

# FOOD AND FITNESS

VOLUME 158

SEPTEMBER 2015

## AVOCADO HYPE

At times we hear about different foods and how they are good or bad for us. Sometime we hear one year that a certain food is bad for us and then in later years we hear the EXACT opposite. Now, the avocado is one food that is here to stay. Over the years, the avocado has been called a superfood because of its health properties. The avocado is full of vitamins and minerals, loaded with heart healthy monounsaturated fats, filled with fiber, and contains antioxidants. The health benefits the avocado provides are endless.

First, what is an avocado? The avocado is a fruit that most people associated with Mexican food like guacamole. It has a non-edible outer skin and a large seed in the middle. It has often been called the alligator pear due to its bumpy green skin. There are many different types of avocados such as the shepard, choquette, tonnage, daily 11, macarthur, hall, mexicola grandd, Anaheim, and the hass avocado. The most common in the US is the hass avocado. The avocado consists mainly of carbohydrates and healthy fats. The center, when ripe, is creamy and has a plain taste.



(CONTINUED ON PAGE 2)



### INSIDE THIS ISSUE:

AVOCADO HYPE	1-2
AVOCADO HISTORY	3
VITAMIN B9—FOLATE	4
GUACAMOLE BRUSCHETTA	5
BRAIN EXERCISE	6
SEPTEMBER MONTHLY OBSERVATIONS	7
CONTACT INFORMATION	8

## AVOCADO HYPE (CONTINUED FROM PAGE 1)

The Hass avocado is the only avocado produced year round!

The avocado has many vitamins and minerals. Potassium is the one that is most abundantly present in the avocado. A serving of avocado has more potassium than one serving of banana. Potassium is important for healthy blood pressure levels. It also contains fiber, Vitamin C, iron, and more.

The avocado is a HIGH FAT food. Most of the calories in a serving of avocado come from fat. With that being said, the avocado (in reference to foods that we eat that are plants) is one of the plants that contains the most amount of fat. Most of the fat in an avocado is called a monounsaturated fat (the same as type of fat that is in olive oil). The monounsaturated fat may also be referred to as oleic acid. The monounsaturated are a better choice of fat in comparison to saturated fats and trans fats. Even though the monounsaturated fats are better, these fats still have the same calories per grams as the saturated and trans fats.

The avocado has been studied for many of its health benefits. It has been studied that a diet with steady amounts of avocado may reduce the risk of heart disease and may help with rheumatoid arthritis problems. Just remember avocados are high in calories. If you are trying to watch your calorie consumption, moderation is the way to go.

### Avocado Nutrition

<b>Nutrition Facts</b>	
Serving Size 1 California 1/5 Medium (30g / 1.1oz) Servings 1	
Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 35
%Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 140mg	<b>4%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 2%
Not a significant source of saturated fat, trans fat, cholesterol, sugars.	
* Percent Daily Values are based on a 2,000 calorie diet.	

## HOW TO CUT AN AVOCADO

1. Take a knife and place it in long ways
2. Remove the seed
3. Cut it in 1/2 inch strips both in length and width
4. Take a spoon and scoop out the contents



## **Guacamole**

Making the traditional guacamole has become more common in the United States. It is now time to make avocado shine in a new and fresh light. The bruschetta can be used as a colorful and appealing snack or appetizer. The simply delicious bruschetta recipe is very easy to make and uses fresh ingredients.

### **History of the Avocado**

The avocado was discovered in Mexico around the 290 B.C. The avocado gets its name from the Latin American word for *ahuacatl*. The pronunciation was coined by Sir Henry Sloane in 1669 because it was easier to say.

Avocados must be fully mature before they are picked. However, the avocados do not become soft on the tree. Avocados trees can be used as storage by keeping them on the trees for many months after being fully matured.

The Spanish brought the avocado to the English. At first, the avocado was considered to be a tasteless. It now is most commonly used in guacamole but can also be used in a variety of different recipes.

### **Did You Know?**

- An avocado is actually a fruit and is a member of the berry family
- Avocados did not become a cash crop until the early 1900s
- At one time it was called the alligator pear because of the texture of the skin
- Was a staple in the native diet
- The seed contains a milky substance that becomes red when exposed to air. The Spaniards used this substance for ink.
- In 1833, the first avocado tree was planted in Florida



# VITAMIN B9

Vitamin B9—also known as Folate

## Vitamin B9 Folate

Food sources of folate include beans and legumes, citrus fruits and juices, whole grains, dark green leafy vegetables, poultry, pork, shellfish and liver



**Daily amounts needed for adults 50 and older:**

**Recommended Daily Allowance:**

Men - 400 µg/d

Women - 400 µg/d

### What are its Functions?

Folate is important for many functions. One important function is for women who are pregnant or are looking to become pregnant. Folate helps prevent neural tube defects in the unborn child. Folate is also used in the body for metabolism of amino acids and in the production of DNA and RNA. Another function, folate works with Vitamin B12 to make hemoglobin.

### Food Sources

Folate is naturally occurring in some food. Folic acid (a form of vitamin B9) is found in supplements, fortified or enriched foods.

Liver	Spinach	Peanuts
Lentils	Turnip Greens	Beets
Dried Beans	Broccoli	Fortified Cereals and Grains
Asparagus	Eggs	

### Deficiency Symptoms

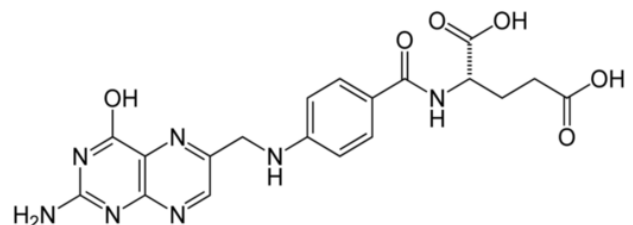
Immature red blood cells  
Anemia  
Compromised immunity

Abnormal digestive function

Risk of neural tube defects in pregnant women

### Toxicity Symptoms

None reported but can mask a Vitamin B12 deficiency



## GUACAMOLE BRUSCHETTA

**Yield:** 12-15 servings

**Prep Time:** 15 min

**Cook Time:** 6 min

**Ingredients:**

- 1/2 loaf French bread
- 1 clove garlic
- 2 Tbsp olive oil
- 2 tomatoes, medium chopped
- 2 avocados, medium chopped
- 1/3 cup finely chopped onion
- 1/4 cup chopped cilantro
- 2 Tbsp freshly squeezed lime juice
- 1/2 Tsp salt
- 1/4 Tsp pepper



**Directions:**

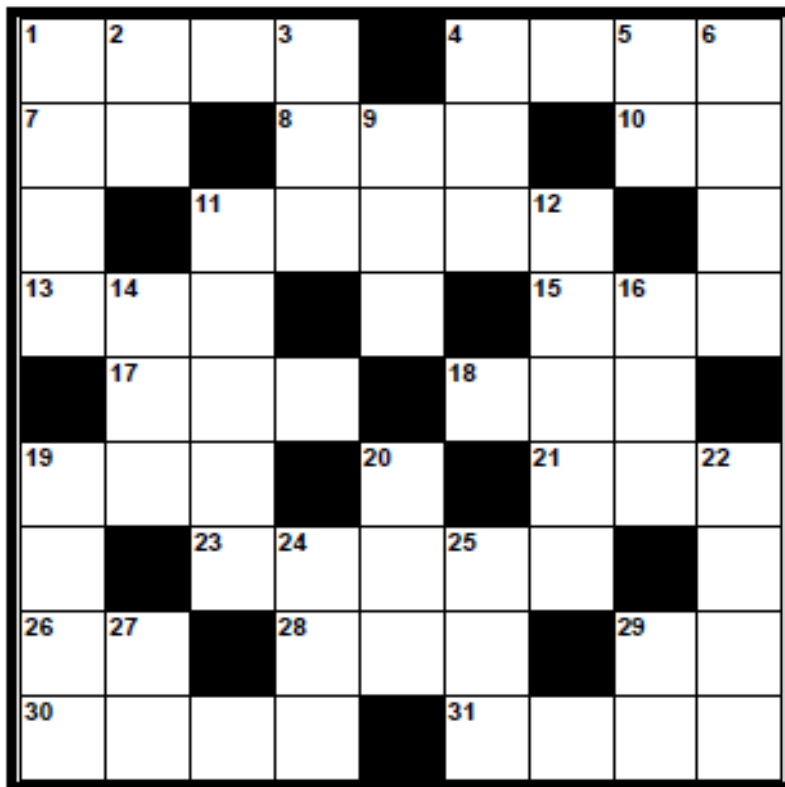
- Preheat the oven to 400°F.
- Slice the French bread on the diagonal into 1/2" rounds and place on a baking sheet.
- Toast the sliced bread in the oven for 3 minutes, then flip each piece over and toast an additional 3 minutes.
- Remove the toasted bread from the oven and immediately rub with the clove of garlic.
- Brush the tops of the garlic-rubbed toasts with olive oil and set aside.
- In a large bowl, combine the chopped tomatoes, avocado, onion, cilantro, lime juice, salt and pepper. Mix together gently, making sure the avocado is well coated in the lime juice.
- Spoon a portion of the mixture onto each of the garlic toasts and serve.

# BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORK OUT YOUR BRAIN

## Cross Figure #21

Y. Dvir

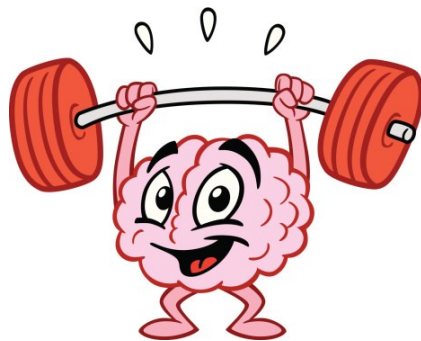


### ACROSS

- 1. 30 across plus 31 across
- 4. See 1 down
- 7. Three times 26 across
- 8. Seven times 29 down
- 10. 7 across plus ten
- 11. Three times 30 across
- 13. Consecutive digits in reverse
- 15. 19 down minus 4 down
- 17. 16 down plus 20 down
- 18. See 31 across
- 19. 25 down minus 7 across
- 21. See 23 across
- 23. 21 across times 8 across
- 26. 29 down minus two
- 28. Twelve times 29 across
- 29. 26 across plus five
- 30. Five times 18 across
- 31. 18 across plus 24 down

### DOWN

- 1. 19 down plus 4 across
- 2. Sum of digits of 9 down
- 3. Consecutive digits unordered
- 4. 13 across minus two hundred
- 5. Its digits total fifteen
- 6. Its digits total eleven
- 9. A seventh of 1 across
- 11. 29 down times 14 down
- 12. 23 across plus 6 down
- 14. 2 down times 27 down
- 16. Same as 9 down
- 19. A square
- 20. Seven times 2 down
- 22. 30 across plus 1 across
- 24. A square root of 12 down
- 25. Three times 5 down
- 27. A prime
- 29. A square



Answers on page 8

**SEPTEMBER  
MONTHLY  
OBSERVATIONS**

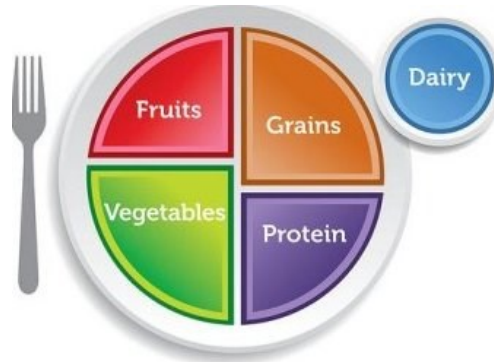
- Better Breakfast Month
- Honey Month
- Classical Music Month
- Hispanic Heritage Month
- Fall Hat Month
- International Square Dancing Month
- National Blueberry Popsicle Month
- National Courtesy Month
- National Piano Month
- Chicken Month
- Baby Safety Month
- Little League Month
- Self-Improvement Month

# SEPTEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Emma M. Nutt Day	2 VJ Day, WWII	3 Sky-scraper Day	4 Newspaper Carrier Day	5 Cheese Pizza Day
6 Read A Book Day	7 <b>Labor Day</b>	8 Pardon Day	9 Teddy Bear Day	10 Sewing Machine Day	11 Make Your Bed Day	12 Chocolate Milk Shake Day
13 Grandparent's Day	14 National Cream-filled Donut	15 Make a Hat Day	16 Step Family Day	17 National Apple Dump-ling Day	18 National Cheese-burger Day	19 National Butter-scotch Pudding Day
20 National Punch Day	21 Miniature Golf Day	22 Elephant Appreciation Day	23 Check-ers Day	24 National Cherries Jubilee Day	25 Native American Day	26 Johnny Appleseed Day
27 Crush a Can Day	28 National Good Neighbor Day	29 Confucius Day	30 National Mud Pack Day			

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

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



## BRAIN EXERCISE ANSWERS

#21



5	1	7	3		4	5	8	2
6	9		1	7	5		7	9
0		1	2	3	4	5		0
6	5	4		9		5	7	0
	8	7	2		8	2	3	
1	9	2		1		2	9	9
0		5	2	3	2	5		2
2	3		3	3	6		2	8
4	1	1	5		1	0	5	8