

NUTRITION NEWS



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A Local Food Revolution

by: *Melissa Cannon*

A food revolution is sweeping the country. Environmentally conscious consumers have started to consider the carbon footprint of their foods and have switched their consumption from “organic” to locally grown foods.

Organic does not necessarily mean produced locally. Organic farmers can operate in areas as distant as Chile and still sell their products in Save-Mart. Locally produced foods, on the other hand, reduce the amount of carbon emissions generated from shipping foods from unnecessary distances and benefit the local communities in which they are produced.



The concept of natural and unmodified food still sits well with consumers, but today there is recognition that not all organic foods are good for the Earth or for health. An organic cookie is still an organic cookie.

In March, Michelle Obama began plotting an organic vegetable garden on the South lawn of the White House. The garden was planted to provide vegetables for the first family, but more importantly to educate Americans to eat healthy, locally grown fruits and vegetables.

In the past, US food policy has provided few incentives for the production of fruits and vegetables. Perhaps this new food revolution and support from leaders such as Michelle Obama will help America give up the junk food and turn to healthier, more natural alternatives.

10 Easy Steps to Eat More Sustainably

1. Shop at local farmers markets and eat seasonal produce
2. Avoid consumption of food that has been shipped large distances
3. Drink tap water
4. Explore local fruit stands such as Ikedas and the Yolo Fruit Stand for local produce
5. Avoid food packaged in excess wrapping
6. Support the biodiversity of your food and purchase heirloom vegetables
7. Reduce consumption of meat or switch to grass fed, local meat
8. Support restaurants that use local farmers' products
9. Avoid fast food
10. Buy foods in bulk and provide your own reusable containers for storage



Walking into the Summer

by: Rebecca Haddenham

Summer is just around the corner with warmer weather and colorful fruits. Peaches, apricots, cherries, melons, watermelon, honeydew, mangos, blackberries, blueberries, and strawberries are waiting for you to enjoy. All these delicious summer fruits are an awesome addition to your diet and are beneficial to your health. You can have a balanced diet while adding some summer colors to your day. There can be more to summer fruits than nutrition. Finding out where it comes from can add some additional excitement and fun.

There are many local farms that you can go to and hand pick summer fruit. These Local

U-pick farms also offer tours to see how fruit is processed and sent to the grocery store. It's an exciting outdoor summer activity. You can spend a Saturday in the sun getting a tan and picking your own delicious fresh fruit. When you get home, you can make an awesome fruit salad with this delicious fruit you just picked!



Two farms in Davis include Impossible Acres and Jacob Mini Farm. So get out there get some sun, exercise and add some healthy delight to your diet.

Your Personal Pizza Party

by: Rachel Perez

Today while grocery shopping my friend convinced me to buy refrigerated pizza dough. We hear warnings against impulse buying, but 8 hours later my happy tummy regrets none of it!

Perhaps many of you discovered refrigerated pizza dough long ago, but I found myself being the late majority once again (anyone...NUT 118 marketing lecture?). For the remaining aspiring pizza pros out there, I have to share this easy goodness.

You will need:

- 1 bag ready-to-bake pizza dough *
- 1 can tomato paste (6oz can) or any other spread
- ½ cup grated cheese and/or toppings of choice
- Serves 4-6



Grease cookie sheet and set dough to rise for 20min. Meanwhile preheat oven to 450 degrees, and prepare toppings.

Here's the fun part. This dough is a clean slate ready to receive all your creative efforts. So go crazy with the toppings! Substitute traditional tomato paste for BBQ sauce or a light drizzle of balsamic vinaigrette. Add any amount of cheese of any variety, or skip the cheese entirely for less calories. Go for the frozen veggies, or cut up the leftover ones waiting in the fridge. Crumble up a veggie burger, or sliced sausage.

Once dough has risen (may be barely noticeable), roll out with rolling pin, or use hands to spread into square or circle shape. Spread with tomato paste and top with desired toppings. Once pizza is prepped to perfection, bake for 10-12 minutes, or until the cheese bubbles and the crust browns. ** Congratulations. Your Personal Pizza Party. Enjoy.

For other "pizza-like" options, try the same recipe with Pita Bread, Bagels, and English Muffins. Zap these smaller versions in the microwave, and you're ready to go!

A NUTritious Snack

by: Sherry Lam

Looking for something small to nibble on that can provide you with some "good" healthy fats? Well, nuts are the way to go! Nuts may be calorically dense, but studies have shown that they may reduce your risk of heart disease, diabetes, and some forms of cancer. Nuts are one of the best plant sources of protein and are rich in fiber, phytonutrients, and antioxidants such as Vitamin E and selenium. They are also mainly made of mono- or polysaturated fats, so they would make a great replacement of foods that are high in saturated fats.

The six types of nuts that are FDA-approved include almonds, hazelnuts, pecans, pistachios, walnuts and peanuts. Remember that they are high in calories in general, so do limit intake to just a "handful" or 1-2oz each day. Grab some before class or toss them into your meals to give it a crunchy taste!

(see recipe below!)



Almond Strawberry Salad

Ingredients:

- 3 cups fresh baby spinach
- 1/2 cup sliced fresh strawberries
- 1/4 cup sliced honey-roasted almonds
- 1 tbsp cider vinegar
- 1 tbsp honey
- 1 1/2 tsp sugar

Directions:

In a large bowl, combine the spinach, strawberries and almonds. In a jar with a tight-fitting lid, combine the vinegar, honey and sugar; shake well. Drizzle over salad and toss to coat. Serve immediately.