

# Nutrition is Key

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## Are Convenience foods worth the after effect?

Convenience foods are back firing. It's so much easier to buy a frozen product and have a quick meal than to take time to cook a healthy homemade meal. However a study found that your taking those extra few minutes to prepare a home cooked meal could actually help the environment. How is that you may ask? A recent study showed

that less environmental pollution is released throughout the process of cooking fresh products over using processed foods. So, basically, processed foods not only cause more damage to our body but they are also causing damage to the ozone layer.



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### Special points of interest:

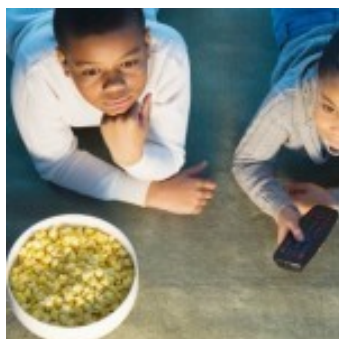
- *Nutritional Education*
- *Provide Information on Current Research*
- *Provide Health Awareness*
- *Provide Healthy Recipes*

For more information visit:

<http://www.foodnavigator.com/Science-Nutrition/Ready-meals-vs.-homemade-for-environmental-impacts>



## Summer is leading to unhealthy kids



Summer leads to obesity? Summer is a time where most kids are finally out of school and are getting ready to enjoy a break from hard work. How can

summer become a bad thing? Recent research has shown that over the summer there was a risk of accelerated weight gain among adolescents. Six out of seven studies reviewed showed accelerated weight gain. The groups that were affected were Blacks, Hispanics and overweight children.

See the full study at:

<http://consumer.healthday.com/fitness-information-14/misc-health-news-265/school-s-out-and-the-weight-piles-on-688766.html>

[http://www.cdc.gov/pcd/issues/2014/13\\_0355.htm](http://www.cdc.gov/pcd/issues/2014/13_0355.htm)



### Great Summer Activities

- ◆ Swimming
- ◆ Bicycling
- ◆ Outdoor Camp
- ◆ Kickball
- ◆ Volleyball

## The Sweet Potato Has “Sweet” Advantages

The widely known sweet potato has extremely “sweet” advantages. Investigators are finding out that the sweet potato can be used for multiple purposes. Not only are sweet potatoes able to be used as nutritious snacks and meals, researchers are finding out that they can be used for much more. They are now saying that sweet potatoes are full of nutrients and have

become a valuable medical plant that has many health benefits. These benefits involve nutrients that play a role in the prevention of heart disease and cancer. 1 cup of sweet potatoes is high in protein, fiber, Beta-Carotene, Vitamin C, Potassium, and low in sodium.

<http://online.liebertpub.com/doi/abs/10.1089/jmf.2013.2818>



## 5 refreshing foods to help you stay hydrated

1. **Cucumbers**– At 95% water content, a cup of cucumbers is almost equivalent to a glass of water
2. **Salad greens**– Part of the reason 2 cups of salad is less than 15 calories is that greens are more than 90% water
3. **Strawberries**– Strawberries deliver more Vitamin C than all other berries and also provide folate. They are 91% water.
4. **Watermelon**– Is a good source of Vitamin C and also has lycopene, which may help protect against heart disease and some types of cancer. Watermelon is 92% water.
5. **Papaya**– It is 88% water. It also contains fiber.



# Tasty, Healthy Recipes

## Sweet Potato Bread



### Ingredients:

- 1 tbsp Butter, salted
- 1 tbsp Sugar, white, granulated
- 1 cup Sweet Potatoes, dark orange, ckd w/o skin, mashed
- 1.5 cup flour, all purpose, white, unbleached, enriched
- 1 tsp Spice, cinnamon, ground
- 1 tsp Spice, nutmeg, ground
- 1 tsp Baking powder
- 2 tsp Flavor, vanilla extract
- 3 ea Egg Whites, raw, large

### Nutrition Facts

# of servings: 8

Serving Size (82g)

Calories 150	Calories from fat 15
Total fat 2g	3%
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrates 27g	9%
Dietary Fiber 2g	8%

## Five-Spice Chicken & Orange

### Nutrition Facts:

**Per serving:** 278 calories; 10 g fat (2 g sat, 6 g mono); 63 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 26 g protein; 7 g fiber; 491 mg sodium; 450 mg potassium.

**Nutrition Bonus:** Vitamin C (170% daily value), Vitamin A (140% dv), Selenium (30% dv), Iron (15% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 1 fruit, 1 1/2 vegetable, 3 lean meat, 1 1/2 fat



- 6 teaspoons extra-virgin olive oil, divided
- 1 teaspoon five-spice powder
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground pepper, plus more to taste
- 1 pound boneless, skinless chicken breasts, trimmed
- 3 oranges
- 12 cups mixed Asian or salad greens
- 1 red bell pepper, cut into thin strips
- 1/2 cup slivered red onion