

Nutrition Notables

Volume 3, Issue 4

April 2010

Special points of interest:

- Celebrate Earth Day's 40th Anniversary on April 22nd!
- Learn how to be healthier for you and the planet!

Going Green!

Earth Day is April 22 this year. This annual reminder to take care of our planet should really be a reminder to take care of ourselves as well. Fortunately, there are plenty of green habits that are good for the environment and you.

Many think eating green means eating organic. But it can be so much more than this. Below are a list of ways to go green, get healthier and some even save you money!

Go Meatless—Raising animals for food takes up more resources than raising vegetables. By going meatless even just one day a week even you can reduce greenhouse emissions, reduce water usage and reduce our dependence of fossil fuels. Those are just the environmental benefits. For you, it can reduce your risk of heart disease, help you maintain a healthy weight, and improve your overall diet. Meat replacements can be nuts, beans, lentils, tofu, and tempeh. For more information on this visit: www.meatlessmonday.com

Eat Local—This reduces the distance that food travels and the resources used to transport it. Also, you can often find foods that are grown organically but don't have the organic price at your local Farmer's Markets or community supported agriculture (CSA) farm.



**Going Green can be good for
the planet and you!**

Go Organic—Try going organic as far as your budget allows. Organic farming protects the nutrients in the soil, reduces hormone and pesticide use, and increases the nutrient content of your food. If you can't be completely organic, consider buying just the "Dirty Dozen" in organic. These are the foods that are most heavily sprayed with pesticides in the US. To get a list of the "Dirty Dozen" visit: www.foodnews.org. They also have a list of "Clean 15" which have low pesticide use.

Try Fair Trade—Products that are certified as fair trade have been grown by farmers given a good wage and better conditions for their work and have met good environmental standards for their farming practices. So not only will you be helping the environment, you will also be supporting fair working practices worldwide. For more information about Fair Trade Certification visit: www.transfairusa.org.



Why don't we pay more attention to who our farmers are? We would never be as careless choosing an auto mechanic or babysitter as we are about who grows our food.—Michael Pollan in *The Botany of Desire: A Plant's-Eye View of the World*



Going Green! - Continued

Grow Your Own—There is no better way to know exactly what goes into your food than to grow your own. Also if you have children, this is a great way for them to learn about where their food comes from. Don't think you have a green thumb? That's ok. You can always start small. This works well for someone in an apartment too. A few vegetables or herbs grown in pots not only provides fresh food, but also adds color and enjoyment to an apartment or home.

Heirloom/Heritage Crops—One problem with commercial agriculture is that it uses only a few species of plants and animals. This had lead to the extinction of many breeds of animals and the lost of different types of crops. This loss of diversity has a potential to have terrible affects. If a blight or disease comes along that can destroy a certain strain of crop, we could lose fields full of plants and lots full of animals. Also this loss of variety may have lead to a loss of nutrients in our diets. So what can you do to improve our crop choices? Try to buy heirloom/heritage foods or grow your own. For more information on heirloom/heritage foods, visit: <http://www.sustainabletable.org/issues/heritage/>

Compost Leftovers—Compost your leftover foods scraps and you'll never have to buy fertilizer again. You can use you compost on your garden, flowerbeds, and even your lawn. By composting you are stopping food scraps from going to wastewater treatment or a landfill. This also reduces your reliance on synthetic fertilizers. Synthetic fertilizers don't replenish the soil as well as compost does and increase our reliance on fossil fuels. To get started composting visit: www.howtocompost.org.

Reduce Packaging—Aim to buy foods that take as little packaging as possible. You'll be adding less to the landfill and typically less packaged foods are healthier; think fresh fruits and vegetables for instance. And make sure you bring reusable bags to the grocery store or farmer's market to reduce the number of bags you use too. It's nearly impossible to avoid packaging at all, but the packaging you do get try to recycle.

Go Raw—Try eating foods that don't require cooking more often. Good foods to go "raw" with are fresh fruits, dried fruits, fresh vegetables, nuts, seeds, and freshly squeezed juice. By adding these foods to your diet, you have a more nutrient rich diet, reduce energy costs (since you won't be cooking it) and save time.

Get Off the Bottle—38 million plastic water bottles go into landfills each year. If everyone of us stopped drinking bottled water, that number would disappear. Sadly, bottled water isn't really that much more healthy. Some of the bottles leave chemicals from the plastic in the water in them and they can be an added expense. Also 24% of bottle water is simply tap water packed by beverage companies. So, instead of buying bottled water, drink tap water out of a glass or in a reusable water bottle. It's cheaper, and better for you and the environment.

Savor Seafood Safely—With seafood and fish you need to consider not only is it free of contaminants, but also is that particular type of seafood being over fished. Fortunately, the highly contaminated fish are also ones that are not good environmental choices. When selecting seafood always find out where it comes from. For instance, wild Alaskan salmon is a good choice for the environment, but Atlantic and farmed salmon are not. To learn which seafood are the better choices visit: <http://www.edf.org/page.cfm?tagID=1521>.

**MEDICAL
UNIVERSITY OF
SOUTH CAROLINA—
NUTRITION
SERVICES**

Nutrition Services
165 Ashley Avenue
MSC 905
Charleston, SC 29425-0905

Phone: 843-876-0671
E-mail: renouf@musc.edu

We're on the Web!
www.muschealth.com/nutrition

Working for a Healthier You!

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

Enjoy a Complimentary Copy of Our Newsletter!



Interested in reading our newsletter monthly?

Visit:

[http://www.muschealth.com/nutrition/clinicalservices/outpatient/
adultoutpatientnutritionmnt.htm](http://www.muschealth.com/nutrition/clinicalservices/outpatient/adultoutpatientnutritionmnt.htm)

Or e-mail us at renouf@musc.edu and we will e-mail you a monthly reminder
when it's posted on our website!

 **MUSC Health**
MEDICAL UNIVERSITY of SOUTH CAROLINA

 **sodexo**