



March: National Nutrition Month

A Special Issue of the Aviation Medical Bulletin focusing on a monthly health concern

BIGGEST BANG FOR YOUR ORGANIC BUCK

Because organic foods are so pricey, it makes sense to choose items that contain the lowest level of chemicals when they are grown organically.

- **Organic products worth buying:** Apples, bell peppers, celery, peaches, cherries, spinach, and strawberries. U.S. Department of Agriculture laboratory testing reveals that even after washing, these fruits and vegetables carry higher levels of pesticide residue than others. Organic versions of meats, poultry, eggs, and dairy products are also worth seeking out
- **Organic products worth buying if price is no object:** Cauliflower, sweet corn, broccoli, and shelled peas. Multiple pesticides and high levels of chemical residues are rarely found on conventionally grown versions of these fruits and vegetables, according to research by the Environmental Working Group.
- **Organic items not worth buying:** Seafood and cosmetics. Whether caught in the wild or farmed, fish can be labeled organic and the USDA has not developed organic certification standards for seafood. And while the USDA claims that organic-labeled cosmetics follow the same standards as food, *Consumer Reports* found indiscriminate use of synthetic ingredients and violations of labeling standards.

Also, organic versions of fruits and vegetables with peels generally are not worth buying, since most of the chemical residue is peeled away before eating.

Source: HealthRadar

FILL-YOU-UP-FOODS

Looking for something to fill you up without filling you out? Here are some high-volume, low-calorie foods (calorie per serving size listed) recommended by the editors of *Prevention* magazine:

- Air-popped popcorn 31 per cup
- Low-calorie bread 40 per slice
- Puffed Cereal 55 per cup
- Grapes 58 per cup
- Orange 60
- Bran Cereal 75 per ½ cup
- Apple 81
- Oatmeal 145 per cup
- Potato 156
- Whole wheat pasta 174 per cup

TEN HEART HEALTHY FOODS

What are the ten best foods for your heart? Liz Applegate, Ph.D., *Runner's World* nutritionist and author of *Eat Your Way to a Healthy Heart*, lists the following along with why they're so good for you:

- **Almonds.** Vitamin E and monounsaturated fat, to reduce risk of CHD
- **Asparagus.** Folate, to lower homocysteine levels
- **Dark Chocolate.** Substances that help keep blood clots from forming
- **Flaxseed.** Omega-3 fat to lower cholesterol levels
- **Green or black tea.** Phytochemicals to help prevent cholesterol from damaging artery walls
- **Oranges.** Limonene, a bioflavonoid (particularly in the white fuzzy lining of the rind) that prevents LDL cholesterol from oxidizing and thus damaging artery walls.
- **Tomatoes and tomato products.** Lycopene, a phytochemical that prevents LDL cholesterol from damaging artery walls
- **Tuna.** Vitamin B12 to lower homocysteine levels; also omega-3 fat

Source: Runner's World

FRUITS AND VEGETABLES MADE EASY

To find out how many servings of fruits and vegetables you should eat, go to the CDC's special website www.fruitsandveggiesmatter.gov. The government has replaced its old five-a-day program with new personalized advice based on your age, sex, and level of physical activity.

If you're a relatively inactive 60-year-old woman, for instance, the site says you should consume 1.5 cups of fruit and 2 cups of vegetables, based on a 1,600 calorie daily intake; if you're a very active 50-year-old man, 2.5 cups of fruit and 3.5 cups of vegetables, based on a 2,800 calorie intake. By the way, a small apple, medium potato, a large banana, orange, or ear of corn counts as one cup. Because salad greens are so light and bulky, two cups of them are considered one cup from the vegetable group.

Source: U.C. Berkeley Wellness Letter