

Food and Fitness

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Wake Up and Smell the Coffee

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Nothing says good morning like a hot tasty cup of coffee to start off the day. Even the aroma of coffee is one to enjoy. Worldwide, coffee is used as a wakeup call to boost energy levels and get the day started. Caffeine from



coffee provides the energy that gets you going. Coffee is enjoyed in so many different flavors, styles, temperatures and much more. Drinking coffee can provide some health benefits, but how it is made is a big part of the process.

Surprisingly, coffee can provide health benefits aside from the boost of energy you feel right away. Coffee provides antioxidants which are defined as substances that remove potentially damaging oxidizing agents in a living organism. Some of the benefits of antioxidants are yet to be completely understood at this time. However, drinking a moderate amount of coffee has been linked to lowering risk for cardiovascular disease, type 2 diabetes, Parkinson's disease, and some cancers. Coffee also provides a small amount of nutrients like potassium, niacin and magnesium. By adding milk to coffee, it can help obtain other necessary nutrients like calcium and vitamin D.

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Wake Up and Smell the Coffee

(Continued from Page 1)

Just like anything else, drinking too much isn't the best idea either, especially consuming coffee with too many extra additives. Consuming no more than 3 to 4 (8 ounce) cups per day is recommended. People who have hypertension and the elderly may be more susceptible to the adverse side effects that caffeine from coffee provides. In these instances, coffee in moderation or choosing decaf can be a good alternative.

As far as how the coffee is made, comes down to each individual's preference. Some like it black and others like a little coffee with their cream and sugar. While others like the fancy flavors, with 4 shots of this and hold that and add the whip and sprinkles. The amount of calories can be alarmingly high in a single cup, let alone if drinking more than one. Small changes can have a large impact on the amount of calories in your coffee if drinking it with a lot of extras added. Some easy steps are to downsize your drink, choosing the right dairy products, skipping some of the fancy additives, and cutting down on the amount of syrup or sugar (see handout on page 3).

Coffee is a drink that some feel they cannot live without. Try to drink your coffee without overdoing the calories!



HOW DO YOU TAKE YOUR COFFEE?



Coffee, brewed from grounds, prepared with tap water

Serving size: 1 cup (8 fl oz) (237g) ▼

Calorie Information

Amounts Per Selected Serving		%DV
Calories	2.4 (10.0 kJ)	0%
From Carbohydrate	1.0 (4.2 kJ)	
From Fat	0.4 (1.7 kJ)	
From Protein	1.0 (4.2 kJ)	
From Alcohol	0.0 (0.0 kJ)	



MyPlate
MyWins

Redo your coffee shop stop

Whether going to your local coffee shop is a daily ritual or a special weekend outing, consider these ways you can move toward better choices.



Downsize your drink

If a large coffee drink is your go-to, consider whether a smaller size would hit the spot.



Do dairy right

For lattes and cappuccinos, shift from whole milk to low-fat or fat-free (skim) milk to reduce the amount of saturated fat.



Skip the "whip"

Leave off the extras like whipped cream and caramel drizzle. The calories from added sugars in the toppings alone can really add up.



Cut the syrup in half

Ask for fewer pumps of sweetener in your drink. A sprinkle of cinnamon or cocoa powder can add flavor without added sugars.



Split the sweets

Share a muffin or pastry with a friend. It can be high in calories from added sugars and saturated fat.



List more tips

Vegetable—Cabbage

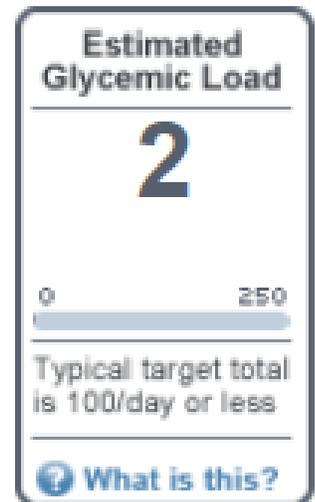
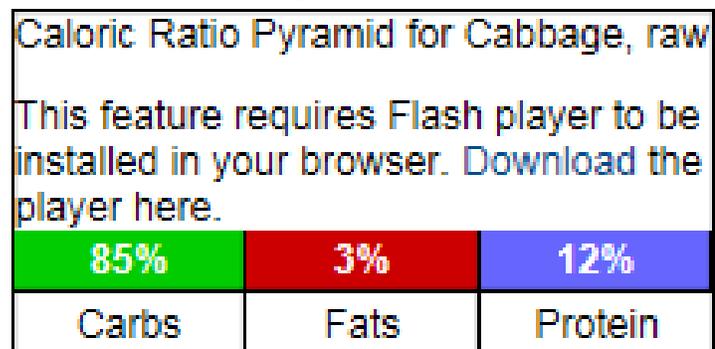
Cabbage is a leafy vegetable that is in the brassicas family. Unlike the leaves of lettuce, cabbage leaves are very dense and sturdy. Cabbage leaves can be green or purple and the head size can range from about one to ten pounds in weight. Planting a cabbage crop in the spring or fall is best since cabbage is considered a cool-season crop similar to broccoli and cauliflower. When harvesting, you want to wait until the head of cabbage is solid and firm. You can check this by squeezing it. Once the cabbage has been harvested, it can be kept for a several weeks in the refrigerator.



Cabbage can be eaten in a variety of ways. Raw cabbage has been described as a peppery flavor but as it cooks takes on more of a sweeter flavor profile. Eating cabbage both cooked and raw are suitable options for this vegetable. The most common uses for cabbage are in salads, coleslaw, sauerkraut, cabbage rolls, steamed, fried and others.

As for nutrition, cabbage is low in calories, has minimal fat, rich in vitamins and minerals, and high in fiber, making cabbage a great choice for a vegetable.

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 and Cholesterol. It is also a good source of Thiamin, Calcium, Iron, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate and Manganese.

Cabbage, raw

 Serving size:


NUTRITION INFORMATION

Amounts per 1 cup, chopped (89g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	22.2 (92.9 kJ)	1%
From Carbohydrate	18.7 (78.3 kJ)	
From Fat	0.7 (2.9 kJ)	
From Protein	2.8 (11.7 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.1 g	2%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	5.2 g	2%
Dietary Fiber	2.2 g	9%
Starch	0.0 g	
Sugars	2.8 g	

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	87.2 IU	2%
Vitamin C	32.6 mg	54%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	67.6 mcg	85%
Thiamin	0.1 mg	4%
Riboflavin	0.0 mg	2%
Niacin	0.2 mg	1%
Vitamin B6	0.1 mg	6%
Folate	38.3 mcg	10%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	9.5 mg	
Betaine	0.4 mg	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.1 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	~	
Total Omega-6 fatty acids	15.1 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	35.6 mg	4%
Iron	0.4 mg	2%
Magnesium	10.7 mg	3%
Phosphorus	23.1 mg	2%
Potassium	151 mg	4%
Sodium	16.0 mg	1%
Zinc	0.2 mg	1%
Copper	0.0 mg	1%
Manganese	0.1 mg	7%
Selenium	0.3 mcg	0%
Fluoride	0.9 mcg	

Recipe—Old-Fashioned Cabbage Rolls

Ingredients

- ◆ 1 medium head cabbage (3 pounds)
- ◆ 1/2 pound uncooked ground beef
- ◆ 1/2 pound uncooked ground pork
- ◆ 1 can (15oz) tomato sauce, divided
- ◆ 1 small onion, chopped
- ◆ 1/2 cup uncooked long grain rice
- ◆ 1 tablespoon dried parsley flakes
- ◆ 1/2 teaspoon salt
- ◆ 1/2 teaspoon snipped fresh dill
- ◆ 1/8 teaspoon cayenne pepper
- ◆ 1 can (14-1/2 oz) diced tomatoes, undrained



Directions

1. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.
2. Cut out the thick vein from the bottom of each leaf, making a V-shaped cut. Place about 1/4 cup meat mixture on a cabbage leaf; overlap cut ends of leaf. Fold in sides. Beginning from the cut end, roll up. Repeat.
3. Slice the remaining cabbage; place in an ovenproof Dutch oven. Arrange the cabbage rolls seam side down over sliced cabbage. Combine the tomatoes, sugar and remaining tomato sauce; pour over the rolls. Cover and bake at 350° for 1-1/2 hours or until cabbage rolls are tender.

Don't Just Exercise Your Body, Work Out Your Brain!

Father's Day Word Search



W T T B V O J J Y I Z X C S W O R K E R
 T K P A P A M U J P N G I F T S T M J L
 N X V A B V V A G B Y T K Y B F I D K T
 D S U Q Q T E G N X B O H E P X E H S I
 T X R J D P H O T S K O M Q V H U G S L
 M M Z G C N A T C E V L A F R I E N D B
 H Z M F L A K H V Q A S A S W T H T Q G
 Z H V N O K R B Q W I C P C O L E F A E
 Q D W M M O S E M H F I H V P S U L Y N
 O A B J L U T Q H P Z I F E E D Y W R E
 P D B K U V B B B F B H S O R D S S O R
 U D E M A N F R A S K E A H L H H V H O
 J Y Q M K U E A K L L L I Q I D S Q S U
 B Q F U N N Y X D R L P R J F N V E N S
 E E T Z D F G A R A G E V H C I G F T I
 M X B A S E B A L L K R L Q E M O A V X

GARAGE
 BASEBALL
 DADDY
 CARE
 FISHING

MAN
 WORKER
 FRIEND
 FUNNY
 FOOTBALL

TOOLS
 HUGS
 JUNE
 GIFTS
 TIE

TEACHER
 TV
 GENEROUS
 HELPER
 PAPA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Dare Day
2 National Rocky Road Day	3 Repeat Day	4 Applesauce Cake Day	5 World Environment Day	6 D-Day, WWII	7 National Doughnut Day	8 Best Friends Day
9 Nursing Assistants Day	10 Herb and Spices Day	11 National Corn on the Cob Day	12 National PB Cookie Day	13 Sewing Machine Day	14 Flag Day	15 Smile Power Day
16 Father's Day	17 Eat Your Vegetables Day	18 Go Fishing Day	19 National Kissing Day	20 Ice Cream Soda Day	21 International Yoga Day	22 National Chocolate Éclair Day
23 National Pink Day	24 Swim a Lap Day	25 National Catfish Day	26 Forgiveness Day	27 Sun Glasses Day	28 Insurance Awareness Day	29 Waffle Iron Day
30 Meteor Day						



Monthly Observances

- ◆ Aquarium Month
- ◆ Candy Month
- ◆ Dairy Month
- ◆ National Accordion Awareness Month
- ◆ National Adopt a Cat Month
- ◆ National Fresh Fruits and Vegetables Month
- ◆ Rose Month
- ◆ Turkey Lovers Month

June

Vitamins, Minerals, Supplements, Oh My!

By Lauren Prinzo, WVU Extension Agent – Marion County



Monthly Challenge: Clean out your cabinet. Throw away expired vitamins and supplements. Store safely where children cannot get to them.

Health Motivator Talking Points

- More than one-third of Americans take multivitamins or supplements.
- Vitamins and supplements include multivitamins and many other products available without a prescription. Examples: calcium, fish oil, omega 3s and protein supplements.
- Not all vitamins and supplements are safe for everyone to take.
- Iron supplements are a leading cause of poisoning in children under age six.
- Many nutrients your body needs are found easily in a healthy diet. For example, the recommended daily value for vitamin C is 60 mg. Just one cup of cantaloupe has 58 mg.
- Remember to check the nutrition label. You may be surprised that your multivitamin includes much more than the recommended daily value or a certain nutrient. Choose wisely.

Learn More: www.nutrition.gov



Chuckle of the Month:

What type of vitamins do pirates need?

Vitamin Sea

Quick Club Activity: Food and Nutrient Match

Find the same nutrients in multivitamins in a healthy diet. Write the words, calcium, iron and vitamin C on cards and tape one card on each wall. Tell group members you will say a food and that they need to walk to the wall that matches the nutrient in the food item. *Example:* For milk, walk to the wall labeled calcium.

Hint: Some foods may have significant amounts of more than one nutrient!

- Bell peppers (vitamin C)
- Broccoli (vitamin C, iron)
- Brussels sprouts (vitamin C)
- Cheese (calcium)
- Fortified cereals (calcium, iron)
- Leafy greens (calcium, iron)
- Legumes (iron)
- Pineapple (vitamin C)
- Shellfish (iron)
- Strawberries (vitamin C)

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Brain Exercise Answers

W	T	T	B	V	O	J	J	Y	I	Z	X	C	S	W	O	R	K	E	R
T	K	P	A	P	A	M	U	J	P	N	G	I	F	T	S	T	M	J	L
N	X	V	A	B	V	V	A	G	B	Y	T	K	Y	B	F	I	D	K	T
D	S	U	Q	Q	T	E	G	N	X	B	O	H	E	P	X	E	H	S	I
T	X	R	J	D	P	H	O	T	S	K	O	M	Q	V	H	U	G	S	L
M	M	Z	G	C	N	A	T	C	E	V	L	A	F	R	I	E	N	D	B
H	Z	M	F	L	A	K	H	V	Q	A	S	A	S	W	T	H	T	Q	G
Z	H	V	N	O	K	R	B	Q	W	I	C	P	C	O	L	E	F	A	E
Q	D	W	M	M	O	S	E	M	H	F	I	H	V	P	S	U	L	Y	N
O	A	B	J	L	U	T	Q	H	P	Z	I	F	E	E	D	Y	W	R	E
P	D	B	K	U	V	B	B	B	F	B	H	S	O	R	D	S	S	O	R
U	D	E	M	A	N	F	R	A	S	K	E	A	H	L	H	H	V	H	O
J	Y	Q	M	K	U	E	A	K	L	L	L	I	Q	I	D	S	Q	S	U
B	Q	F	U	N	N	Y	X	D	R	L	P	R	J	F	N	V	E	N	S
E	E	T	Z	D	F	G	A	R	A	G	E	V	H	C	I	G	F	T	I
M	X	B	A	S	E	B	A	L	L	K	R	L	Q	E	M	O	A	V	X

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