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FOODFIT

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and Why Now?

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Claudia Miller, Personal Trainer

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& VIDEO RESOURCES
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WELCOME TO FOODFIT E-MAGAZINE

Surreal. That's the word I've heard used most often in terms of how the COVID-19 pandemic has affected our world. Every aspect of our "normal" lives was turned upside down last March. Even now as states begin the reopening process, it will take a while for things to remotely seem "normal."

That's why it's incredibly important to keep focused on what matters most to you. For many of us, this means our families, friends, and our health. Those things form the basis of everything else. In terms of health, fitness and nutrition are the pillars that keep the body strong.

We've put together an amazing issue of FoodFit for you: everything from tips, recipes and current trends, to a profile on a trainer who specializes in working with seniors, a population that is very concerned about COVID-19. We hope you'll find tons of helpful information this issue that you can use personally and share with others.

Each of us has had to cope with the realities imposed by the pandemic, but we've all shared the experience, too. Here's to moving forward together.

Healthy regards,
Michele Tuttle

WHEAT FOODS COUNCIL CREATES FRESH VIDEO RESOURCES FOR PERSONAL TRAINERS

The Covid-19 pandemic required the cancellation of many industry events due to imposed stay-at-home orders. As a result, the Wheat Foods Council stepped up and created dozens of useful, new informational videos about nutrition for competitive sports and general fitness tailored to the personal training industry.

The videos feature Q&A and information sessions with leading sports nutrition experts who are members of the Center for Nutrition and Athletics (CNA) Advisory Board. Recent video topics include 'Do you eat differently when training?' and 'Will beets make me faster?'

Other videos contain up-to-date information and advice from WFC members of the farming, milling and baking industries. All videos are available free of charge at WheatFoods.org and FoodFit.org and via the WFC and CNA social media channels.

"We are here to help, and our team continues to create these videos weekly as a way to bring fresh, useful content to personal trainers to virtually share with your clients and colleagues who may still be isolating at home," said Tim O'Connor, President, Wheat Foods Council.

[Check out our newest videos here!](#)



10 WAYS TO

SPOT A FAD DIET

Microbiome Expert
Corrie Whisner, PhD
College of Health Solutions
Arizona State University

What I do to keep my gut microbiome healthy during



Fast Food

For Athletes



WHY SOURDOUGH AND WHY NOW?

INSIGHTS FROM ONE OF THE LEADING
GUT HEALTH AND MICROBIOME EXPERTS
IN THE U.S.

Pre-pandemic interest in sourdough bread was growing. And now, sourdough has emerged as a popular home baking project, and people have learned to make their own sourdough starters to bake their own bread while sheltering at home.

Why sourdough? Is it the artisan allure of its crispy crust, chewy texture and tangy taste, or versatility as an ingredient in everything from bread, cake, pretzels, pizza crust, and even crepes? Or possibly due to growing perceptions that sourdough provides health benefits? Maybe, it's just because baking bread is a fun way to pass the time alone or with others.



“While, this is complete speculation on my part, I think it ultimately stems from two things: (1) the fact that humans are social creatures; and (2) that COVID-19 scared a lot of people into thinking about their survival in a way that they have never experienced before,” said Dr. Corrie Whisner, who is an Assistant Professor of Nutrition at Arizona State University. “I recall a recent conversation with my Mom, and she observed that ‘no one knows how to garden, cook, or care for themselves anymore.’ You can get take-out, go to a farmer’s market, and hire others to take care of you.”



Socially, we are currently limited to what we are able to do and how we are able to connect with others. Typically, social media is rampant with selfies of people traveling to exciting places or doing interesting things. Being trapped at home isn't the best backdrop for selfies, and video-chats do not fulfill our need for human contact.

With more time at home, people can focus on special projects that they might not have had time for pre-pandemic. Making sourdough is a way for families to connect and a fun way to teach children new skills.

“Sourdough is a pretty active culture (no pun intended) and caring for it is a labor of love,” observes Dr. Whisner. “You can even get

creative by naming and anthropomorphizing your starter.”

Maybe there is also a competitive side to sourdough? It is still difficult to find flour at the grocery store, so perhaps finding an ample supply of flour is considered an “exciting experience” or “amazing accomplishment worthy enough for a social media post.” Sourdough starters are pretty active and make for some interesting and dynamic photo-ops. If you get fancy with your bread-making, your beautifully browned loaves of bread make for great foodie photos. And, who doesn't love looking at gorgeous food pictures online?

A perceived health halo may also be responsible for sourdough's popularity, and it is likely

an extension of the fermented food craze we have experienced over the past year or so, observes Dr. Whisner. The natural fermentation process used to make sourdough has been found to benefit gastrointestinal health, because it's more easily digested.

Now that store-bought yeast and bread are sometimes hard to come by at the grocery store, people have started to wonder how our ancestors survived. Sourdough starters harness the power of yeast and bacteria that were always present on flour and all you need to create a starter is flour and water...who would have thought!

“As someone who studies how important microbes are for our health, this makes me

very happy because many, many of the microbes in our environment are not harmful to us. In fact, having them around actually helps ensure our health,” added Dr. Whisner. “I do hope that sourdough fanatics are also noticing how amazing the world is around us with regard to invisible microorganisms.”



Dr. Corrie Whisner is an Assistant Professor of Nutrition at Arizona State University. A respected expert on gut health and the microbiome, she is a member of the Avocado Nutrition Board, Ardent Mills L.L.C. Scientific Advisory Board, and the Wheat Foods Council Advisory Boards.



POWER UP WITH THESE PROTEIN-PACKED RECIPES



ORECCHIETTE WITH GARDEIN™ BEEFLESS GROUND, WALNUTS, ORANGE, & CHILIS

INGREDIENTS

1-137 oz. Package of Gardein Beefless Ground	Thai or another red chili
4 oz. Walnuts	1 tbsp. Red Crushed Pepper (or to taste)
1/4 cup Extra-virgin olive oil	Salt
2 large garlic cloves, minced	1/4 cup chopped flat-leaf parsley
1 Large orange, zested with micro plane	1-12 oz pkg. Orecchiette
2 tbsp. seeded and chopped	

DIRECTIONS

Preheat toaster oven or regular oven to 350°. Spread the walnuts in a pie plate and toast for about 3 minutes, until fragrant. Be very careful as they burn easily if not watched. Let cool, then chop.

In a non-stick skillet, over medium heat, sauté Gardein Beefless Ground over medium heat until browned and heated through, about 4 to 5 minutes. Set aside.

In a large skillet, heat the oil. Add the garlic, orange zest, chilis and toasted walnuts and cook over low heat until fragrant, 2 minutes. Add cooked Gardein™ Beefless Ground. Season with salt and stir in the parsley. Add the Red Crushed pepper, tasting as you go along. Set aside.

In a pot of boiling salted water, cook the orecchiette per package instructions. Reserve 1/2 cup of the cooking water and drain the pasta. Add the orecchiette and reserved water to the first skillet and simmer until the liquid is just absorbed, 2 minutes. Toss the pasta. Transfer it to individual bowls and sprinkle with the cheese. Serve.

NUTRITION

Servings: 6

Amount per serving: Calories 503, Total Fat 22.5g, Saturated Fat 1.8g, Cholesterol 0mg, Sodium 291mg, Total Carbohydrate 54.1g, Dietary Fiber 7.8g, Total Sugars 64g, Protein 26g, Calcium 103mg, Iron 5mg, Potassium 614mg.

INGREDIENTS

2 cups green cabbage, cored and finely shredded	2 teaspoons chipotle chili powder
1 English cucumber, unpeeled, quartered lengthwise, diced	1 teaspoon grated lime zest
1/4 cup White wine vinegar	3 tablespoons freshly squeezed lime juice, divided
3 tablespoons coarsely chopped fresh dill	12 (6-inch) flour tortillas
Kosher salt and freshly ground black pepper	2 ripe Hass avocados, seeded and peeled, sliced at the last minute.
Olive oil, for coating the pan	3/4 tsp Sriracha to garnish the Avocado
1 3/4 pounds center-cut fresh salmon fillet, skin removed	

DIRECTIONS

One hour or more before serving toss the cabbage, cucumber, vinegar, dill, 1 tsp. salt and 1/2 tsp. black pepper together in a large bowl. Cover and refrigerate while the cabbage mixture marinates.

Pre-heat the oven to 425 degrees F. Brush a baking dish with olive oil and place the salmon in it. Mix the chili powder, lime zest and 1 1/2 teaspoons salt in a small bowl. Brush the salmon with 1 tablespoon of the lime juice and sprinkle with the chipotle seasoning mixture. Roast for 12 to 15 minutes, depending on the thickness of the fish, until the salmon is just cooked through.

Wrap the tortillas in foil and place them in the oven with the salmon. Slice the avocados and sprinkle them with the rest of the lime juice, 1 teaspoon salt and 1/4 teaspoon black pepper.

To serve, lay 2 warm tortillas on each of 6 plates. Mound the cabbage and cucumber mixture on one side of each tortilla, then some large chunks of salmon, Garnish with slices of avocado, dotted with Siracha or other hot sauce. Fold the tortillas in half over the filling and serve warm. And don't be surprised if they're not exactly finger food. Be sure to serve them on dinner plates.

NUTRITION

One serving provides approximately: 465 calories, 30.8 g protein, 34.5 g carbohydrates, 6.8 g fiber, 23.8 g fat (3.5 g saturated), 58 mg cholesterol, 3 mg iron, 517 mg sodium.

FOR MORE HEALTHY RECIPES,
VISIT:

[HTTP://FOODFIT.ORG/RECIPES](http://foodfit.org/recipes)

ROASTED SALMON TACOS WITH CUCUMBER SOUR CREAM SAUCE



FOODFIT PROFILE:



CLAUDIA MILLER,
Personal Trainer at
Leisure World in Maryland,
Exercise and Nutrition for Seniors,
and the Impact of Covid-19

This year, the number of people 60+ will exceed one billion for the first time in history. While there was a time most seniors had never lifted a dumbbell, today older adults are beginning to embrace the health benefits of exercise and fitness. This demographic shift has the potential to revolutionize the fitness industry.

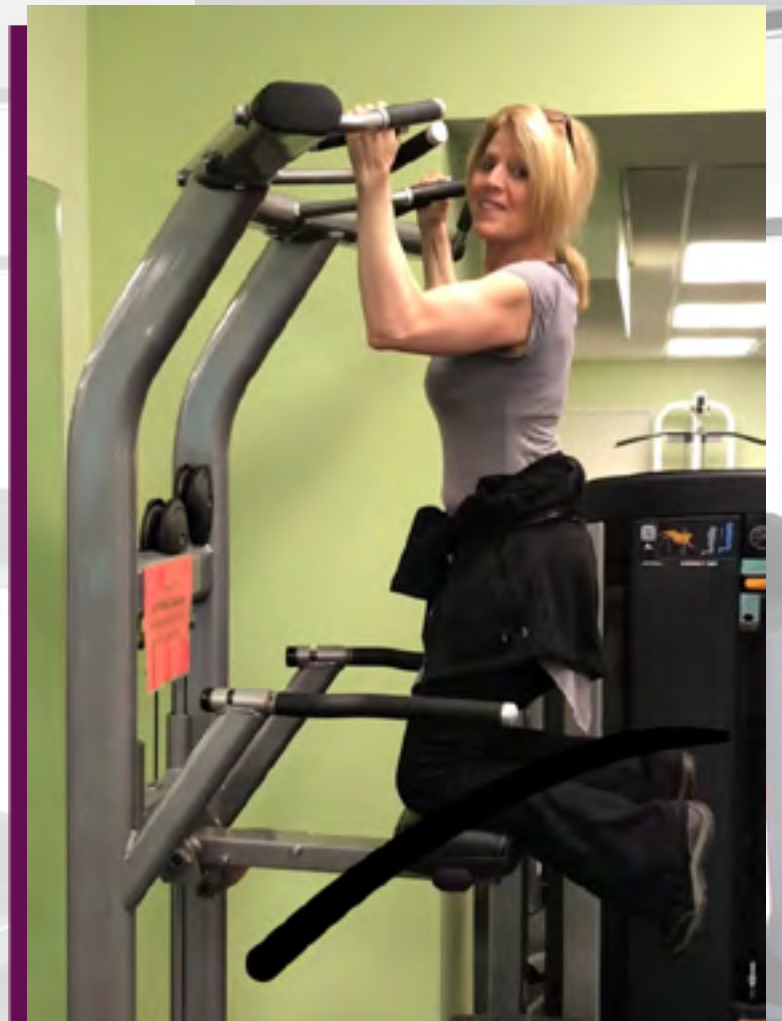
To further explore this emerging trend of “active aging” and the importance of exercise and nutrition for seniors, we spoke with Claudia Miller who is a Personal Trainer at Leisure World® Maryland. Home to nearly 7,000, it is one of the largest active-adult communities on the East Coast.

YOU PRIMARILY WORK WITH SENIORS, SO WHAT ARE THE MAIN WORKOUT GOALS FOR THIS DEMOGRAPHIC?

Most of my clients are between the ages of 80 and 95, and they are glorious to work with. The primary goals for seniors are to improve strength, stay strong, and remain active in order to maintain an independent lifestyle. Training for this demographic is truly the difference of life or death. We focus on two things, brains and balance. Learning new exercises and repeating them helps with mental acuity and focus. Working on endurance and strong muscles builds strength, balance and overall well-being.

WITH THE LIKELIHOOD THAT GYMS MAY REMAIN CLOSED OR OPERATE WITH LIMITED ACCESS, HOW CAN SENIORS STAY FIT AT HOME?

Virtual training has been a great way to continue to check in and work with my clients. I’ve created a cheat sheet or list of exercise moves for each client which provides accountability and helps them remember what they’re supposed to do. Most seniors don’t have exercise equipment, but they do have their walking shoes. I encourage them to get up and away from the television. Walking requires balance and uses both mind and muscle.





MORE PEOPLE ARE SHOPPING ONLINE FOR GROCERIES AND MAKING FOOD AT HOME, WHAT ARE SOME OF THE BEST STAPLES TO HAVE ON HAND TO ENSURE GOOD NUTRITION AND VARIETY?

I advise my clients to start with a good breakfast of eggs or nut butters on whole wheat toast. Stocking up on pre-prepared chicken or other packaged proteins can be used for sandwiches.

The emergence of meal delivery services is a convenient option. The menus are quite healthy, offer variety, and it can be cost effective and less wasteful since one portion can likely be used for two meals.



WHAT HAVE BEEN YOUR FAVORITE GO-TO HEALTHY MEAL/SNACKS DURING QUARANTINE?

I like to eat the “colors of the rainbow,” fruits and vegetables of all kinds. Wraps are a terrific way to combine a variety of textures and colorful, healthy veggies and fruits with lean protein delivered in a fiber-filled whole grain tortilla. They are easy to make, portable, and can be eaten at all times of day. Breakfast wraps or sandwiches with eggs or peanut butter are also great options. Storing hard-boiled eggs in the fridge provides a quick protein snack, and buying fresh fruit in bulk to freeze in baggies creates a healthy dessert option.



ON YOUR WAY TO BECOMING A PERSONAL TRAINER, YOU WERE AN ACTRESS FOR 30 YEARS. DO YOUR SKILLS AS AN ACTRESS CONTRIBUTE TO YOUR WORK WITH CLIENTS?

My acting experience has been invaluable to my career as a personal trainer. As an actor you have to be able to read an audience and elicit emotions, which is very similar to training clients. A symbiotic trainer-client relationship brings about energy, action and results.

FINALLY, THE PANDEMIC HAS CREATED CHALLENGES, BUT HOW HAS THIS EXPERIENCE POSITIVELY IMPACTED SOCIETY?

I believe we will all value our freedom more. People are eager to get out and get moving again.

As a result, they may better appreciate their gyms and workout facilities. I also think most people will embrace family time more. Quarantine forced us to slow down and get creative with entertainment. Families are spending more time together revisiting simple pleasures, like playing board games. I hope that continues.

CHILL OUT

HOW TO RELIEVE STRESS DURING COVID-19 & BEYOND

RECOMMENDATIONS FROM THE CDC

As the world continues to navigate the coronavirus pandemic, people are experiencing an increase in levels of stress and anxiety. Many are worried about keeping themselves and their families healthy, while trying to balance work and family life during a time when stay-at-home protocols are changing and information can be confusing. Economic concerns are prevalent, and people are worried about job loss and their future.

Anxiety and fear can be overwhelming and cause strong emotions in adults and children. High levels of stress if not treated can lead to physical ailments and illness. It's more important than ever now to find ways to cope with stress.

The Centers for Disease Control (CDC) highlights a number of symptoms that may indicate rising stress, including changes in eating patterns, trouble sleeping, difficulty staying focused, or increased use of alcohol and drugs. Keep in mind that everyone reacts differently to stressful situations, and some may be more strongly affected based on a number of factors.

In general, the CDC encourages people to learn and share the most up-to-date facts about COVID-19 and the latest protective measures with family and your community. Information breeds confidence, and sharing accurate information about COVID-19 with family and friends can help reduce stress and make you feel more in control. The CDC recommends the following ways to cope with stress and anxiety:

TAKE CARE OF YOUR BODY.

Try to exercise, eat nutritious meals, and find some quiet time each day.

TAKE BREAKS FROM ALL THE NOISE AROUND YOU.

Watching or reading, or listening to news stories, including social media can be overwhelming upsetting. Turn it off for a while daily.

CONNECT WITH OTHERS.

Talk with people you trust about your concerns and how you are feeling. Reach out to family members, friends and colleagues regularly, especially those who are alone.

GET PLENTY OF SLEEP.

A lack of sleep can actually increase stress, so getting the recommended amount can help you maintain focus and remain calm.

If you, or someone you know, are feeling overwhelmed with emotions, like sadness, depression, or anxiety, please refer to the resources using this link to the CDC website to get help:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



**NANCY
NUGGET**
NANCY CLARK, MPH,
RD, CSSD

EARLY MORNING SUMMER RUNS

If you have no time (or appetite) to eat 200 - 300 calories before an early morning run (such as English muffin, oatmeal, banana with peanut butter, etc.), try eating that fuel the night before. This will help energize your run the next morning.

Heat bothers some runners more than others. Perhaps you could carry a frozen water bottle? Store one in your freezer and grab it pre-run. (You might want to stick it into a sock or wrap it with a facecloth.) It will help keep you cool, as well as provide water (or sports drink) during your run.

You likely want to learn your sweat rate, so you know how much you need to drink to prevent over- and under-hydration. Weigh yourself naked before and after a one-hour run. If you lose one pound, that equates to 16 ounces of water-deficit. Two pounds = 32 ounces = 1 quart. On the next run, plan to drink according to your sweat losses. That is, if you lose two pounds an hour, you want to target drinking 8 ounces every 15 minutes.

EATING AT HOME MORE NOW?

HERE ARE 5 TIPS FOR YOU!

Looking into our crystal ball, there will likely be more people eating at home versus eating out for quite a while. We believe that we will all continue to prepare more meals at-home even when stay-at-home orders are lifted. The resulting negative economic impact and concerns about avoiding crowds and staying healthy will sustain home-cooking trends. That's not just our opinion, it also mirrors a recent Euromonitor International report on the impact of Covid-19 on food and nutrition.

Here are some ways it can work for you:



- Meal-planning and a comprehensive grocery list will help make shopping quicker and easier.
- Shop for up to two weeks of groceries each trip, and be sure to stock long-lasting fresh ingredients and non-perishable shelf stable foods for the pantry.
- Items like fresh breads, tortillas, English muffins, and bagels can be used for countless combinations for sandwiches, wraps, quesadillas and other meal ideas.
- Quick cooking pasta, oatmeal and pizza crusts inspire the use of fresh veggies, fruit, leftover proteins and sauces.
- And, don't forget the oldie, but goodie, peanut butter sandwiches.

Good nutrition during this time is more essential than ever. It is especially important to keep your immune system in top condition. Preparing foods using a combination of shelf staples, like bread and pasta, combined with fresh ingredients that need to be used more quickly make for a variety of healthy meals.

The Center for Nutrition and Athletics (CNA) features a wide variety of recipes suggestions. Also, check out our “how to” recipe videos: **Chicken, Kale and Black Bean Quesadillas**; **Pasta with Tomato, Black Olives & Arugula**; and **Mixed Bean Soup with Pasta**.