



# Food and Fitness

June 2020  
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## How to Try to Change Your Food Preferences

Do you think that you are born with your current food preferences? Studies have shown that food preferences are more associated with learned

behaviors more so than actually genetic preferences. The flavor, convenience, cost, personal identity, emotions, and health are all reasons why we choose the foods we consume. The good news, with some work and time you can expand your food preferences.

Learning to eat as a small child is the basis for how you currently eat. We learn our preferences based on our own experiences with each food throughout our entire lives. For instance, many people report eating a food they once enjoyed and had a bad experience which ruined that food mentally for them. For example, eating an apple pie and getting the stomach virus. The person would associate apple pie with the stomach virus.

In the same way we learn not to like foods, we can condition ourselves to prefer new foods with added exposure. As adults, we believe we do not like certain foods that we might have not tried in years or never actually tried. Trying foods only once is not good enough.

(Continues on Page 2)



## How to Try to Change Your Food Preferences

(Continued from Page 1)

According to research, it takes about twenty different tasting exposures for an adult to gain a preference to a new food. When paring foods with already liked foods, it might gain a liking to said food. Then, after the repeat exposure that food could be preferred without the need of the other liked items. For example, eating

broccoli with cheese to increase the likability of broccoli. Later, removing the cheese in stages until only plain broccoli is left. Similarly, the same goes for salt. If you are trying to limit the amount of salt in your diet, you could limit it in phases until you no longer added salt to foods or minimally added it.

Now, for the most important part. It doesn't take much to create the tastings needed to gain preference to food. A serving the size of a piece of rice each time will do the trick. If you do not like the food the first day, do not try to make yourself sick by eating a large amount. Doing that it can cause more damage than good. It's the repeating exposure and not the amount that is important.

How do you start? First, create a list of foods that you think you do not like and would like to experiment with. Then, find ways you want to do them for tastings. You can make this step as simple or complexed as you want. For this step, you could add the foods to flavor profiles you already enjoy or try them by themselves. Next, you want to create multiple tasting exposures over time to see if you gain a new preference for that food.

It is important to know that liking new foods might not be immediate. It takes exposure and time to gradually learn to like new foods and gain preference to them. Take the time to learn to like new foods and enjoy the journey along the way.



# Vegetable—Collard Greens

Collard greens are a leafy vegetable that are in the Brassica Oleracea family with broccoli, Brussels sprouts, cabbage, and kale. Collard greens, sometimes referred to as collards, are considered one of the oldest members of the cabbage family. Collard greens have large, dark leaves with a main stem that travels through each leaf.



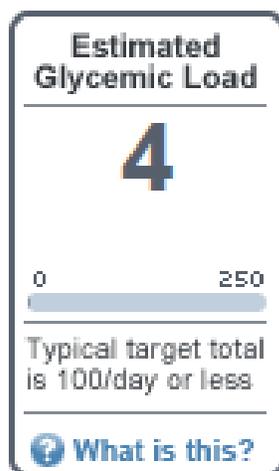
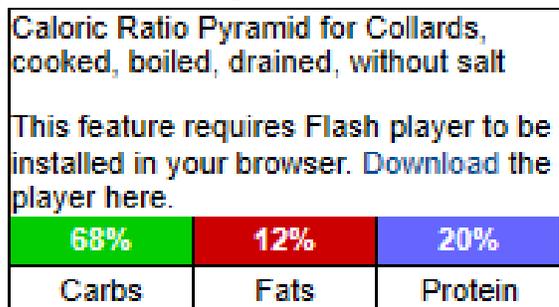
Collard greens grow and are eaten all over the world. They are known for their slightly bitter taste and thick leaves. Collard greens can be grown all year long, but for tastier collard greens growing them in the cooler months is best. Once the plant has endured the first frost, then it is time to harvest the plant.



Unlike cabbage, collards can be harvested multiple times in the growing season. To harvest them, the large leaves are cut off starting at the base of the plant and moving toward the top. The smaller leaves and top of the plant need to remain intact to have a second harvest.

As for nutrition, collard greens are packed with vitamins and minerals. They are an excellent source of vitamin K, vitamin A, manganese, vitamin C, dietary fiber, and calcium.

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



### NutritionData's Opinion [? What is this?](#)



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

# Collards, cooked, boiled, drained, without salt

— NUTRITION INFORMATION —

Amounts per 1 cup, chopped (190g)



## Calorie Information

Amounts Per Selected Serving		%DV
Calories	49.4 (207 kJ)	2%
From Carbohydrate	33.9 (142 kJ)	
From Fat	5.7 (23.9 kJ)	
From Protein	9.8 (41.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

## Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	4.0 g	8%

[More details](#) ▼

## Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	9.3 g	3%
Dietary Fiber	5.3 g	21%
Starch	~	
Sugars	0.8 g	

[More details](#) ▼

## Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	15416 IU	308%
Vitamin C	34.6 mg	58%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.7 mg	8%
Vitamin K	836 mcg	1045%
Thiamin	0.1 mg	5%
Riboflavin	0.2 mg	12%
Niacin	1.1 mg	5%
Vitamin B6	0.2 mg	12%
Folate	177 mcg	44%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	60.4 mg	
Betaine	0.2 mg	

[More details](#) ▼

## Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.7 g	1%
Saturated Fat	0.1 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.3 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	177 mg	
Total Omega-6 fatty acids	133 mg	

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

[More details](#) ▼

## Minerals

Amounts Per Selected Serving		%DV
Calcium	266 mg	27%
Iron	2.2 mg	12%
Magnesium	38.0 mg	10%
Phosphorus	57.0 mg	6%
Potassium	220 mg	6%
Sodium	30.4 mg	1%
Zinc	0.4 mg	3%
Copper	0.1 mg	4%
Manganese	0.8 mg	41%
Selenium	0.9 mcg	1%
Fluoride	~	

## Recipe—Garlic Sautéed Collard Greens

### Ingredients

- ◆ 1 bunch collard greens (about 16oz)
- ◆ 1 tbsp olive oil
- ◆ 4 cloves garlic minced
- ◆ 1/4 tsp salt
- ◆ 1/4 tsp paprika
- ◆ 1/4 tsp ground black pepper
- ◆ 1/8 tsp red pepper flakes
- ◆ 1 tbsp apple cider vinegar



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### Directions

1. Warm the olive oil in a wide skillet. Add the garlic and cook, stirring frequently, until fragrant, about 90 seconds. Add the spices (salt through red pepper flakes), stir, and cook for 30 seconds more until toasted.
2. Stir in the collard greens, stirring well to coat with the spices, and continue to cook, stirring frequently, until softened and reduced in size by about half. Add vinegar, stir well, and quickly cover the pan with a lid. Reduce the heat to medium-low and let steam, covered, for about 5 minutes.
3. Remove the lid and stir well. If needed, continue cooking until desired softness is reached. Serve warm.

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

## JUNE

**ACROSS**

- 1 Astringent
- 5 Baseball plates
- 10 To be ahead in a race by one circuit
- 13 Information
- 14 Extreme
- 15 Summer month
- 16 Tinter
- 17 Large stacks of paper
- 18 Continent
- 19 Long stick used in pool to hit the ball
- 21 America's pastime
- 23 Furthest back
- 26 Jack of clubs in loo played with 5-card hands
- 28 Prods
- 29 Spade (2 wds.)
- 32 Brief autobiographical sketch
- 33 Opera solo
- 34 Supernatural
- 36 Foolish
- 37 Sign of the zodiac
- 38 Capital of Norway
- 42 Powdered chocolate

1	2	3	4		5	6	7	8	9		10	11	12	
13					14						15			
16					17						18			
			19	20			21			22				
23	24	25		26		27			28					
29			30				31		32					
33						34		35						
36					37					38	39	40	41	
				42						43				
		44	45				46		47	48				
49	50						51				52			
53					54	55	56		57		58			
59					60			61			62	63	64	65
66					67						68			
69					70						71			

By Evelyn Johnson - www.qets.com

- 43 Reverent
- 44 National symbol
- 46 Changed into bone
- 49 Sacred poem
- 51 Plant
- 52 Married woman
- 53 Poisonous alkaline
- 57 Prune
- 59 Not any
- 60 Gambling game
- 62 What dogs sit on
- 66 Walked
- 67 Former Russian ruler
- 68 Malaria
- 69 Stitch
- 70 Informal speech
- 71 Meditation



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

Continued

## JUNE

## DOWN

- 1 Sum
- 2 Nonprofessional
- 3 Southwestern Indian
- 4 Artist Chagall
- 5 Administrative unit
- 6 Lager
- 7 Jab
- 8 Writer Bombeck
- 9 Talk back
- 10 Capital of Zambia
- 11 Senile
- 12 Rings, like bells
- 15 Ruffle down the front
- 20 Delivery service
- 22 Heroic
- 23 Academy (abbr.)
- 24 Gambling game
- 25 Short journey from one point to another
- 27 Imitate
- 30 Time period
- 31 Not allowed
- 32 By way of
- 35 Green plant that often covers lawns
- 37 Record
- 38 Klutz
- 39 Move through the water by moving parts of the body
- 40 Give a sideways look
- 41 Chances of winning
- 42 Outdoor area where tents are set up to sleep in
- 44 Litter of pigs
- 45 Architect Frank \_\_ Wright
- 47 Bye (2 wds.)
- 48 The other half of Jima
- 49 Lower body clothing
- 50 Look at steadily
- 54 Evils
- 55 Carol
- 56 Volcano
- 58 Activity intended for amusement
- 61 Can metal
- 63 Gone by
- 64 Type of dog
- 65 Body of water



# June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dare Day	2 National Rocky Road Day	3 Repeat Day	4 National Cheese Day	5 National Doughnut Day	6 National Gardening Exercise Day
7 National Frozen Yogurt Day	8 Best Friends Day	9 National Strawberry Rhubarb Pie Day	10 Herbs and Spices Day	11 National Corn on the Cob Day	12 National Jerky Day	13 Sewing Machine Day
14 Flag Day	15 Smile Power Day	16 Fresh Vegetables Day	17 Eat Your Vegetables Day	18 Go Fishing Day	19 National Kissing Day	20 Ice Cream Soda Day
21 Father's Day	22 National Onion Ring Day	23 National Pink Day	24 Swim a Lap Day	25 Log Cabin Day	26 Forgiveness Day	27 National Onion Day
28 Paul Bunyan Day	29 Waffle Iron Day	30 Meteor Day				

## Monthly Observances

- Aquarium Month
- Candy Month
- Dairy Month
- Fight the Filthy Fly Month
- National Gardening Week—First full week of the month
- National Accordion Awareness Month
- National Adopt a Cat Month
- National Fresh Fruit and Vegetable Month
- Rose Month
- Turkey Lovers Month

June

# Gardening for Health

By Elizabeth Metheny, WVU Extension Agent – Hardy County



**Monthly Challenge:** Plant a few flowers and/or vegetables. Spend a few minutes each day tending to them.

## Health Motivator Talking Points

Looking for a way to enjoy the outdoors and add activity to your daily routine? Spring into gardening to experience not only beautiful flowers and delicious fruits and vegetables, but also a variety of physical and mental health benefits.

- Gardening is an activity that can be tailored to your interests and abilities. Whether it be a stroll around the yard with your watering pitcher tending to your containers or maintaining rows of bountiful crops, gardening provides the opportunity to engage in low-impact physical activity at your pace while enjoying the fresh air and sunshine.
- The Centers for Disease Control states that, “Active people are less likely than inactive people to be obese or have high blood pressure, Type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer and premature death.”
- Common gardening activities, such as watering, raking, weeding and digging, engage a variety of muscles, assist in burning additional calories and help you maintain an active life.



### Chuckle of the Month:

Why shouldn't you tell a secret in a garden?  
*Because the potatoes have eyes and the corn has ears.*

### Quick Club Activity: Garden Yoga: The Carrot (Mountain Pose)

Stand tall with big toes touching and heels together. Draw your abdominal muscles in and up and relax your shoulders down and back. Breathe slowly engaging your leg muscles.

### Learn More

<https://www.cdc.gov/family/gardening/index.htm>

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Brain Exercise Answers

JUNE

Solution:

1	A	2	L	3	U	4	M		5	B	6	A	7	S	8	E	9	S		10	L	11	A	12	P
13	D	A	T	A					14	U	L	T	R	A						15	J	U	N	E	
16	D	Y	E	R					17	R	E	A	M	S						18	A	S	I	A	
				19	C	U	E			21	B	A	S		22	E	B	A	L	L					
23	A	24	F	25	T			26	P	A	M					28	P	O	K	E	S				
29	C	A	R	D	S	30	U	I	T					32	V	I	T	A							
33	A	R	I	A						34	M	A	G	I	C										
36	D	O	P	Y						37	L	I	B	R	A					38	O	S	40	L	O
									42	C	O	C	O	A						43	A	W	E	D	
				44	F	L	A	G						46	O	S	47	S	I	F	I	E	D		
49	P	50	S	A	L	M								51	S	O	W			52	M	R	S		
53	A	T	R	O	P					54	I	N	E			57	L	O	P						
59	N	A	R	Y						60	L	O	T	T	O					62	L	A	P	S	
66	T	R	O	D						67	L	E	N	I	N					68	A	G	U	E	
69	S	E	W							70	S	L	A	N	G					71	Y	O	G	A	

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