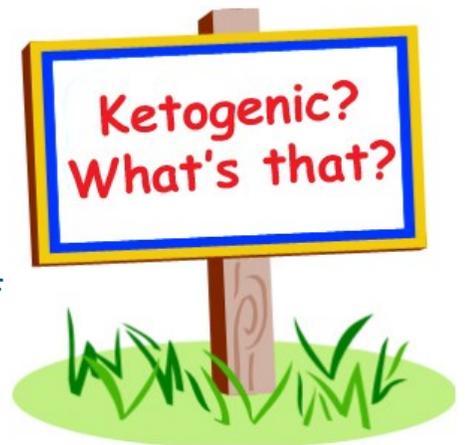


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Keto(genic) Diet Has Taken Over

If you haven't heard of the ketogenic diet or also referred to as "keto" diet, it would be shocking. The diet focuses is on low carbohydrates, moderate protein, and high fat intake. The keto diet is definitely in the forefront of fad diets at this moment of time. Diets come and go and everyone thinks they have the perfect diet for weight loss and for health. This article isn't to say that this diet is better than any another, but rather to inform the reader of what the keto diet is and how it works.



The keto diet has taken over the world, but has been around since the 1900s. It was created for children or people with epilepsy. The keto diet is used in epilepsy to reduce symptoms of the disease, as well as lowering the amount of medication one with epilepsy would need to take.

The keto diet creates what is called ketosis within the body. To achieve ketosis, the body has to be starved of carbohydrate so that the body can utilize fat as energy. The liver produces ketones which then become the main source of energy. Commonly, our body uses carbohydrates for energy, and any carbohydrates that are not used are turned into fat and stored as adipose tissue. When ketosis occurs, there is a loss of water weight that is released from the fat cells. So in a nut shell, the idea of the keto diet is to reverse how the body functions with energy usage and storage.

(Continues on Page 2)

Keto(genic) Diet Has Taken Over

(Continued from Page 1)

The keto diet claims to help control blood sugar, improve mental focus, increase energy, better appetite control, improve triglyceride, improve acne, and of course providing benefits to those with epilepsy. Of course research always changes the way we look at diets and is always needed to maintain an understanding that most of these are claims of benefits.

Eating a ketogenic diet is hard work. Unlike some diets where you can eat everything in moderation, the ketogenic diet eliminates as many carbohydrates as possible. Eliminating all carbohydrates is practically impossible since carbohydrates are lingering in every food group. Carbohydrates are not just in the junk foods, but are in foods that are also considered healthy like fruits and certain vegetables.

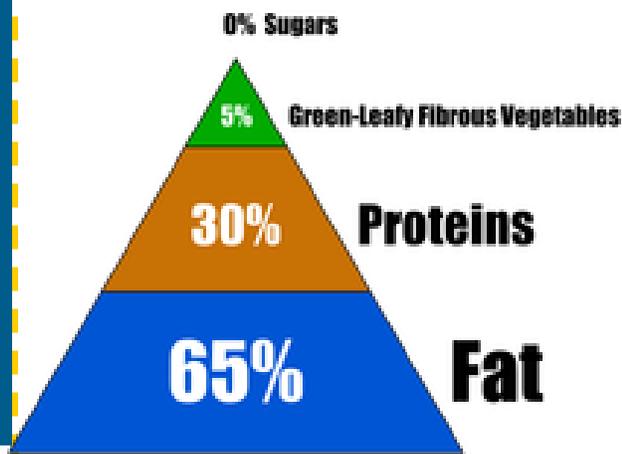
Foods to avoid are breads, pasta, cereal, grain products, starches, vegetables (like potatoes, beans, legumes), and most fruits. Avoiding sugars including sugar-sweetened beverages.

Foods to eat while following the diet are meats (no breading),

leafy greens, vegetable that grow above the ground, high fat dairy, nut, seeds, avocados, berries, and fats.

A diet like this is not for everyone. Always talk to your doctor or dietitian when making changes to you diet or to obtain more information.

Keto Food Pyramid



The ideal macro-nutrient ketogenic ratio of your calories

Ketogenic Diet Therapy 101: Info for Caregivers

Ketogenic diet plans

1 Ketogenic Diet Therapies - used for almost 100 years for people that have seizures that do not respond to medicines.

1 VERY HIGH IN FAT → brain → fuel



Ketogenic diet plans are very high in fat to give the **BRAIN** a different fuel called ketones.

2 PROTEIN → muscles → working optimally



You eat enough protein to keep your **MUSCLES** working at their best.

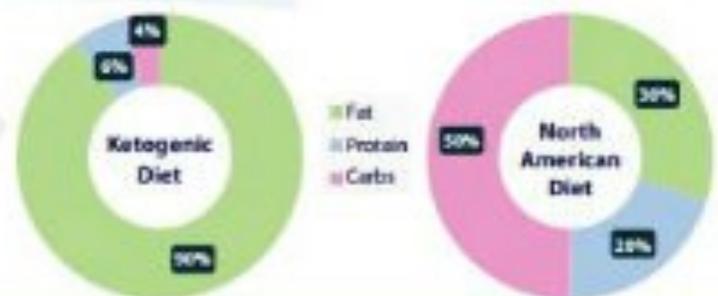
3 NO SUGARS → limited fruits & veggies



Sugars, also known as carbohydrates, are severely **LIMITED**. Even the servings of fruits and vegetables are small.

Compare

Strictest Ketogenic Diet vs. Average North American's Diet



Fruit— Eggplant

The eggplant is a member of the nightshade family which includes other produce like tomatoes, potatoes, and peppers. It is believed that the eggplant originated in India where it still grows wild today. The eggplant is usually thought of as a vegetable but is actually considered a fruit.



The most common eggplant is the solanum melogenic. Eggplants shape and colors can have a range of variety. The eggplant is an oval shape with a glossy outer skin. The colors can be blackish purple to fluorescent purplish green and even white or gold. Some eggplants can even be multicolored or striped outer skin. The inside is dense, firm, with a white sweet flesh.

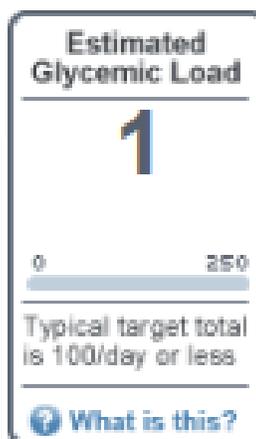
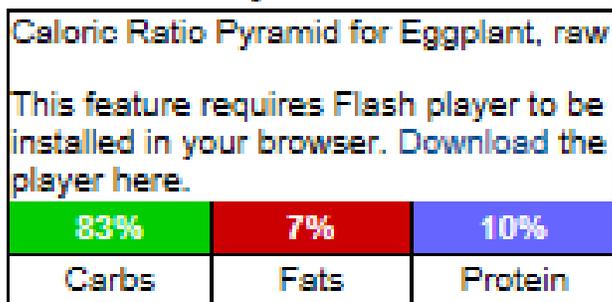
Eggplants can be used in many cooking methods like roasted, baked, stewed, stuffed dried, braised mashed, pickled, pureed, or breaded and fried. The most common way is eggplant parmesan in which the eggplant is breaded and fried or even breaded and baked. Before cooking eggplant usually is salted to remove excess liquids and bitterness.

JOKE:

Q: What kind of socks do you need to plant eggplants?

A: Garden hose!

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



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

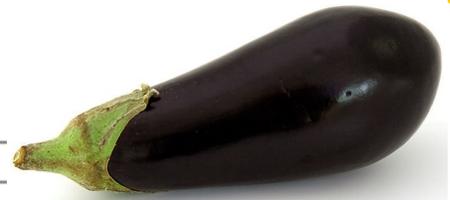
Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin C, Vitamin K, Thiamin, Niacin, Vitamin B6, Pantothenic Acid, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Folate, Potassium and Manganese.

Eggplant, raw

Serving size:



NUTRITION INFORMATION

Amounts per 1 cup, cubes (82g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	19.7 (82.5 kJ)	1%
From Carbohydrate	16.4 (68.7 kJ)	
From Fat	1.3 (5.4 kJ)	
From Protein	2.0 (8.4 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	4.7 g	2%
Dietary Fiber	2.8 g	11%
Starch	0.0 g	
Sugars	1.9 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	10.7 mg	
Total Omega-6 fatty acids	51.7 mg	

Learn more about these fatty acids and their equivalent names

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.8 g	2%

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	22.1 IU	0%
Vitamin C	1.8 mg	3%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.2 mg	1%
Vitamin K	2.9 mcg	4%
Thiamin	0.0 mg	2%
Riboflavin	0.0 mg	2%
Niacin	0.5 mg	3%
Vitamin B6	0.1 mg	3%
Folate	18.0 mcg	5%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	5.7 mg	
Betaine	~	

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	7.4 mg	1%
Iron	0.2 mg	1%
Magnesium	11.5 mg	3%
Phosphorus	20.5 mg	2%
Potassium	189 mg	5%
Sodium	1.6 mg	0%
Zinc	0.1 mg	1%
Copper	0.1 mg	3%
Manganese	0.2 mg	10%
Selenium	0.2 mcg	0%
Fluoride	~	

Baked Eggplant Parmesan

Ingredients

- No-Stick Cooking Spray
- 1/4 cup Italian-style bread crumbs
- 1/4 cup grated Parmesan cheese
- 1 large eggplant, peeled if desired
- 1/4 cup butter, melted
- 1 cup shredded part-skim mozzarella cheese
- 1 can (14.5 oz each) diced tomatoes with basil, garlic and oregano, undrained
- 1 can (8 oz each) tomato sauce with basil, garlic and oregano



Directions

- Preheat oven to 425°F. Spray baking sheet with cooking spray; set aside. Combine bread crumbs and Parmesan cheese in shallow dish.
- Cut eggplant into 12 slices, about 1/2-inch thick. Brush slices with butter, then coat each side with bread crumb mixture. Place on baking sheet. Bake 15 minutes or until tender, turning once. Top slices evenly with mozzarella cheese.
- Meanwhile, combine undrained tomatoes and sauce in small saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low; simmer 10 minutes or until slightly thickened. Spoon tomato mixture evenly into 4 shallow bowls. Place 3 eggplant slices over sauce in each bowl.

Recipe Adapted From: <https://www.readyseteat.com/recipes-Baked-Eggplant-Parmesan-5611?brand=13>

Brain Exercise

Don't Just Exercise Your Body, Workout



16 Trivia Questions about the 4th of July

- 1. What was the main reason the U.S. declared independence?
- 2. How many people signed the Declaration of Independence?
- 3. In what city was the Declaration of Independence signed?
- 4. What are the first seven words of the Declaration of Independence?
- 5. Who approved the Declaration of Independence?
- 6. Whose signature is the largest on the Declaration of Independence?
- 7. Who proposed "Lee's Resolution" on June 1, 1776, declaring that we were independent of Great Britain?
- 8. Who was the king of England when the colonies declared their independence?
- 9. How many people were living in the U. S. in 1776?
- 10. Where does the word "patriotism" come from?
- 11. What were the colors of the first flag?
- 12. What is our national bird?
- 13. Where is the Liberty Bell located?
- 14. Does the Liberty Bell still ring today?
- 15. How did the name "Uncle Sam" originate?
- 16. What is the name of the National Anthem?

Answers on Page 10



July 2018

Monthly Observations	Sun	Mon	Tue	Wed	Thu	Fri	Sat
} National Blueberry Month	1 International Joke Day	2 World UFO Day	3 Eat Beans Day	4 Independence Day	5 National Apple Turnover Day	6 National Fried Chicken Day	7 Chocolate Day
} National Anti-Boredom Month	8 National Blueberry Day	9 National Sugar Cookie Day	10 Pick Blueberries Day	11 World Population Day	12 Pecan Pie Day	13 National French Fries Day	14 National Nude Day
} Unlucky Month for Weddings	15 National Ice Cream Day	16 Fresh Spinach Day	17 Peach Ice Cream Day	18 National Hot Dog Day	19 National Daiquiri	20 Ugly Truck Day	21 National Junk Food Day
} National Hot Dog Month	22 Parent's Day	23 Vanilla Ice Cream Day	24 Tell an Old Joke Day	25 Culinarians Day	26 Aunt and Uncle Day	27 Take Your Pants for a Walk	28 National Day of the Cowboy
} National Ice Cream Month	29 National Lasagna Day	30 International Friendship Day	31 Mutt's Day				
} National Picnic Month							

July

Glowing Skin Is Always In

By Lauren Prinzo, WVU Extension Agent – Marion County

Monthly Challenge: Look in your kitchen cabinets. Do you see foods that help your skin? Are there foods that you can replace with a healthier alternative? Think about these examples:

- Replace full-fat dairy with low-fat dairy.
- Replace white bread with whole-wheat bread.
- Replace processed food snacks with fresh fruits and vegetables.
- Replace sugary drinks with fruit-infused water.

Quick Club Activity:

Sun Safe Skin

For glowing skin, let's practice sun safety.

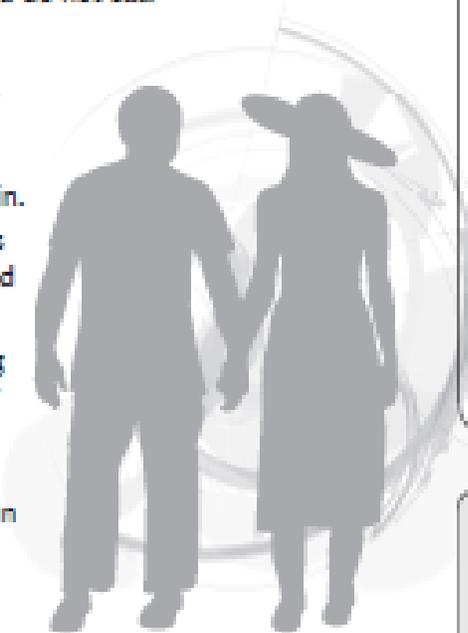
1. Check the time. Is it before 11 a.m. or after 3 p.m., the hottest time of the day?
2. Pretend to slather sunblock on your skin from head to toe. Remember the ears, shoulders, each arm, backs of your hands, down each leg and the tops of your feet.
3. Now, slip on sunglasses, a hat and a light cover-up. Practice sun safety and you'll have skin that glows!
4. Share the Monthly Challenge.

Health Motivator Talking Points

What foods and drinks lead to healthy, glowing skin? It is no secret that healthy skin is more about what you do not eat.

Did you know?

- Antioxidants in foods, such as carrots, apricots, spinach, kale, tomatoes, blueberries, beans and lentils, fatty fish (salmon) and nuts, protect the skin.
- Foods high in processed carbohydrates damage the skin. This leads to increased skin aging and acne breakouts.
- The best way to keep your skin glowing is to eat fewer sweet treats and sugary drinks. Eat more fruits, vegetables, low-fat dairy, whole grains and water.
- Practice sun safety. Avoid too much sun with sunblock, sunglasses, a brimmed hat and long sleeves.



Chuckle of the Month:

I don't have wrinkles, I have "relaxed fit" skin.
What does a pig put on its nose for a sunburn?
Oinkment

Learn More

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/healthy-skin/faq>

West Virginia Bureau of Senior Services



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

Brain Exercise Answers

- 1. The people were taxed without representation.
- 2. 56 people signed the Declaration of Independence
- 3. The Declaration of Independence was signed in Philadelphia, Pennsylvania
- 4. "When in the course of human events.
- 5. The Second Continental Congress approved the Declaration of Independence.
- 6. The largest signature on the Declaration of Independence is John Hancock's.
- 7. Richard Henry Lee of Virginia proposed Lee's resolution.
- 8. George III was king of England when the colonies declared their independence.
- 9. There were 2.5 million people living in the U. S. in 1776.
- 10. The word "patriotism" comes from the Latin "patria" meaning "fatherland" or "homeland".
- 11. The colors of the first flag were red, white, and blue.
- 12. Our national bird is the bald eagle.
- 13. The Liberty Bell is located in Philadelphia, Pennsylvania in the tower of Independence Hall.
- 14. The Liberty Bell no longer rings. It rang from 1778 to 1835, when it cracked.
- 15. The name: "Uncle Sam" originated in 1812, when a meat packer by the name of Sam Wilson provided meat to the U. S. Army. Someone saw the meat shipments that were stamped with U. S. and joked that the initials stood for "Uncle Sam" and the name stuck
- 16. The name of the National Anthem is the "Star Spangled Banner."