

Food and Fitness

January 2019
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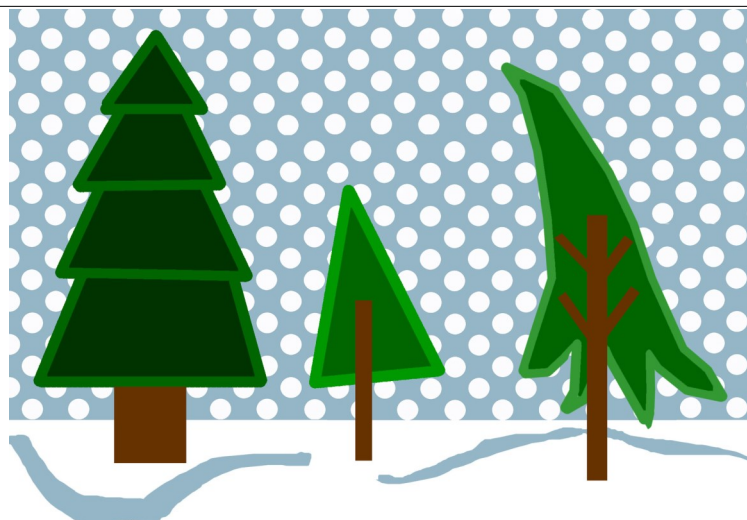
Planning and Preparing For a Weight Loss Plan

As it has turned over to the New Year, weight loss is in the minds of many around the world. While jumping on board to a quick and speedy weight loss sounds great, slow and steady weight loss is more likely to win the race. A weight loss plan should combine diet, exercise and behavioral changes.

Everyone is different and has unique situations. A plan for weight loss needs to be individualized to fit within your own needs. It's like trying to fit a round block into a square hole—it simply doesn't function like intended. Ultimately, the first step is identifying what's going on with you and keeping you back.

Some examples are:

- Eating too much junk food
- Drinking sugar sweetened beverages
- Consuming too much alcohol
- Eating too many refined grain products
- Eating too large portions
- Skipping meals



Inside this issue:

Planning and Preparing For a Weight Loss Plan **1-2**

Be Choosy In the Dining Halls **3**

Fruit—Blueberries **4-5**

Recipe—Blueberry Cornbread **6**

Brain Exercise **7**

January Monthly Observances **8**

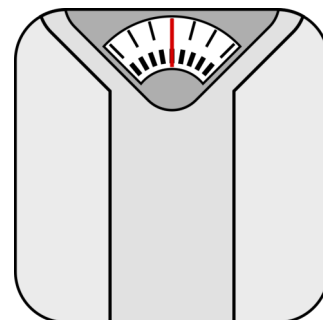
Monthly Motivator Tips **9**

(Continues on Page 2)

Planning and Preparing For a Weight Loss

(Continued from Page 1)

- Eating too many unhealthy meals away from home
- Boredom eating all day
- Eating for emotional reasons
- Mindless eating in front of technology



Once you have picked the reasons behind why and how you eat, the next step is to make a change. Pick one of the bad habits and follow through with changing that bad habit. Replace that bad habit with something good. Example: *I will not snack on junk foods and replace snacks with fruits and vegetables.* After you have comfortably changed one task, then move to the next until you have accomplished all of the tasks. Trying to do all of the behavioral changes all at once can lead to disappointment even with one little slip up.

Another part to a weight loss plan is keeping track of your progress and even your mistakes. We cannot control the universe, but we can control how we handle unforeseen situations. Without proper preparing and planning for how we are going to eat daily, can lead to many more mistakes in the foods we choose to eat. Accountability needs to occur so we can see all the positive steps, progress and narrow down the areas that still need some work.

Last is the job of tracking, checking in, and reaping the reward. Tracking the food you eat is one of the biggest parts. Writing down the food you eat is very important because it shows you exactly where you stand. Weekly or bi-weekly weight check-ins and body measurements like waist, hip, arm and thigh measurement. The best part is the reward of feeling accomplished and proud. Remember, a reward should never be in the form of food and instead an activity or something you want.

10 tips

Nutrition
Education Series

be choosy in the dining hall



10 tips for healthy eating in the dining hall

Dining halls are full of healthy food options. You just need to know which foods to put on your tray. Use these tips to plan your food choices and know which options are best for you.

1 know what you're eating

Many dining halls post menus with nutrition information. Look at the menus ahead of time, so you can be ready to create healthy, balanced meals when you get there. Having a plan is the first step in making smarter eating decisions! Visit ChooseMyPlate.gov to find information and tools like SuperTracker to help you make meal selection a breeze.

2 enjoy your food, but eat less

Everybody loves the all-you-can-eat dining hall! To resist the urge of eating too much, take smaller portions and use a smaller plate. Remember you can always go back if you are still hungry.

3 make half your grains whole grains!

Whether you're at the sandwich station or pouring yourself a bowl of cereal in the morning, make the switch to whole grains like 100% whole-grain bread and oatmeal.



4 re-think your drink

Americans drink about 400 calories every day. Consider how often you drink sugary beverages such as sodas, cappuccinos, energy drinks, fruit beverages, sweetened teas, and sports drinks. Drinking water instead of sugary beverages can help you manage your calories.

5 make half your plate fruits and veggies

Fruits and veggies can make your meals more nutritious, colorful, and flavorful. Add to pastas, eggs, pizza, sandwiches, and soups. Try spinach in a wrap or add pineapple to your pizza.



6 make it your own!

Don't feel like you have to choose pre-made plates. Design your own meal! Fresh veggies from the salad bar can be thrown into your omelet for brunch, or grab some tofu on your way to the pasta station for lean protein.

7 slow down on the sauces

Sauces, gravies, and dressings tend to be high in fat and sodium. Watch out for foods prepared with a lot of oil, butter, or topped with heavy condiments, such as mayonnaise. You don't have to do away with sauces and condiments all together; just ask for less or put them on the side. Reducing extras will help you manage your weight.

8 be on your guard at the salad bar

Most veggies get the green light but limit foods high in fat and sodium such as olives, bacon bits, fried noodles, croutons, and pasta or potato salads that are made with mayo and oil. Stick to fat-free or low-fat dressings on the side.



9 make dessert special

Save dessert for a Friday night treat or on special occasions. When you can't resist, opt for something healthy, such as a fruit and yogurt parfait.

10 don't linger

Dining halls should be just that, where you eat. Although it's great to chat with friends while you eat, avoid staying for long periods of time to reduce your temptation to keep eating.

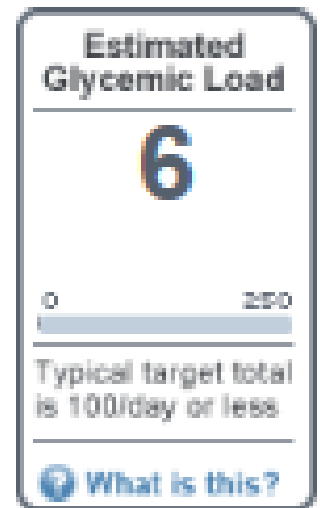
Fruits—Blueberries

Blueberries are grown all year long in different parts of the world at different times. Since blueberries are grown in different countries, blueberries can be purchased all year long. In North America, blueberry season runs from April through October.



Blueberries that you find fresh in the local grocery stores are grown on bushes that are about 6 feet tall. In the spring, the bushes bloom white flowers that get pollinated by bees. Each flower turns into a single blueberry. The berry starts out hard and green, then to a reddish-purple and lastly blue. Blueberries can be gathered by hand picking or by large machines that gently shake the bushes.

Blueberries can be eaten in a variety of ways including fresh, frozen, dried, freeze dried or canned. When purchasing fresh blueberries, look for plump and firm berries with a smooth skin and silvery surface. The size of the blueberry does not tell if the berry is ripe or not. Instead, you want to look for dark purple-blue or black-blue berries. Once the berries are picked from the vine, they will not ripen. After you purchase your blueberries, refrigerate the fresh berries in their original package or in a covered container. The blueberries should be eaten within 10 days of purchasing.



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

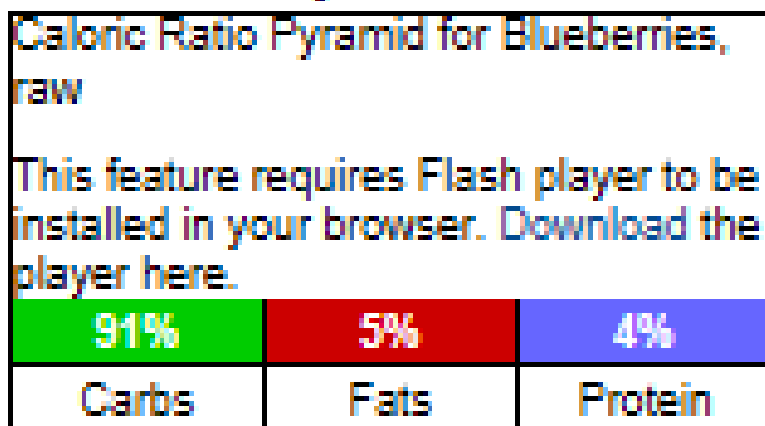
Optimum health: ★★★★★

Weight gain: ★★★★★

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

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

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





Blueberries, raw

Serving size: ▼

NUTRITION INFORMATION

Amounts per 1 cup (148g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	84.4 (353 kJ)	4%
From Carbohydrate	76.6 (321 kJ)	
From Fat	4.1 (17.2 kJ)	
From Protein	3.7 (15.5 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.1 g	2%

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	21.4 g	7%
Dietary Fiber	3.6 g	14%
Starch	0.0 g	
Sugars	14.7 g	

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	79.9 IU	2%
Vitamin C	14.4 mg	24%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.8 mg	4%
Vitamin K	28.6 mcg	36%
Thiamin	0.1 mg	4%
Riboflavin	0.1 mg	4%
Niacin	0.6 mg	3%
Vitamin B6	0.1 mg	4%
Folate	8.9 mcg	2%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	8.9 mg	
Betaine	0.3 mg	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.5 g	1%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.1 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	85.8 mg	
Total Omega-6 fatty acids	130 mg	

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

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	8.9 mg	1%
Iron	0.4 mg	2%
Magnesium	8.9 mg	2%
Phosphorus	17.8 mg	2%
Potassium	114 mg	3%
Sodium	1.5 mg	0%
Zinc	0.2 mg	2%
Copper	0.1 mg	4%
Manganese	0.5 mg	25%
Selenium	0.1 mcg	0%
Fluoride	~	

Recipe— Blueberry Cornbread

Ingredients

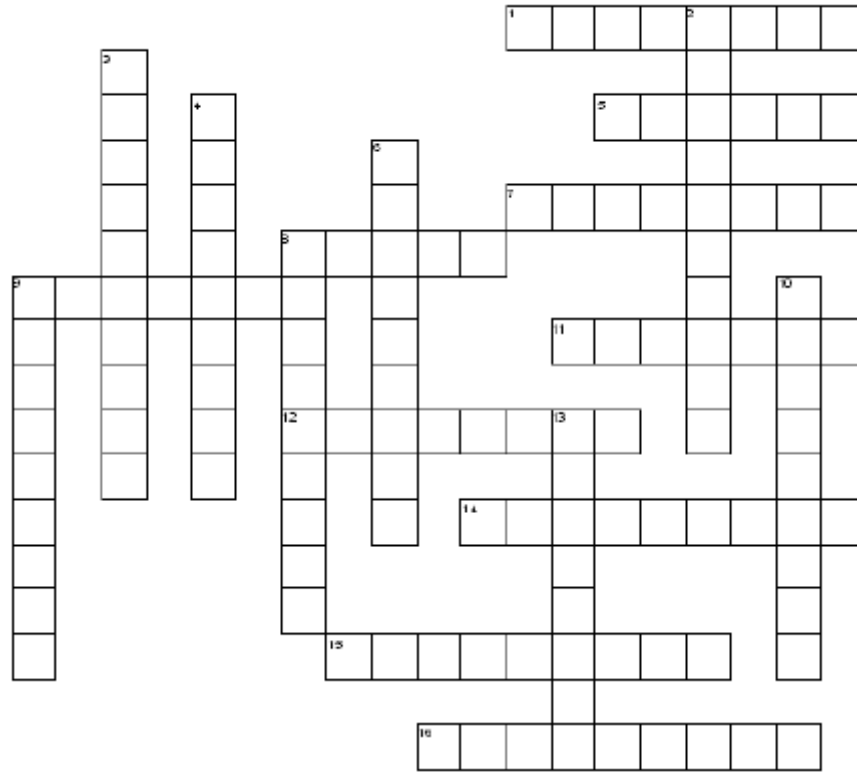
- 1-2 tablespoons Vegetable oil
- 1 ½ cups blueberries
- 1 cup + 1 teaspoon all-purpose flour, divided
- 1 cup [yellow cornmeal](#)
- 1/3 cup light brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 large egg, lightly beaten
- 2/3 cup milk
- 1/2 cup Vegetable oil
- 1/2 teaspoon vanilla extract



Instructions

1. Preheat oven to 400 degrees and grease an 8-inch square baking pan or a cake pan with the 1-2 tablespoons of vegetable oil. Place pan in oven with it heats.
2. Toss blueberries with 1 teaspoon of flour and set aside.
3. Combine flour, cornmeal, sugar, baking powder, and salt in a large bowl. Stir with a whisk to evenly combine ingredients.
4. In a medium bowl, combine egg, milk, vegetable oil, and vanilla extract. Wisk well.
5. Add wet ingredients to dry and mix just until dry ingredients are moistened. Gently fold in blueberries. Pour batter into prepared pan and bake for 20-25 minutes or until a wooden pick interested in the center comes out clean.

Snow, Snow, Snow



ACROSS

- 1. A piece of winter clothing that keeps children warm and dry as they play in the snow.
- 5. It _____ last night.
- 7. A rounded handful of snow that may be thrown.
- 8. The adjective form of snow (as in "Stopping by the Woods on a _____ Evening")
- 9. A person made of snow.
- 11. Look outside! It's _____.
- 12. The absence of snow. ("It's been a _____ winter.")
- 14. A flat object that people use to travel in surf-like position down hills of snow.

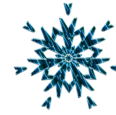
- 15. A single piece of snow.
- 16. A type of winter storm.

DOWN

- 2. A tool people use to remove snow from sidewalks.
- 3. A vehicle that may be driven across snow.
- 4. A machine that creates artificial snow.
- 6. Something people use to help them walk across snow.
- 8. A landscape covered with snow.
- 9. An avalanche of snow.
- 10. A large bank of snow.
- 13. A machine used to remove snow from roads.



JANUARY

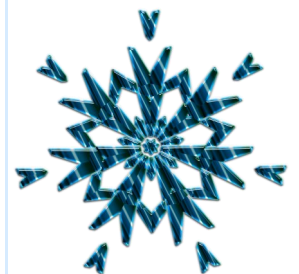


2019

Monthly Observances

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day	2 Run up the Flagpole	3 Fruitcake Toss Day	4 National Spaghetti Day	5 National Bird Day
6 Bean Day	7 Old Rock Day	8 Bubble Bath Day	9 National Take the Stairs Day	10 Bittersweet Chocolate Day	11 Step in a Puddle	12 National Pharmacist Day
13 International Skeptics Day	14 Dress Up Your Pet Day	15 National Hat Day	16 Appreciate a Dragon Day	17 Ditch New Years Resolutions Day	18 Thesaurus Day	19 National Popcorn Day
20 National Cheese Lovers Day	21 MLK Jr. Day	22 National Blonde Brownie Day	23 National Pie Day	24 Compliment Day	25 Opposite Day	26 Spouse's Day
27 Chocolate Cake Day	28 Fun at Work Day	29 National Corn Chip Day	30 National Insane Answering Message Day	31 Backwards Day		

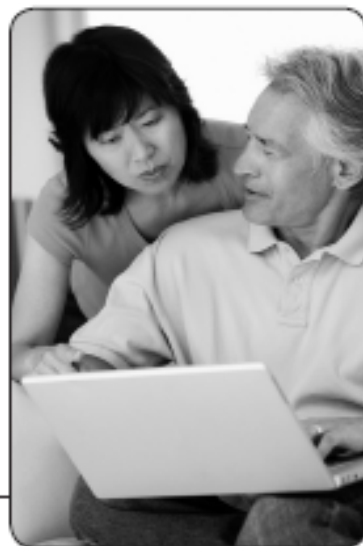
- National Bath Safety Month
- National Blood Donor Month
- National Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month



January

Be a Better Consumer of Health Information

By Ami Cook, WVU Extension Agent –
Braxton and Clay Counties



Monthly Challenge: Ask your doctor's opinion on a health fad you are curious about.

Health Motivator Talking Points

- Health fads are common. Information and misinformation spreads quickly and easily through the internet. Protect your health with reliable and accurate information.
- One way to be sure information is true is to look at the source. Ask these questions: Who created or runs the site or app? What are their qualifications? Is information up to date? Are references and facts believable? Does the site or app promise anything? Are they selling something? Credible sources are well-known and give references for the facts.
- Government websites, like www.choosemyplate.gov (USDA) and www.nih.gov (National Institutes of Health), and educational websites, like www.wvu.edu, have research-based health data. Identify these sources by their .gov and .edu domain names.
- The bottom line is this – do not rely only on online sources. When making health decisions, always talk with your health care provider first before trying any new health approaches.

Quick Club Activity:

Fact or Fiction?

Play a game of fact or fiction. Look up accurate health facts on websites and throw in some fiction, too. Have club members guess fact or fiction. Together, do five jumping jacks if they get it right and five toe touches if they get it wrong.

Learn More

www.nih.gov



Chuckle of the Month:

Mark Twain warned, "Be careful about reading health books. You may die of a misprint."

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

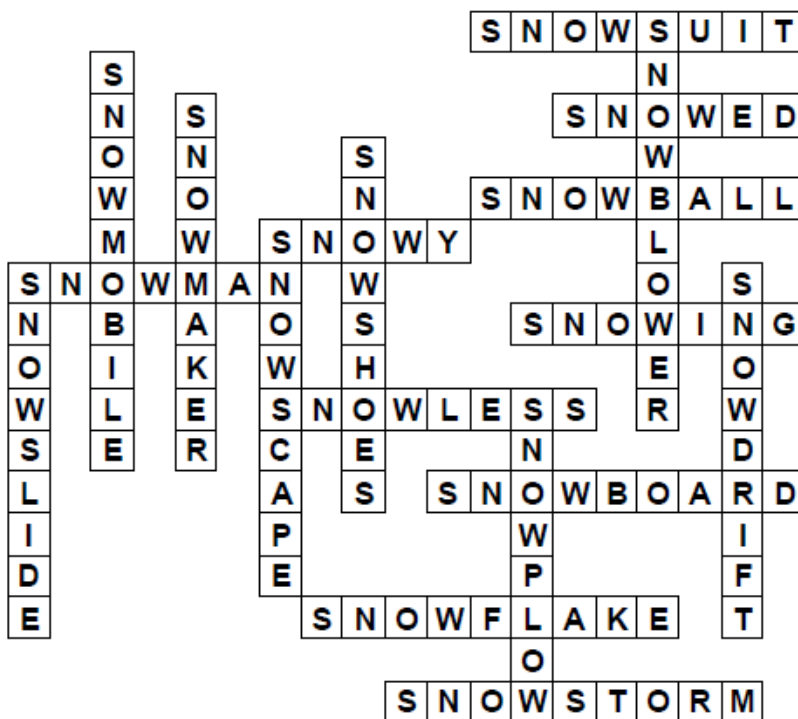
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Brain Exercise Answers

Answer Key



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