FOOD AND FITNESS

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WEST VIRGINIA BUREAU OF SENIOR SERVICES

Small Smart Substitutions

Are you craving high fat, high sodium, or sugary foods? When eating these foods often, currently because often holiday season, cravings for these kinds of foods are strong. These cravings can last for a long time if you do not curb them quickly. Substituting out foods for smarter, healthier food choices can have you taking charge of the cravings.

Fat is important in a healthy diet. However, too much fat can account for an excessive number of calories which can pack on the pounds. Out of all the macronutrients (fat, protein, and carbohydrates), fat contains 9 calories per gram where the others only have 4 calories per gram. Of the three macronutrients, we need the least amount of calories from fat. Since fat has the most calories per gram and we need the least in terms of macronutrients, fat should be on the top of the list for making substitutes.

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Small Smart

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Substituting foods high in fat for foods that have no or lower fat can be easier then you think. Choosing foods like low-fat dairy or using less oil when cooking are the most common methods for reducing the amount of fat. Also, choosing foods that are baked instead of cooked in fat/fried. With the holiday season, other items that are high in fat include pie crust, mayonnaise, chips, and sweet treats to name a few. Substituting Greek yogurt in place of mayo and sour cream is an easy step for lowering the amount of fat while increasing protein in certain recipes. Other substitutions would be trading chips for baked chips, trading French fries for baked sweet potato fries, and frostings for whipped cream. Find the foods that are most predominate in your diet and start there.

Foods high in sodium are usually easy to identity because of the salty taste and are at the top of foods to crave. Even though sodium doesn't add any calories, many high calorie foods are loaded with sodium. Sodium is a major problem in those who have hypertension or cardiovascular disease. Here are a few small changes, salted nuts to unsalted nuts, breaded meats to grilled meats, canned products to fresh or frozen products, and the list goes on.

Last and certainly not least, sugary food craving are strong after indulging for weeks during the holiday season. Baking cookies, fudge, hard candies, and chocolate treats are a part of many family traditions and deserve to be carried on. The after effects of eating so much sugar can be compared to a caffeine addiction. When moving from sugary treats to other sweet items it is very important to get out of the endless sugar cravings. Good options are fruits in any form, lightly sweetened dairy, frozen yogurt, and even sweet potatoes.

The holidays are filled with higher amounts of fat, sodium, sugar, and when transitioning back to healthier foods it can be made easier with small smart substitutions. Start off the new year by making small smart substitutions to get back on the right healthy food choices track.

35 HEALTHY FOOD SWAPS + SUBS

		NOTES
BREAD/BAGELS/BUNS/PIZZA/ ENGLISH MUFFINS	BUTTERNUT SQUASH TOAST*	*GO TO: WHATMOMSLOVE.COM FOR FULL RECIPE
WHITE PASTA	WHOLE WHEAT PASTA	
SPAGHETTI	SPAGHETTI SQUASH, ZUCCHINI NOODLES*	* USE SPIRALIZER
FETUCCINE/LINGUINE	ZUCCHINI OR SQUASH RIBBONS	*USE PEELER
LASAGNA NOODLES	ZUCCHINI STRIPS*	*THINLY SLICED WITH KNIFE OR MANDOLIN
RICE	QUINOA OR BARLEY	
TACOS	ROMAINE LETTUCE	
TORTILLAS	LEAFY GREENS	KALE, CHARD + COLLARDS WORK NICELY
MASHED POTATOES	SWEET POTATO MASH, CAULIFLOWER MASH	
FRENCH FRIES	ZUCCHINI FRIES*, SWEET POTATO FRIES*	* BAKED IN OVEN
BREAD CRUMBS	CRUSHED NUTS*	*USE FOOD PROCESSOR FOR BEST RESULTS
JARRED TOMATO SAUCE	FRESH DICED TOMATOES	

OIL	COCONUT OIL	
CHOCOLATE CHIPS	DRIED FRUIT	SUB AS ADD-IN TO BAKED GOODS
ICE CREAM	FROZEN BANANAS	FREEZE BANANA SLICES; PLACE IN BLENDER; BLEND UNTIL SMOOTH
FROSTING	WHIPPED CREAM	
1 CUP CREAM	1 CUP COCONUT MILK	
1 CUP SOUR CREAM	1 CUP GREEK YOGURT	
1 EGG	1 BANANA OR 1/4C APPLESAUCE + 1TSP BAKING POWDER	
1 CUP BUTTER	1C APPLESAUCE OR 1C MASHED BANANA OR 1C MASHED AVOCADO	
1 CUP WHITE FLOUR	1C WHOLE WHEAT FLOUR OR 1/3C COCONUT FLOUR + 1 EGG OR 1C NUT FLOUR + 1 TSP BAKING POWDER	
1 CUP SUGAR	1C APPLE SAUCE OR 2/3C HONEY (- REDUCE LIQUIDS IN RECIPE BY 1/4) OR 3/4C MAPLE SYRUP (-REDUCE LIQUIDS BY 3TBSP PER CUP OF SUGAR REPLACED)	
1 CUP MAYO	1C MASHED AVOCADO OR 1C MASHED BANANA	

YEARLY resolutions

20__ THIS YEAR i will

JAN — THIS MONTH i will

FEB — THIS MONTH i will

MAR — THIS MONTH i will

APR — THIS MONTH i will

MAY — THIS MONTH i will

JUN — THIS MONTH i will

JUL — THIS MONTH i will

AUG — THIS MONTH i will

SEP — THIS MONTH i will

OCT — THIS MONTH i will

NOV — THIS MONTH i will

DEC — THIS MONTH i will

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2021 Goals

3 books I want to read: 1) _____

2) _____

3) _____

3 places I want to visit: 1) _____

2) _____

3) _____

Something new I want to try: _____

I'd like to learn: _____

I'm going to work harder at: _____

I'm looking forward to: _____

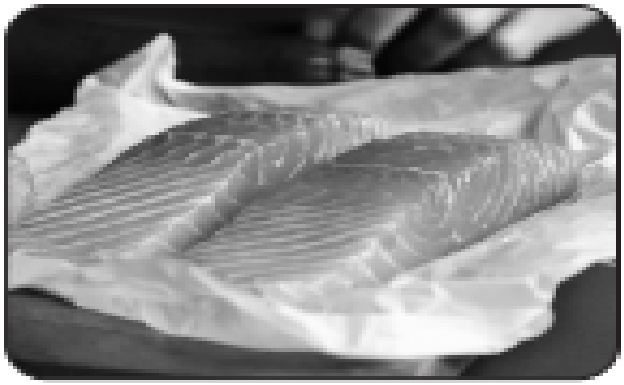
A way that I want to help others: _____

January Vitamin B12 Recipe

Baked Salmon with Yogurt and Cheese

(Serving Size: 4 ounces, Yield: 2 Servings)

Ingredients



8 ounces of salmon, thawed
¼ cup nonfat plain Greek yogurt
¼ cup Parmesan cheese
½ teaspoon dried dill
1 tablespoon lemon juice

Directions

1. Heat oven to 425 F.
2. Place salmon in a casserole dish, skin side down if skin is included.
3. Mix all remaining ingredients in a small mixing bowl.
4. Spoon the yogurt and cheese mixture over the salmon.
5. Cover the casserole dish with aluminum foil.
6. Bake for approximately 15 minutes, removing the foil during the last few minutes to allow the yogurt and cheese mixture to brown.

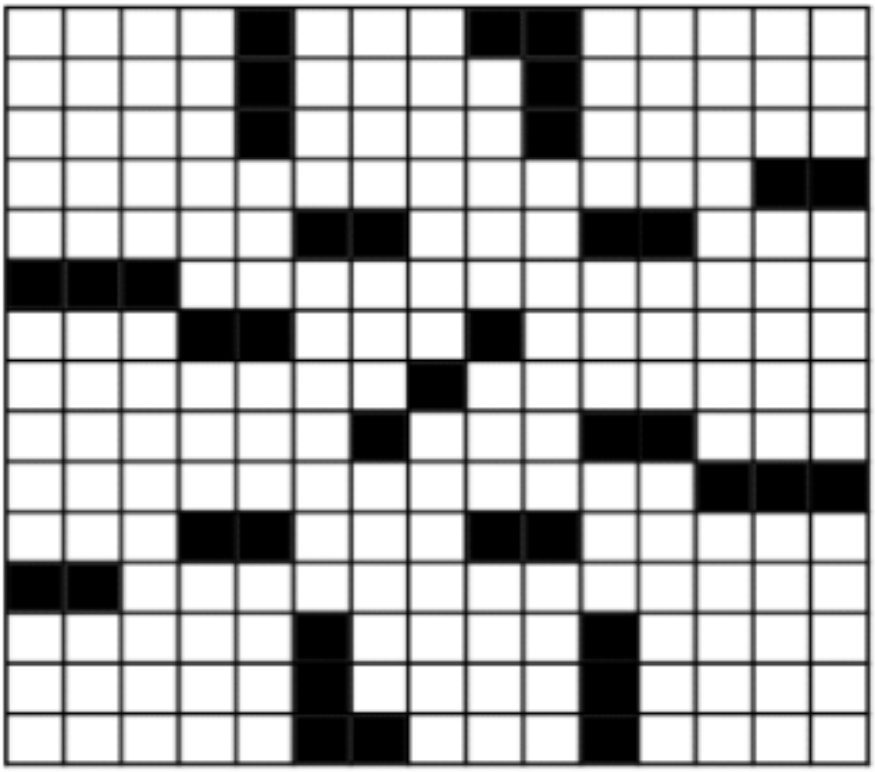
NOTE: Cooking time will vary depending on the thickness of the salmon. The internal temperature of the fish should be 145 F, and it should easily flake.

Source: Kerri Carte, Extension Agent, WVU Extension Service

Brain Exercise

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

Crossword Fill In #01



3 LETTER WORDS
AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK

4 LETTER WORDS
A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH
SAYS
VINO

5 LETTER WORDS
ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON
SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS
ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS
EHRLICH
GAROTTE
NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS
EXTREMITY
TURNTABLE

12 LETTER WORDS
CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS
ARCHIMANDRITE
MIXED METAPHOR

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Answers on Page 10

JANUARY 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2 Run up the Flag-pole & See if Anyone Solutes Day
3 Festival of Sleep Day	4 National Spaghetti Day	5 National Bird Day	6 Bean Day	7 Old Rock Day	8 Bubble Bath Day	9 Play God Day
10 Bitter-sweet Chocolate Day	11 Learn Your Name in Morse Code Day	12 National Hot Tea Day	13 Interna-tional Skeptics Day	14 Dress Up Your Pet Day	15 National Bagel Day	16 National Nothing Day
17 Ditch New Years Res-olutions Day	18 Thesaurus Day	19 National Popcorn Day	20 National Cheese Lover Day	21 National Hugging Day	22 National Blonde Brownie Day	23 National Pie Day
24 Compli-ment Day 31 Backwards Day	25 Opposite Day	26 Spouse's Day	27 Chocolate Cake Day	28 Fun at Work Day	29 National Puzzle Day	30 National Seed Swap Day

Monthly Observances

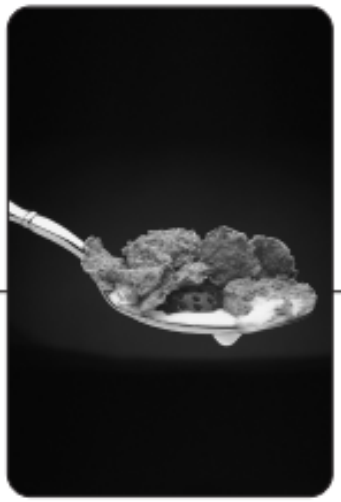
- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month

Health Motivator Tips

January

Vitamin B12

By Lorrie Wright, WVU Extension Agent – Mason County



Monthly Challenge: Make a conscious effort to include foods high in vitamin B12 in your daily diet.

Health Motivator Talking Points

- Cobalamin, otherwise known as vitamin B12, is a vital nutrient necessary for the production and cell metabolism of red blood cells, healthy nerve function, the production of DNA and provides energy.
- Since vitamin B12 is not produced in the body, we must obtain it in our diet. Naturally occurring vitamin B12 is limited to animal products and fortified plant products. Harvard Health Publishing lists some common foods we might eat to reach our daily requirement: beef liver, salmon, canned tuna, beef, eggs, fortified cereals, nonfat plain Greek yogurt and low-fat milk.
- While most people consume enough of the daily requirement, deficiency can be common. Some factors that can increase your risk of deficiency are being over the age of 50, surgical removal of parts of your stomach, use of alcohol, practicing a strictly vegan lifestyle, certain medical conditions such as Crohn's disease, pancreatic disease, diabetes, pernicious anemia, gastric cancer, multiple sclerosis and H. pylori infection.
- Some medications, such as proton pump inhibitors and other stomach acid-reducing drugs, Metformin and other diabetes drugs, and the anti-inflammatory drug Colchicine, can interfere with the digestive system leading to malabsorption.
- Health conditions linked to vitamin B12 deficiency may include anemia, a swollen or enflamed tongue, fatigue, difficulty walking, muscle weakness, numbness or tingling in your extremities, constipatio and difficulty with concentration.
- If you are at higher risk of deficiency, talk to your doctor about taking a supplement.

Chuckle of the Month:

A friend of mine sells supplements for a living and he stopped by the house. My wife answered the door. I yelled to her to "go ahead and vitamin."

Quick Club Activity:

With a water bottle in each hand, put both arms straight out and palms down. Slowly move arms up and down 10 times. Repeat with palms up. Then put your arms in the front of your body and do again.

Learn More

www.hsph.harvard.edu/nutritionsource/vitamin-b12/

lpi.oregonstate.edu/mic/vitamins/vitamin-B12

www.mayoclinic.org/drugs-supplements-vitamin-b12/art-20363663

ods.od.nih.gov/pubs/usdandb/VitaminB12-Content.pdf

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Brain Exercise Answers

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

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