

# Food and Fitness

## Simply Understanding Gluten

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“*Gluten free*”—how many times have we seen this marked on labels? Does that mean this product is healthier or a better choice than a product that contains gluten?



Gluten is harmless to most people but not all. Gluten creates and improves the texture and taste of foods. Gluten allows for foods to maintain their shape, kind of like a glue. Gluten simply is a protein that is found in a some of our grain products such as wheat, barley and rye. Products like breads, baked goods, soups, pasta, cereal, sauces, salad dressings, and roux are the most common products that use wheat in preparation. Barley is commonly used in malt, food colorings, soups, beer and Brewer’s yeast. While rye is not used as much as wheat and barley, it can be found in products like rye bread, rye beer, and cereals. These products are the three most common for gluten, but other grains do have it as well.

While with most people gluten is not harmful, others like ones who have celiac disease have to steer clear of gluten. People who have celiac disease gluten can cause gastrointestinal problems with even the slightest bit of gluten contamination.

## Simply Understanding Gluten

(Continued from Page 1)

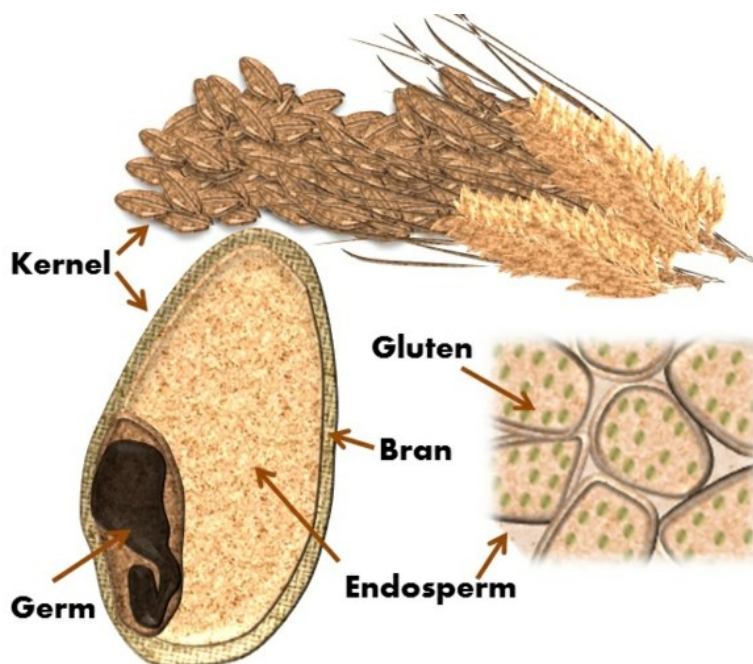


Signs for celiac disease can vary and are different for adults and children. Adults are more likely to have fatigue, bone or joint pain, arthritis, liver or biliary tract disorders, peripheral neuropathy, seizures, migraines, infertility, canker sores in the mouth, and dermatitis herpetiformis. Some people can live with celiac disease and have no symptoms at all. Blood tests and intestinal biopsy are used to determine the disease.

Labeling with *Gluten Free* for people who need it is beneficial. You would think gluten would be easy to spot by reading a food label to see if it contains wheat, barley or rye. It's far more complicated than that. Gluten is incredibly hard to avoid because of the multiple ways it is used in processing, as well as the abundance of ways it is listed on the food label.

Many foods contain gluten or have been processed in a facility that could have caused cross contamination to other products. For example, next time you are a grocery shopping, pick up a few different spice containers or something similar. Garlic powder for instance has stated, *May contain: milk, eggs, wheat, and soy*. Who knew? How would anyone ever know that a product with one simple ingredient could be contaminated with more products than what is in the ingredient label.

The most important take away for gluten is that gluten can cause serious side effects for certain individuals like the ones with celiac disease, and gluten is not harmful to most of the population.



**The Gluten protein is mainly found in the endosperm of grain Kernel (seed)**



# Grains Containing Gluten



[twitter.com/HealthNutCorner](https://twitter.com/HealthNutCorner)



**Barley**



**Bulgur**



**Farina**

(Cream of Wheat)



**Durum Wheat**

(Pasta, Semolina)



**Kamut**

(Khorasan wheat or Oriental wheat)



**Farro**



**Rye**



**Semolina**

(Couscous, Cream of Wheat, Pasta, Orzo)



**Spelt**



**Triticale**



**Wheat**

(All purpose flour, Enriched flour, Cake flour, Whole-wheat flour, Wheat berries)

NOTE: OATS are naturally gluten-free but may be contaminated with gluten during processing



# Gluten-Free Grains

[twitter.com/HealthNutCorner](https://twitter.com/HealthNutCorner)



**Amaranth**



**Buckwheat**



**Corn**

Corn on Cob, Corn kernels



**Millet**



**Montina**

(Indian Rice Grass)



**Oats \***

\*Steel cut oats, Rolled Oats, Quick Oats



**Popcorn**



**Quinoa**

(pseudograin)



**Rice**

•White Rice, Brown Rice, Wild Rice



**Sorghum**



**Teff**



**Whole-grain  
Cornmeal**

\*May be contaminated with gluten\* but oats are gluten-free naturally



## Fruit—Cranberries

Cranberries are one of the most unique fruits to learn about—from the way cranberries are harvested, all the way to health benefits they provide.

Growing cranberries is a very unique process unlike any other fruit. Most people think that cranberries grow under water, which is not true. Cranberries grow on vines that can last for many years. In December, when the vines go dormant, the bogs are flooded to preserve the buds that are growing and the winter weather can kill the buds if they are not preserved by the water during the winter season. The reason this happens is that cranberries take 16 months to grow. While one set of berries is ripening and are being prepared to harvest, the buds for the next year's harvest are growing alongside of them. So essentially, two seasons of berries are growing at once.

When the spring comes, the water is removed and the flower buds bloom. The berries start out growing and are green in color. The berries turn white and then turn red in the fall for harvesting. Once it is time for harvest, the bogs are again flooded and a harvester drives through knocking the berries and allowing them to float to the surface. The berries are collected and are used in an assortment of ways.

Cranberries have been linked to few different health benefits, including a lower risk of urinary tract infection, prevention of certain types of cancer, improved immune function, and decreasing blood pressure.

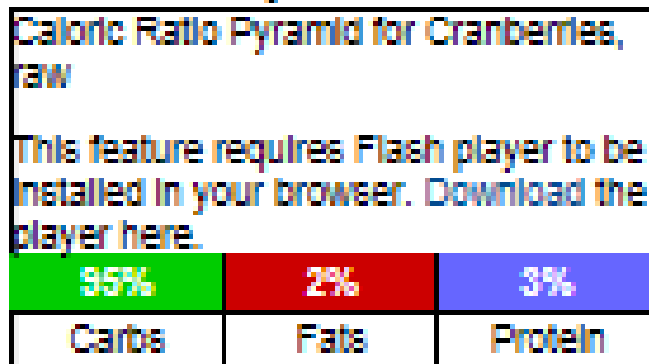


### JOKE:

Q: Why won't turkeys eat cranberries on Thanksgiving?

A: They're already stuffed.

### 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 E (Alpha Tocopherol) and Vitamin K, and a very good source of Dietary Fiber, Vitamin C and Manganese.

**The bad:** A large portion of the calories in this food come from sugars.

# Cranberries, raw



Serving size: 1 cup, chopped (110g) ▾

## NUTRITION INFORMATION

Amounts per 1 cup, chopped (110g)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	50.6 (212 kJ)	3%
From Carbohydrate	47.9 (201 kJ)	
From Fat	1.2 (5.0 kJ)	
From Protein	1.4 (5.9 kJ)	
From Alcohol	0.0 (0.0 kJ)	

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	13.4 g	4%
Dietary Fiber	5.1 g	20%
Starch	0.0 g	
Sugars	4.4 g	

[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	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	24.2 mg	
Total Omega-6 fatty acids	36.3 mg	

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

[More details ▾](#)

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.4 g	1%

[More details ▾](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	66.0 IU	1%
Vitamin C	14.6 mg	24%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.3 mg	7%
Vitamin K	5.6 mcg	7%
Thiamin	0.0 mg	1%
Riboflavin	0.0 mg	1%
Niacin	0.1 mg	1%
Vitamin B6	0.1 mg	3%
Folate	1.1 mcg	0%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	6.0 mg	
Betaine	0.2 mg	

[More details ▾](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	8.8 mg	1%
Iron	0.3 mg	2%
Magnesium	6.6 mg	2%
Phosphorus	14.3 mg	1%
Potassium	93.5 mg	3%
Sodium	2.2 mg	0%
Zinc	0.1 mg	1%
Copper	0.1 mg	3%
Manganese	0.4 mg	20%
Selenium	0.1 mcg	0%
Fluoride	~	

## Recipe—Fresh Cranberry-Apple Relish

### *Ingredients*

- ♦ 12-ounce package fresh cranberries
- ♦ 1 granny smith apple, finely chopped
- ♦ 2 scallions, sliced
- ♦ 2 tsp. orange zest
- ♦ 1/3 cup orange juice
- ♦ 3 tbsp. sugar
- ♦ Salt—to taste
- ♦ Black pepper—to taste



### *Directions*

1. Place cranberries in the food processor and pulse until chopped.
2. Transfer cranberries to a bowl and add apple, scallions, orange zest, orange juice, and sugar.
3. Stir to combine.
4. Season with salt and pepper.
5. Chill until ready to serve.



Recipe Received From: <https://www.countryliving.com/food-drinks/recipes/a36665/fresh-cranberry-apple-relish/>

# Thanksgiving Dinner



My favorite Thanksgiving food is \_\_\_\_\_  
(adjective)

\_\_\_\_\_. I like to eat it with \_\_\_\_\_  
(noun) (adjective)

\_\_\_\_\_ for leftovers, too. One of the  
(plural noun)  
best side dishes is \_\_\_\_\_  
(verb -ed) (plural noun)

You take a bunch of \_\_\_\_\_, \_\_\_\_\_  
(plural noun) (verb)  
them, and put them in a big \_\_\_\_\_ full  
(noun)

of water. Once they're cooked, you add

milk and \_\_\_\_\_ and \_\_\_\_\_ until it's  
(noun) (verb)

all mashed together. Then you pour

\_\_\_\_\_ over it and enjoy.  
(adjective) (liquid)

So tasty!





# November 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Men Make Dinner Day</i>	2 <i>Deviled Egg Day</i>	3 <i>Sandwich Day</i>
4 <i>King Tut Day</i>	5 <i>Gunpowder Day</i>	6 <i>U.S. General Election Day</i>	7 <i>Bittersweet Chocolate with Almonds Day</i>	8 <i>Cooking Something Bold Day</i>	9 <i>Chaos Never Dies Day</i>	10 <i>Forget-Me- Not Day</i>
11 <i>Veteran's Day</i>	12 <i>Chicken Soup for the Soul Day</i>	13 <i>Caregiver Appreciation Day</i>	14 <i>World Diabetes Day</i>	15 <i>Clean Your Refrigerator Day</i>	16 <i>Button Day</i>	17 <i>Homemade Bread Day</i>
18 <i>Occult Day</i>	19 <i>Have a Bad Day Day</i>	20 <i>Beautiful Day</i>	21 <i>World Hello Day</i>	22 <i>Thanksgiving Day</i>	23 <i>Eat a Cranberry Day</i>	24 <i>Evolution Day</i>
25 <i>National Parfait Day</i>	26 <i>Shopping Reminder Day</i>	27 <i>Pins and Needles Day</i>	28 <i>French Toast Day</i>	29 <i>Square Dance Day</i>	30 <i>Stay at Home Because You are Well Day</i>	

## Schedule of Events

- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Adoption Awareness Month
- National Caregivers Appreciation Month
- National Diabetes Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- National Novel Writing Month
- National American Heritage Month
- Peanut Butter Lovers Month
- Real Jewelry Month
- National Sleep Comfort Month



November

# Kidney, Your Body's Filter

By Dana Wright, WVU Extension Agent – Logan County



**Monthly Challenge:** Track how much water you drink each day. If you usually have a sugary drink, switch to a lower sugar or sugar-free option.

## Health Motivator Talking Points

One in three Americans are at risk for developing kidney disease. African Americans are three times more likely than Caucasians to have kidney failure. Diabetes and high blood pressure are the leading causes of kidney disease. Kidney disease is linked to gout, which is a form of arthritis.

### Did you know?

- Your two kidneys filter 120 to 150 quarts of blood daily. They produce 1 to 2 quarts of urine.
- Kidneys prevent build-up of wastes and extra fluid. They stabilize sodium, potassium and other electrolytes. They make hormones to regulate blood pressure, make red blood cells and keep bones strong.
- Drinking 8 cups of water daily helps prevent kidney stones.
- A healthy kidney diet is balanced and keeps your weight, blood pressure and blood sugar numbers in a healthy range.

### Which foods and beverages can damage your kidneys?

- Drinking two or more sodas a day increases risk of kidney damage.
- Deli meats, canned and frozen foods, and snacks and breads can overload your system with sodium and nitrates.
- Large amounts of milk and tea may cause kidney stones.
- High-fat foods increase the risk of kidney disease. Choose unsaturated, healthy fats, such as olive and canola oil spreads, over saturated and trans fats like those in butter and margarine.



### Chuckle of the Month:

What do you say to a guy with kidney stones?  
*Urine trouble!*

### Quick Club Activity:

Physical activity decreases the risk of diabetes and hypertension, the two leading causes of kidney disease.

1. Gather the following materials: 10 cotton balls, 2 plastic spoons and 1 container for each team.
2. Place the spoons and cotton balls at the opposite end of the room from the containers.
3. Divide participants into two teams.
4. Place a cotton ball in the spoon and have members of each team race to fill their container with cotton balls.
5. The team that gets 10 cotton balls into the container first, wins.
6. Share the Monthly Challenge.

## Learn More

[www.kidney.org](http://www.kidney.org)  
[www.donatelife.net](http://www.donatelife.net)



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