



# FRESH CONVERSATIONS

Iowa Department of Public Health

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## What's Trending IN THE NUTRITION WORLD?



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What is intermittent fasting?



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Put this easy chicken recipe on your menu

**THE DIETARY GUIDELINES FOR AMERICANS** is considered the nation's "go-to" for nutrition advice. It is updated every 5 years and reflects the current state of nutrition science.

Dr. Oz, the evening news, Facebook, the daily newspaper. Everywhere we look, we are inundated with fad diets and new research about nutrition! A constant stream of information can make it especially tough to know what is reliable and what is not. Here are some key points to remember when deciphering nutrition news:

- Remember that dietary recommendations are made based on the best science available at that time, guidelines may change as new research becomes available.
- Newer studies are not necessarily more reliable than older studies.
- Not all studies are created equal - some types may be more reliable.
- Peer reviewed journals are considered the gold standard - written by experts and reviewed by other experts in their field.

Now you have some good pointers, **Fresh Conversations** will help explain some hot topics in the news: Intermittent Fasting, Gut Health, and Plant Based Foods. A spotlight will also be shown on cauliflower, a food that has gained popularity and shown awesome versatility.



**DID YOU KNOW?**  
CAULIFLOWER  
COMES IN  
MANY COLORS.



**FLEX IT! A flexitarian is a type of vegetarian that follows a mostly plant based diet with the occasional meat item on the menu. Another hot diet trend!**

## Plant-Based Foods

Do you know anyone that is vegetarian or vegan? Plant based food sales increased five times faster than overall retail food sales in 2019. The demand for plant based alternatives has continued to increase over the years. Have you tried any?

Vegans do not eat any animal products or by-products. Examples include eggs, milk, honey, or gelatin and they typically do not use products such as silk, leather and wool.

Vegetarians, on the other hand, can be a little more varied in what they eat. Some vegetarians may eat egg and dairy products or fish.

Even if you don't consider yourself either of these, you may find yourself interested in plant based products for your health. When shopping, it's important to remember to read food labels. Many plant based foods can be highly processed - making those food labels even more important.

**UTILIZING MORE PLANT-BASED FOODS into your meal plan may help your food dollars stretch farther!**

# Intermittent Fasting: What is It?

Intermittent fasting is a diet plan that cycles between brief periods of fasting. Fasting can be defined as a time period of no food or drink, besides water. The amount of time with no food is what varies between person to person. Intermittent fasting may also include periods of large calorie reductions.

The most common methods are fasting on alternate days, for whole days with a specific frequency per week, or during a set time frame.

- *Alternate day fasting* - alternating between days of no food restriction with days that consist of one meal. Example: Monday-Wednesday-Friday consists of fasting, while alternate days have no food restrictions.
- *Whole day fasting* - 1-2 days per week of complete fasting with no food restriction on other days.
- *Time restricted feeding* - Following a meal plan each day with a designated time frame for fasting. Example: Meals are eaten from 8am-3pm, with fasting during the remaining hours of the day.

This type of dietary pattern may be difficult for someone who eats small meals and snacks throughout the day. This may also not be appropriate for you if you require food at regular intervals due to medications, such as with diabetes. In addition, concerns may be raised when you go through long periods of food deprivation, as it may put you at risk for overeating when food is reintroduced.

It's important to remember that high quality studies continue to be done with this diet. There is not solid evidence on the safety of this dietary pattern for older adults. Losing weight unsafely as you get older can affect your immune system, your bones, and your energy level. Always speak with your doctor before making any dietary changes.

Source: <https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/intermittent-fasting/>

## All About Cauliflower!

Did you know cauliflower can be found in multiple colors? Besides white, they can be purple, orange, and green.

Serving ideas:

- Roast a whole cauliflower in the oven.
- **Cut cauliflower into small florets and steam, boil, or eat them raw.**
- Make "rice" and use it in place of white rice. Put chopped cauliflower into a blender with water. Pulse to make the cauliflower as small as rice. Drain the water off with a fine strainer.
- Make pizza crust out of cauliflower!

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/cauliflower-the-new-nutrition-superstar>



# The Happy Gut Life

A healthy gut is a happy gut. Digestive health has been a trending topic in the health and nutrition world the past few years. It is ever changing, but research shows that your digestive health can play a significant role in your immunity and overall health.

We know about probiotics, now let's talk PRE-biotics. They don't get as much credit but can be just as important! Think of it like this - prebiotics are the food for the probiotics. Prebiotics are certain types of fiber that are beneficial for your gut. They need to be present for the probiotics to function properly and can play a key role in your digestive health as well. So what foods can I find prebiotics and probiotics in? Here are some examples.

Prebiotic-Containing Foods
Garlic
Onions
Bananas
Beans
Artichokes
Asparagus
Yams
Oats

Probiotic-Containing Foods
Yogurt
Kefir
Sour Pickles
Sauerkraut
Kombucha
Sourdough
Bread
Buttermilk

### What does science tell us?

The science about gut health and probiotics is promising, specifically with the use of antibiotics and protecting the healthy bacteria in the gut. Though some questions do still remain regarding which specific probiotics are helpful and which are not.

If you are considering a probiotic supplement, contact your health care provider first. This is especially important if you have health problems.

Sources: <https://khni.kerry.com/news/blog/what-does-digestive-health-really-mean/>  
<https://www.nccih.nih.gov/health/probiotics-what-you-need-to-know>

**CAULIFLOWER is high in vitamin C, a good source of folate, low in calories, and packed with cancer fighting antioxidants!**

**Try roasted cauliflower - it's perfect with Italian chicken.** <https://spendsmart.extension.iastate.edu/recipe/roasted-cauliflower>



## ITALIAN CHICKEN



**THIS RECIPE IS ONLY \$1.30 PER SERVING.**

**Spruce up your chicken Italian-style. Serve with brown rice or whole wheat pasta.**

**Serves 8 people**

### Ingredients

- 4 boneless and skinless chicken breast halves
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 can (14 ounces) quartered artichoke hearts, undrained
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- ½ cup shredded mozzarella or parmesan cheese (optional)

### Instructions

1. Spray slow cooker or pressure cooker with nonstick spray.
2. Cut chicken breasts in half (or to make 8 pieces of chicken) and place in the bottom of the cooker.
3. Add tomatoes, artichoke hearts, Italian seasoning, and garlic powder to the cooker.
4. Cook according to manufacturer's directions: Slow cooker: Cook on low for 4-6 hours. Pressure Cooker: Use manual setting with pressure set to high. Set cook time to 10 minutes. Allow pressure to naturally release for 10 minutes, then quick release remaining pressure.
5. Top with 1 tablespoon cheese on individual serving, if desired.

**Food safety tip:** Be sure that your slow cooker is working properly. To test it, fill your slow cooker halfway with water and turn it on. It needs to heat to at least 170 water within two hours, test with a food thermometer.

**Nutrition information per serving:** 240 calories, 5 g fat, 7 g carbohydrates, 40 g protein, 340 mg sodium.

<https://spendsmart.extension.iastate.edu/recipe/italian-chicken-slow-cooker-pressure-cooker/>

This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at <http://spendsmart.extension.iastate.edu>. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

## Be Active. Eat Healthy!

This month, I will eat healthy by...

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**NEW TECHNOLOGY, like phone apps and online workouts, can help you stay active.**

## Fitness Trends

Fitness in our homes is definitely trending. The fitness industry has been rolling out more ways for us to be active at home. Whether you prefer an application on your phone or a website on your computer there are lots of options available!

*On demand:* These are workouts that are pre-recorded that you watch from start to finish whenever you choose. Some have a monthly subscription fee and some are free. Popular programs you might have heard of in this category are Jazzercise and the SilverSneakers GO app.

*Short workouts:* These are for when time is short supply. They often have activities that last less than 10 minutes. Popular free apps in this category are 7 Minute Chi, a tai chi program and The Johnson & Johnson Official 7 Minute Workout. This app offers fast paced 7 minute workouts that work four muscle groups (cardio, upper body, lower body and core), and includes variations from beginner to advanced.

*Fitness and mileage tracking:* These don't suggest what to do, but rather keep track of what you do. Popular apps in this category include Map My Fitness, FitBit and Charity Miles.

Technology is here to stay, so why not incorporate it into your fitness routine?

## Unscramble the Trends

1. AZERJSEZIC

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2. ADF ITEDS

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3. ITGSAFN

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4. DOFO STAYFE

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5. TUG ELHATH

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6. BITOPORIC

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7. TASP NL

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8. GAVEN

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Unscramble the Trends Answers  
 1. Jazzercise  
 2. Fad Diets  
 3. Fasting  
 4. Food Safety  
 5. Gut Health  
 6. Probiotic  
 7. Plants  
 8. Vegan