

Nutrition Nuggets

(from Nutrition 101, Lesson 1)

Suggestions for Use in Training

Use this handout for group training on nutrition education.

Pump up the Produce to Push Down the Pressure

Eating plenty of produce along with lowfat dairy products may lower blood pressure. Fruits, vegetables, milk, and yogurt are generally low in sodium and high in potassium, two minerals known to influence blood pressure. The calcium in milk also plays a role in healthy blood pressure.

Colors Cut Cancer Risk

Red produce, such as tomatoes, watermelon, and pink grapefruit, owe their color to lycopene, which may reduce the risk of certain types of cancer. Put these jewel-colored foods on your plate often.

Oats and Oils for Healthy Hearts

Heart disease risk is lower when blood cholesterol is in a healthy range. New studies show foods rich in soluble fiber, such as oats, help reduce blood cholesterol levels. Oils from fish, olives, nuts, and canola all help promote heart health.

Seeing Green for a Good Long Time

Dark green leafy vegetables such as spinach, kale, and collard greens contain lutein. Lutein is thought to play a protective role in age-related eye health.

Berries and Beef to Boost Your Brain

Researchers studying older people and brain function are looking at how the compounds that color blueberries, dried plums, and other red/purple fruits enhance brain health. While more studies are needed, eating these delicious foods today may pay benefits years from now. Lean red meats are good sources of both iron and zinc, two minerals that play key roles in brain health and nerve function.

Colons Crave Culture

Yogurt and other cultured dairy products are important for a healthy intestinal tract. Studies show the calcium and vitamin D in cultured dairy products may help reduce the risk of colon cancer.

Sugary Drinks Not So Sweet

A recent study found women who drank at least one soft drink per day gained weight and increased their risk for diabetes compared to women who drank less than one soft drink per week. Another study found preschool children who drank a soda or other sweetened beverage daily were more likely to be overweight.

Source: National Food Service Management Institute. (2005). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

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