

FOOD AND FITNESS

March 2021
Volume 224

WEST VIRGINIA BUREAU OF SENIOR SERVICES

What are Some of the Different Types of Wheat Flour?

Wheat flour is one of the most important ingredients found in just about every home in America. Great for cooking and baking, wheat flour is known for its gluten and ability to leaven. Flour can be made from many different grains, but for the purpose of this article, wheat flour is the focus.



Wheat grows in six different classes. They are categorized by color, hardness, and the growing season. The six classes are hard red winter, hard red spring, soft red winter, soft white, heard white, and durum. The six different types each have products best suited for them. While one type of wheat is great for rolls, another type of wheat is more ideal for cakes or pastries. For example, durum wheat has a rich amber color and is the hardest wheat. It is high in gluten and is the best flour for premium pasta, cous-cous, and some Mediterranean breads according to the U.S. Wheat Associates.

(Continues on Page 2)

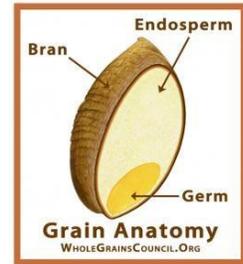
Inside this issue:

| | |
|--|------------|
| What are Some of the Different Types of Wheat Flour? | 1-2 |
| Common Flour Varieties | 3 |
| Vegetable—Kale | 4-5 |
| Recipe—Pasta, Kale and White Bean Soup | 6 |
| Brain Exercise | 7 |
| March Monthly Observances | 8 |
| Monthly Motivator Tips | 9 |



What are Some of the Different Types of Wheat Flour?

(Continued from Page 1)



Wheat flour can be purchased in a variety of different types: all-purpose, self-rising, bread flour, cake flour, pastry flour, semolina, durum flour, couscous, whole wheat flour, graham flour, stone ground, and high-gluten flour. Other forms of wheat also include wheat germ, cracked wheat, crushed wheat, bulgur, bran, rolled wheat, and farina. Some of these you cannot find in local grocery stores, we will stick to the flours that are readily available to purchase.

All-purpose is the most common and widely used flour. It is made from the endosperm of the wheat kernel. It is made from a combination of both hard and soft wheats. It can be used for many items like breads, cakes, cookies, and pastries. All-purpose flour has added (enriched) iron and some of the B vitamins to equal or exceed the amount present in whole wheat flour. Often, all-purpose flour can be purchased in bleached or unbleached. Bleached flour had been treated with chemicals to speed up the aging process while unbleached flour has processed naturally.

Self-rising is a type of all-purpose flour that has added salt and a leavening agent. For every cup of flour, it has 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt. Self-rising is most commonly used for biscuits, quick breads, and cookies.

Bread flour is made mostly for commercial baking, but it can be found at most grocery stores. It is similar to all-purpose flour but it has a higher gluten making it great for yeast breads.

Cake flour is made from soft wheat and has a fine, silky texture with a low protein content. Cake flour has a higher percentage of starch and less protein than bread flour. When the flour has less protein and more starch it allows for a more tender and delicate product. To make cake flour out of all-purpose flour, you can remove 2 tablespoons of all-purpose flour and replace it with 2 tablespoons of cornstarch. Cake flour is commonly used in cakes and delicate, tender pastries.

Whole wheat flour is milled using the entire kernel of wheat. The bran in the whole wheat flour reduces the gluten development. When baking with whole wheat flour, it creates a more dense and heavier product.

Wheat flour comes in many different types and luckily all-purpose flour is a good middle ground for baking at home. Trying other wheat flours, that are more suitable for a certain product, might just be a fun experiment for a future baking product.



Common Flour Varieties from



All-purpose:
can be used with
a wide variety of
products



Unbleached:
good choice for
those concerned
with flavor purity or
exposure to chemicals



Bread flour:
results in a nice,
chewy texture



Cake flour:
creates a softer,
more delicate
crumb



Whole wheat:
results in heavier,
denser bread than
all-purpose flour



Self-rising:
mainly used to make
biscuits and other
quick breads

VEGETABLE—KALE

Kale is a well known vegetable that gets a lot of attention. Kale is a member of the cabbage family that is similar to broccoli, cauliflower, and Brussel sprouts. Kale often gets grouped with the cooking greens like collards, mustard, and Swiss chard.

Kale can grow quickly and can be harvested about two months after being grown from a seed. Kale is one vegetable that you can harvest what you want and the plant will continue to produce. When growing kale for home gardens, it may only require a few plants since they keep growing after being cut.

Kale can be grown in cool weather because it can endure some frost. The kale plant gets about 1 to 2 feet tall. The leaves can be green or purple. The leaves can be either smooth or curly. The two most popular types of kale are curly kale or Scots kale.

When it comes to health, kale is one vegetable that tops the list for popularity. Kale is packed with an abundant amount of nutrients. One cup of kale is a very good source of Vitamins A, K, and C, and manganese. Kale also contains calcium, copper, potassium, and magnesium. One cup of raw kale also has about 34 calories and 1.3 grams of dietary fiber.

Kale has been associated with some potential health benefits. Kale is noted for helping lower cholesterol, contains many cancer fighting substances, and can protect eyes from common eye disorders.

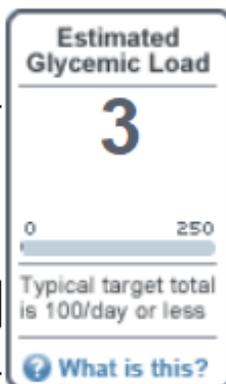


Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Kale, raw

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

| | | |
|------------|------------|------------|
| 72% | 12% | 16% |
| Carbs | Fats | Protein |



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese.

Kale, raw



Serving size: 1 cup, chopped (67g) ▼

NUTRITION INFORMATION

Amounts per 1 cup, chopped (67g)

Calorie Information

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------------|-----|
| Calories | 33.5 (140 kJ) | 2% |
| From Carbohydrate | 24.2 (101 kJ) | |
| From Fat | 3.9 (16.3 kJ) | |
| From Protein | 5.4 (22.6 kJ) | |
| From Alcohol | 0.0 (0.0 kJ) | |

Protein & Amino Acids

| Amounts Per Selected Serving | | %DV |
|------------------------------|-------|-----|
| Protein | 2.2 g | 4% |

[More details ▼](#)

Carbohydrates

| Amounts Per Selected Serving | | %DV |
|------------------------------|-------|-----|
| Total Carbohydrate | 6.7 g | 2% |
| Dietary Fiber | 1.3 g | 5% |
| Starch | ~ | |
| Sugars | ~ | |

[More details ▼](#)

Vitamins

| Amounts Per Selected Serving | | %DV |
|------------------------------|----------|------|
| Vitamin A | 10302 IU | 206% |
| Vitamin C | 80.4 mg | 134% |
| Vitamin D | ~ | ~ |
| Vitamin E (Alpha Tocopherol) | ~ | ~ |
| Vitamin K | 547 mcg | 684% |
| Thiamin | 0.1 mg | 5% |
| Riboflavin | 0.1 mg | 5% |
| Niacin | 0.7 mg | 3% |
| Vitamin B6 | 0.2 mg | 9% |
| Folate | 19.4 mcg | 5% |
| Vitamin B12 | 0.0 mcg | 0% |
| Pantothenic Acid | 0.1 mg | 1% |
| Choline | ~ | |
| Betaine | ~ | |

[More details ▼](#)

Fats & Fatty Acids

| Amounts Per Selected Serving | | %DV |
|-----------------------------------|---------|-----|
| Total Fat | 0.5 g | 1% |
| Saturated Fat | 0.1 g | 0% |
| Monounsaturated Fat | 0.0 g | |
| Polyunsaturated Fat | 0.2 g | |
| Total trans fatty acids | ~ | |
| Total trans-monoenoic fatty acids | ~ | |
| Total trans-polyenoic fatty acids | ~ | |
| Total Omega-3 fatty acids | 121 mg | |
| Total Omega-6 fatty acids | 92.4 mg | |

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

[More details ▼](#)

Minerals

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------|-----|
| Calcium | 90.5 mg | 9% |
| Iron | 1.1 mg | 6% |
| Magnesium | 22.8 mg | 6% |
| Phosphorus | 37.5 mg | 4% |
| Potassium | 299 mg | 9% |
| Sodium | 28.8 mg | 1% |
| Zinc | 0.3 mg | 2% |
| Copper | 0.2 mg | 10% |
| Manganese | 0.5 mg | 26% |
| Selenium | 0.6 mcg | 1% |
| Fluoride | ~ | |

Recipe—Pasta, Kale and White Bean Soup

Ingredients

- ◆ 3 slices bacon, chopped
- ◆ 1 small onion, diced
- ◆ 3 carrots, cut into 1/2-inch pieces
- ◆ 2 cloves garlic, minced
- ◆ 1 tablespoon tomato paste
- ◆ 3/4 teaspoon chopped fresh thyme
- ◆ Kosher salt and freshly ground pepper
- ◆ 2 cups low-sodium chicken broth
- ◆ 1/2 cup grated parmesan, plus 1 small piece rind
- ◆ 1 1/2 cups small pasta, such as ditalini (about 8 ounces)
- ◆ 1 15-ounce can white beans, drained and rinsed
- ◆ 1 cup frozen chopped kale, thawed and squeezed dry



Directions

1. Put the bacon in a large pot or Dutch oven over medium heat and cook, stirring occasionally, until crisp, about 4 minutes.
2. Add the onion and cook, stirring occasionally, until slightly softened, about 3 minutes.
3. Add the carrots, garlic, tomato paste, thyme and 1/2 teaspoon each salt and pepper and cook until the carrots begin to soften, about 2 minutes.
4. Add the chicken broth, 6 cups water and the parmesan rind.
5. Increase the heat to high; cover and bring to a boil.
6. Add the pasta and beans and cook, uncovered, 5 minutes.
7. Reduce the heat to medium and add the kale. Simmer, uncovered, until slightly thickened, about 7 minutes.

Brain Exercise

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



65 Cooking Terms Word Search

- AL DENTE
- BASTE
- BEAT
- BLANCH
- BLEND
- BLIND BAKE
- BOIL
- BRAISE
- BROIL
- CARAMELIZE
- CHIFFONADE
- CHOP
- CLARIFY
- COAT
- CREAM
- CRUSH
- CUBE
- DASH
- DEEP FRY
- DICE
- DILUTE
- DREDGE
- DUST
- EMULSIFY
- FILET
- FILTER
- FLAMBE
- FOLD
- GLAZE
- GRATE
- GREASE
- GRILL
- GRIND
- HULL

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

- JULIENNE
- KNEAD
- MACEDOINE
- MARINATE
- MASH
- MIREPOIX
- MIX
- MOISTEN
- MULL
- PARE
- PINCH
- POACH
- PUREE
- REDUCE
- ROUX
- SAUTE
- SCALD
- SCORE
- SEAR
- SEASON
- SHUCK
- SIFT
- SIMMER
- STEAM
- STEEP
- STIR
- TOSS
- TRUSS
- WHIP
- WHISK
- ZEST

Answers on Page 10



MARCH 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------|--|-----------------------------|---|-----------------------------|--------------------------------|-------------------------------|
| | 1 National Pig Month | 2 Old Stuff Day | 3 Caregiver Appreciation Day | 4 Holy Experiment Day | 5 Employee Appreciation Day | 6 National Frozen Food Day |
| 7 National Cereal Day | 8 Be Nasty Day | 9 Panic Day | 10 Middle Name Pride Day | 11 Johnny Apple Seed Day | 12 Plant a Flower Day | 13 Genealogy Day |
| 14 National Pi Day | 15 Buzzards Day | 16 Giant Panda Bear Day | 17 Saint Patrick's Day | 18 Awkward Moments Day | 19 Poultry Day | 20 International Earth Day |
| 21 World poetry Day | 22 National Good Off Day | 23 National Puppy Day | 24 National Chocolate Covered Raisin Day | 25 Waffle Day | 26 National Spinach Day | 27 National "Joe" Day |
| 28 Palm Sunday | 29 National Mom & Pop Business Owners Day | 30 National Doctor's Day | 31 World Backup Day | | | |



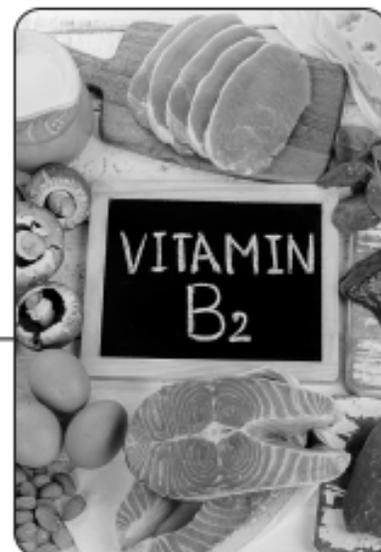
Monthly Observances

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

March

Riboflavin B2

By Zona S. Hutson, WVU Extension Agent – Doddridge County



Monthly Challenge: Try this hand grip exercise five days a week. It will help with picking things up, holding on to them and opening things.

- Hold a tennis ball or other small rubber or foam ball in one hand.
- Slowly squeeze the ball as hard as you can, and hold it for three to five seconds.
- Relax the squeeze slowly.
- Repeat 10 to 15 times with each hand.

Quick Club Activity:

Create a list of various vegetables. Using two at a time, ask participants which they prefer. Participants will move to left or right side of the room based on their preference.

Health Motivator Talking Points

- There are eight well-known B vitamins, the B complex vitamins, that play an essential role in the body. They support metabolism and contribute to the body's ability to produce energy.
- Riboflavin is needed to properly use the vitamins niacin, folate and vitamin B6.
- Riboflavin, also known as B2, is naturally found in some foods, added to some food products and is available as a dietary supplement.
- It is needed to help us use the carbohydrates, fats and proteins we eat for energy.
- Foods containing riboflavin are beef, beef liver, milk, cheese, yogurt, enriched grains, lean meats, eggs, almonds, mushrooms and leafy green vegetables.
- Riboflavin is a water-soluble vitamin, and excessive amounts are excreted through the kidneys, making urine bright yellow.
- The daily recommended amount of riboflavin depends on your age. After the age of 14, men and women need different amounts. Most people get enough riboflavin from milk, milk products, bread, meat and cereals.
- Riboflavin is light sensitive and easily destroyed when exposed to it, which is why opaque plastic jugs and paper cartons are used to protect the riboflavin in milk.
- Riboflavin deficiency only occurs in poor diets lacking many of the proper nutrients. A deficiency can cause sores in the mouth, inflammation of the tongue and skin, and can affect the body's use of other vitamins.

Learn More

www.nutrition.gov

ods.od.nih.gov/factsheets/Riboflavin-HealthProfessional/fycs.lfas.ufl.edu

www.urmc.rochester.edu



Chuckle of the Month:

What's the best vitamin for friendship?

B1

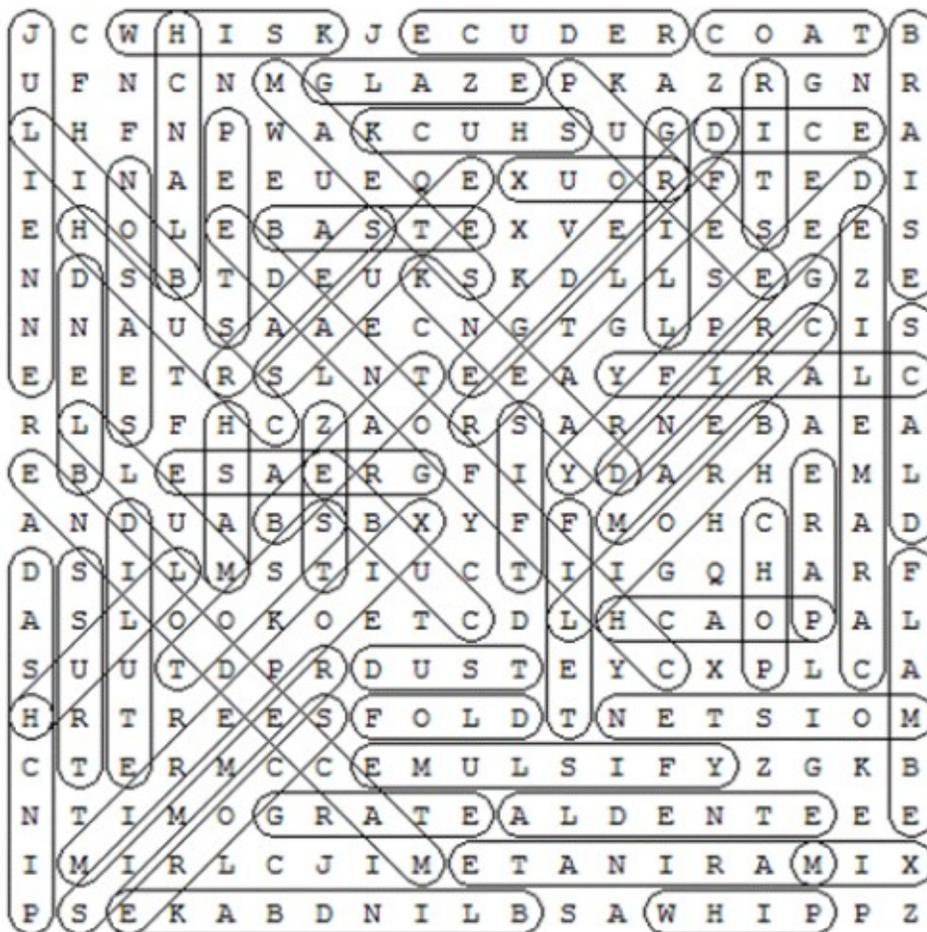
WEST VIRGINIA BUREAU OF SENIOR SERVICES

Kathrine J. Clark, MS, RD,
LD

Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575



Brain Exercise Answers



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