Nutrition I
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I. Go with Your Gut

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   Answer the following questions concerning the enjoyment of eating.

   1. Do you feel it is more important to eat the foods you like or to eat the foods that are good for you? Why?
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   2. Do you take the time to sit down and enjoy your meals, or do you eat in a rush, grabbing a bite whenever you can? Why?
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2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about the way people eat.

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3. FIRST READING: FINDING NEW WORDS
   Read the article on the following page, “Go with Your Gut,” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
Reports that low-fat diets may not reduce the risk of heart disease and cancer have left Americans more confused than ever about what to eat. I'd like to make a radical suggestion: instead of wringing our hands over fat grams and calories, let's resolve to enjoy whatever food we eat. Because, as it turns out, when you eat something you like, your body makes more efficient use of its nutrients. Which means that choking down a plateful of steamed cauliflower (if you hate steamed cauliflower) is not likely to do you as much good as you think.

In the 1970's, researchers fed two groups of women, one Swedish and one Thai, a spicy Thai meal. The Thai women -- who presumably liked the meal more than the Swedish women did -- absorbed almost 50 percent more iron from it than the Swedish women. When the meal was served as a mushy paste, the Thai women absorbed 70 percent less iron than they had before -- from the same food. The researchers concluded that food that is unfamiliar (Thai food to Swedish women) or unappetizing (mush rather than solid food) winds up being less nutritious than food that looks, smells, and tastes good to you.

The explanation can be found in the digestive process itself, in the relationship between the gut and the brain. Imagine sitting in your favorite Japanese restaurant before a plate of sushi, chopsticks in hand. You take in its fragrance and the beautiful cut of the fish, the shapely rice and Nori rolls. Those delicious smells and sights tell your brain that the meal will be enjoyable, and the brain responds by pushing your salivary glands into high gear and ordering your stomach to secrete more gastric juices. When you enjoy food, your brain sends out messages to your mouth and stomach, causing the food to be better digested and metabolized.

In fact, human beings are programmed to enjoy food; it's a survival mechanism. Volunteers in the 1946 University of Minnesota Starvation Study, who spent six months at half rations, developed a slew of peculiar rituals around eating. They devoted hours to meals that might normally take a few minutes, cutting a slice of bread into tiny bits with a knife and fork, arranging the bits on the plate, chewing each mouthful 200 times -- all behaviors designed to prolong both the act of eating and the enjoyment of the limited food available.

Americans should take a lesson from the French, whose level of heart disease is lower than ours despite their richer diet. The French savor the taste and texture of food and the experience of eating. Americans tend to eat dutifully (how much cauliflower can you choke down?), on the run (hardly realizing what we're eating), or rebelliously (devouring a whole box of doughnuts because we feel deprived).
Does this mean we should be reaching for the Krispy Kremes and the raw cauliflower? No. The food has to have nutritive value in the first place. Eating well and with pleasure is more than mere pleasure-seeking—it's good nutritional policy and practice. Bon appetit!


Gale Document Number:A142285835
4. **ANNOTATE THE ARTICLE**
   On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. **SUMMARIZE THE ARTICLE**
   Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. **WHAT DID YOU LEARN?**
   List the interesting things you learned about the importance of how we eat.

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7. **APPLYING WHAT YOU LEARN**
   Harriet Brown, the author of “Go with Your Gut,” claims that the study of the Swedish and Thai women (copied below) indicates that eating food a person finds distasteful affects its nutritional value for that person. Maybe enjoyment isn’t the only factor. Reread the study below, looking for other factors (such as spices used) that may be influencing the nutritional value of the food. Write a paragraph describing what you find.

   In the 1970's, researchers fed two groups of women, one Swedish and one Thai, a spicy Thai meal. The Thai women -- who presumably liked the meal more than the Swedish women did -- absorbed almost 50 percent more iron from it than the Swedish women. When the meal was served as a mushy paste, the Thai women absorbed 70 percent less iron than they had before -- from the same food. The researchers concluded that food that is unfamiliar (Thai food to Swedish women) or unappetizing (mush rather than solid food) winds up being less nutritious than food that looks, smells and tastes good to you.
II. Can Food Fend Off Tumors?

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
On television and in the news, we are told that eating certain foods can protect our health. Make a list of the foods you have heard will help protect against cancer.

Do you think that maintaining a healthy diet can protect a person from cancer? Why or why not?

2. WHAT WOULD YOU LIKE TO LEARN?
List the things you would like to learn about foods that help fight cancer.

3. FIRST READING: FINDING NEW WORDS
Read the article on the following page, “Can Food Fend Off Tumors?” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
Eating right to prevent heart disease may seem complicated and confusing, but it's a breeze compared with trying to design an anticancer diet. Cardiovascular disease is relatively simple; it's the result of normal bodily processes taken to the extreme. Cancer, by contrast, involves changes in the programming of DNA of individual cells. Beyond that, heart disease is an illness that affects a single organ system, while cancer is dozens of different diseases that target body parts as radically different as the brain, breast, and bone. It's no surprise that the relationship between diet and cancer is still largely a matter of educated guesswork--and in many cases, the guesses have turned out to be wrong.

Take the much publicized link between high-fat diets and breast cancer, for example. Women who live in Western countries where high-fat diets are the norm tend to have high breast-cancer rates. Even more telling: women of Japanese ancestry who live in the U.S. get the disease six times more often than their grandmothers and great-grandmothers in Japan. Yet a huge recent study of 90,000 women has refuted the breast cancer-fat link. Fat has also been suggested as a trigger for colon, prostate, and bladder cancers--but there's no hard evidence that cutting fat will reduce your risk for these cancers.

A similar process of educated-guess-and-error led people to load up on the nutritional supplement beta carotene in the early 1990s. Scientists noted that those who eat lots of fruits and vegetables tend to get less cancer and speculated that beta carotene--the same antioxidant substance that seems to protect against heart disease--was responsible. Yet a series of targeted studies in Finland and the U.S. showed that beta carotene supplements don't ward off cancer at all. This doesn't mean that a diet rich in fruits and vegetables doesn't reduce the risk of cancer. However, taking beta carotene in high pharmacological doses does not seem to be the right thing to do to prevent cancer.

The same sort of logic may apply to tomatoes and prostate cancer. Studies have shown that men who eat cooked tomatoes in various forms have a lower incidence of malignancy. The reason may be lycopene, which is released when tomatoes are heated--but no one knows for sure, and even the tomato-prostate link isn't absolutely firm.

Another substance found in fruits and vegetables, though, does seem to have a protective effect against one form of malignancy: dietary fiber clearly reduces the risk of colon cancer. That link is sufficiently well established that the National Cancer Institute recommends that Americans increase their average daily fiber intake.
Health experts are not ready to list the foods that will fight cancer, but some broad outlines of an anticancer diet are taking shape. Beta carotene might not be the key, but fruits and vegetables, which contain it, seem to help. Lycopene might not be the answer, but it too is found in fruits and vegetables. Fiber works--and again, fruits and vegetables (especially beans), as well as whole grains, are an ideal source. So along with giving up tobacco (mouth, throat, and lung cancer) and limiting alcohol consumption (too much booze leads to cirrhosis, which leads to liver cancer), the best way to prevent a broad range of cancers, given the current state of medical knowledge, is to eat more fruits and vegetables. That sort of diet will help you stay trim and prevent heart disease anyway--so if, against all odds, it turns out to have no effect on cancer, it certainly can't hurt.

Source Citation: Lemonick, Michael D. "Can Food Fend Off Tumors?(contradictory research delays list of anti-cancer foods)(Health/Diet And Cancer)(Brief Article)." Time 154.3 (July 19, 1999): 50+. Opposing Viewpoints Resource Center. Gale. San Joaquin Delta College. 2 Jan. 2010
Gale Document Number:A55146463
4. ANNOTATE THE ARTICLE
On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. SUMMARIZE THE ARTICLE
Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. WHAT DID YOU LEARN?
List the interesting things you learned about how foods can or can’t fight cancer.

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7. APPLYING WHAT YOU LEARNED
Do you think diet really has much influence on the state of a person’s health? Explain.

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III. Can Food Change Your Mood?

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   Can what you eat actually fight depression? Explain.

2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about how foods affect your mood.

3. FIRST READING: FINDING NEW WORDS
   Read the article “Can Food Change Your Mood” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
Can Food Change Your Mood?
Fiona Macdonald-Smith

Winter, the season of mists, gray days, and cabin fever, can lead one into dark moods and resorting to comfort foods full of sugar and fat. Research published in the British Journal of Psychiatry, however, shows that people who eat a Mediterranean-style diet (fruit, vegetables, cereals, beans, seeds, and olive oil) are 30 percent less likely to get depressed than those whose diet is full of processed and high-fat foods. And since the number one rule for keeping your mood steady is to eat regularly during the day, you can take comfort from the fact that the research does not encourage starving yourself.

Just the simple task of eating the right breakfast (one that is sugar free) after a night's fast will boost not only mood but also memory, learning power, and concentration. Avoid fast-release carbohydrates such as croissants with jam, cereal bars, muffins, sugary cereals, and sweet drinks. These are digested rapidly, giving your blood glucose an exaggerated spike, which is swiftly followed by a drop in energy. Instead, opt for slow-release glucose (sugar) found in foods such as sugar-free muesli with berries, porridge or sourdough toast with peanut butter, choices that are more likely to keep moods level by delivering a stable and steady flow of energy to the brain and by keeping you feeling full for the morning ahead.

At lunchtime, concentrate more on protein. This seems to make us feel more mentally alert, and serotonin, the neurotransmitter in our brains that makes us feel happy, is made from tryptophan, an amino acid found in protein-rich foods such as fish and meat. Try a good-sized serving of lean chicken, turkey, fish, or beans with salad or vegetables, rather than your usual sandwich, to avoid that afternoon slump. Fish is particularly good since it contains an amino acid which provides mood-elevating effects by blocking anxiety and stress (mackerel has particularly high levels). Sprinkle toasted sesame seeds on your salad, and you'll put an extra spring in your step. Snack on seeds too, when the inevitable mid-afternoon dip occurs.

Another great snack food, fruit, with its high levels of antioxidants, also protects against the onset of depression. Bananas are the best choice. They are an excellent source of starchy carbohydrate, which encourages production of the "happy hormone" serotonin. Another good idea is to keep plenty of beautiful, colorful fruits around—a bowl of mandarin oranges on your desk, perhaps. Psychologists believe that merely looking at the bright reds, oranges and yellows of apples, strawberries, and bananas can make us feel happier.
Nuts and seeds are an ideal mood-elevating snack. They are a good source of B-vitamins and protein. They are rich in selenium, a mineral with mood-enhancing qualities as well as a great source of magnesium, which helps the body to make serotonin. Brazil nuts are the best source.

Of course, chocolate is the one snack that everyone knows instinctively will give them a lift. Chocolate, especially the dark, good-quality variety, contains high quantities of antioxidants that boost mood, and chemicals that stimulate the brain to release endorphins. But chocolate is fattening, so the key is to have a piece or two, not a whole bar.

To remain upbeat, even at the end of the day, an evening meal rich in complex carbohydrates is best. It will also help you to sleep better, which in itself improves mood. When your body processes carbohydrates, blood sugar levels rise, prompting the pancreas to release more insulin into the bloodstream, which helps tryptophan to reach the brain more easily. According to a study from the Massachusetts Institute of Technology, eating carbohydrates with little or no protein stimulates serotonin production, so try whole grain pasta with tomato sauce, a stir fry with brown rice, or a baked potato (or sweet potato, which is higher in fiber and better at regulating blood sugar levels).

Finally, maintaining hydration is crucial to ensure an even mood. Even small decreases in hydration levels can leave you feeling grumpy. Keep water or caffeine-free drinks on hand and drink fluids regularly, especially when sitting in heated rooms, dreaming of the sunshine.

Source Citation

Gale Document Number:CJ214487166
4. ANNOTATE THE ARTICLE
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6. WHAT DID YOU LEARN?
List the interesting things you learned about how food affects your mood.

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7. APPLYING WHAT YOU LEARNED
Do you think food actually has any effect on your mood? Why or why not? Give examples to support your opinion.

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IV. Americans and Sugary Drinks

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   Sugary, carbonated sodas are popular in America. What are some of the negative effects of drinking these sweetened drinks?
   
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2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about Americans and their love of sugary drinks.
   
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3. FIRST READING: FINDING NEW WORDS
   Read the article “Americans and Sugary Drinks” and underline all the words you do not understand. When you finish, enter these words in your vocabulary journal.
Americans and Sugary Drinks
Walter Willett and Lilian Cheung

Strong evidence developed at Harvard School of Public Health and elsewhere shows that sugary drinks are an important contributor to the epidemic rise of obesity and type 2 diabetes in the United States. The scientific evidence is clear; soda and other sugar-sweetened beverages are part of the cause of obesity in American children and adults. Healthier beverage options would allow individuals to make better choices. Faced with these growing public health threats, experts believe beverage manufacturers, government, schools, worksites, and families must take action to help Americans choose healthier drinks.

Researchers wish to re-educate the American to a lower expectation of sweetness, as well as to give consumers clear information to help them make healthier choices. To accomplish this change, manufacturers will need to create a class of reduced-calorie beverages that have no more than 1 gram of sugar per ounce—about 70 percent less sugar than a typical soft drink—and that are free of non-caloric artificial sweeteners. In addition, the Food and Drug Administration (FDA) will need to start requiring beverage manufacturers to put calorie information for the entire bottle—not just for a single serving—on the front of drink labels.

Americans consume sugary beverages in staggering amounts. On a typical day, four out of five children and two out of three adults drink sugar-sweetened beverages. Teen boys drink more than a quart of sugary drinks, on average, every day. A 12-ounce can of soda or juice typically has 10-12 teaspoons of sugar and 150 or more calories; the popular 20-ounce bottle size now prevalent on store shelves and in vending machines carries nearly 17 teaspoons of sugar and 250 calories. According to research, sugared beverages are the leading source of added sugar in the diet of young Americans. If a person drank one can of a sugary beverage every day for a year and didn't cut back on calories elsewhere, the result could be a weight gain of up to 15 pounds.

Of greater concern is that consuming sugary drinks may have other harmful health outcomes. A recent study followed the health of 90,000 women over two decades and found that women who drank more than two servings of sugary beverages each day had a nearly 40 percent higher risk of heart disease than women who rarely drank sugary beverages.
The Department of Nutrition at Harvard School of Public Health provides *The Nutrition Source*, a website that offers consumers information to help them choose healthier drinks. The website contains a chart that lists the sugar content of a variety of popular sodas, fruit drinks, sports/energy drinks, and sweetened waters. The site also provides specific recommendations for how society can make changes that will help Americans choose healthier drinks.

Changing the drinking habits of Americans will require a combined effort from all involved: beverage manufacturers, individuals, schools, workplaces, and the government. Unfortunately, Americans will not be able to kick their sugar-drink habit overnight. Lowering expectations of sweetness, particularly for the younger population, will take time. In the long term, though, changing the drinking habits of Americans will reduce risks to health, which in turn will significantly benefit the nation as a whole.

**Source Citation**
"Nutrition experts propose new class of low-sugar drinks to help stem obesity and diabetes epidemics."
Document Number:A199380943
4. ANNOTATE THE ARTICLE
   On a separate sheet of lined binder paper, annotate the article using a triple entry journal. When you finish, ask a tutor to check your work.

5. SUMMARIZE THE ARTICLE
   Once an instructor checks and signs off your annotations, you are ready to write a summary of the article. On a separate sheet of lined binder paper, use your annotations to write a summary of the article. When you finish, ask a tutor to check your work.

6. WHAT DID YOU LEARN?
   List the interesting things you learned about how Americans can kick the habit of sugary drinks.

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7. APPLYING WHAT YOU LEARNED
   Do you think that sugary drinks really have much affect on a person’s weight and health? Why or why not? Are there other foods that have a greater effect?

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V. The Good-Carb Diet

Preparing to Read

1. WHAT DO YOU ALREADY KNOW?
   Do you know the answer to any of the questions below?

   What are carbohydrates?
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   What are refined carbohydrates?
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   What is the problem with eating refined carbohydrates?
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   What is glucose? What happens if the body has too much glucose over
   the years?
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2. WHAT WOULD YOU LIKE TO LEARN?
   List the things you would like to learn about diet and the foods you eat.
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3. FIRST READING: FINDING NEW WORDS
   Read the article “The Good-Carb Diet” and underline all the words you
   do not understand. When you finish, enter these words in your
   vocabulary journal.
The Good-Carb Diet
Charles Piddock.

Many nutritional experts are beginning to agree on a diet that is based on sound scientific research. The diet does not yet have a name, but it might well be called the Willett diet, after Walter Willett, chairman of the department of nutrition at the Harvard School of Public Health. Willett's diet plan is put forth in his book Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating. It recommends eating abundant fruits, vegetables, and whole grains and optional portions of fish and chicken. Willett says the diet will improve weight control and help prevent diabetes, maintain clear arteries, and promote overall good health for children, teens, and adults.

Willett's recommendations are based on the largest long-term dietary survey ever undertaken: the 121,700-participant Nurses' Health Study. Willett has assessed the results of the study, exhaustively analyzing the health and nutrition of all its participants, regularly collecting samples of blood and even toenails. He launched a second study, including 52,000 men, to be sure that both sexes were represented in the research. Willett used the studies' findings to create a new food pyramid, which emphasizes eating vegetables in abundance, nuts and legumes (peanuts, peas), fruits, plant oils, and whole-grain foods at most meals. Study participants whose diets most closely resembled the guidelines lowered their risk of major chronic disease by 20 percent for men and 11 percent for women.

Willett maintains that dietary advice took a wrong turn in the 1980s, when experts started telling Americans to radically cut down on fats and oils. Willett says this advice contributed to obesity by encouraging people to think they could maintain their weight by simply cutting out fat and eating as many fat-free products as they wanted.

The problem with overeating low-fat products, says Willett, is that so many of them are made mostly from refined carbohydrates. Carbohydrates are organic (carbon-containing) compounds made by green plants. Sugars, starches, and cellulose are carbohydrates. A refined carbohydrate is one that has been so thoroughly processed that most of its nutrients are gone. Table sugar and white flour are refined carbohydrates.

When a person eats refined carbs, the body quickly converts them to the sugar glucose. Glucose signals the pancreas to produce insulin, a substance that conducts the glucose into the body's cells for use as energy. Too much glucose over the years, however, can result in insulin resistance, a condition in which the cells reject insulin and the sugar remains in the blood. That rejection encourages the pancreas to produce even more insulin, which is also rejected. The result: Type 2 Diabetes and other significant health problems caused by too much sugar in the blood.
Type 2 Diabetes used to be a condition of only older adults, but more and more cases of children with Type 2 Diabetes are being reported—a problem Willett blames squarely on eating too many refined carbohydrates. Research shows that insulin resistance can also contribute to other serious health problems, such as high blood pressure, heart disease, and some kinds of cancer.

Willett's solution is to replace refined carbs with regular carbs and with other foods that have a low glycemic index. The glycemic index is a number that represents how quickly the body converts a certain food into glucose. A glycemic index of 55 or less is considered to be low, 56 to 69 medium, and 70 or more high. The lower the glycemic index, the more slowly the body processes the food into energy.

Foods with low glycemic indexes include whole grain (such as wheat bread, rye bread, oatmeal, and brown rice), plant oils, and vegetables (except for potatoes). A diet rich in foods with low glycemic indexes helps keep blood glucose levels stable, since those foods gradually release glucose into the bloodstream and spare the pancreas from overwork.

Steady blood glucose also helps keep the appetite in check, making it easier to maintain a healthy weight, says Willett. Low-carb diets, such as the Atkins diet or the South Beach diet, with their emphasis on meat, fish, and cheese, do maintain steady blood glucose, but Willett says his studies show there are significant health advantages to adding plenty of whole grains and vegetables to the diet.

Will you have to give up French fries for whole-wheat bread to maintain a healthy weight and to protect against diabetes, heart disease, and other ailments? Not totally, says Willett. Most people can summon the willpower to substitute whole-wheat flour for white flour, use unsaturated oils instead of butter or lard, and eat less sugar overall. "My suggestion is not severely restrictive, because it can be achieved mainly by substitution," said Willett. In any case, "it does not mean you cannot eat any of the foods you like but rather that they should be de-emphasized." So take heart. Even Willett has a little chocolate now and then.

Gale Document Number:A126792398
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6. WHAT DID YOU LEARN?
List the interesting things you learned about Willett’s *Good-Carb Diet*.

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7. APPLYING WHAT YOU LEARNED
Discuss your own diet and how it compares to Willett’s *Good-Carb Diet*? Do you need to change anything, or do you already eat the foods Willett recommends? Did the article convince you of a need to change anything in your diet?

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PULLING IT ALL TOGETHER

Describe your diet: what you eat and the manner in which you eat your meals. Do you sit down for meals or do you eat on the run? Do you dine out or do you eat at home? Discuss how you might change what you eat and the way you eat to improve your health and mood.