

Food and Fitness

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How Does Smell Impact Eating?

Smell and Taste Work Together

Our sense of smell does much more than help us when noticing a cooking smell from the kitchen or the rain in the air. It also affects the way we taste food. In fact, up to 80% of what we think is taste actually comes from smell. When you bite into an apple, your taste buds sense sweetness, but your nose picks up on the fruity smell that makes it recognizable as an apple. That's why food tastes bland when your nose is stuffy from a cold.



Why Loss of Smell Can Be a Problem

As we get older, our sense of smell naturally weakens. Certain health conditions, like sinus



problems, Alzheimer's, or Parkinson's disease, may also affect our smell. Even some medications, such as antibiotics or blood pressure drugs, can dull your sense of smell. When smell is reduced, food may taste boring or unappealing.

This can cause:

Loss of appetite – Meals don't seem worth the effort.

Unintentional weight loss – Eating less means fewer calories.

How Does Smell Impact Eating?

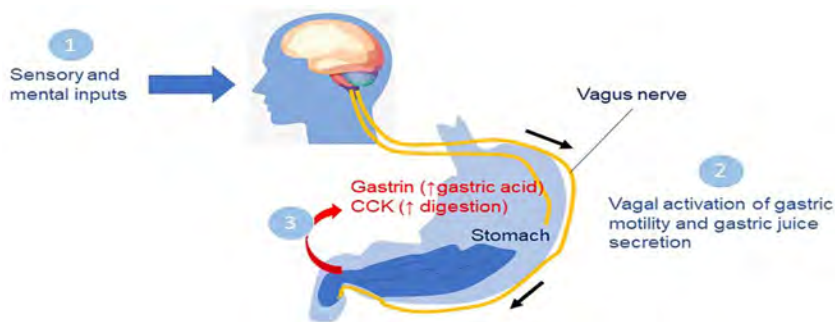
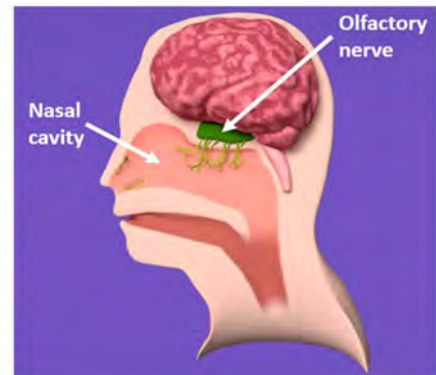
Why Loss of Smell Can Be a Problem cont.

Poor nutrition – Missing out on proteins, vitamins, and minerals.

Less enjoyment of social meals – Eating with friends or family might feel less fun.

Safety risks - A weak sense of smell makes it harder to notice spoiled food, smoke, or gas leaks.

Mood changes - Eating is linked to pleasure and memory. If food doesn't taste good, some people may feel sad or less interested in cooking.



Tips to Keep Eating Enjoyable

To keep food enjoyable try enhancing the flavor naturally with herbs like rosemary, mint, or ginger, or try spices like cinnamon or chili to “wake up” the taste. You

can try different textures by mixing soft, crunchy, and chewy foods to keep meals interesting. Brighten up the plate with colorful foods like red peppers, carrots, or berries to make meals look appetizing. Staying social and eating with others adds enjoyment beyond taste to our foods. Trying warm foods because heat can release more aroma, making flavors stronger.

Smell is a powerful partner to taste. It helps us enjoy food and stay healthy. If you notice changes in your sense of smell, talk to your doctor. With small adjustments, mealtimes can remain a source of comfort, connection, and good nutrition.

The Sense of Smell in U.S. Adults Over Age 40

The sense of smell is important.



Smell interacts with taste to help you enjoy the flavor of food.



Smell helps you avoid spoiled food and toxic chemicals.



Smell alerts you to danger, such as fire and gas leaks.

Not everyone has a good sense of smell.



Smell tests show that
about 1 out of 8
people has some smell loss.

About 1 out of 30
people has **very little** or no
sense of smell.



About 1 out of 15
people reports smelling phantom
odors that aren't really there.



Some people are more likely to have problems with their sense of smell.

Older people are more likely to have smell loss.



People with a history of:



Having problems with your sense of smell?
Talk to your doctor, or learn more at www.nidcd.nih.gov.



National Institute on
Deafness and Other
Communication Disorders

<https://www.nidcd.nih.gov>

<https://twitter.com/nidcd>

Sources:

Smell Disorders: <https://www.nidcd.nih.gov/health/smell-disorders>
U.S. National Health and Nutrition Examination Survey: Analyses reported in
Chemical Senses in 2016, JAMA Otolaryngology-Head & Neck Surgery in
2018, and Reviews in Endocrine and Metabolic Disorders in 2016.



Fruit—Jackfruit

Jackfruit is the largest tree fruit in the world. It comes from South and Southeast Asia, especially India, Bangladesh, and Thailand. Today, it is also grown in tropical areas of Africa, Brazil, and the Caribbean. Jackfruit belongs to the Moraceae family, which is also known as the fig and mulberry family.

Jackfruit grows on trees and can weigh between 10 to 100 pounds! The outside is green and spiky, but the inside has yellow, fleshy pods that are sweet when ripe and starchy when unripe.

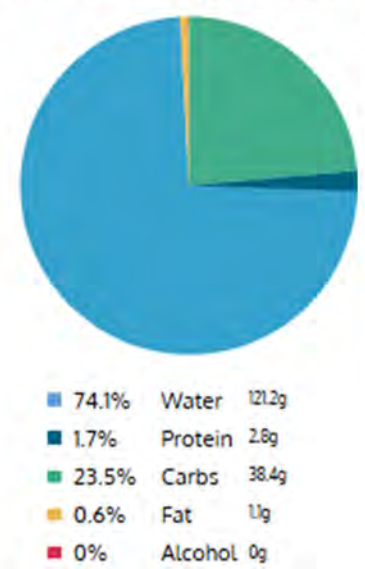
There are many health benefits from the jackfruit. It has many vitamins and minerals such as Vitamin C, Vitamin A, Vitamin B6, Magnesium, Potassium, Calcium, and Iron. The jackfruit is good for digestion. The fiber helps prevent constipation. It boosts immunity with its Vitamin C. It is heart friendly with its Potassium and antioxidants, and it is a great energy source with its natural sugars.

How to Prepare and Eat Jackfruit

- Unripe (green) jackfruit: Often cooked as a vegetable. It has a meaty texture, so it is used in curries, stir-fries, and even shredded to make “jackfruit pulled pork.”
- Ripe jackfruit: Sweet and fruity. The yellow pods can be eaten fresh, added to fruit salads, blended into smoothies, or made into desserts.
- Seeds: Jackfruit seeds can be boiled, roasted, or baked. They taste a bit like chestnuts and are a good source of protein.

Fun Fact - Jackfruit is sometimes called a miracle crop because it grows easily, feeds many people, and is resistant to drought.

WHAT IS THIS FOOD MADE OF?



WHERE DO THE CALORIES COME FROM?



Minerals		
	— = missing data	% DV
Weight	165g	
Calcium	39.6mg	3%
Iron, Fe	0.38mg	2%
Potassium, K	739.2mg	16%
Magnesium	47.8mg	11%
Phosphorus, P	34.7mg	3%
Sodium	3.3mg	0%
Zinc, Zn	0.21mg	2%
Copper, Cu	0.13mg	14%
Manganese	0.07mg	3%

Nutrition Facts

Jackfruit

Jackfruit, raw

Serving Size:

1 x 1 cup, sliced (165g)



Nutrition Facts

Serving Size

1 cup, sliced (165g)

Calories **157**

% Daily Value *

Total Fat 1.1g	1%
Saturated Fat 0.32g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3.3mg	0%
Total Carbohydrate 38.4g	14%
Dietary Fiber 2.5g	9%
Total Sugars 31.5g	63%
Includes --g Added Sugars	--%
Protein 2.8g	6%
Vitamin C 22.6mg	25%
Vitamin D --mcg	--%
Iron 0.38mg	2%
Calcium 39.6mg	3%
Potassium 739.2mg	16%
Phosphorus 34.7mg	3%

*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	165g	
Vitamin A, RAE	8.3mcg	1%
Vitamin C	22.6mg	25%
Thiamin (B1)	0.17mg	14%
Riboflavin (B2)	0.09mg	7%
Niacin (B3)	1.5mg	9%
Vitamin B5 (PA)	0.39mg	8%
Vitamin B6	0.54mg	32%
Biotin	--mcg	
Folate (B9)	39.6mcg	10%
Folic acid	0mcg	0%
Food Folate	39.6mcg	10%
Folate DFE	39.6mcg	10%
Choline	--mg	--%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	100.6mcg	1%
Carotene, alpha	9.9mcg	0%
Cryptoxanthin, beta	8.3mcg	0%
Vitamin A, IU	181.5IU	
Lycopene	0mcg	
Lut + Zeaxanthin	259.1mcg	
Vitamin E	0.56mg	4%

Recipe—Easy BBQ Jackfruit

Ingredients

- 40oz of jackfruit, roughly 2 large cans in brine or water
 - 1 teaspoon garlic powder
 - 1 teaspoon chili powder
 - 1/2 teaspoon salt
 - 1 teaspoon liquid smoke, optional
 - 1 tablespoon paprika
 - 2 tablespoons brown sugar
 - 1 Tablespoon olive oil
 - 1 cup BBQ sauce
-

Recipe Received From: Food with Feeling

Instructions

- Drain and rinse the jackfruit and then lightly pat it dry. Cut off the core so that you're only left with the outer parts that are the ones easy to shred. The core is the part that comes to a point.
- Place the jackfruit in a large bowl and lightly shred with 2 forks (we'll shred it a bit more while it cooks). Mix in the garlic powder, chili powder, salt, liquid smoke, paprika, and brown sugar. Toss to fully coat the jackfruit.
- Heat the oil in a large skillet over medium heat and once hot, add in the jackfruit. Cook for about 5 minutes to heat through, stirring often. As it cooks, break up the jackfruit more with the back of a wooden spoon or using the same forks.
- Remove from the heat and stir in the bbq sauce. Serve and ENJOY!



Brain Exercise

Don't Just Exercise your body, workout your brain!



Labor Day Word Scramble

Labor Day is celebrated in the United States on the first Monday of September. The jumbles here include both historically significant words and ways people celebrate today.

MVNEMEOT

MANPLUL

AYPTR

EBESRMTEP

EWEKEDN

SWEAG

TSRGIH

AYONDM

DRAET

TKEIRS

ABUEERCB

TFAFIRC

IOTAVACN

ILOYAHD

IRZEAOGN

CUYTISRE

LRAYL

CPCIIN

RCEGMIU

BARLO

ARDPEA

NNUIO

RTPI

OJB

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Labor Day</i>	2 <i>VJ Day, WWII</i>	3 <i>Skyscraper Day</i>	4 <i>Newspaper Carrier Day</i>	5 <i>Cheese Pizza Day</i>	6 <i>Read a Book Day</i>
7 <i>Grand- parent's Day</i>	8 <i>Pardon Day</i>	9 <i>Teddy Bear Day</i>	10 <i>Sewing Machine Day</i>	11 <i>911 Remem- brance</i>	12 <i>Chocolate Milk Shake Day</i>	13 <i>National Peanut Day</i>
14 <i>Pet Memorial Day</i>	15 <i>Make a Hat Day</i>	16 <i>American Legion Day</i>	17 <i>Constitu- tion Day</i>	18 <i>National Cheese- burger Day</i>	19 <i>National Dance Day</i>	20 <i>National Punch Day</i>
21 <i>Wife Apprecia- tion Day</i>	22 <i>Autumn Equinox</i>	23 <i>Checkers Day</i>	24 <i>National Punctua- tion Day</i>	25 <i>National Quesadilla Day</i>	26 <i>Johnny Appleseed Day</i>	27 <i>Breakfast in Bed Day</i>
28 <i>National Public Lands Day</i>	29 <i>Confucius Day</i>	30 <i>National Mud Pack Day</i>				

MONTHLY OBSERVATIONS

- ♦ Baby Safety Month
 - ♦ Chicken Month
- ♦ Better Breakfast Month
- ♦ Classical Music Month
 - ♦ Happy Cat month
 - ♦ Honey Month
- ♦ International Square-Dancing Month
- ♦ Little League Month
- ♦ National Blueberry Popsicle Month
 - ♦ National Courtesy Month
 - ♦ National Mushroom Month
 - ♦ National Piano Month
 - ♦ Self Improvement Month
 - ♦ National Sewing Month
 - ♦ World Beach Month
 - ♦ Whole Grains Month

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SOLUTION

MVNEMEOT	<u>MOVEMENT</u>
MANPLUL	<u>PULLMAN</u>
AYPTR	<u>PARTY</u>
EBESRMTEP	<u>SEPTEMBER</u>
EWEKEDN	<u>WEEKEND</u>
SWEAG	<u>WAGES</u>
TSRGIH	<u>RIGHTS</u>
AYONDM	<u>MONDAY</u>
DRAET	<u>TRADE</u>
TKEIRS	<u>STRIKE</u>
ABUEERCB	<u>BARBECUE</u>
TFAFIRC	<u>TRAFFIC</u>

IOTAVACN	<u>VACATION</u>
ILOYAHD	<u>HOLIDAY</u>
IRZEAOGN	<u>ORGANIZE</u>
CUYTISRE	<u>SECURITY</u>
LRAYL	<u>RALLY</u>
CPCIIN	<u>PICNIC</u>
RCEGMIU	<u>MCGUIRE</u>
BARLO	<u>LABOR</u>
ARDPEA	<u>PARADE</u>
NNUIO	<u>UNION</u>
RTPI	<u>TRIP</u>
OJB	<u>JOB</u>

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