



Food and Fitness

February 2019
Volume 199

Inside this issue:

Sugary Sweets Replacement Suggestions	1-2
Elements of a Flavor Profile	3
Vegetable—Broccoli	4-5
Recipe—Broccoli and Brussels Sprout Delight	6
Brain Exercise	7
February Monthly Observations	8
Monthly Motivator Tips	9

Sugary Sweets Replacement Suggestions

Sugar filled sweets are much to desire in the world today. Chocolate covered foods, cakes, cookies, pies, and a multitude of other options are around every corner and are easily accessible. Indulging in the sugary sweets with moderation is generally fine, it's when consumption of the sugar sweets is frequent and replaces other necessary food groups or cause an over eating of calories.

Foods come in five different basic flavor profiles. Sweet, soup, bitter, salty/umami (savory), and spicy are the most recognized food flavors. The sweet flavor profile is one of the most common to crave and desire. Sweets are not only for desserts but can be found to balance out sour, bitter and spicy dishes. However, the focus will mainly be on the dessert side.

Sugar flavor can be addictive and very impossible to avoid. Excessive sugar intake can affect different parts of the body in damaging ways. Too much sugar can change your mood to damaging vital organs. By changing the sweet options, the sweet foods can still be enjoyed in a healthier way and reduce the amount of added sugars.

(Continues on Page 2)

Sugary Sweets Replacement Suggestions

(Continued from Page 1)



Fruits are the easiest way to replace the sugar filled sweets. Fruits still contain sugar but are not considered added refined sugars. Also, they provide an assortment of vitamins, minerals, and fiber too. Fruits for desserts can be plain or even as a part of the dessert. Frozen fruits, chocolate or yogurt dipped fruits, or baked fruits are some perfect examples.

Frozen treats like low-fat or fat-free frozen yogurt makes a great choice. Cold treats can also include low sugar or sugar-free popsicles or ice cream bars, and smoothies.



In recipes, changing high calorie fats and sugars for lower calorie ingredients have become a popular trend. Changing the oil in cakes for apple sauce is one of the most popular substitutions. Others include mashed avocado or pureed beans in exchange for oil. When talking about baking, the sugar is difficult to replace with a healthier substitution because the sugar plays a very important role in the baking process. If not baking, using sugar no calorie substitutes are a great choice.



Another way to reduce the amount of sugar is to simply eat smaller portions. Mini versions of the desserts are great options once you have the ability to self control the amounts. By mini desserts, referring to four or less bites. With this option, you have the chance to enjoy the desserts you love but on a smaller scale.

Cutting out sweets all together can be a daunting challenge and might seem impossible. The method of changing to healthier sweet options might be a better fit for you.

Beyond the 5 Basic Flavor Profiles

SPICY

The degree to which capsaicin, piperine, or other spicy element is detectable in food. Like salt and sugar, spicy ingredients are used to enhance the flavor of the other elements of a dish. The degree of spiciness is as much a personal preference as it is a profile element.

UMAMI

The degree to which glutamate is detectable in food. With no coherent definition in English, umami refers to the savoriness of a dish, using ingredients whose flavors are commonly described as earthy or meaty.

TEXTURE

Also known as mouthfeel, this element is the sensory experience of food in your mouth. It can be anything ranging from silky to crunchy.

TEMPERATURE

The temperature at which a food is consumed affects the flavor by dulling or heightening the flavor, as well as the overall eating experience.

SOUR

The degree to which acid is detectable in food. Acidity is used to temper the richness of foods.

SWEET

The degree to which sugars are detectable in food. It is the most pleasant of taste sensations. Sugars, like salt, can be used to enliven flavors.

SALTY

The degree to which sodium is detectable in food. It is the oldest known flavoring agent in the world. Salt acts to enhance flavors in food by brightening the other flavors in the dish.

BITTER

Bitter flavors provide counterpoints to sweet and savory foods. Bitter is more of a sensation than a flavor description. It is detectable in coffee, mustard, cocoa, olives and citrus peel.

Elements of a Flavor Profile

Vegetable—Broccoli

Broccoli is a member of the cabbage family and is related to kale, cauliflower and Brussels sprouts. Broccoli has a large head and thick stocks. Broccoli is basically a large edible head with unopened flowers. If broccoli is not harvested to eat, it will bloom into yellow flowers that create seeds for growing new flowers. Broccoli also has a baby form known as broccolini. Broccolini is a cross between broccoli and kale.

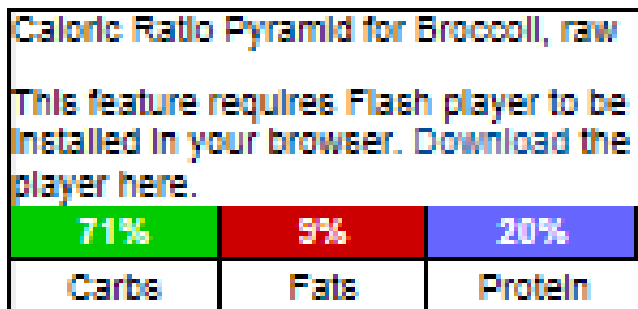


Broccoli originated in Italy. A fun fact is that Thomas Jefferson imported the seeds from Italy to plant. Jefferson recorded planting broccoli as early as May of 1767. Now, 90% of the United States broccoli is currently grown in California. According to the National Agricultural Statistics Service, the average American eats over 4 pounds of a year and we are only the 3rd largest producer in the world.



Broccoli can be eaten cooked or raw. Broccoli is rich in calcium, Vitamin A, Vitamin C and anti-oxidants properties. Broccoli also contains both soluble and insoluble fiber. When it comes to Vitamin C, 1 cup of broccoli has as much Vitamin C as one orange.

Caloric Ratio Pyramid [What is this?](#)



NutritionData's Opinion

[What is this?](#)

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

The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Vitamin E (Alpha Tocopherol), Thiamin, Riboflavin, Pantothenic Acid, Calcium, Iron, Magnesium, Phosphorus and Selenium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese.

Broccoli, raw

Serving size: 1 cup chopped (91g)



NUTRITION INFORMATION

Amounts per 1 cup chopped (91g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	30.9 (129 kJ)	2%
From Carbohydrate	21.9 (91.7 kJ)	
From Fat	2.8 (11.7 kJ)	
From Protein	6.3 (26.4 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	6.0 g	2%
Dietary Fiber	2.4 g	9%
Starch	0.0 g	
Sugars	1.5 g	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	1%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	19.1 mg	
Total Omega-6 fatty acids	15.5 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.6 g	5%

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	567 IU	11%
Vitamin C	81.2 mg	135%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.7 mg	4%
Vitamin K	92.5 mcg	116%
Thiamin	0.1 mg	4%
Riboflavin	0.1 mg	6%
Niacin	0.6 mg	3%
Vitamin B6	0.2 mg	8%
Folate	57.3 mcg	14%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.5 mg	5%
Choline	17.0 mg	
Betaine	0.1 mg	

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	42.8 mg	4%
Iron	0.7 mg	4%
Magnesium	19.1 mg	5%
Phosphorus	60.1 mg	6%
Potassium	288 mg	8%
Sodium	30.0 mg	1%
Zinc	0.4 mg	2%
Copper	0.0 mg	2%
Manganese	0.2 mg	10%
Selenium	2.3 mcg	3%
Fluoride	~	

Recipe— Broccoli and Brussels Sprout Delight

Prep time: 15 minutes

Cook time: 10 minutes

Ingredients

- ♦ 3 tablespoons butter, divided
- ♦ 2 cloves garlic, chopped
- ♦ 2 cups broccoli florets
- ♦ 8 brussels sprouts, trimmed and halved
- ♦ 1 small tomato, seeded and diced
- ♦ 1/4 teaspoon salt
- ♦ 1/8 teaspoon red pepper flakes (optional)



Directions

1. Melt 1 tablespoon butter in a skillet over medium heat; cook and stir garlic in hot butter until fragrant, 1 to 2 minutes.
2. Stir broccoli and Brussels sprouts into garlic; add tomatoes and remain butter.
3. Season with salt and red pepper flakes.
4. Stir Brussels sprouts mixture until well-combined, cover the skillet, and cook until browned on one side, about 5 minutes.
5. Flip sprouts and broccoli, cover the skillet again, and cook until browned on the other side, about 4 minutes.

Recipe Received From: <https://www.allrecipes.com/recipe/239919/broccoli-and-brussels-sprout-delight/>

Brain Exercise

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

Valentine's Cryptogram

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

13 18 13 9 1 23 1 12 13 14 24 19 5 18 19 25 7 5 8

18 25 8 5 10 5 8 22 2 13 16 5 13 2 9 13 14 6

1 20 25 26 2 22 25 26 13 21 25 26 19 23 7 1 19 6

18 25 8 5 10 5 8 13 14 16 22 24 1 8 23 5 14

Directions:
This puzzle is called a Cryptogram. I've always loved doing them! At the top there is a KEY that lists all the letters from A thru Z with a box below. Each of the letters has a corresponding number.

The bottom part contains a secret phrase. Each of the blanks has a number underneath it. Fill in the letters that correspond to the numbers below the blanks to solve the phrase.



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 National Freedom Day	2 Groundhog Day
3 Feed the Birds Day	4 Thank a Mailman Day	5 National Weatherman's Day	6 National Chopstick Day	7 Send a Card to a Friend Day	8 Boy Scout Day	9 National Pizza Day
10 Umbrella Day	11 Make a Friend Day	12 Abraham Lincoln's Birthday	13 Get a Different Name Day	14 Valentine's Day	15 Singles Awareness Day	16 Do a Grouch a Favor Day
17 Random Acts of Kindness Day	18 President's Day	19 National Chocolate Mint Day	20 Cherry Pie Day	21 Card Reading Day	22 National Margarita Day	23 Open That Bottle Night
24 National Tortilla Chip Day	25 Pistol Patent Day	26 National Pistachio Day	27 No Brainers Day	28 Floral Design Day		

Monthly Observations

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

February

Diet Pills and Shakes

By Dana Wright, WVU Extension Agent – Logan County



Monthly Challenge: Fill one-quarter of your plate with a lean protein at each meal. Vary it with plant and animal proteins (meats, fish, poultry, eggs, nuts/seeds and legumes). Take a photo of your plate and share with our group.

Health Motivator Talking Points

- Americans spent \$2 billion on weight loss supplements in 2015.
- What are some unsafe weight loss methods? Very low-calorie diets, weight loss supplements, laxatives, cigarette smoking, unsupervised fasting, excessive exercise and vomiting.
- The U.S. Food and Drug Administration does not test weight loss supplements for their safety and effectiveness. The FDA can have manufacturers remove supplements from the market if they are shown to cause harm.
- Side effects of diet pills include stomach bloating, loose stool and gas.
- Long-term use of weight loss supplements can increase the risk of high blood pressure and heart disease.
- Many diet aids have stimulants, such as caffeine, as the main ingredient. This can cause heart rate irregularities when taken in large quantities.
- Before taking any diet supplements, talk with your health care provider. It is important to take only what you need. Follow all recommendations to avoid adverse reactions, allergies and interactions with other drugs.
- What is the best way to achieve and maintain a healthy body weight? A healthy lifestyle with a balanced diet that does not exceed your daily recommended calorie intake and physical activity.

Quick Club Activity: Shake It

1. Download Harry Belafonte's song, "Shake, Shake, Shake, Senora."
2. Ask participants to dance, focusing on keeping pace with the music. Alternative dance: While sitting, wave arms and tap feet to the rhythm of the song.

Learn More

www.consumer.ftc.gov



Chuckle of the Month:

Why shouldn't you fall in love with a pastry chef?
He'll dessert you.

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

I F I H A D A S I N G L E F L O W E R
13 18 13 9 1 23 1 12 13 14 24 19 5 18 19 25 7 5 8

F O R E V E R Y T I M E I T H I N K
18 25 8 5 10 5 8 22 2 13 16 5 13 2 9 13 14 6

A B O U T Y O U , I C O U L D W A L K
1 20 25 26 2 22 25 26 13 21 25 26 19 23 7 1 19 6

F O R E V E R I N M Y G A R D E N .
18 25 8 5 10 5 8 13 14 16 22 24 1 8 23 5 14

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