



Food and Fitness

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Vitamin D and Limited Food Sources

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Our bodies need a healthy amount of vitamin D. Vitamin D functions with calcium and phosphorus to maintain homeostasis, which is essential for healthy bones and teeth, helps heart regulation, and protects against muscle

weakness. Deficiency in vitamin D for adults can result in osteomalacia, which is the softening of bones. The Recommended Dietary Allowance (RDA) for both males and female ages 51-70 years of age is 600 IU (15 mcg) and 800 IU (20 mcg) for anyone over the age of 71. The three most common ways to get vitamin D are eating foods that provide vitamin D, sun exposure on the bare skin, and/or vitamin supplements that contain vitamin D.

Foods with vitamin D are not always the easiest to find. Few foods are a source of vitamin D such as fatty fish, beef liver, egg yolks, mushrooms, fortified milk, dairy products, orange juice and cereal. Most people do not get enough vitamin D from food alone.



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Vitamin D and Limited Food Sources

(Continued from Page 1)



Naturally, sun exposure is one of the ways to help get vitamin D the body needs. The sunlight provides ultraviolet rays that hit the skin and cause the body to start the synthesis of vitamin D. Therefore, the more time spent in the sunlight, the more exposure to the ultraviolet rays, and the more vitamin D the body will synthesize. Usually meaning most people produce more vitamin D when the weather is nice. Keep in mind, getting a tan or a sunburn is not necessary to get vitamin D. Unfortunately, there is no one right answer for how much vitamin D can be synthesized by sun exposure. The amount changes depending on the time of day, color of your skin, and where you live.

An alternative to natural sunlight is taking a supplement. When consulting a doctor, supplements can provide additional vitamin D when you cannot get enough sunlight or are worried about exposing your skin to the sun. Most people can take a vitamin D supplement without worry, but it is always recommended to consult a doctor first.

As one gets older, the amount of vitamin D increases at the age of 71. Increasing the amount of vitamin D in the diet is a great option. However, it might not be easy if you were not already consuming enough before. Choosing a method to ensure the right amount of vitamin D needs to be a priority as aging occurs.



Are you D-prived? Most Americans Are Not Getting Enough Vitamin D in Their Diets

Even though vitamin D is basking in the limelight, Americans may not be getting enough of it in their diets. Many experts now believe that low vitamin D levels could put people at risk.

According to the
Dietary Guidelines
Advisory Committee
Report, 7 out of
10 Americans
get less than the
recommended amount
of vitamin D in
their diet.¹

Get Your D

Milk is Practically Liquid Sunshine®

Undeniably, the sun is an ideal way to get vitamin D. But sunscreen, while important to use, blocks those beneficial rays. Plus, our bodies tend to make little vitamin D during the winter months.

Since you can't always count on the sun, it's even more important to look to your diet for your D.

Very few foods naturally contain vitamin D. The highest amounts are found in cod liver oil and fatty fish, but milk is the number one source of this important nutrient in the American diet.

The recommended **three servings of lowfat milk provide 75% of the Daily Value of vitamin D**—along with eight other essential nutrients, including calcium and potassium, which are also in short supply.



Fruit—Currant

Currants are a fruit that are a type of grape. They are seedless and are the size of a pea. Currants are considered to be in the berry family similar to cherries and cranberries. Currants in their original state are usually not available, but are delicious when found fresh. They can come in black, red, or white colors. Eating them fresh presents an acidic and sweet taste with a tang.



Currants are mostly found in the dried form and similar to raisins but smaller. It can take about three weeks for currants to dry. Dried currants are often used in baked scones, put in salads, and used in the making of hot cross bun recipes. Currants can be found preserved as juice, jelly, preservatives or dried. Red currants are the most common used for these methods.



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 Potassium and Manganese, and a very good source of Dietary Fiber, Vitamin C and Vitamin K.

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



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

Caloric Ratio Pyramid for Currants, red and white, raw

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

89%	3%	8%
Carbs	Fats	Protein

Currants, red and white, raw

Serving size: 1 cup (112g) ▼

NUTRITION INFORMATION

Amounts per 1 cup (112g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	62.7 (263 kJ)	3%
From Carbohydrate	55.6 (233 kJ)	
From Fat	1.9 (8.0 kJ)	
From Protein	5.3 (22.2 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.6 g	3%

[More details ▼](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	15.5 g	5%
Dietary Fiber	4.8 g	19%
Starch	~	
Sugars	8.3 g	

[More details ▼](#)

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	39.2 mg	
Total Omega-6 fatty acids	59.4 mg	

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

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	47.0 IU	1%
Vitamin C	45.9 mg	77%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	12.3 mcg	15%
Thiamin	0.0 mg	3%
Riboflavin	0.1 mg	3%
Niacin	0.1 mg	1%
Vitamin B6	0.1 mg	4%
Folate	9.0 mcg	2%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.1 mg	1%
Choline	8.5 mg	
Betaine	~	

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	37.0 mg	4%
Iron	1.1 mg	6%
Magnesium	14.6 mg	4%
Phosphorus	49.3 mg	5%
Potassium	308 mg	9%
Sodium	1.1 mg	0%
Zinc	0.3 mg	2%
Copper	0.1 mg	6%
Manganese	0.2 mg	10%
Selenium	0.7 mcg	1%
Fluoride	~	

Recipe—Red Currant Pie

Ingredients

- ♦ 1 1/2 cups all-purpose flour
- ♦ 1 tsp baking powder
- ♦ 1/2 cup butter, softened
- ♦ 1/2 cup white sugar
- ♦ 2 egg yolks
- ♦ 1 1/2 teaspoons grated lemon zest
- ♦ 2 egg whites
- ♦ 1/2 cup white sugar
- ♦ 2 tsps. Cornstarch
- ♦ 2 1/4 cup red currants



Directions

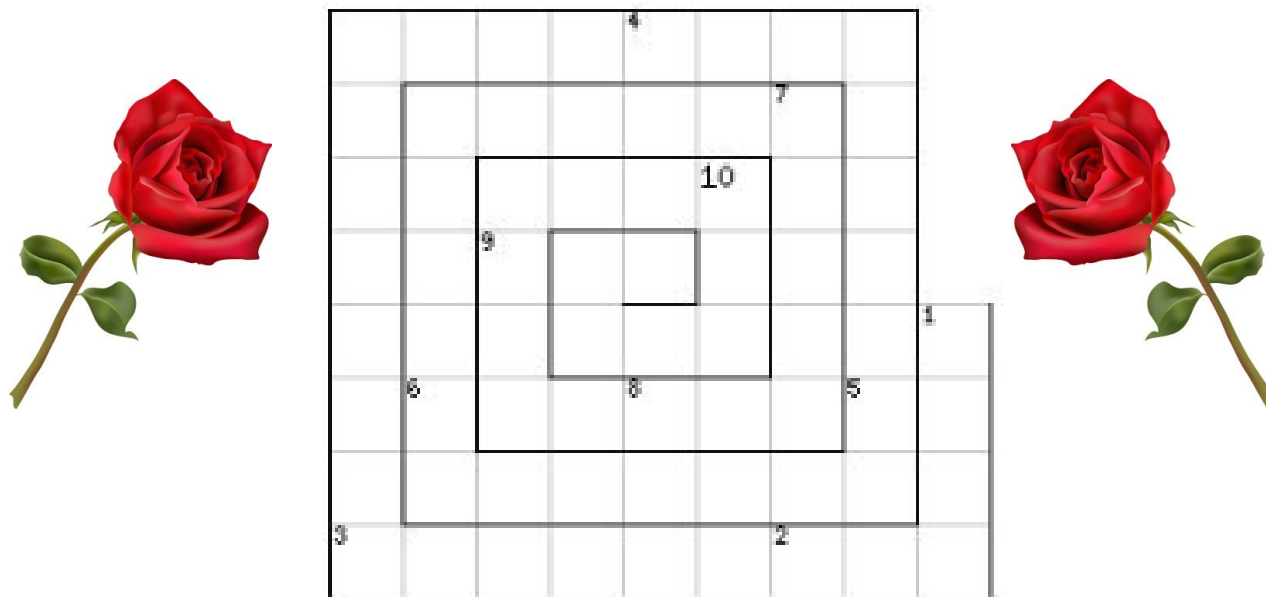
1. To Make Dough: In a medium bowl, sift together flour and baking powder. Mix in butter, sugar, egg yolks and lemon zest until mixture form dough. Let rest in cool place for 30 minutes.
2. Preheat oven to 325 degrees F. Roll out dough and put into a springform pan.
3. Bake in oven for 25 minutes, or until golden yellow.
4. To Make Filling: In a medium bowl, beat egg white until stiff. Gradually stir in sugar and cornstarch; beat for 5 minutes. Fold currants into pie crust.
5. Bake in oven for 10 minutes, or until top is lightly browned.

Recipe Received From: <https://www.allrecipes.com/recipe/18480/red-currant-pie/>

Brain Exercise

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

Mother's Day Sprial Worksheet Puzzle



- | | |
|---|--|
| 1) when a mother brings a baby into the world | 6) to be fully invested in a certain premise with a sole focus |
| 2) the characteristic of minding after an object and keeping a watchful eye | 7) a group of people related either by blood or informally through close interaction |
| 3) the process of interacting with others via voice or written contact | 8) to offer one's services as a way to relieve a burden from another |
| 4) the female offspring in relation to a mother and father | 9) to have a close intimate relationship with an object |
| 5) to furnish or adorn with so | 10) the process of raising offspring via education and support |

Powered by: The Online Teacher Resource (www.teach-nology.com)

Answers on Page 10



2019

Monthly Observances

Sun	Mon	Tue	Wed	Thu	Fri	Sat	<ul style="list-style-type: none"> • Older Americans Month • Date Your Mate Month • Foster Care Month • Gifts From the Garden Month • Lupus Awareness Month • National Barbecue Month • National Bike Month • National Blood Pressure Month • National Hamburger Month • National Photograph Month • National Recommitment Month • National Salad Month
			1 May Day	2 Brother and Sister Day	3 Space Day	4 National Candied Orange Peel Day	
5 National Hoagie Day	6 Beverage Day	7 National Teacher's Day	8 No Socks Day	9 Lost Sock Memorial Day	10 Military Spouses Day	11 Eat What You Want Day	
12 Mother's Day	13 Leprechaun Day	14 Dance Like a Chicken Day	15 National Chocolate Chip Day	16 Love a Tree Day	17 Pack Rat Day	18 No Dirty Dishes Day	
19 World Plant a Vegetable Garden Day	20 Pick Strawberries Day	21 National Memo Day	22 Buy a Musical Instrument Day	23 Lucky Penny Day	24 Don't Fry Friday	25 National Wine Day	
26 Sally Ride Day	27 Memorial Day	28 National Hamburger Day	29 Learn About Composting Day	30 Water a Flower Day	31 National Macaron Day		

May

Clean Eating

By Gwen Crum, WVU Extension Agent – Wood County

Monthly Challenge: Drink 64 ounces (8 cups) or more of plain water each day. Limit sugar-sweetened beverages to less than 12 ounces each day, or none at all.



Health Motivator Talking Points

Clean eating is a catchy term for eating mostly whole foods - vegetables, fruits, whole grains, healthy proteins and fats. It limits refined grains, pesticides, additives, preservatives, animal fats, sugar and salt. Try these clean eating tips:

- Read ingredients on food labels. If the ingredients/preservatives are not available in the grocery store, it probably isn't considered clean.
- The rule of thumb for fruits and vegetables is fresh over frozen, frozen over dried and dried over canned. Look for items without added sugar and salt.
- Limit animal fats (butter, lard, high-fat dairy, fatty meats). Choose plant-based fats from nuts, avocados and olives.
- Limit added sugar and artificial sweeteners. Use small amounts of cane sugar, raw honey or 100 percent maple syrup. Remember, these sweeteners still add calories to your diet.
- Limit sodium. Buy foods with no salt added. Learn to eat foods without adding salt. Season with herbs and spices.

Learn More: www.mayoclinic.org



Chuckle of the Month:

Why did the prune go out with a tomato?
He couldn't find a date.

Quick Club Activity:

Slow! Go! Whoa!

Bring a variety of foods from your kitchen, and three brown grocery bags labeled Slow!, Go! and Whoa! Break into two teams. Each team member takes a turn to carry a food item, relay-style, to one of the bags. Foods put in the Slow! bag are unhealthy and should be saved for special occasions (cookies, chips, soda, etc.). Whoa! foods are healthy, but high in fat and calories (cheese) or low in calories and nutrients (pretzels, crackers). These items should be limited. Go! foods can be eaten any time, because they are low in calories and high in nutrients (fruits and veggies). As a group, talk about why they decided to place each food in the bag.



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Brain Exercise Answers

Mother's Day Sprial Worksheet Puzzle Answer Key



c	a	t	e	d	a	u	g
i	c	a	t	e	d	f	h
n	i	o	v	e	n	a	t
u	d	l	r	e	u	m	e
m	e	p	u	t	r	i	r
m	d	l	e	h	y	l	d
o	e	t	a	r	o	c	e
c	g	n	i	r	a	c	h



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