

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

AUGUST 20, 2018

TOP TEN *SUPERFOODS*! (ACCORDING TO KATHY DICKEY, THAT IS!)

IF YOU GOOGLE “SUPERFOODS,” YOU’LL COME UP WITH A TON OF RESULTS...SOME OF THE LISTS ARE PRETTY MUCH FULL OF FOODS THAT YOU’LL ALMOST SURELY NEVER BUY, LET ALONE EAT. I WENT THROUGH SEVERAL ARTICLES AND KIND OF JUST PARED IT DOWN TO SOMETHING MORE REALISTIC AND MANAGEABLE. THERE WERE MANY ITEMS THAT OVERLAPPED. THIS IS THE WARREN COUNTY HEALTH DEPARTMENT VERSION OF SUPERFOODS! SO HERE GOES!

1. NUTS CONSISTENLY, THERE WAS SOME TYPE OF NUT ON EVERY LIST. YEP, ALMONDS MAY BE HIGHEST IN CALCIUM (23 MG / SERVING – CONSIDER THIS, THOUGH: THERE ARE ALMOST 300 IN A CUP OF MILK!) AND PECANS WERE HIGHER IN ANTIOXIDANTS THAN ANY OTHER NUT. WALNUTS MADE ANOTHER LIST, SO...LET’S JUST SAY WHAT WE KNEW IN THE FIRST PLACE, THAT NUTS ARE GOOD FOR YOU!

NUTS ARE A GOOD SOURCE OF VITAMIN E AND PROTEIN. DON’T FORGET THAT THEY’RE ALSO A GOOD SOURCE OF CALORIES! BE CAREFUL OF YOUR SERVING SIZE. IT’S ROUGHLY 1/3 OF A CUP. THAT’S NOT VERY BIG! SAME THING FOR ANY OF THE NUT BUTTERS – 2 TABLESPOONS. THEY GET HIGH MARKS FOR BEING PORTABLE, AND ARE MUCH MORE NUTRITIOUS THAN MUNCHING ON PROCESSED SNACK ITEMS!

2. BERRIES MOST LISTS ACTUALLY INCLUDED BLUEBERRIES, SPECIFICALLY. BLUEBERRIES ARE A GOOD SOURCE OF FIBER, VITAMIN C, AND PHYTONUTRIENTS. (WHAT’S THAT?!) JUST A QUICK RUNDOWN ON THE INTERNET PROVIDED ME WITH THIS INFO:

STRAWBERRIES:	98 MG OF VITAMIN C IN ONE CUP / 3 GRAMS OF FIBER
BLACKBERRIES:	30 MG OF VITAMIN C IN ONE CUP / 8 GRAMS OF FIBER
BLUEBERRIES:	14 MG OF VITAMIN C IN ONE CUP / 4 GRAMS OF FIBER

AS A REFERENCE, THE RECOMMENDED AMOUNT OF “C” FOR ADULTS IN A DAY IS 65 – 90 MG. FOR FIBER, IT’S AROUND 25 GRAMS FOR WOMEN AND ~38 FOR MEN.

SO AGAIN! THE MORAL OF THE STORY IS: EAT MORE BERRIES! ENJOY THE KIND THAT YOU LIKE, ESPECIALLY IF THEY'RE ON SALE THAT WEEK! AS FOR A PHYTONUTRIENT...THE DEFINITION IS, "A SUBSTANCE FOUND IN CERTAIN PLANTS THAT IS BELIEVED TO BE BENEFICIAL TO HUMAN HEALTH, AND HELPS PREVENT CERTAIN DISEASES." FANCY TERM FOR "EAT YOUR FRUITS AND VEGGIES!"

3. NEXT UP...CRUCIFEROUS VEGETABLES. HOT RIGHT NOW WOULD BE BROCCOLI RABE, WHICH I DON'T BELIEVE I'VE EVER EATEN. "CRUCIFEROUS" REFERS TO THE FACT THAT THEY'RE PART OF THE CABBAGE (OR MUSTARD) FAMILY. OTHER MEMBERS WOULD INCLUDE BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS, AND CABBAGE. THE SAME COMPOUND THAT MAKES THEM STINKY (SULFUR) IS INVOLVED IN THE CANCER-PREVENTING PROPERTY FOUND IN THESE FOODS.

RUTH ALWAYS SAYS SHE DOESN'T LIKE BRUSSELS SPROUTS. I INTEND TO PROVE HER WRONG AT OUR THANKSGIVING FEAST THIS YEAR! IF THEY'RE PREPARED PROPERLY, THEY'RE YUMMY!

4. DON'T FORGET THE LEAFY GREENS! THE GREEN OF THE MOMENT, OF COURSE, IS KALE. IT WAS SPINACH A FEW YEARS AGO. OTHER CHOICES INCLUDE COLLARD AND TURNIP GREENS, CHARD, BROCCOLI RABE, AND CABBAGE. (THERE'S THAT OVERLAP!)

AMONG OTHER THINGS, THEY'RE ALL GOOD SOURCES OF VITAMINS A, C, AND K. BE AWARE THAT IF YOU HAPPEN TO BE ON A BLOOD THINNER, YOU WILL NEED TO LIMIT THESE FOODS. NOT TO WORRY – THERE ARE PLENTY OF OTHER VEGETABLES YOU CAN ENJOY!

5. LEGUMES – THE CHEAPEST BANG FOR YOUR BUCK. HIGH IN PROTEIN, RICH IN FIBER...THE ONLY WAY YOU CAN GO WRONG IS TO EAT TOO BIG A PORTION. TOO MANY CALORIES, AND – WELL, YOU KNOW! BEANS ARE ALSO A GOOD SOURCE OF POTASSIUM, A MINERAL THAT PROMOTES FLUID REGULATION IN THE CELLS AND HELPS MAINTAIN A NORMAL BLOOD PRESSURE.

FIND DIFFERENT WAYS TO ADD THESE TO YOUR DAILY DIET. AS A START, I HAVE A FEW RECIPES TO TRY.

6. ADD SOME SPICE TO YOUR LIFE! CINNAMON HELPS REGULATE BLOOD SUGAR. TURMERIC IS KNOWN FOR ITS ANTI-INFLAMMATORY PROPERTIES. GINGER TEA CAN BE AN EFFECTIVE TREATMENT FOR NAUSEA. TRY SNIFFING A BOTTLE OF MINT EXTRACT AS AN APPETITE SUPPRESSANT - IT'S ALSO BEEN SHOWN TO INCREASE CONCENTRATION. IT CAN'T HURT, RIGHT?!

7. GO FISH! SALMON, IN PARTICULAR, MAKES ALMOST EVERY LIST. HOWEVER, WE KNOW THAT FISH IN GENERAL IS A GREAT, (USUALLY) LEAN SOURCE OF PROTEIN. FISH ALSO SUPPLIES OMEGA-3 FATTY ACIDS, WHICH ARE HEART HEALTHY. SALMON DOES HAPPEN TO BE A BETTER SOURCE THAN MOST; I ALSO THINK IT'S A LITTLE EASIER TO PREPARE COMPARED TO MOST – PROBABLY DUE TO ITS HIGHER FAT CONTENT.

WORTH MENTIONING: SPEAKING OF PREPARATION, BROIL, GRILL, OR BAKE. IN OTHER WORDS, NO FRYING; ESPECIALLY DEEP FAT FRYING. YOU'RE TAKING A SUPER HEALTHY PIECE OF FOOD AND TURNING IT INTO SOMETHING NOT MUCH BETTER THAN FAST FOOD.

8. AN APPLE A DAY REALLY DOES KEEP THE DOCTOR AWAY. ACCORDING TO BOB HARPER (OF "THE BIGGEST LOSER" TV SHOW) YOU SHOULD EAT BERRIES AND AN APPLE EVERY DAY. APPLES CONTAIN CERTAIN ANTIOXIDANTS (UNPRONOUNCEABLE!) WHICH PROTECT CELLS AGAINST DAMAGE. BE SURE TO EAT THE SKIN, IF POSSIBLE! GREAT SOURCE OF FIBER.

9. AVOCADOS? YEP! EVEN THOUGH THE GREATEST PERCENTAGE OF CALORIES COME FROM FAT, REMEMBER THAT IT'S MONOUNSATURATED FAT. IT HAS A PROTECTIVE QUALITY FOR THE HEART. THEY'RE LOADED WITH FIBER, TOO!

10. THE BEST NEWS YOU'LL HEAR TONIGHT: COCOA POWDER AND DARK CHOCOLATE ARE THE NEWEST SUPERFOODS! THE CHOCOLATE BAR WE SHARED TONIGHT (TO BREAK THE "NO!" FOOD FOR LAST WEEK!) IS 72% COCOA. CHOCOLATE WITH 72% COCOA SOLIDS HAS LESS SUGAR THAN MILK CHOCOLATE. I JUST READ THAT THE RECOMMENDED MINIMUM OF COCOA BEANS TO BE FOUND IN HEALTHY DARK CHOCOLATE IS 70%, SO THAT MAKES IT TASTE EVEN BETTER!

HOW DID YOU DO WITH "NO CHOCOLATE" LAST WEEK?

**OUR "NO!" FOOD FOR THIS WEEK: A REPEAT FROM A COUPLE WEEKS AGO...PIE, INCLUDING PIZZA PIE!**

I SAID YOU'RE THE  
GOOD KIND OF FAT!



*H. M. Phil.*