is important for our bodies. Fat has the highest amount of energy per gram compared to carbohydrates and protein. While carbohydrates and protein have four kilocalories per gram, fat has nine. This means fat has over twice as much energy per gram than the carbohydrates and protein.

Fat provides;

- Essential fatty acids that are required for brain function
- Helps to protect vital organs
- Used for insulation to maintain proper body temperature

The body goes through digestion and has an energy cycle. The body will alert you when it needs fuel. People often feel fatigue, have low energy, difficulty concentrating, mood changes, or have hunger pains when it needs fuel. It is important to fuel your body in smart ways like:

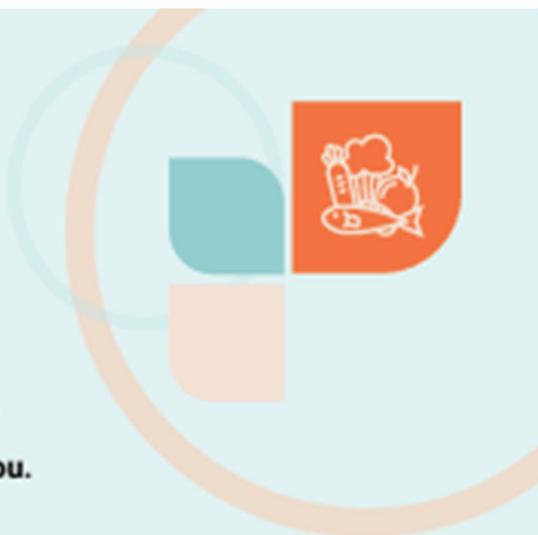
- Choosing whole grains
- Include protein with each meal and snack
- Eat a variety of fruits and vegetables
- Stay hydrated
- Watch for feeling full signals

The body needs fuel and often we fuel our bodies in the wrong ways. Make choices that provide the body with what it needs to work its best. By doing that, you may be able to increase your energy level and maintain overall wellness.

# Build a Healthy Eating Routine

You know that healthy eating is key to a healthy life — and the good news is that small changes can make a big difference!

**Follow these tips to build a healthy eating routine that works for you.**



## Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



**Whole fruits** — like apples, berries, grapefruit, papaya, and bananas



**Veggies** — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama



**Whole grains** — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread



**Proteins** — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



**Low-fat or fat-free dairy** — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



**Oils** — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



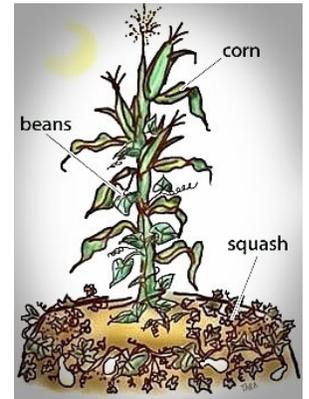
Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you.

## Vegetable—Maize (Corn)



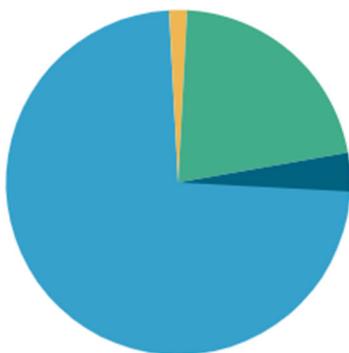
Corn belongs in the grass family and is also considered an edible grain. Corn is used as food for humans, feed for livestock, as biofuel, and other materials. Corn is one of the most used and distributed crop in the world.

Corn is grown with other crops and interplants it with some other agricultural systems. Corn, squash, and beans are grown together because of the complimentary traits. This is call milpa or more commonly known as the Three Sisters. The most commonly grown corn is yellow or white but there are an array of color options (however many are not for human consumption). Corn is classified into dent corn, flint corn, flour corn, sweet corn, and popcorn. In our local store, sweet corn is the one we will most likely purchase. It can be purchased fresh, frozen, or canned.



As far as nutrition for yellow, sweet corn, it contains a number of vitamins and minerals. It contains notable amounts of vitamin B5, vitamin B3, vitamin B6, and vitamin B1. For minerals, it contains notable amounts of magnesium, manganese, phosphorus, zinc, and copper.

WHAT IS THIS FOOD MADE OF?



73.9%	Water	65.3g
3.4%	Protein	3g
21.1%	Carbs	18.7g
1.5%	Fat	1.3g
0%	Alcohol	0g

WHERE DO THE CALORIES COME FROM?



13%	Protein
74%	Carbs
13%	Fat
0%	Alcohol

### Minerals

	-- = missing data	%DV
Weight	89g	
Calcium	2.7mg	0%
Iron, Fe	0.4mg	2%
Potassium, K	194mg	4%
Magnesium	23.1mg	6%
Phosphorus, P	68.5mg	5%
Sodium	0.89mg	0%
Zinc, Zn	0.55mg	5%
Copper, Cu	0.04mg	5%
Manganese	0.15mg	6%
Selenium, Se	0.18mcg	0%

# Nutrition Facts

## Cooked Yellow Sweet Corn (Boiled, Drained)

Corn, sweet, yellow, cooked, boiled, drained, without salt

Serving Size:

1 × 1 ear small (5-1/2 inch to 6-1/2 inch)



# Nutrition Facts

### Serving Size

1 ear small (5-1/2 inch to 6-1/2 inch long)  
(89g)

**Calories 85**

% Daily Value \*

<b>Total Fat</b> 1.3g	<b>2%</b>
Saturated Fat 0.18g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0.89mg	<b>0%</b>
<b>Total Carbohydrate</b> 18.7g	<b>7%</b>
Dietary Fiber 2.1g	<b>8%</b>
Total Sugars 4g	<b>8%</b>
Includes --g Added Sugars	<b>--%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin C 4.9mg	<b>5%</b>
Vitamin D 0mcg	<b>0%</b>
Iron 0.4mg	<b>2%</b>
Calcium 2.7mg	<b>0%</b>
Potassium 194mg	<b>4%</b>
Phosphorus 68.5mg	<b>5%</b>

\*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	89g	
Vitamin A, RAE	11.6mcg	1%
Vitamin C	4.9mg	5%
Thiamin (B1)	0.08mg	7%
Riboflavin (B2)	0.05mg	4%
Niacin (B3)	1.5mg	9%
Vitamin B5 (PA)	0.7mg	14%
Vitamin B6	0.12mg	7%
Biotin	--mcg	
Folate (B9)	20.5mcg	5%
Folic acid	0mcg	0%
Food Folate	20.5mcg	5%
Folate DFE	20.5mcg	5%
Choline	25.9mg	5%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	58.7mcg	1%
Carotene, alpha	20.5mcg	0%
Cryptoxanthin, beta	143.3mcg	1%
Vitamin A, IU	234.1IU	
Lycopene	0mcg	
Lut + Zeaxanthin	806.3mcg	
Vitamin E	0.08mg	1%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	0.36mcg	0%

## Recipe—Confetti Corn

### Ingredients

- 1 tbsp olive oil
- 1/4 cup chopped red onion
- 1/2 of a small orange bell pepper, 1/2 inch diced
- 1 tbsp unsalted butter
- 2 cups corn
- 3/4 tsp kosher salt
- 1/2 tsp pepper
- 1 tbsp fresh basil, chives or parsley



*Recipe Adapted From: [Confetti Corn Recipe](#) | Ina Garten | Food Network*

### Instructions

1. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in the bell pepper and sauté for 2 more minutes .
2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot .

# Brain Exercise

Don't Just Exercise your body, workout your brain!

## Circulatory System Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid.  
Look for them in all directions including backwards and diagonally.



ANTIBODY  
AORTA  
ARTERY  
ATRIUM  
BLOOD PRESSURE  
BLOOD TYPE  
CAPILLARY  
CAROTID  
CHAMBER

CIRCULATION  
CLOT  
FIBRINOGEN  
HEART  
HEMATOLOGY  
HEMOGLOBIN  
HYPERTENSION  
PLASMA  
PLATELET

PULSE  
RED BLOOD CELL  
SEPTUM  
VALVE  
VEIN  
VENA CAVA  
VENTRICLE  
VESSEL  
WHITE BLOOD CELL

# February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>No Politics Day</i>
2 <i>Ground Hog Day</i>	3 <i>National Carrot Cake Day</i>	4 <i>National Homemade Soup Day</i>	5 <i>National Weatherman's Day</i>	6 <i>National Chopsticks Day</i>	7 <i>National Fettuccine Alfredo Day</i>	8 <i>Kite Flying Day</i>
9 <i>National Pizza Day</i>	10 <i>National Flannel Day</i>	11 <i>Make a Friend Day</i>	12 <i>Plum Pudding Day</i>	13 <i>National Wingman Day</i>	14 <i>Valentine's Day</i>	15 <i>National Gum Drop Day</i>
16 <i>Do a Grouch a Favor Day</i>	17 <i>President's Day</i>	18 <i>National Drink Wine Day</i>	19 <i>National Chocolate Mint Day</i>	20 <i>Cherry Pie Day</i>	21 <i>Card Reading Day</i>	22 <i>Walking the Dog Day</i>
23 <i>National Tootsie Roll Day</i>	24 <i>National Tortilla Chip Day</i>	25 <i>National Clam Chowder Day</i>	26 <i>National Pistachio Day</i>	27 <i>National Chili Day</i>	28 <i>Floral Design Day</i>	

## MONTHLY OBSERVATIONS

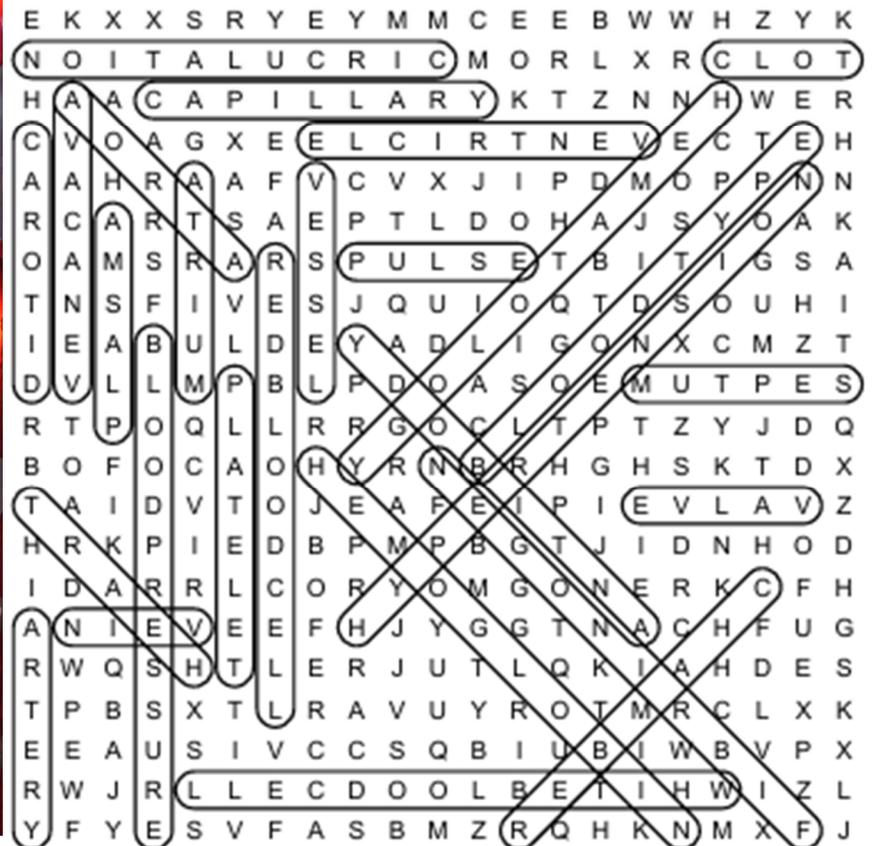
- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- Children's Dental Health Month
- Creative Romance Month
- Grapefruit month
- Great American Pie Month
- National Bird Feeding Month
- National Cherry Month
- Spunky Old Broads Month
- Weddings Month

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## Circulatory System

Word Search  
**SOLUTION**



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