



Food and Fitness

VOLUME 154

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West Virginia Bureau Of Senior Services

Learning to Cook for Just You



It can be daunting cooking for just one person. Sometimes it might seem easier to buy frozen meals and pop them in the microwave and call it a day. However, frozen meals can be highly processed, full of sodium, and costly. Knowing and developing the skills to cooking for oneself may benefit your eating experiences in the future.

The first step, and most important step, is to plan meals that work for you whether you are health conscience, diabetic, or etc. A few hours before dinner, we are faced with the challenge of coming up with something to eat. This can cause stress for some and then end up making the same meal night after night. Planning meals ahead of time can take the guessing work out of what you are going to eat that night and can add variety to your meals.

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Learning to Cook for Just You

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A benefit of cooking for only one, you are not limited to what others may or may not like. This gives great flexibility to try different foods.

Next step is learning how to cut recipes in half or even in thirds. If you find your recipes on the internet, some sites have the ability to change the quantity of people or servings. If not, learning how to calculate can be helpful but can also create room for error. Having a table or chart can be SUPER helpful. Before you start your recipe, write down all the new measurements before you start.

Don't feel like cooking some days? Make your freezer your friend! Cook full recipes of food that freeze well like soups, pasta, and vegetable dishes. Package what you want to freeze and write the name of the food, date, and cooking instructions on the container. Freezing foods for later can be helpful for recipes that are difficult to cut in half.

Food is supposed to be enjoyable and fuel for our bodies. Cooking for one doesn't have to be boring or difficult. Spice up your meals because you deserve to enjoy the full flavor of life!



List of Some Foods You Can Freeze

- Homemade Pancakes, waffles, French toast
- Fruit and Vegetables
- Cooked rice and Pasta
- Pies, cookie dough
- Soups, chili, broth, and stocks
- Bread and baked goods
- Cooked Shredded Chicken
- Herbs
- Homemade casseroles
- Marinade meats

How to Cut Down Recipes

Use the chart below to help you quickly downsize favorite recipes.

Original Amount = 1 cup	Half = 1/2 cup	One-Third = 1/3 cup
Original Amount = 3/4 cup	Half = 6 tbsp	One-Third = 1/4 cup
Original Amount = 2/3 cup	Half = 1/3 cup	One-Third = 3 tbsp + 1-1/2 tsp
Original Amount = 1/2 cup	Half = 1/4 cup	One-Third = 2 tbsp + 2 tsp
Original Amount = 1/3 cup	Half = 2 tbsp + 2 tsp	One-Third = 1 tbsp + 1-1/4 tsp
Original Amount = 1/4 cup	Half = 2 tbsp	One-Third = 1 tbsp + 1 tsp
Original Amount = 1 tbsp	Half = 1-1/2 tsp	One-Third = 1 tsp
Original Amount = 1 tsp	Half = 1/2 tsp	One-Third = 1/4 tsp
Original Amount = 1/2 tsp	Half = 1/4 tsp	One-Third = 1/8 tsp
Original Amount = 1/4 tsp	Half = 1/8 tsp	One-Third = dash

* amount is rounded down.

tbsp = tablespoon

MEASUREMENT AMOUNTS

Here's a handy listing of how many tablespoons and teaspoons are in larger measuring cup amounts. This may make it easier for you to downsize your recipes by one-half or one-third. 1 cup = 16 tablespoons

- Half of 1 cup = 8 tablespoons
- 3/4 cup = 12 tablespoons
- Half of 3/4 cup = 6 tablespoons
- 1/2 cup = 8 tablespoons
- Half of 1/2 cup = 4 tablespoons
- 1/3 cup = 5 tablespoons + 1 teaspoon
- Half of 1/3 cup = 2 tablespoons + 2 teaspoons
- 1/4 cup = 4 tablespoons
- Half of 1/4 cup = 2 tablespoons
- 1/8 cup = 2 tablespoons
- Half of 1/8 cup = 1 tablespoon
- 1/2 tablespoon = 1-1/2 teaspoons

Vitamin of the Month

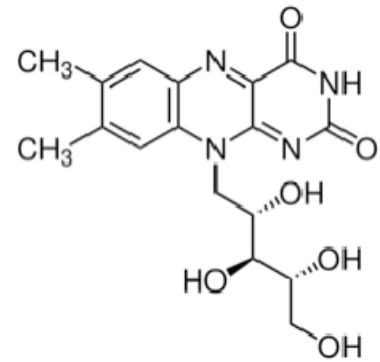
Vitamin B3 - Niacin

Vitamin B3 - also known as Niacin

What are its functions?

Niacin is used for blood circulation, to reduce migraine headaches, reduces pain from arthritis, and treat depression.

Niacin is needed for energy release and is necessary for the synthesis of fatty acids and glycogen (stored version of a carbohydrate in the body). Aids in breaking down of fatty acids. Niacin is also an antioxidant (an antioxidant is a substance that reduces the damage of oxygen).



Deficiency Symptoms

Mild deficiency can cause indigestion, fatigue, canker sores, vomiting and depression.

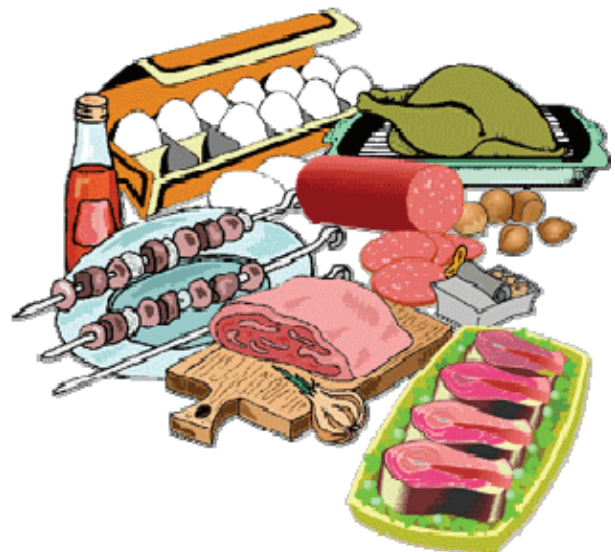
Severe deficiency in niacin is called pellagra. Pellagra is characterized by the “3 D’s”: dermatitis, diarrhea, and dementia.

Toxicity Symptoms

May cause a flushing of the skin due to vasodilatation (blood vessels dilating), tingling, dizziness and nausea. Toxicity can lower LDL and triglyceride levels while it can increase HDL levels.

What are food sources?

- Lean Meats
- Poultry
- Peanuts
- Organ Meats
- Fish
- Brewer's Yeast



Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

Ingredients

- 2 teaspoons canola oil
- 6 (6-inch) whole-wheat flour tortillas
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon
- 1 1/2 cups finely chopped peeled ripe avocado (about 2)
- 2 tablespoons minced fresh cilantro
- 1 teaspoon minced seeded jalapeño pepper
- 2 teaspoons fresh lime juice
- 3/8 teaspoon salt



Preparation

1. Preheat oven to 350°.
2. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 350° for 10 minutes or until crisp.
3. Combine avocado and remaining ingredients; stir gently to combine. Serve with chips.

Recipe Received From: <http://www.myrecipes.com/recipe/strawberry-avocado-salsa>

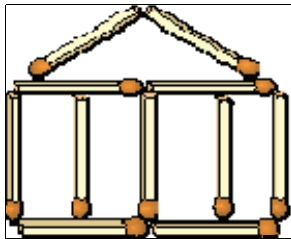


Matchstick Problems—Brain Exercise

Try to rectify a mistake by moving a single matchstick, to get the correct equation.
Answers on page 8

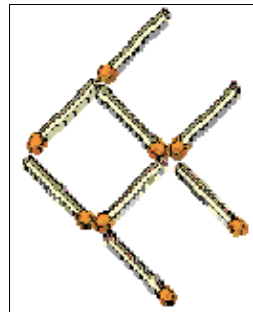
House

1. Move just two matches to make eleven squares.
2. Move four matches and form 15 squares.



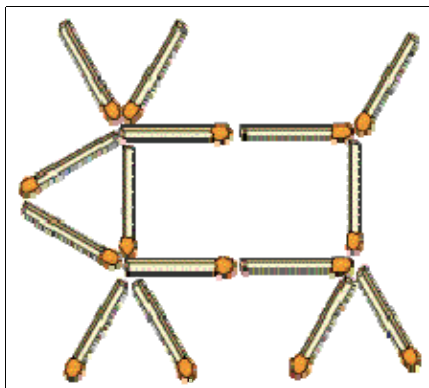
Fish

Move just 3 matches so that the fish swims the other direction.



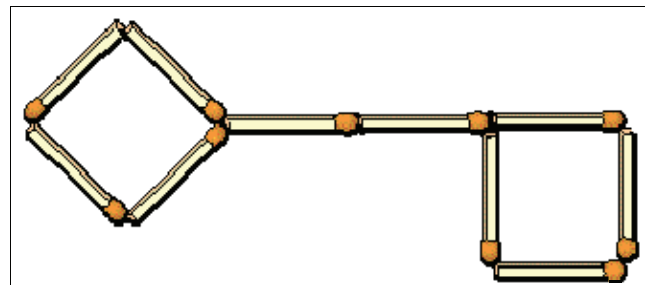
Cow

This cow has the following parts: head, body, horns, legs and tail. It is looking to the left. Move two matches so that it is looking to the right.



Key

1. Move four matches so that three squares are created.
2. Move three matches so that two rectangles are created.
3. Move two matches so that two rectangles are created.



May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Mother Goose Day	2 Brothers and Sisters Day
3 World Press Freedom Day	4 Star Wars Day	5 National Teacher and Hoagie	6 No Diet Day	7 National Tourism Day	8 No Socks Day	9 Birth Mother's Day
10 Mother's Day	11 Eat What You Want Day	12 International Nurses Day	13 Leprechaun Day	14 Dance Like a Chicken Day	15 National Bike to Work Day	16 Wear Purple for Peace Day
17 Pack Rat Day	18 Visit Your Relatives Day	19 Boy's Club Day	20 Pick Strawberries Day	21 National Memo Day	22 Buy a Musical Instrument Day	23 Lucky Penny Day
24 National Escargot Day	25 Memorial Day	26 Sally Ride Day	27 Sun Screen Day	28 Amnesty International Day	29 Learn About Composting Day	30 Water a Flower Day
31 Save Your Hearing Day						

May Monthly Observations

- Older Americans Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- Date Your Mate Month
- Foster Care Month
- National Hamburger Month
- National Photograph Month
- National Salad Month

FOOD AND FITNESS

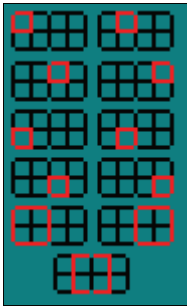
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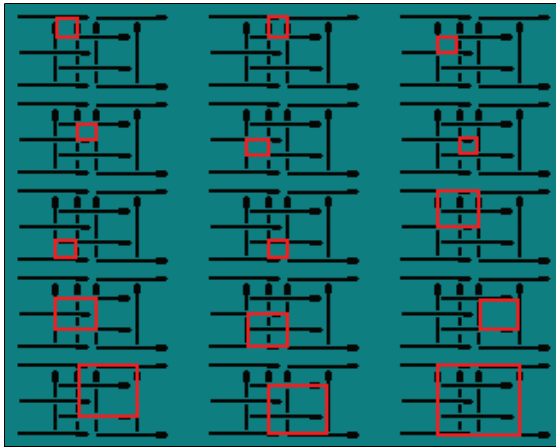
Answers to Matchstick Problems:

House

1. eleven squares

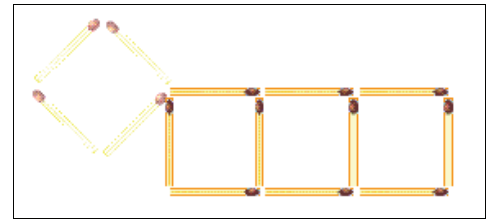


2. fifteen squares

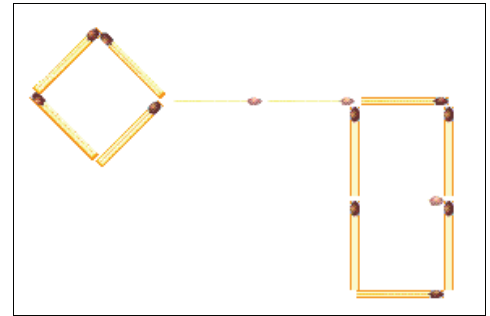


Key

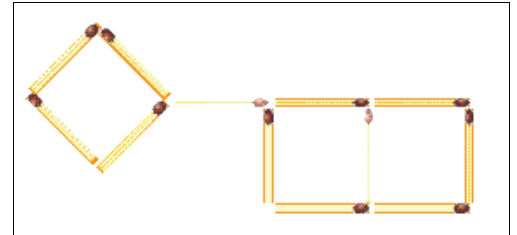
1. three squares



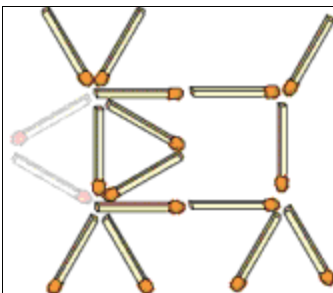
2. two rectangles



3. two rectangles



Cow



Fish

