



Food and Fitness

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Heartburn, Acid Reflux and GERD—What's the Difference and How Do Foods Affect them?

The terms heartburn, acid reflux and gastroesophageal reflux disease (GERD) are terms that are often used interchangeably but all have different definitions. Dietary factors and healthy behaviors can help with managing these conditions.



Acid reflux and GERD have the exact same definition. Both are defined as *a condition in which acid fluid flows backward into the esophagus, resulting in heartburn*. The lower esophageal sphincter that tightens after food passes through can either weaken or doesn't tighten correctly which can send acid back into the esophagus. When this occurs, it leaves a taste of sour liquid in the back of the mouth or regurgitation of food.

The difference between the two is the frequency of the reflux occurring. With acid reflux, it usually is not a frequent occurrence. Where with GERD it is happening more than a couple times a week. Acid reflux can progress into GERD over time and heartburn can occur simultaneously.

(Continues on Page 2)

Heartburn, Acid Reflux and GERD—What's the Difference and How Do Foods Affect them?

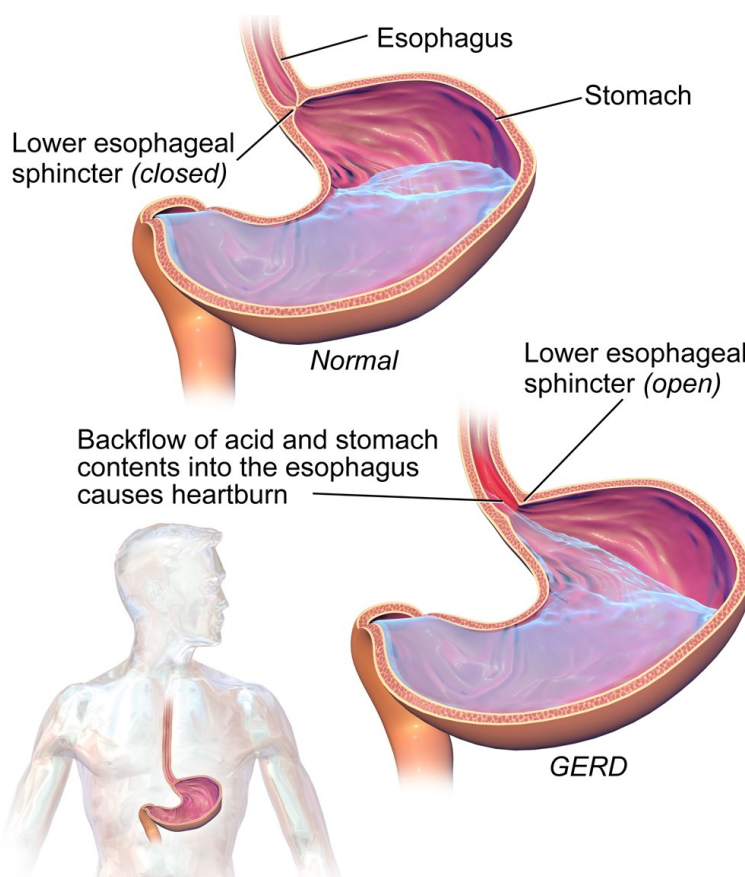
(Continued from Page 1)

Certain foods and lifestyles choices can have an affect on acid reflex and GERD. Managing GERD, since it is commonly occurring, diet modifications are beneficial. Avoiding certain foods or beverages like alcohol, caffeinated and carbonated beverages, foods high in sodium, tomato products, citrus fruits, chocolate, foods high in fat and in some cases spicy foods, garlic, onions and peppermint. Foods that can be beneficial for GERD are bone broth, a variety of fresh vegetables (except for the ones mentioned in the avoid category), foods high in fiber, whole foods, lean proteins, fruits, foods with probiotics (like yogurt), and healthy fats. Lifestyle changes also can be helpful such as not eating before going to bed or lying down, weight loss, avoid smoking and the use of medication.

As for heartburn, it is defined *a form of indigestion felt as a burning sensation in the chest, caused by acid regurgitation into the esophagus*. Heartburn is a symptom that can occur with acid reflux and GERD. Even though it is called heartburn, it has nothing to do with the heart. Heartburn, in some instances, can be mistaken for heart attack pain. Heartburn most often occurs right after eating. Avoid bending over or lying down to prevent it from feeling worse.

Heartburn management is listed as weight loss, avoid smoking, reduce the amounts of fatty foods and avoiding spicy or acidic foods. Antacids are also commonly used when heartburn is mild and infrequent, but you should consult a doctor if you take them several times a week.

Being able to identify which of the three you are experiencing is very important for understanding how to maintain or control them.



Gastroesophageal Reflux Disease (GERD)



OATMEAL



GINGER



BANANA



GREEN VEGETABLES



PARSLEY



APPLE



ALMONDS

7 FOODS THAT FIGHT ACID REFLUX



Vegetable—Carrots

Carrots are one of the most popular vegetables across the world. There are over 100 different species of carrots that are grown, all with a variety of shapes, sizes and colors. Interestingly enough, carrots were first cultivated in the colors of black, white, red and purple for consumption. The orange carrots were created at a later time by selective breeding.

Carrots are mostly water. About 87% of a carrot is water. Before the 17th and 18th century, carrots were bitter with a dry core. The carrot later gained sweetness and is now considered one of the vegetables with the most sugar.

Carrots grow from one of the smallest seeds. One teaspoon of carrot seeds can hold around 2000 seeds. Sometimes when purchasing carrot seeds, they have them in a biodegradable tape strip because they are so small, and the tape makes it easier for them to be handled.

It is said that the average person consumes about 10,866 carrots within a lifetime. Which is great because carrots contain Vitamin A that is crucial for a number of health benefits. Carrots also are a good source of fiber. Carrots can be enjoyed both cooked and raw. Enjoy them in a variety of ways!



Fact: Eating too many carrots can cause a condition called “carotenemia” which gives your skin a yellowish color.

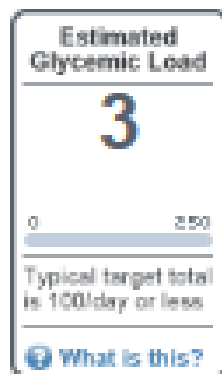


Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Carrots, raw
(Includes USDA commodity food A099)

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

85%	5%	6%
Carbs	Fats	Protein



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, Niacin, Vitamin B6, Folate and Manganese, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K and Potassium.

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



Carrots, raw [Includes USDA commodity food A099]

NUTRITION INFORMATION

Amounts per 1 cup chopped (128g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	52.5 (220 kJ)	3%
From Carbohydrate	46.6 (195 kJ)	
From Fat	2.6 (10.9 kJ)	
From Protein	3.3 (13.8 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.2 g	2%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	12.3 g	4%
Dietary Fiber	3.6 g	14%
Starch	1.8 g	
Sugars	6.1 g	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.3 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	2.6 mg	
Total Omega-6 fatty acids	147 mg	

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

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	21383 IU	428%
Vitamin C	7.6 mg	13%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.8 mg	4%
Vitamin K	16.9 mcg	21%
Thiamin	0.1 mg	6%
Riboflavin	0.1 mg	4%
Niacin	1.3 mg	6%
Vitamin B6	0.2 mg	9%
Folate	24.3 mcg	6%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	11.3 mg	
Betaline	0.5 mg	

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	42.2 mg	4%
Iron	0.4 mg	2%
Magnesium	15.4 mg	4%
Phosphorus	44.8 mg	4%
Potassium	410 mg	12%
Sodium	88.3 mg	4%
Zinc	0.3 mg	2%
Copper	0.1 mg	3%
Manganese	0.2 mg	9%
Selenium	0.1 mcg	0%
Fluoride	4.1 mcg	

Recipe-Parmesan Carrots with Lemon-Parsley Dressing

Ingredients

- ◆ 1/2 cup water
- ◆ 1/4 cup chopped shallots
- ◆ 14 ounces medium carrots, cut diagonally into 1 1/2-in piece (about 2 1/2 cup)
- ◆ 2 tablespoons olive oil
- ◆ 3 tablespoons chopped fresh flat-leaf parsley
- ◆ 1 1/2 tablespoons fresh lemon juice
- ◆ 2 teaspoons pine nuts, toasted
- ◆ 1/4 teaspoon black pepper
- ◆ 3 tablespoons shaved Parmesan cheese



Directions

1. Combine 1/2 cup water, shallots, and carrots in a medium skillet over medium-high; bring to a boil. Reduce heat to low and simmer, partially covered, 6 minutes or until carrots are tender.
2. Increase heat to medium-high and cook, uncovered, 4 minutes or until liquid evaporates. Add oil; cook 4 minutes or until carrots are lightly browned, stirring occasionally. Stir in parsley and remaining ingredients.

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

Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Eskimo canoe.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The most.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 National Girlfriend Month	2 International Beer Day	3 National Watermelon Day
4 Friendship Day	5 National Underwear Day	6 Wiggle Your Toes Day	7 National Lighthouse Day	8 National Frozen Custard Day	9 Book Lover's Day	10 National S'mores Day
11 Son and Daughter Day	12 Middle Child's Day	13 Left Handers' Day	14 V-J Day	15 Relaxation Day	16 National Tell a Joke Day	17 National Thrift Shop Day
18 World Daffodil Day	19 National Potato Day	20 National Radio Day	21 Senior Citizen's Day	22 Be an Angel Day	23 Ride the Wind Day	24 Vesuvius Day
25 Kiss and Make Up Day	26 National Dog Day	27 Just Because Day	28 Race Your Mouse Day	29 More Herbs, Less Salt Day	30 Toasted Marshmallow Day	31 National Eat Outside Day

August Monthly Observances

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality Month
- National Picnic Month

August

Coconut Oil Craze

By Andi Hoover, WVU Extension Agent –
Greenbrier County

Monthly Challenge: Use coconut oil for your beauty needs – for cuticles, hair conditioner or a body scrub. Use healthier oils, such as canola and olive oil, for cooking, baking and salads.



Health Motivator Talking Points

- Coconut oil comes from the nut (fruit) of the coconut palm.
- Virgin coconut oil is unprocessed, unbleached, deodorized or unrefined.
- Coconut oil is 86 percent saturated fat, which is higher than butter (64 percent), olive oil (14 percent) and beef fat (40 percent). One tablespoon of coconut oil has 14 grams of total fat and 12 of those fat grams are saturated fat.
- This oil can cook at a very high temperature without burning.
- Studies show that coconut oil may raise LDL cholesterol and increase heart disease risk. The American Heart Association does not recommend eating or cooking with coconut oil. If you do, use very small amounts.
- The Mayo Clinic states that people who include coconut oil in their diets have higher arterial fat (triglycerides) and serum cholesterol. Adding coconut oil to your diet can lead to weight gain.
- Coconut oil is used in shampoo, soap, lotion, cosmetics and fragrances.
- Coconut oil is a good moisturizer and could be a secondary treatment for eczema and psoriasis.

Quick Club Activity: Coconut Dance

(Use small plastic or wooden bowls as fake coconuts.)

Give each participant two coconuts small enough to fit comfortably in their hands. Stand up, using a fluid movement, move the coconuts to your left and click them together; move them to the right and click them, move them behind your back and click, then in front and click. Do this five times and repeat.

Learn More

www.medlineplus.gov



Chuckle of the Month:

What do you call a coconut that doesn't have milk?
A milk dud.



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Brain Exercise Answers

PRIMP
HUNCH
XEROX
CAUSTIC
NEON
KAYAK
GINSENG
BATHTUB
WALLOW
TOURIST
AMNESIA
LETHAL
OREGANO
ERUDITE
YESTERDAY
MAXIMUM
SUPERFLUOUS
FIEF
DREAD
RESERVOIR