

# Food and Fitness

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## *The Release of the Dietary Guidelines*

On January 7, 2026, the 2025-2030 Dietary Guidelines for Americans (DGAs) were released to the public. Every five years, a new set is released following a review of current research. This is the 10th edition published by the United States Department of Agriculture (USDA) and the Department of Health & Human Services (HHS). Not only did they release this new guidance, but they also launched a brand new website, [eatrealfood.gov](http://eatrealfood.gov), highlighting their prime focus: “Eat Real Food.”

For everyday people who eat at home and make their own food, the DGAs might not be something that you pay attention to. However, the DGAs influence policies for federal, state and local nutrition programs, making these rules very important. Some of these programs include schools, the military, WIC and senior nutrition programs. The DGAs are also important for all people and their dietary habits to promote healthy eating and reduce chronic disease. The DGAs are meant to educate Americans of all ages on how to eat healthily.

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## *The Release of the Dietary Guidelines*

One of the first things you will notice when looking at the new DGAs is that they have removed the old MyPlate and turned the 1992 pyramid upside down. Looking through the years of DGA history, it is not uncommon for the visual guidance to evolve over time. For at least the next five years, the standard will be the upside down, or inverted, pyramid (see Page 3).



While the visual is completely changed, many things from the old DGAs remain true. Here are a few examples:

**Food Groups:** contains five individual food groups

**Prioritize Nutrient-Dense Foods:** eat more vegetables, fruits and whole grains

**Avoid Processed Foods:** reduce the intake of highly processed foods

**Dietary Patterns:** focus on healthy patterns from all food groups

**Health Promotion:** aim to reduce the risk of chronic diet-related diseases

**Alcohol:** reduce alcohol intake.

They are calling this the “Restoring Science and Common Sense” approach and strive to create “the most significant reset to federal nutrition policies in decades.” In our upcoming newsletters, we will break down the details and impact of the updated DGAs for older Americans.

# Dietary Guidelines For Americans



Protein, Dairy  
& Healthy Fats

Vegetables  
& Fruits



Whole  
Grains

## Herbs and Spices—Curry Leaves

Curry leaves grow on trees in warm climates like India. They are most often used in Indian-style foods. In ancient times, curry leaves were used in many traditional medicine practices. They were thought to aid in digestion and wellness.

Curry leaves or curry leaf powder should not be confused with curry powder. Curry powder is a mix of many spices, whereas curry leaves or curry leaf powder is not. They can be found fresh, dried and sometimes frozen. The smell is strong and fresh, and adding them to hot oil can bring out their unique flavor.

Curry leaves are most often used in dishes like soups, stews, lentils, rice and vegetable dishes. The flavor adds a bit of citrus with an earthy taste. After cooking, the whole leaves can be removed from the dish, but they are edible. For the best flavor, using fresh leaves is best when possible; however, in this area, you may only find them dried or need to purchase them online.

As far nutrition is concerned, they contain some important vitamins and minerals. To list a few, they contain iron, calcium, fiber, and vitamins A, B and C. They are also high in antioxidants.

While this herb is not very present in foods that we typically eat in our region, it would be a fun one to try.



Energy 108 Kcal

0.93 mg Iron

Fiber 6.4 g

0.2 mg Zinc

Protein 6.1 g

4 mg Vitamin C



0.15 mg Manganese

Carbohydrates 18.7 g

0.1 mg Copper

Minerals 4 g

57 g Phosphorus

Moisture 63.8 g

Calcium 830 mg

Scientific name: *Murraya Koenigii*

English name: Curry Leaf

Sanskrit name: Krishna Nimba



### Many Indian

Refreshments and Main Course Dishes are enhanced with curry leaves to give them an aesthetic look



### Health

### Benefits

- Aids Healthy Vision
- Eliminates Bacteria
- Anti-Diabetic properties
- Helps Prevent Anemia
  - High iron content
  - Raises blood's hemoglobin, red blood cell counts
- Improves Digestion
- Promotes Blood Circulation

- Helps lose weight
- Helps Lower Cholesterol
- Increases Agni (digestive fire)
- Decreases Ama (unwanted waste)

Chewing or consuming curry leaves on empty stomach helps the body clean and eliminate dangerous toxins

### Practical Uses

#### Indigestion

Black pepper + fenugreek + dry curry leaves + ghee



#### Nausea



#### Healthy Hair

Cook in coconut oil until deep brown. Remove leaves via filter.



#### Burns

Apply curry leaf paste to the burned area.



Happy Tummy

## Recipe—Thai-Style Fragrant Rice

### Ingredients

- 1 ½ cups jasmine rice
- 1 ½ cups water
- 1 ½ cups thick coconut milk
- 2 teaspoons minced ginger
- 2 teaspoons soy sauce
- 1 plump lemongrass stalk, tender white inner bulb only, minced
- 15 fresh curry leaves, chopped
- 15 leaves Thai basil, chopped



*Recipe received from: <https://www.allrecipes.com/recipe/143212/thai-style-fragrant-rice/>*

### Instructions

1. Rinse the rice under cold water.
2. Combine the rice, water, coconut milk, ginger, soy sauce, lemongrass, and curry leaves in a saucepan and stir. Bring to a boil over medium heat; reduce heat to low and simmer uncovered until rice is tender, about 10 minutes.
3. Fold the basil into the rice. Serve immediately.

# Brain Exercise

Don't just exercise your body — work out your brain!



## Saint Paddy's Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once. We recommend you use a pencil.

### RAINBOWS

	B						R
		B	N	R		O	
W					I		
	S					I	
N			O				W
							S
	R	S		N			B

### CLOVER

			V	E	
L					
			C		
		L			V
					E
R	L				

### SHAMROCK

C	M					
						A
A				O	C	
O			K	R	A	S
	H					O
R		K		C		
	A	H				
			O			R

### DUBLIN

	N	U	D			
N						
			L			D
	B					
	D		U	I		



# March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Peanut Butter Lover's Day</i>	2 <i>Old Stuff Day</i>	3 <i>Caregiver Appreciation Day</i>	4 <i>National Snack Day</i>	5 <i>National Cheese Doodle Day</i>	6 <i>National Oreo Cookie Day</i>	7 <i>National Cereal Day</i>
8 <i>National Proofreading Day</i>	9 <i>Get Over It Day</i>	10 <i>Middle Name Pride Day</i>	11 <i>Johnny Appleseed Day</i>	12 <i>Popcorn Lover's Day</i>	13 <i>Friday the 13th</i>	14 <i>National Pi Day</i>
15 <i>Dumb-struck Day</i>	16 <i>Giant Panda Bear Day</i>	17 <i>Saint Patrick's Day</i>	18 <i>Awkward Moments Day</i>	19 <i>Poultry Day</i>	20 <i>Earth Day</i>	21 <i>Corn Dog Day</i>
22 <i>As Young As You Feel Day</i>	23 <i>Chip and Dip Day</i>	24 <i>National Cheese-steak Day</i>	25 <i>Pecan Day</i>	26 <i>National Spinach Day</i>	27 <i>International Scribble Day</i>	28 <i>Something on a Stick Day</i>
29 <i>Palm Sunday</i>	30 <i>National Doctor's Day</i>	31 <i>National Crayon Day</i>				

## MONTHLY OBSERVATIONS

- *Irish American Heritage Month*
- *Music in Our Schools Month*
- *National Celery Month*
- *Craft Month*
- *Frozen Food Month*
- *National Nutrition Month*
- *Peanut Month*
- *Red Cross Month*
- *Social Worker's Month*
- *Women's History Month*



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**SOLUTION**

RAINBOWS

O	B	I	S	A	N	W	R
I	A	B	N	R	W	O	S
W	N	O	R	S	I	A	B
R	S	W	A	O	B	I	N
N	I	A	O	B	S	R	W
S	W	R	B	I	A	N	O
B	O	N	I	W	R	S	A
A	R	S	W	N	O	B	I

CLOVER

O	C	R	V	E	L
L	E	V	R	C	O
E	V	O	C	L	R
C	R	L	E	O	V
V	O	C	L	R	E
R	L	E	O	V	C

SHAMROCK

C	M	O	A	H	R	K	S
H	K	R	S	O	M	A	C
A	R	S	H	K	O	C	M
O	C	M	K	R	A	S	H
S	H	A	C	M	K	O	R
R	O	K	M	C	S	H	A
K	A	H	R	S	C	M	O
M	S	C	O	A	H	R	K

DUBLIN

D	I	L	B	U	N
B	N	U	D	L	I
N	L	D	I	B	U
I	U	B	L	N	D
U	B	I	N	D	L
L	D	N	U	I	B

