

Emerging Trends in Nutrition

- Local/Regional foods
- Seasonal foods
- Organic foods
- Sustainable agriculture
- Food and water safety
- Going green

Going Green

- Conscious Choice
- Gourmet Magazine
- Cooking Well
- The New York Times Magazine
- Dietitian Today

Locavores

People who are dedicated to the concept of eating locally – limiting the access of food to a place.

“Local” is usually anywhere from between one to one hundred miles.

Local/Regional Foods

- Fresher
- More nutritious
- Support local economy
- Support farm families
- Reduce your carbon footprint

Importance of Local Foods

- Reduce food miles
- Reduce food waste
- Climate change
- Support local economy
 - A typical Seattle household spends over \$4,100 on groceries each year
 - \$1.8 billion in annual sales by retail food stores in Seattle
 - Nearly \$4 million spent at Seattle farmers markets in 2005.
 - Food processing and retailing businesses provide over 70,000 jobs in King Co.

Seasonal foods

- Buy and consume foods that are in season
- Make the current season the basis for your menu planning and food choices for all year long.
- More nutrients

****Do you know what's in season today?**

Washington's Spring Harvest

- Asparagus
- Bamboo shoots
- Beets
- Carrots
- Broccoli
- Cauliflower
- Cabbage
- Mushrooms
- Turnips
- Apples (stored)
- Apricots
- Winter Pears
- Rhubarb
- Strawberries (just around the corner!)

Organic Foods

- Organic foods are grown without the use of synthetic pesticides
 - Standards for organic production are regulated by the USDA
- Fastest growing segment of the food industry
 - Consumers are interested in the origins of their food

What are Organic Foods?

- Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations
- Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones
- Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.



Organic Foods: Safer and Healthier?

- Benefits to Consumers
 - Higher levels of antioxidants, vitamin C and polyphenols
 - Reduced exposure to pesticides
 - Improved flavor
- Risks
 - Using unprocessed organic fertilizer *may* transmit bacteria to humans



Downside: Organic foods *may* cost more than conventional foods, but not always.

Food Labels For Organic Products



<http://www.ams.usda.gov/nop/Consumers/brochure.html>

What is Free-Range or Natural?

- "Free-range" or "free-roaming" are meaningless terms
 - US government standards are weak
- "Natural" or "All Natural" does not mean organic
 - no standard definition except when applied to meat and poultry products which means not containing artificial flavoring, colors, or chemical preservatives

Fruits and Vegetables with High Pesticide Risk

- Apples
- Carrots
- Celery
- Cherries
- Grapes (imported)
- Lettuce
- Nectarines
- Peaches
- Pears
- Potatoes
- Spinach
- Strawberries
- Bell peppers

source: www.foodnews.org

Fruits and Vegetables with Low Pesticide Risk

- Asparagus
- Avocados
- Bananas
- Broccoli
- Cabbage
- Sweet corn (frozen)
- Kiwis
- Mango
- Onions
- Papaya
- Sweet peas (frozen)
- Pineapples

source: www.foodnews.org

Minimizing Health Risks of Pesticides

- **Peel**
 - Carrots
 - Apples (waxed)
- **Wash**
 - In warm running H₂O
 - Scrub, rinse thoroughly
 - Commercial washes have not been proven effective
- **Trim**
 - Outer leaves from lettuce, cabbage
 - Fat, skin from meat, fish, poultry



Benefits of Buying Organic

http://www.organicconsumers.org/articles/article_16444.cfm