

NUTRITION Talk

Week 8: What's in Your Kitchen?

About the Event: The purpose of this week's tabling event is to get students familiar with the potential benefits of some common food items they may have in their kitchen. Students will guess the name of the food item based on a brief description or clue. After they provide an answer, tell them why the food may be beneficial to their health. We will be using the wheel and all the information you need will be in this guide.

Also an alternative to butter & margarine, this food item is a great source of monounsaturated fats...

- Answer: *Olive oil*
- Olive oil is said to have antioxidant and anti-inflammatory properties. Furthermore, monounsaturated fats have been found to lower LDL cholesterol ("bad cholesterol"). All of these benefits can lead to decreased risk of heart disease.
- Olive oil is also a big part of the Mediterranean diet which is considered a "heart healthy" diet

Whether they are white or brown, this food source is a complete protein source...

- Answer: *Eggs*
- A complete protein source is one that contains adequate amounts of all 9 essential amino acids (ones that cannot be made by the body).
- In general, animal proteins are considered complete sources of protein. Soy is the only plant protein source of that is complete.

One cup of this vegetable has more vitamin C than an orange...

- Answer: *Broccoli*
- One cup of broccoli has about 81 mg of vitamin C while a medium-sized orange has about 51 mg of vitamin C.
- Vitamin C is an antioxidant and is needed for the growth and repair of tissues in the body.

This dairy product is high in protein and contains no fat...

- Answer: *Nonfat greek yogurt*
- Greek yogurt is a good source of calcium which promotes good bone health.
- Yogurt also provides a good source of probiotics which helps support the gut microbiots.

This guilty pleasure is high in flavonols...

- Answer: *Dark chocolate*
- Flavonols are a phytochemical found in a variety of plant-based foods and beverages. Chocolate (mainly the cocoa in the chocolate) is rich in flavonols. It is found to have anti-inflammatory properties and may reduce the risk for heart disease.

_____ grain products are a good source of fiber.

- Answer: *Whole grains*
- Whole grain products contain all parts of the grain kernel. These include the bran, germ, and endosperm. Refined grains (like white bread or white rice) remove the bran and germ which contain lots of nutrients and fiber.
- Fiber promotes healthy bowel movements, lowers cholesterol levels, helps with the feeling of satiety, and more.

Additional Readings:

<http://www.mayo.edu/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/food-and-nutrition/faq-20058439>

http://olivecenter.ucdavis.edu/research/files/blood-lipid_updated

<https://medlineplus.gov/ency/article/002404.htm>

<http://www.mayo.edu/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/healthy-chocolate/faq-20058044>

<https://sites.psu.edu/siowfa12/2012/09/17/white-bread-vs-wheat-bread-is-one-the-healthier-option/>