



There are a lot of words in nutrition lingo that some may not really understand. I thought I'd touch on a few common terms and offer basic definitions. While some of these terms can have an entire newsletter or more to explain, I wanted to just touch on the basics of a few of the more common terms.

Gluten

Gluten is a protein found in certain grains like wheat, barley and rye. Because gluten helps make foods taste better and improves their texture, it's added to everything from deli meats to French fries. Going gluten free has been rumored to increase energy and concentration, cure digestive ills, and even improve symptoms of autism and ADHD in children; however, gluten is completely harmless, with two exceptions: Celiac Disease or Non-celiac Gluten Sensitivity. If you suspect you or your child has celiac or NCGS, experts recommend being screened by your health-care provider before going gluten free. In fact, testing for these conditions only works if you are eating gluten containing foods.

High Fructose Corn Syrup

High fructose corn syrup is a sweetener made from corn starch that has been processed

to convert some of its glucose into fructose. Although there is debate concerning whether HFCS presents greater health risks than other sweeteners, manufacturing and safety concerns have been dismissed. Although, that hasn't stopped marketing from boasting a product's lack of HFCS – "No High Fructose Corn Syrup" we've all seen in fruit drinks to cereal to ketchup. Please do not be fooled, these products still contain "real sugar". Your nutritional goal should be to minimize ALL added sugar. Just because a product claims "No High Fructose Corn Syrup" doesn't mean it is healthy.

Partially Hydrogenated Oils

The process of adding hydrogen to a liquid fat to make it more solid. This process creates a Trans Fat – which raises the bad cholesterol while lowers the good cholesterol. The good news, the FDA has actually banned artificial trans fats from the food supply, but companies have until 2018 to comply. Read your ingredients, if you see "partially hydrogenated oil," put it back.

Lactose

Lactose is the natural (meaning not added) sugar found in milk and dairy products. Some

individuals may have an intolerance to this sugar, which displays such symptoms as cramps, diarrhea and gas when lactose is consumed. Treatment focuses on avoidance of dairy products, use of lactose-free products, or the use of lactase supplements.

Antioxidant

Antioxidants — such as vitamins C and E and carotenoids, which include beta-carotene, lycopene and lutein — help protect healthy cells from damage caused by free radicals. The best way to build a healthful eating plan is to eat well-balanced meals and snacks each day and to enjoy a wide variety of foods. Eating at least 2 cups of fruits and 2½ cups of vegetables daily is a good start for incorporating antioxidants into your day.

Omega 3s

Omega-3s are essential fatty acids that help feed the brain and keep it healthy. They are part of the process of building new cells — the key to developing the central nervous and cardiovascular systems and helping the body absorb nutrients. Omega-3 fats are also important for eye function. Some food sources of omega 3 = salmon, sardines, mackerel, fresh tuna, trout, oysters,



shrimp, beef, flaxseeds, walnuts and soy beans.

Probiotics

Probiotics are the "good" bacteria — or live cultures — just like those naturally found in your gut. These active cultures help change or repopulate intestinal bacteria to balance gut flora. This functional component may boost immunity and overall health, especially GI health. To incorporate probiotics into your diet look for dairy foods which contain live cultures (bifidobacteria and lacobaccili).

Organic

Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones.

Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation. Before a product can be labeled "organic," a Government-approved certifier inspects the farm where the

food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to your local supermarket or restaurant must be certified, too.

USDA makes no claims that organically produced food is safer or more nutritious than conventionally produced food. Organic food differs from conventionally produced food in the way it is grown, handled, and processed.

Monthly challenge:

Teenage Athlete- Educate yourself. If you don't know what it is, look it up.

Parents- It is easy to be fooled when it comes to nutrition. Be a savvy consumer and do your own research.

