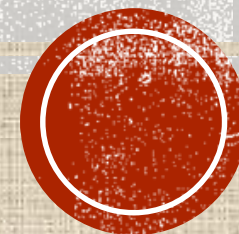




HEALTHY FOODS: FACT OR FICTION??

Nutrición: Realidad o ficción



OVERVIEW

- Fact or Fiction?
- Common health labeling
- What do these labels mean?
- Reading ingredients
- Review



COMMON HEALTH-LABELING

- All Natural
- Organic
- Cage Free
- Grass Fed
- Free Range
- Made with Real Fruit
- Heart Healthy
- Low Sodium
- No Salt Added
- Sugar Free
- Fat Free
- Low Fat
- Reduced Fat



FACT OR FICTION!

If products are labeled All Natural does that makes it healthy



=



Healthy

True or False?
Realidad o ficción?

FACT OR FICTION! (ALL NATURAL)

False!
Falso!



All Natural means that nothing artificial or synthetic (including all color additives regardless of source) has been included in, or has been added to, a food that would not normally be expected to be in that food. It does not mean the food is healthy

NATURAL FOOD

- Definition: Food that has undergone a minimum of processing or treatment with preservatives.
- In what ways have these been processed?



VS



WHY FRUITS AND VEGETABLES?

- Full of vitamins and minerals
 - Why does that matter??

Nutrient	Function	Food sources
Vitamin A	Strengthens our immunity which helps us fight off infections Improves vision in dim light Keeps the skin and the linings of some parts of the body, such as the nose, healthy	Dark green leafy vegetables such as spinach, broccoli and carrots. But also: pumpkin, liver, fish, kidney and dairy produce such as yoghurt, eggs, fortified margarine
Vitamin D	Helps the body absorb calcium Keeps bones and teeth healthy	Sun light, fish liver oils, milk, fortified margarine, eggs, liver
Vitamin E	Helps maintain cell structure by protecting cell membranes	Soya, groundnuts, fortified margarine or oil, wholegrain cereals, eggs, peanut butter, tomatoes
Vitamin K	Helps with blood clotting	Vegetables such as spinach, lettuce, cauliflower, and cabbage, broccoli, fish, liver, meat, eggs
B-group Vitamins	Help the body release energy from food Keep the skin, eyes and the nervous system healthy	Millet, sorghum, beans, peas, eggs, liver, meat, milk, fresh fruit, green leafy vegetables, wholegrain cereals



FACT OR FICTION! (ORGANIC)

Only organic fruits and vegetables, as well as foods made with organic ingredients are healthy



=



Healthy

True or False?
Realidad o ficción?

FACT OR FICTION! (ORGANIC)

False!
Falso!



Organic produce and other ingredients are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation. Animals that produce meat, poultry, eggs, and dairy products do not take antibiotics or growth hormones.

WHY EAT ORGANIC?



1. **Free of neurotoxins-** Non-organic foods can contain a lot of pesticides, many of which are considered to be neurotoxins. Neurotoxins can do serious damage to the brain and nerve cells. Organic foods are free from these harmful neurotoxins.
2. **More nutrients-** It's believed that organic foods have higher levels of many vitamins and minerals and have greater antioxidant values than similar non organic foods. This can strengthen systems in your body like your immune system causing you to feel healthier overall.
3. **Free from pesticides-** Consuming high levels of pesticides can increase your risk for developing an autoimmune disease such as lupus, rheumatoid arthritis, and others.



<https://thegoodinside.com/organic-foods-impact-the-body/>



PURCHASING IN SEASON AND DIRTY DOZEN VS CLEAN FIFTEEN

Environmental Working Group (EWG)

Winter

FRUIT

Apples
Blood Oranges
Cranberries
Grapefruit
Kiwi
Lemons
Limes
Mandarin Oranges
Navel Oranges
Pears
Persimmons
Pomegranates
Tangerines
Quinces

VEGETABLES

Baby Turnips
Beets
Endive
Brussel Sprouts
Celery root
Chili Peppers
Dried Beans
Escarole
Fennel
Frisee
Jerusalem Artichokes
Kale
Leeks
Mushrooms
Parsnips
Potatoes
Rutabagas
Sweet Potatoes
Turnips
Watercress
Winter squash

HERBS

Bay Leaves
Chives
Parsley
Rosemary
Sage
Thyme

Spring

FRUIT

Bananas
Blood Oranges
Coconuts
Grapefruit
Kiwi
Lemons
Limes
Mangoes
Navel Oranges
Papayas
Passion fruit
Pineapples
Strawberries
Tangerines
Valencia

VEGETABLES

Artichokes
Arugula
Asparagus
Avocados
Baby leeks
Beets
Broccoli
Cauliflower
Fava beans
Green onions
Green peas
Kale
Lettuce
Mushrooms
Radishes
Red potatoes
Rhubarb
Spinach
Sweet onions

HERBS

Chives
Dill
Garlic Chives
Lemongrass
Mint
Parsley
Thyme

Summer

FRUIT

Blackberries
Blueberries
Cantaloupes
Cherries
Grapes
Guava
Honeydew
Mangoes
Nectarines
Papayas
Peaches
Plums
Raspberries
Strawberries
Watermelons

VEGETABLES

Avocados
Beets
Bell peppers
Cabbage
Carrots
Celery
Chili peppers
Collards
Corn
Cucumbers
Eggplant
Green beans
Lima beans
Okra
Pattypan squash
Peas
Radicchio
Radishes
Summer Squash
Tomatoes

HERBS

Basil
Bay leaves
Borage
Chives
Cilantro
Dill
Lavender
Lemon Balm
Marjoram
Mint
Oregano
Rosemary
Sage
Summer Savory
Tarragon
Thyme

Fall

FRUITS

Apples
Cranberries
Figs
Grapes
Pears
Persimmons
Pomegranates
Quinces

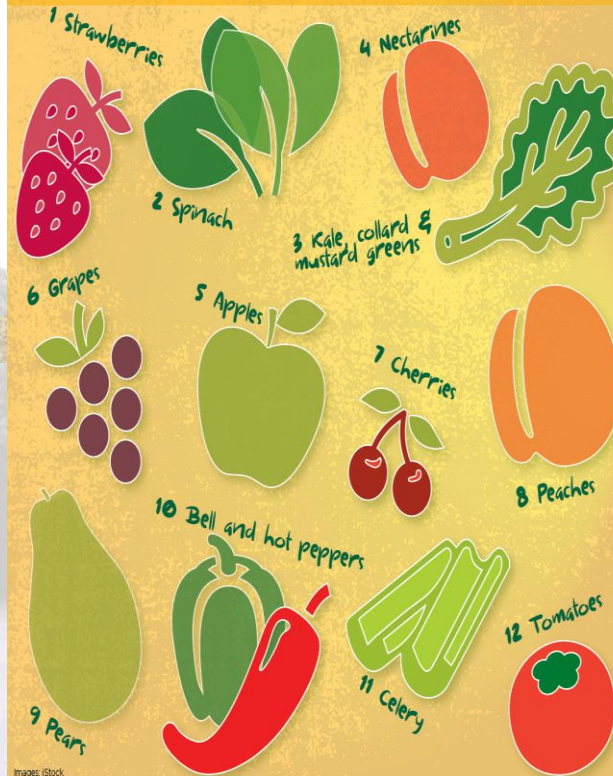
VEGETABLES

Bell Peppers
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Eggplant
Escarole
Fennel
Frisee
Leeks
Mushrooms
Parsnips
Pumpkins
Red Potatoes
Rutabagas
Shallots
Sweet Potatoes
Winter squash
Yukon Gold Potatoes

HERBS

Basil
Bay Leaves
Parsley
Rosemary
Sage
Tarragon
Thyme

The Dirty Dozen – 2021



Images: iStock

The Clean 15 – 2021



Images: iStock



FACT OR FICTION! (SODIUM)

“Sodium Free” or “No Salt Added” labels are good ways to reduce your sodium intake.



True or False?
Realidad o ficción?

FACT OR FICTION! (SODIUM)

True!

Cierto!



Sodium: 320mg



VS

Sodium: 15mg



FACT OR FICTION! (REAL FRUIT)

If a label says it is made with real fruit it must be healthy because fruit is healthy.



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Healthy

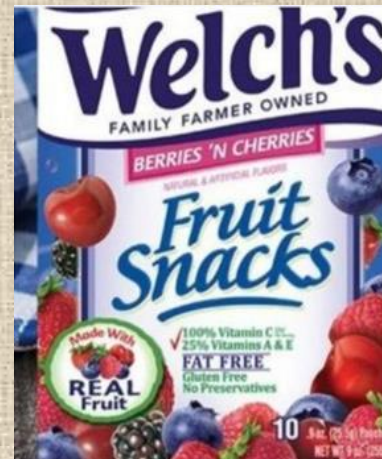
True or False?
Realidad o ficción?

FACT OR FICTION! (REAL FRUIT)

False!
Falso!



Most of these foods do not actually contain real fruit, just the fruit juice. They also have tons of added sugar which takes away any health benefits that it may have had.



FACT OR FICTION! (SUGAR)

If a label has Sugar Free on it then it's a great product to eat because it has no sugar.



=



Healthy

True or False?
Realidad o ficción?

FACT OR FICTION! (SUGAR)

False!
Falso!



Here are the different sugar alcohols and chemical sugar substitutes. Notice that there is a statement that there is a very small amount of sugar added. I thought it was sugar free.

Sodium	70mg	3%	230mg	10%
Total Carb.	16g	6%	52g	19%
Dietary Fiber	3g	12%	11g	38%
Total Sugars	0g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Sugar Alcohols	12g		38g	
Protein	2g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	7mg	0%	22mg	0%
Iron	1mg	4%	3mg	15%
Potassium	50mg	2%	170mg	4%

*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.

INGREDIENTS: MALTITOL; PEANUTS*; CHOCOLATE*; COCOA BUTTER; LACTITOL (MILK); CELLULOSE GEL; POLYDEXTROSE; VEGETABLE OIL (PEANUT OIL; PALM KERNEL OIL; PALM OIL); MILK FAT; CONTAINS 2% OR LESS OF: CREAM (MILK)*; SALT; LECITHIN (SOY); SODIUM CASEINATE (MILK); PGPR; NATURAL FLAVOR AND ARTIFICIAL FLAVOR; SUCRALOSE; TBHQ AND CITRIC ACID, TO MAINTAIN FRESHNESS. © D

*ADDS A NEGLIGIBLE AMOUNT OF SUGAR.

INDIVIDUALS SENSITIVE TO SUGAR SUBSTITUTES MAY EXPERIENCE A LAXATIVE EFFECT.

SUGAR ALCOHOLS (LACTITOL AND MALTITOL - SUGAR SUBSTITUTES) ARE SLOWLY METABOLIZED CARBOHYDRATES THAT GENERALLY CAUSE ONLY A SMALL RISE IN BLOOD GLUCOSE LEVELS.

It is true that these items do not have added sugar but they do have artificial sweeteners that, in some studies, have been shown to cause health issues such as cancer.

FRONT VS BACK



ADVERTISEMENT

Notice the colors and the words they use to sell “health”. Bright and eye catching but does that mean Cheetos are now healthy?

Here is where you find the true information about what is in the product.



INFORMATIONAL

GOOD/BETTER/BEST SYSTEM

Example:

Best- Buy everything organic

Better- Follow EWG and buy some things organic

Good- Buy fruits and vegetables.

They're all great options! You have to do what works best for you.



REVIEW / TAKEAWAYS



- If a product is labeled “All Natural” that doesn’t mean that it is healthy.
- It doesn’t have to be organic to be healthy. Organic foods are “cleaner” than non organic but they both have great benefits to them.
- “Sodium Free” or “No Salt Added” labels are good ways to reduce your sodium intake.
- Just because a label says it is made with real fruit doesn’t mean it’s healthy.
- If it is labeled “Sugar Free” it may still have small amounts of sugar, artificial sweeteners and sugar alcohols.
- “Healthy” advertising is meant to draw you in and feel that the product is healthy. Read the ingredients on the back to be sure that it is giving you what it says on the front.

ANY QUESTIONS??

