

Food and Fitness

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Wearing Your Heart in Your Stomach—Emotional Eating

Eating food is an activity we all need to enjoy while also nourishing our bodies properly. We are in control of everything we choose to eat whether it is a good option or one of indulgence.

Sometimes making the right food choices can be more difficult when faced with stressful or hard times. Not only is it important to understand the bad times but also in times of celebration.



It is normal for everyone to have moments of celebration, accomplishment, mad, sadness, or simply a bad or great day. One of the most used habits when these emotions occur is eating whatever “makes us happy”. In these moments most people are not grabbing an apple or something that is full of nutrients, instead migrating to the sugary sweet, full of fat, processed junk foods that are not doing our body any favors. This behavior is known as emotional eating or stress eating. By definition, emotional eating is using food to make yourself feel better to satisfy emotional needs, rather than to satisfy physical hunger.

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Wearing Your Heart in Your Stomach— Emotional Eating

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Determining if you are eating your emotions away or if it is physical hunger may prevent some of the impulse consumptions that are unnecessary. There are some ways to test if you are actually physically hungry to better understand what your body really needs.

HUNGER		
<i>Physical</i>	vs.	<i>Emotional</i>
<ul style="list-style-type: none"> • Is gradual • Open to all different foods • Based in the stomach • Is patient • Occurs out of physical need • Involves deliberate choices & awareness of eating • Stops eating when full • Realizes eating is necessary 		<ul style="list-style-type: none"> • Is sudden • Is usually for a specific food • "Above the neck" • Is urgent • Paired with an upsetting emotion • Involves automatic or absent-minded eating • Does not stop when full • Feels guilty

Adapted from Roger Gould, M.D., "Shrink Yourself"

The table to the right shows ways to identify if hunger is physical or emotional. As you can see, emotional eating is sudden and specific to a certain food. Where physical is the exact opposite with a gradual feeling of hunger and open to different food suggestions. Identifying physical verses emotional hunger could save some unwanted lingering calorie.

Food is fuel for the body. Putting nutritious foods in provides a better foundation for feeling good. However, feeling powerless over the foods we choose and our feelings can have a major downward spiral on our health. Letting our emotions lead how we eat can contribute to many health issues like overweight or obesity and poor disease state management. Decide if your eating is for physical hunger or for emotional. Once you have determined that, then you can mindfully make the choice on how to handle each hunger situation.



OVERCOMING EMOTIONAL EATING

FOR WEIGHT LOSS



Take Five

Wait for a few minutes to see if the hunger fades or subsides. Cravings are often short-lived.



Write It Down

Keep a food diary to track what and when you eat. You can also track how you feel!



Toss Temptation

Stop buying your go-to comfort foods. It's easier to say no to junk food if it's not easily available.



Get Distracted

Take a walk, call a friend or play on your phone. Many times the acute craving will pass.



Plan to Snack

Set yourself up for success by avoiding extreme hunger. Plan 1-2 healthy snacks per day.

What is Emotional Eating?

Emotional eating is the action of eating in response to emotions. This behavior includes eating in response to both positive and negative feelings.

Emotional vs Physical Hunger

One of the biggest steps in overcoming emotional eating is learning to tell the difference between emotional vs physical hunger. Here's a few tips!

Physical	Emotional
Grows slowly	Comes on suddenly
Satisfied by any food	Craving for one specific food
Goes away when you've eaten enough	Still hungry, even after eating
Feel better after eating	Feel worse after eating

Vegetable—Beet Greens

Beet greens are full of nutrients just like the beet root. Often people cut the green off and discard them not realizing they are just as edible as the root. Packed with vitamins and minerals, you will no longer want to throw away this part of the beet anymore.

Beet greens are unique in that the stems that run up through the green portion are the colors of the beet root. The stems most common seen are red however the stems are a reflection beet itself.

How do we eat them? The beet greens can be eaten either cooked or raw. Cooking beet greens are similar to cooking greens like Swiss chard, kale, mustard, and collard greens. Eating them raw usually take the form of salads. Other options for eating beet greens can add just the right touch to a meal.

Beets are one of the vegetables that has little to no waste because you can eat the whole plant. Finding recipes that you like for both the beet root and the beet greens everyone should have in their own recipe collection.



LETTUCE TURNIP THE BEET

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

Caloric Ratio Pyramid for Beet greens, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

71%	5%	24%
Carbs	Fats	Protein

Estimated Glycemic Load

0

0

100

200

Typical target total is 100/day or less

[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, Folate, Pantothenic Acid, Phosphorus and Zinc, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Calcium, Iron, Magnesium, Potassium, Copper and Manganese.

The bad:

This food is very high in Sodium.



Beet greens, raw

Serving size: 1 cup (38g)

NUTRITION INFORMATION

Amounts per 1 cup (38g)

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	8.4 (35.2 kJ)	0%
From Carbohydrate	5.9 (24.7 kJ)	
From Fat	0.4 (1.7 kJ)	
From Protein	2.0 (8.4 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	1.6 g	1%
Dietary Fiber	1.4 g	6%
Starch	~	
Sugars	0.2 g	

More details

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
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	1.5 mg	
Total Omega-6 fatty acids	15.6 mg	

Learn more about these fatty acids and their equivalent names

More details

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	0.8 g	2%

More details

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	2404 IU	48%
Vitamin C	11.4 mg	19%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.6 mg	3%
Vitamin K	152 mcg	190%
Thiamin	0.0 mg	3%
Riboflavin	0.1 mg	5%
Niacin	0.2 mg	1%
Vitamin B6	0.0 mg	2%
Folate	5.7 mcg	1%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	0.2 mg	
Betaine	~	

More details

Minerals		
Amounts Per Selected Serving		%DV
Calcium	44.5 mg	4%
Iron	1.0 mg	5%
Magnesium	26.6 mg	7%
Phosphorus	15.6 mg	2%
Potassium	290 mg	8%
Sodium	85.9 mg	4%
Zinc	0.1 mg	1%
Copper	0.1 mg	4%
Manganese	0.1 mg	7%
Selenium	0.3 mcg	0%
Fluoride	~	

Simple and Delicious Beet Greens

Ingredients

- ♦ 2 bunches beet greens, stems removed
- ♦ 1 tablespoon extra-virgin olive oil, or to taste
- ♦ 2 clove garlic, minced
- ♦ 1/2 teaspoon crushed red pepper flakes (optional)
- ♦ Salt to taste
- ♦ Black pepper to taste
- ♦ 2 lemons, quartered



Directions

1. Bring a large pot of lightly salted water to a boil. Add the beet greens, and cook uncovered until tender, about 2 minutes. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the greens are cold, drain well, and coarsely chop.
1. Heat the olive oil in a large skillet over medium heat. Stir in the garlic and red pepper flakes; cook and stir until fragrant, about 1 minute. Stir in the greens until oil and garlic is evenly distributed. Season with salt and pepper. Cook just until greens are hot; serve with lemon wedges.





Brain Exercise

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

Halloween Crossword



© puzzler-to-print.com

Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. ____ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern

- 20. What the pot might call the kettle
- 21. ____ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins

Down

- 1. When something makes our skin crawl, it's this
- 3. ____ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and ____ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature

- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 International Day for the Elderly	2 National Custodial Worker Day	3 National Kale Day	4 National Golf Day	5 World Smile Day	6 Physician Assistant Day
7 Bald and Free Day	8 American Touch Tag Day	9 Fire Prevention Day	10 Emergency Nurses Day	11 It's My Party Day	12 Old Farmer's Day	13 International Skeptics Day
14 National Dessert Day	15 White Cane Safety Day	16 Bosses Day	17 National Pasta Day	18 No Beard Day	19 Evaluate Your Life Day	20 Brandied Fruit Day
21 National Pumpkin Cheese-cake Day	22 National Nut Day	23 TV Talk Show Host Day	24 National Bologna Day	25 World Pasta Day	26 Frankenstein Friday	27 National Tell a Story Day
28 Mother-In-Law Day	29 Hermit Day	30 National Candy Corn Day	31 Halloween			

October Monthly Observations

- Adopt a Shelter Dog Month
- American Pharmacist Month
- Apple Jack Month
- Awareness Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Eat County Ham Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month
- Seafood Month

October

Smiles for Life

By Gwen Crum, WVU Extension Agent – Wood County

Dana Wright, WVU Extension Agent – Logan County



Monthly Challenge: Each day, limit starchy, high-sugar and high-acid foods and beverages. Add a calcium-rich food.

Health Motivator Talking Points

Taking care of your teeth will bring you **smiles** for life.

Did you know?

- Tap water usually has fluoride, which helps prevent tooth decay. Ask your health department if your water system has fluoride.
- Limit acidic fruits and drinks, such as lemons and lemonade, to minimize breakdown of tooth enamel.
- Starchy foods, like chips and crackers, are one of the leading causes of tooth decay. Sugary drinks are another big cause of cavities (sodas, juices, energy drinks, sweet teas and coffees).
- Tooth decay was once believed to be caused by a worm! It is actually caused by a bacteria strain named streptococcus mutans.
- Tooth enamel is the hardest bone-like substance in your entire body.
- Unlike your bones, teeth do not repair themselves after injury.
- The average person brushes their teeth for less than 1 minute. You need to brush for at least 2 minutes to get teeth clean.
- Dental professionals often are the first ones to notice health problems, such as oral cancer, diabetes and heart disease risks.
- Osteoporosis affects the jaw bones, causing loose or missing teeth.
- Dark green leafy vegetables and tofu are great alternatives to traditional calcium-rich dairy products.



Chuckle of the Month:

Why does a vampire clean his teeth three times a day? To prevent “bat” breath.

Quick Club Activity:

No-brush Experiment

1. Bring these supplies for each participant: 1 graham cracker, 2 carrot sticks, 1 cup water, 1 stick sugar-free gum
2. Everyone eats a graham cracker, then swishes with water. Repeat with carrots, then gum.
3. Which works best to remove food from your teeth? If you can't easily brush after eating, fresh veggies or sugar-free gum scrub sticky foods from your teeth. Remember, eat veggies or sugar-free gum at the end of a meal!
4. Share the Monthly Challenge. What changes will you make?

Learn More

www.mouthhealthy.org

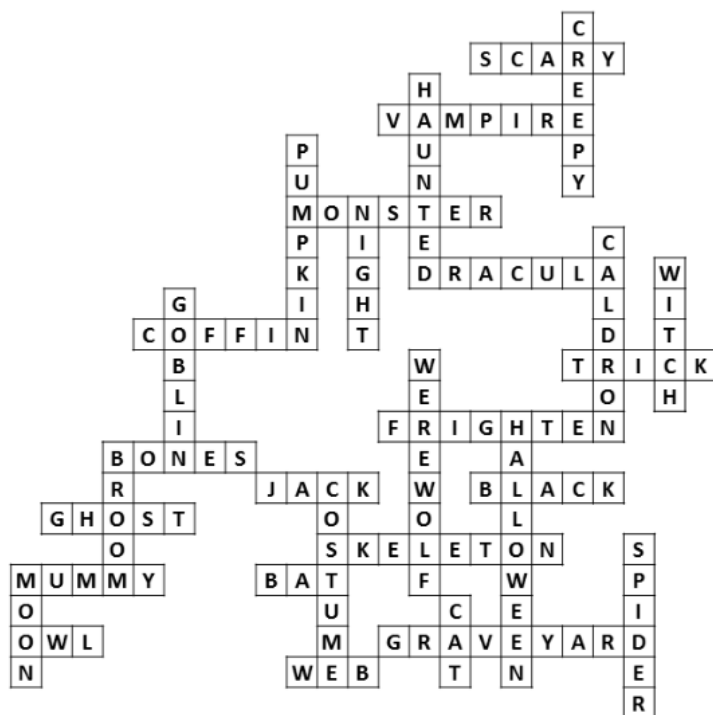
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West Virginia Bureau of Senior Services



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Brain Exercise Answers



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