



# Food for Thought

Health Promotion Newsletter

July 2017

## One Trick to Help You Eat More Veggies

Researchers found that vegetable dishes with deliciously descriptive names helped college students eat more of the good stuff.

Which would you rather eat:

- Nutritious Green Zucchini
- Lighter Choice Zucchini
- Slow Roasted Caramelized Zucchini Bites

Researchers from Stanford University Department of Psychology set out to see whether deliciously descriptive vegetable labels would entice college students to eat more of the good stuff. Here's what they found, and how you can put the findings into practice.

**Only about 10 percent of American adults meet the veggie recommendations of 2 to 3 1/2 cups per day.**

It turns out, we eat with our eyes, though that wasn't dependent on the looks of the dish — Among the nearly 28,000 total students who ate in the dining hall during the study period, the great-tasting label resulted in diners choosing 25 percent more veggies compared to the basic-labeled version. Even more impactful, the inviting-sounding veggies were scooped up 35 percent more often than the healthy, positive-sounding ones, and 41 percent more often than the healthy, restrictive ones.

Though this study assessed the taste-first model in a campus dining hall, why not try this approach in your own dining room? In my kitchen, I serve roasted broccoli coins over sliced broccoli stalks, crispy green beans instead of sautéed green beans, and garlicky spinach with parmesan rather than a side of spinach.



Mackenzie Crisp

Hi Everyone! I am GNR's new **Health Promotion Coordinator**. I am super excited to be here and to work with you all. I will be sending out a Health Promotion newsletter "Food for Thought," so be on the lookout for it each month!

## In This Issue

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- ◆ Pep in Your Step
- ◆ Did You Know?
- ◆ 100 Days of Summer Challenge
- ◆ "Watch" What You Eat



# Put Some Pep in Your Step

Interval walking may improve endurance and help you get fit faster.

Ramp up your routine with bursts of fast-paced walking. The technique, known as interval walking, "is a great way to get the most exercise bang for your buck," says Dr. Aaron Baggish, associate director of the Cardiovascular Performance Program at Harvard-affiliated Massachusetts General Hospital.

Interval walking is a form of interval training, when you purposely speed up or slow down at regular intervals throughout the session. The benefits of interval training in athletes and people in cardiac rehabilitation are well studied. "Something about strenuous exercise is good for the body. It improves endurance, reduces blood pressure, and helps with weight loss," Dr. Baggish explains.

Before attempting interval walking, first make sure that your doctor approves. When you're ready, start slowly. Introduce one or two segments of fast-paced walking into your 30-minute walk. Each segment should last a minute or two. Try that during each walking workout for a few weeks. Gradually add more intervals into your routine.



## Did You Know?

Coconut Oil "as unhealthy as beef fat and butter."

It is packed with saturated fat which can raise "bad" cholesterol, says the American Heart Association in updated advice.

Coconut oil is commonly sold as a health food and some claim the fat may be better for us than other saturated fats.

The AHA, however, says there are no good studies to support this.



## Recipe of the Month



### Mexican Quinoa Salad with Black Beans, Corn, and Tomatoes

Prep Time: 15 minutes

Cook Time: 25 minutes

Yield: Serves 4-6

#### Ingredients:

- 1 cup uncooked quinoa
- 1/2 tsp. salt
- 2 cups water
- 1/3 cup red onion, diced
- 2 tbsp. lime juice
- 1 15 oz. can black beans, drained and rinsed
- 1 cup frozen corn, defrosted
- 3 medium tomatoes, chunked
- 1 jalapeno, finely chopped
- 1/4 cup cilantro, chopped
- 3 tbsp. olive oil

#### Method:

1. Put the quinoa, salt, and water into a pot and bring to a boil. Cover and simmer 10 - 15 minutes. Remove from heat and let sit for 5 minutes. Place in a large bowl and fluff with a fork.
2. While quinoa is cooking, prepare the rest of the salad. Soak the red onions in the lime juice and set aside. Mix the prepped black beans, corn, tomatoes, jalapenos, cilantro, and oil into a large mixed bowl.
3. When the quinoa has cooled, mix it into the bean mixture. Add the red onion and lime juice. Salt to taste.



# 100 Days of Summer Winners!



**Week 5**  
**June 5-11**



**Karen Schreppe**

*Director of Pharmacy*  
District Office

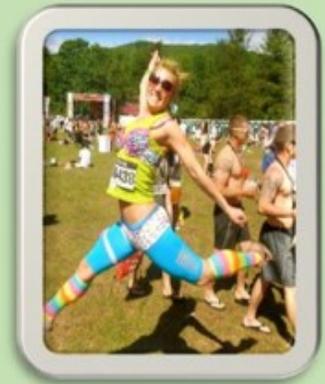
**Week 6**  
**June 12-18**



**Tara Echols**

*Performance Management &  
Community Health Director*  
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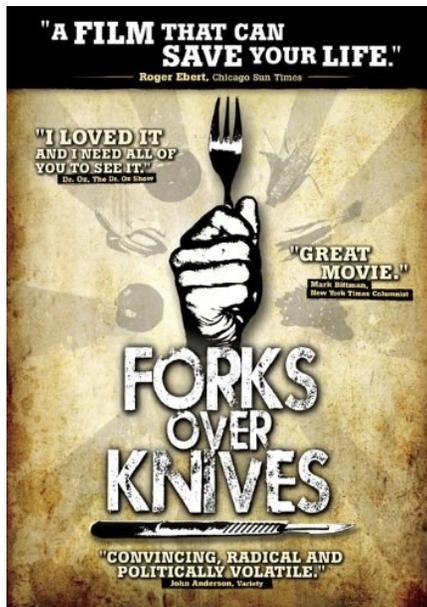
**Week 7**  
**June 19-25**



**Cassie House**

*Environmental Epidemiologist*  
District Office

## “Watch” What You Eat



### *Forks Over Knives*

The film examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal based and processed foods.

Even if you hate documentaries, you should give this one a try. It totally changed the way I think about food!

To learn how to access the film, visit the Forks Over Knives website:

<https://www.forksoverknives.com/the-film/#gs.nEBW30s>

### Contact Me

If you have questions, feedback, or would like something posted in next month's issue.



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