

ABC's of Eating well



Answers to **B**uzzwords so you can **C**ook with **C**onfidence

Jen Haugen, RDN, LD
www.jenhaugen.com

I'm not a farmer, but I'm a farmer's daughter...



I've always been interested in where my food comes from...



Most importantly, I'm a mom...

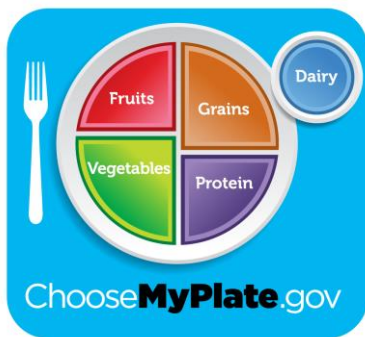


Photo source: <http://www.choosemyplate.gov>

So many questions....????

- Should I buy organic?
- Is organic more nutritious?
- Are artificial sweeteners bad for us?
- Should I avoid gluten?
- Are fresh fruits and vegetables better than canned or frozen fruits and vegetables?
- Do hormones in milk cause early puberty?
- Should I buy grass-fed beef?

Our Goal Today



What we will accomplish:

- Define these buzzwords
- Answer your questions
- Boost your confidence to make good food decisions!



Fruit & Vegetables



It's All in the Farming Differences

Practice	Conventional	Biotech	Organic
No-Till	√	√	
Crop Rotation	√	√	√
Cover Crop	√	√	√
Green Manure	√	√	√
IPM	√	√	√
Fertilizers	√	√	√
Pesticides	√	√	√ OMRI

What you need to know:



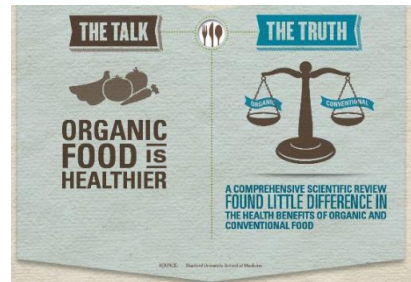
- All foods – whether organic or nonorganic – must meet certain health and safety regulations before being sold to consumers. Several U.S. government agencies, including the Food and Drug Administration (FDA) and Environmental Protection Agency (EPA), monitor the food production chain.

What you need to know about organic...



- **Only different in how it grown, handled and processed.**
- Organic farmers *can* use natural pesticides on crops.
- Organic farmers *can* use over 50 synthetic pesticides on crops if pest management fails with organic methods.

Is organic food more nutritious?



YOUR FRUITS AND VEGGIES ARE SAFER THAN YOU THINK
 Everything you need to know about pesticides and your food -- Download the Report >

SafeFruitsandVeggies.com
 A resource for science-based information about the safety of organic and conventional produce.

CLICK TO CALCULATE PESTICIDE RESIDUE

VIDEOS FARMERS' MARKETS RESEARCH HEALTH & NUTRITION SAFETY STANDARDS BLOG JUST WASH IT!

www.safefruitsandveggies.com



Pesticide Calculator

PESTICIDE RESIDUE CALCULATOR

Scientists and health experts overwhelmingly agree that the mere presence of pesticide residues on food does not mean they are harmful.

Overview Select Consumer Select Produce Item Result FAQ [See the Research](#)

A woman could consume

10877

servings of **lettuce** in one day

without any effect even if the **lettuce** have the highest pesticide residue recorded for **lettuce** by USDA.

[Start Again](#)

Share your result: [fb](#) [tw](#)

PESTICIDE RESIDUE CALCULATOR

Scientists and health experts overwhelmingly agree that the mere presence of pesticide residues on food does not mean they are harmful.

Overview Select Consumer Select Produce Item Result FAQ [See the Research](#)

A **teen** could consume

298

servings of **apples** in one day

without any effect even if the **apples** have the highest pesticide residue recorded for **apples** by USDA.

[Start Again](#)

Share your result: [t](#) [f](#)

PESTICIDE RESIDUE CALCULATOR

Scientists and health experts overwhelmingly agree that the mere presence of pesticide residues on food does not mean they are harmful.

Overview Select Consumer Select Produce Item Result FAQ [See the Research](#)

A **child** could consume

56117

servings of **carrots** in one day

without any effect even if the **carrots** have the highest pesticide residue recorded for **carrots** by USDA.

[Start Again](#)

Share your result: [t](#) [f](#)

What about GMO foods?



Genetically altered

GMO

Transgenic

Genetically modified

Trait selection

Genetic engineering

FOOD BIOTECHNOLOGY DEFINED:

Using biology to create or improve tools, products or processes that result in improved nutrition, taste, quality and freshness in food

Let's Learn from a Farmer

- https://www.youtube.com/watch?v=_iUBCibTZOQ#t=132

Are GMO's safe to eat?



What are the benefits?



Food Safety

Consumer Benefits

FOUR KEY BENEFITS TO FOOD BIOTECHNOLOGY

Sustainability

Feeding a Hungry World

Benefits of Food Biotechnology:

- Improve nutrition
- Enhance food safety
- Enhance food quality
- Protect crops and animals from diseases
- Goal: Stable, affordable and wholesome food supply

All of the produce we buy today has been genetically modified.



WHICH FOODS ARE BIOTECH?



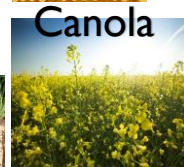
Where can you find food biotechnology?



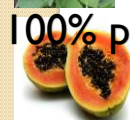
90% soybeans



80% corn



Canola



100% papaya



Sugar beets

How to make good food choices based on facts:



What is available and looks good
 What my family likes to eat,
 What fits in our healthful diet,
 What it costs—all of these are factors in food choices.



**Conventional or Organic...
 GMO or non-GMO...
 It's All Safe to Eat!**



**Just eat
 more
 fruits
 and
 vegetables!**



MOMS DESERVE THE TRUTH

Make food decisions
 Based on facts

NOT FEAR

From the Pasture to the Plate



Antibiotics



- Committed to safe and healthy animals.
- Work with vets and nutritionists.
- Follow treatment schedules and withdrawal times.
- Meat is verified post market by the National Residue Program.

Hormones

- Hormones have been safely used since the 1950's with extensive testing and monitoring. No human risk has ever been found.
- A 3-ounce serving of beef from a steer that had a hormone implant contains 1.2 ng of estrogen while that from a steer with no implant contains 0.9 ng.
- Source: www.factsaboutbeef.com

Hormones

- Guidelines regulate that hormones can be used in cattle and sheep.
- Cannot be used in poultry or hogs.
- Comparison:



Beef can be:

- Grain-finished:**
 - Cattle spend most of their lives grazing on pasture, then spend 4-6 months in a feedyard
 - Are fed a not an optimal, balanced diet of grasses, grains and other forages
 - They routinely be given FDA-approved antibiotics or growth promotants
 - May be given vitamins and mineral supplements
 - Receive individual attention, access to clean water and room to roam
- Grass-finished:**
 - Cattle spend their entire lives grazing on pasture
 - They routinely be given FDA-approved antibiotics or growth promotants
 - May be given vitamins and mineral supplements
 - Can be difficult to produce year-round in North America due to changing seasons and weather conditions
- Naturally raised:**
 - Cattle can be grain-finished or grass-finished—look at the label for details
 - Have never received antibiotics or growth promotants
 - May be given vitamins and mineral supplements
 - Must be certified by USDA's Agricultural Marketing Service!
- Certified organic:**
 - Cattle can be grain-finished or grass-finished, as long as the feed is 100% organic
 - Have never received antibiotics or growth promotants
 - May be given vitamins and mineral supplements
 - Must be certified by USDA's Agricultural Marketing Service!
 - Look for the official label!

All Beef Is...

- Grass-fed
- Natural
- Nutritious
- Safe



Best thing you can do?

- Wash hands
- Don't cross contaminate
- Use paper towels
- Cook to proper temperature
- Cool quickly and refrigerate
- Use leftovers within 3 days



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Milk from the Farm to the Glass



The People Behind the Product

- <https://www.youtube.com/watch?v=6aeNVQeyOnw&index=4&list=PLGHALcHigFlRdP7O3t20h2kVf0SpkdZ3M>

MILK
FROM FARM TO TABLE
A 7-step process to ensure safety.

Where does milk come from?

1

An illustration of a farmer in a blue shirt and hat standing in a barn, feeding a group of cows. An arrow points from the barn to a single cow standing outside.

Your dairy farmer feeds his herd a balanced diet so that his dairy cows remain healthy and are able to give you and your family wholesome, quality milk.

2

Before the cow is milked, her udder is cleaned.

An illustration of a farmer in a green shirt and hat cleaning the udder of a black and white cow in a milking parlor.

Before the cow is milked, her udder is cleaned.

An illustration of a black and white cow standing in a milking parlor, being milked by a machine.

Healthy cows are milked using a device that's safe and comfortable for the cows.

3

Just like you or your family, farm animals can get sick, and if a cow does get sick, she is treated with medicine. During that period, the milk from that cow is properly discarded, never leaving the farm, and isn't sold at the grocery store. The FDA oversees this process.

4

Milk is cooled and stored in bulk tanks on the farm, and it is tested for antibiotic residues on the farm before it is shipped to a dairy processing facility.

37.4 - 39.2 F

5

Milk is tested again at the processing facility. Milk is continuously tested throughout the process from udder to table.

6

Milk is heat pasteurized (to 160°F for 15 seconds to destroy bacteria and ensure safety) and mixed to ensure consistent flavor.

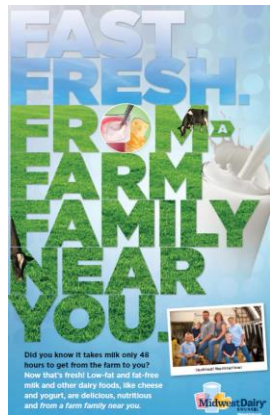
7

FOOD MART

Pasteurized milk and dairy products, like yogurt, cheese, butter, and ice cream are packaged and delivered to stores, restaurants, and schools to be enjoyed by the people who love them.

How fresh is my milk?

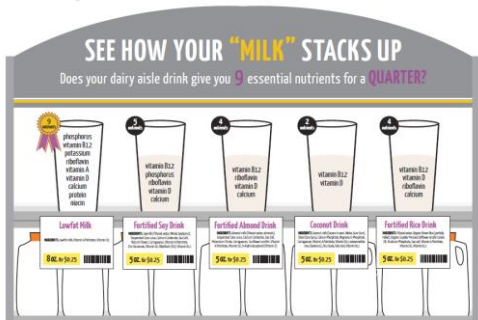
<https://www.youtube.com/watch?v=HGmgxpPzbs>



Do hormones in milk cause early puberty?



How does milk compare to other dairy alternatives?



MOMS DESERVE THE TRUTH

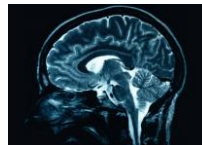
Make food decisions
Based on facts

NOT FEAR

Should I avoid gluten?



Does gluten contribute to weight gain and brain-related diseases?

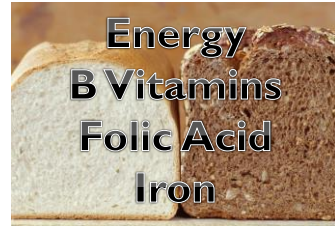


Fact:

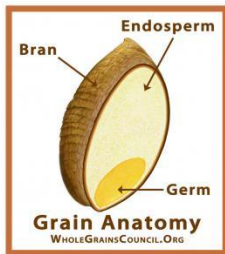


Avoiding gluten is the only way to treat diagnosed celiac disease or gluten intolerance

WE need grain!



Grains



This definition means that 100% of the original kernel – all of the bran, germ, and endosperm – must be present to qualify as a whole grain.

MOMS DESERVE THE TRUTH

**Make food decisions
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NOT FEAR

Should I avoid low calorie sweeteners?



What do low calorie sweeteners do for us?

- Provide a sweet taste
- Contribute negligible calories
- Do not contribute to tooth decay



Are low calorie sweeteners safe?

- Confirmed safe by hundreds of studies over past 30 years
- National Cancer Institute
- American Diabetes Association
- Academy of Nutrition and Dietetics
- American Heart Association
- FDA, European FDA and many more

Approved!

Who can use low calorie sweeteners?

- Can be safely consumed by:
 - Children
 - Adults
 - Pregnant women
 - People with diabetes
- Not for people with PKU, a rare hereditary condition



What about...

- Low calorie sweeteners do NOT cause or increase the risk of cancer.
- Low calorie sweeteners do NOT cause or increase the risk of other health conditions.
- Low calorie sweeteners can help with weight management and do NOT cause weight gain.



What to believe?

- Our farmers, big or small, have family values.
- Our food is safe, well-tested and nutritious for our families.
- Go to the right sources for food and nutrition information.



Resources

- www.safefruitsandveggies.com
- factsaboutbeef.com
- www.findourcommonground.com
- www.bestfoodfacts.com
- www.foodinsight.org
- www.midwestdairy.com
- www.mnbeef.org
- www.eatright.org

Farmland

- <https://www.youtube.com/watch?v=Uu3BOK5yN5o>

Contact Information



Jen Haugen, RDN, LD
www.jenhaugen.com

*Nourishing moms so they can
nourish their families...*

*Disclosure:
Volunteer: Find Our Common
Ground
Clients: Calorie Control Council,
SoyFoods Council*