

FOOD AND FITNESS

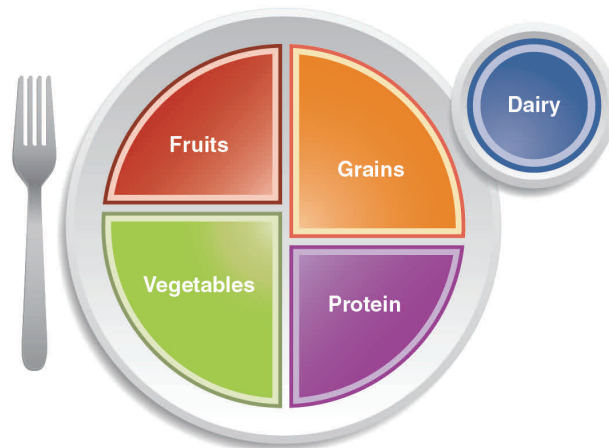
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WEST VIRGINIA BUREAU OF SENIOR SERVICES

MyPlate Basics

Over the years, there have been many USDA Food Guides. In the 1940s, it was established as “A Guide to Good Eating”. As time progressed, the lack of information, serving size, and developing science are always changing, making the history of the USDA Food Guides very extensive. Some of the most current guides are the 1979 Hassle-Free Daily Food Guide, 1984 Food Wheel, 1992 Food Guide Pyramid, 2005 MyPyramid Food Guidance System, and 2011 MyPlate. With so many updated and changing guides, it is good to familiarize yourself with the current guidelines.



ChooseMyPlate.gov

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MyPlate Basics

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The MyPlate icon was released in 2011 by Michelle Obama and the USDA Secretary Tom Vilsack. The concept was to help consumers to build a healthy plate at meal times. MyPlate focuses on fruits, vegetables, grains, protein and dairy food groups.

Basic Information for each food group:

Fruits and Vegetables

Start by making half of your plate fruits and vegetables at every meal.

Focus on fruits and vegetables.

Eat many different colors of fruits and vegetables.

Use or add fruits to desserts.

Suggestion: Sometimes it can be challenging to eat vegetables for breakfast or eating fruit for dinner. If you fall into this category, switch it up. Make half your plate fruits for breakfast and half your plate vegetables for dinner.



Grains

Eat more whole grains.

Try to make at least half of your grains whole grains.

Look for 100% whole grain labels on packages.



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MyPlate Basics

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Protein

Choose lean protein such as lean meats like chicken, turkey, beef, or pork. Other lean proteins are beans, tofu, and fish.

Choose seafood as your protein twice a week.



Dairy

Choose low-fat (1%) or fat-free milk. These still have the same amount of calcium and nutrients but less calories and fat.

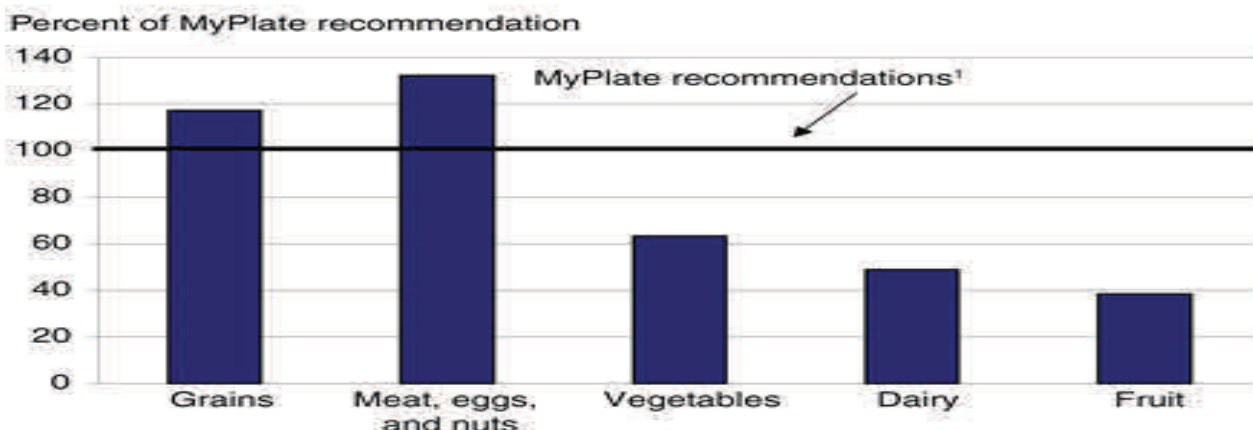
Drink milk or add yogurt to your meals.

Suggestion: Try soymilk if you do not like or care for milk.



MyPlate can be easy to follow. It gives a visual idea of how your plate should look at every meal. For additional information, check out ChooseMyPlate.gov!

Average U.S. consumption compared to recommendations, 2011



Note: Rice and durum flour data were discontinued and thus are not included in the 2011 total for grains.

¹Based on a 2,000-calorie diet.

Source: USDA, Economic Research Service, Loss-Adjusted Food Availability Data.

Vitamin B1 - Thiamin

Thiamin is a water soluble micronutrient that can usually be found in vitamin B complex products in addition to food sources. Thiamin is used in the body for many functions. Low levels in thiamine can cause multiple problems where as toxicity and deficiency are rare.

Thiamin has many different functions. Thiamin combines with phosphorus for the metabolism of proteins, carbohydrates and fat. People with low levels of thiamin may have conditions like beriberi (wet or dry beriberi) or inflammation of the nerves. Wet beriberi affects the cardiovascular system and dry beriberi affects the nervous system. Thiamin can also be used with continuous diarrhea, poor appetite, and ulcerative colitis.

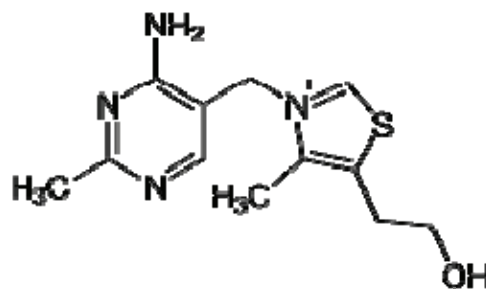
Beriberi/thiamin deficiency usually occurs in people who abuse alcohol which can lead to poor nutrition. Alcohol makes the body's ability to absorb and store thiamine difficult. Beriberi can also be passed down from generation to generation. In this case, people can lose their ability to absorb thiamin from food over time.

Symptoms for dry beriberi: vomiting, tingling, pain, strange eye movement, mental confusion, loss of feeling and muscle function.

Symptoms for wet beriberi: shortness of breath, fast pulse, high blood pressure, and swelling.

Treatment for low thiamine or beriberi are typically done with supplementation (either by mouth or shot). Symptoms usually improve quickly with treatment.

Thiamin is present in whole wheat products and enriched in grain products. With many Americans typically eating a generous amount of grain foods, thiamin deficiency is not very common in the US. Always remember to consult a doctor before taking any supplements!

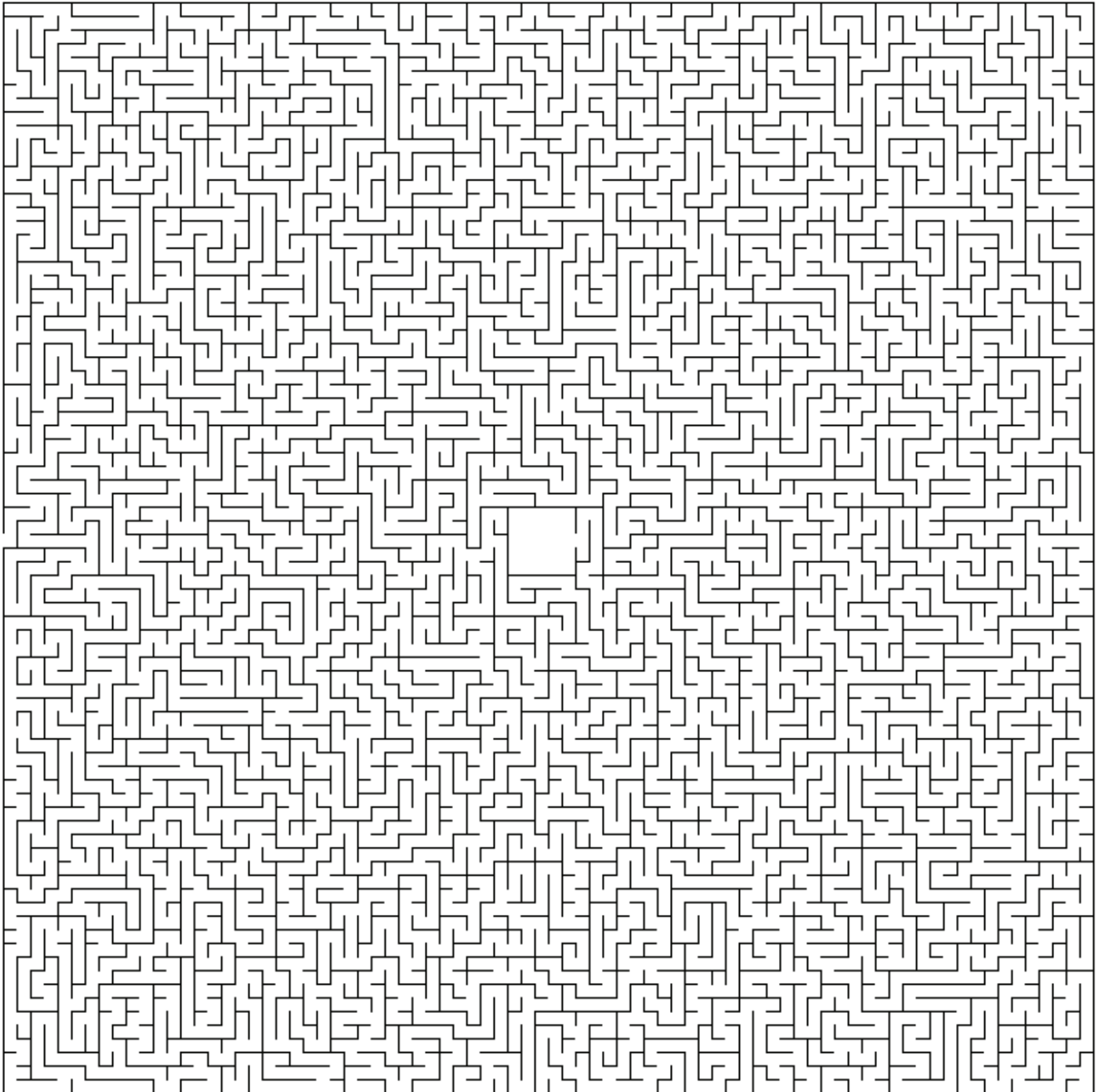


Food sources of thiamine include:
wheat germ, yeast,
whole and enriched
grain products,
beans, nuts, and
pork.

March Brain Exercise

Do Not Just Exercise Your Body, Work Out Your Brain!

Start in the center and find your escape out!



MARCH 2015

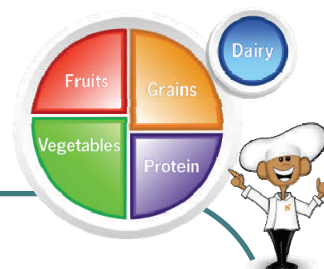
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Peanut Butter Lover's Day	2 Old Stuff Day	3 If Pets Had Thumbs Day	4 Hug a GI Day	5 Multiple Personality Day	6 National Frozen Food Day	7 Crown a Roast of Pork Day
8 Working Women's Day	9 Panic Day	10 Middle Name Pride Day	11 Johnny Appleseed Day	12 Girl Scouts Day	13 Jewel Day	14 National Potato Chip Day
15 Incredible Kid Day	16 Freedom of Information Day	17 Saint Patrick's Day	18 National Agriculture Day	19 Poultry Day	20 International Earth Day	21 National Quilting Day
22 National Goof Off Day	23 National Chip and Dip Day	24 National Chocolate Covered Raisin Day	25 Pecan Day	26 National Spinach Day	27 National "Joe" Day	28 Something on a Stick Day
29 Smoke and Mirrors Day	30 National Doctor's Day	31 Bunsen Burner Day				

March Monthly Observations

- National Nutrition Month
- Social Workers Month
- National Craft Month
- Irish American Month
- Music in Schools Month
- National Frozen Food Month
- National Peanut Month
- National Women's History Month
- Red Cross Month

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Broccoli Salad

Yield: 8 servings (serving size: about 1 cup)

Ingredients

- 4 cups small broccoli florets (1.5 Pounds)
- 1 1/2 cups seedless green grapes, halved
- 1 cup chopped celery
- 1 cup raisins
- 1/4 cup salted sunflowers seed kernels
- 1/3 cup light mayonnaise
- 1/4 cup plain fat-free yogurt
- 3 tablespoon sugar
- 1 tablespoon white vinegar



Preparation

Combine the first 5 ingredients in a large bowl.

Combine mayonnaise and remaining ingredients, stirring with a whisk.

Pour dressing over broccoli mixture , and toss well.

Chill for 1 hour.