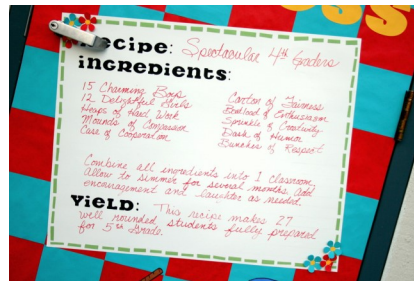




# Food and Fitness

## SCALING DOWN A RECIPE FOR SMALLER NUMBER OF SERVINGS

Most recipes are designed to serve four or more people and with aging, generally there are fewer people in the home. Many people are cooking for just themselves or maybe them and a loved one. Either way, a recipe that makes more than what you need can lead to wasted food which also is money wasted.



Scaling a recipe into the amount of serving you are needing is ideal to get less servings with the same turn out as the full-sized recipe. The first part is to determine the conversion factor. Okay, that sounds like something hard but it really is easy. The conversion factor is number that you will use to divide all the ingredients by.

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## SCALING DOWN A RECIPE FOR SMALLER NUMBER OF SERVINGS

To find this out you will:

(number of servings you want) ÷ (number of servings in the recipe) =  
(conversion factor number)

Now, maybe you are thinking math isn't my strong suit. Grab a calculator and give it a try. Plus, on page 3 is a handout with some precalculated measurements for conversation factors 0.5 (half a recipe) and 0.33 (one third recipe). A good tip here is to try to keep the number of serving (you are wanting to make) in even numbers like two servings. It really helps with calculating.

Now that you have your conversion factor number, you can multiply all of the measurements by it to get the amounts you need (that calculator really comes in handy with fractions). Now sometimes it isn't perfect. Sometimes you are going to get a fraction amount that is not in a common measuring cup or spoon size. For those instances, round to the next serving size up. Example: the calculation calls for 3/8 cup of water, making that 1/2 cup isn't going to change the recipe enough to worry about.

Then you may have ingredients that are a little more work like eggs. What to do when a recipe calls for half of an egg? Generally, 1 large egg is equal to 3 tablespoons. So if you are making a half recipe you will need 1.5 tablespoons of egg and if you are doing a third recipe you will use one tablespoon. Another one that is import to cover is canned vegetables or others. Often recipes will call for one can of tomato sauce and now you only need part of it. Freezing the remainder and writing how much and what it in on the container keeps from wasting the leftover amount.

Now that you have all of your new measurements, write it down and test it out. After doing all the work of scaling your recipe, you only want to do it once. Make sure you keep the new measurement for next time and note any cooking times that may have changed (especially with baking). Now you can enjoy your favorite recipes on a smaller scale perfect for your needs.

# HOW TO CUT A RECIPE IN HALF

<i>Calls For</i>	<i>Cut in 1/2</i>	<i>Cut into 1/3</i>
1 Cup	1/2 Cup	1/3 Cup
3/4 Cup	6 TBSP	1/4 Cup
2/3 Cup	1/3 Cup	3 TBSP + 1 1/2 TSP
1/2 Cup	1/4 Cup	2 TBSP + 2 TSP
1/3 Cup	2 TBSP + 2 TSP	1 TBSP + 1 1/4 TSP
1/4 Cup	2 TBSP	1 TBSP + 1 TSP
1 TBSP	1 1/2 TSP	1 TSP
1 TSP	1/2 TSP	1/4 TSP
1/2 TSP	1/4 TSP	1/8 TSP
1/4 TSP	1/8 TSP	DASH

## A Few Extra Measurements



1 Cup =	16 Tablespoons
3/4 Cup =	12 Tablespoons
1/2 Cup =	8 Tablespoons
1/3 Cup =	5 Tablespoons + 1 Teaspoons
1/4 Cup =	4 Tablespoons
1/8 Cup =	2 Tablespoons
1/2 Tablespoons =	1 1/2 Teaspoons

## VEGETABLE—SPINACH

Spinach is a leaf dark green that originated in Persia. Spinach belongs in the amaranth family right with garden beets and chard.

Spinach is considered to be a cool weather plant and is hardy. It takes about 6 weeks (from seed) for the spinach to be harvested. However, during the warmer months, it can grow quicker. Spinach can also be grown inside in small pots in a sunny window sill.

Spinach can be eaten cooked or raw. It can be purchased fresh, frozen or canned. Baby spinach is just younger picked leaves than the more mature ones.

Spinach is low in calories but is loaded with nutrients and antioxidants. Some of those calories come from insoluble fiber which bulks up stool while food travels through the digestive system (helps prevent constipation). There are a number of vitamins and minerals that come from spinach. Some of the top ones are vitamin A, folate, vitamin K, manganese, vitamin C, magnesium and iron.



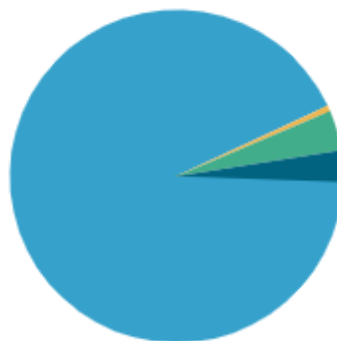
### WHERE DO THE CALORIES COME FROM?



37%	Protein
50%	Carbs
13%	Fat
0%	Alcohol

4

### WHAT IS THIS FOOD MADE OF?



93%	Water
2.91%	Protein
3.69%	Carbs
0.4%	Fat
0%	Alcohol

### Minerals

		<u>%DV</u>
-- = missing data		
Weight	30g	
Calcium	29.7mg	2%
Iron, Fe	0.81mg	5%
Potassium, K	167.4mg	4%
Magnesium	23.7mg	6%
Phosphorus, P	14.7mg	1%
Sodium	23.7mg	1%
Zinc, Zn	0.16mg	1%
Copper, Cu	0.04mg	4%
Manganese	0.27mg	12%
Selenium, Se	0.3mcg	1%
Fluoride, F	--mcg	--%

# NUTRITION FACTS



## Spinach

Spinach Raw

Serving Size:

1 x 1 cup (30g)

## Nutrition Facts

Serving Size

1 cup (30g)

**Calories** **7**

% Daily Value \*

Total Fat 0.12g	0%
Saturated Fat 0.02g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 23.7mg	1%
Total Carbohydrate 1.1g	0%
Dietary Fiber 0.66g	2%
Total Sugars 0.13g	0%
Includes --g Added Sugars	--%
Protein 0.86g	2%
Vitamin C 8.4mg	9%
Vitamin D 0mcg	0%
Iron 0.81mg	5%
Calcium 29.7mg	2%
Potassium 167.4mg	4%
Phosphorus 14.7mg	1%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Vitamins

-- = missing data

%DV

Weight	30g	
Vitamin A, RAE	140.7mcg	16%
Vitamin C	8.4mg	9%
Thiamin (B1)	0.02mg	2%
Riboflavin (B2)	0.06mg	4%
Niacin (B3)	0.22mg	1%
Vitamin B5 (PA)	0.02mg	0%
Vitamin B6	0.06mg	3%
Biotin	--mcg	
Folate (B9)	58.2mcg	15%
Folic acid	0mcg	0%
Food Folate	58.2mcg	15%
Folate DFE	58.2mcg	15%
Choline	5.8mg	1%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	1687.8mcg	16%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	2813.IIU	
Lycopene	0mcg	
Lut + Zeaxanthin	3659.4mcg	
Vitamin E	0.61mg	4%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	144.9mcg	121%

## RECIPE—CREAMED SPINACH

### Ingredients

- 1/4 cup half-and-half
- 1/4 tsp salt
- 1/4 tsp ground nutmeg
- Dash ground white pepper
- 1 tsp cornstarch dissolved in 1 tablespoon cold water
- 1 tsp unsalted butter
- 1/8 cup grated sweet yellow onion
- 1 (16 ounce) package frozen chopped spinach, thawed and squeezed dry
- 2 tbsp water
- 2 tbsp sour cream
- 2 tbsp whole milk plain yogurt
- 2 tbsp grated Parmesan cheese



*Recipe Received and Adapted From: [Creamed Spinach \(eatingwell.com\)](https://www.eatingwell.com)*

### Instructions

1. Heat half-and-half in a medium saucepan over medium-high heat until small bubbles form around the edge of the pan. Add salt, nutmeg and pepper; bring to a simmer. Stir in cornstarch slurry and bring to a gentle boil. Cook, whisking constantly, until the mixture is thick and smooth, about 30 seconds. Remove from heat and set aside.

2. Melt butter in a large saucepan over medium heat until the foaming subsides. Add onion; cook, stirring, until translucent, 2 to 3 minutes. Add spinach and water; reduce heat to medium-low, cover and cook, stirring frequently, until the spinach is heated through, about 5 minutes. Add the reserved sauce, sour cream, yogurt and Parmesan. Stir well and cook, stirring frequently, until completely blended and heated through, about 2 minutes more.

# BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORK OUT YOUR BRAIN!



## *Easter Story* WORD SEARCH

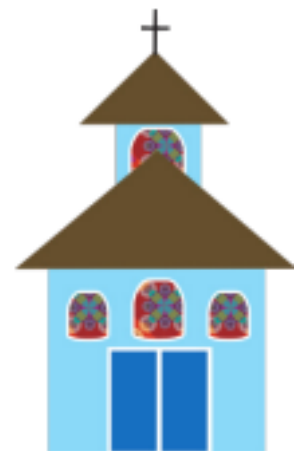
**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.




APOSTLES  
BETRAYAL  
CAVE  
CHURCH  
CROSS  
CROWN  
CRUCIFIXION  
DISCIPLES  
FAITH  
GOOD FRIDAY

JESUS CHRIST  
JUDAS  
LAMB  
LAST SUPPER  
LENT  
MARY  
MIRACLE  
PASSOVER  
PENANCE  
PENTECOST

PRAYER  
REDEMPTION  
REJOICE  
RESURRECTION  
RISEN  
SAVIOR  
SON  
THORNS  
TOMB



# March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Peanut Butter Lover's Day	2 Reuben Grill Day
3 Peach Blossom Day	4 Holy Experiment Day	5 Multiple Personality Day	6 National Frozen Food Day	7 National Cereal Day	8 National Proofreading Day	9 Genealogy Day
10 Oscar Night	11 Johnny Appleseed Day	12 Plant a Flower Day	13 Jewel Day	14 Popcorn Lover's Day	15 Ides of March	16 National Quilting Day
17 Saint Patrick's Day	18 Awkward Moments Day	19 Earth Day	20 International Earth Day	21 World Poetry Day	22 As Young As You Feel Day	23 National Puppy Day
24 National Cheesesteak Day	25 Pecan Day	26 National Spinach Day	27 National "Joe" Day	28 Something on a Stick Day	29 Good Friday	30 National Doctor's Day
31 Easter						

## Monthly Observances

- Irish American Heritage Month
- National Celery Month
- National Craft Month
- National Frozen Food Month
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month





Happy  
St. Patrick's  
Day



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*Easter Story*  
WORD SEARCH  
**SOLUTION**

