

1: 'You are what you eat' - the meaning and origin of this phrase

Foods for Healthy Skin: You Are What You Eat. What you put on your plate is even more important than what you put on your skin.

During this time, your body needs additional nutrients, vitamins and minerals 1. In fact, you may need “extra calories each day during the second and third trimesters 2. Poor eating habits and excess weight gain may also increase your risk of gestational diabetes and pregnancy or birth complications 6. Put simply, choosing healthy, nutritious foods will help ensure the health of you and your baby. Dairy Products During pregnancy, you need to consume extra protein and calcium to meet the needs of the growing fetus 7 , 8. Dairy products contain two types of high-quality protein: Dairy is the best dietary source of calcium, and provides high amounts of phosphorus, various B vitamins, magnesium and zinc. Yogurt , especially Greek yogurt, is particularly beneficial for pregnant women 9. It contains more calcium than most other dairy products. Some varieties also contain probiotic bacteria , which support digestive health 10 , 11 , People who are lactose intolerant may also be able to tolerate yogurt, especially probiotic yogurt Taking probiotic supplements during pregnancy may reduce your risk of complications such as preeclampsia, gestational diabetes, vaginal infections and allergies Summary Dairy products, especially yogurt, are a great choice for pregnant women. They help you meet increased protein and calcium needs. Probiotics may also help reduce the risk of complications. Legumes This group of food includes lentils, peas, beans, chickpeas , soybeans and peanuts. Legumes are excellent plant-based sources of fiber, protein, iron, folate B9 and calcium “ all of which your body needs more of during pregnancy. Folate is one of the B vitamins B9. However, most pregnant women are not consuming nearly enough folate 15 , This has been linked with an increased risk of neural tube defects and low birth weight. Insufficient folate intake may also cause your child to become more prone to infections and disease later in life 17 , Legumes contain high amounts of folate. Furthermore, legumes are generally very high in fiber. Some varieties are also high in iron, magnesium and potassium. Summary Legumes are great sources of folate, fiber and many other nutrients. Folate is a very important nutrient during pregnancy and may reduce the risk of some birth defects and diseases. Sweet Potatoes Sweet potatoes are very rich in beta-carotene, a plant compound that is converted into vitamin A in your body. Vitamin A is essential for growth and the differentiation of most cells and tissues. However, they are also advised to avoid very high amounts of animal-based sources of vitamin A, which may cause toxicity when eaten in excess Therefore, beta-carotene is a very important source of vitamin A for pregnant women. Sweet potatoes are an excellent source of beta-carotene. Furthermore, sweet potatoes contain fiber , which may increase fullness, reduce blood sugar spikes and improve digestive health and mobility 26 , Summary Sweet potatoes are an excellent source of beta-carotene, which your body transforms into vitamin A. Vitamin A is important for the growth and differentiation of cells in your growing fetus. Salmon is very rich in essential omega-3 fatty acids. Most people, including pregnant women, are not getting nearly enough omega-3 through their diet 28 , These are found in high amounts in seafood, and help build the brain and eyes of your fetus Yet, pregnant women are generally advised to limit their seafood intake to twice a week, due to the mercury and other contaminants found in fatty fish This has caused some women to avoid seafood altogether, thus limiting their intake of essential omega-3 fatty acids. However, studies have shown that pregnant women who eat “3 meals of fatty fish per week achieve the recommended intake of omega-3 and increase their blood levels of EPA and DHA 32 , Summary Salmon contains the essential omega-3 fatty acids EPA and DHA, which are important for brain and eye development in your growing baby. Eggs Eggs are the ultimate health food , as they contain a little bit of almost every nutrient you need. A large egg contains 77 calories, as well as high-quality protein and fat. It also packs many vitamins and minerals. Eggs are a great source of choline. Choline is essential for many processes in your body, including brain development and health Low choline intake during pregnancy may increase the risk of neural tube defects and possibly lead to decreased brain function in the fetus 38 , Summary Whole eggs are incredibly nutritious and a great way to increase your overall nutrient intake. They also contain choline, an essential nutrient for brain health and development. Broccoli and dark, green

vegetables, such as kale and spinach, contain many of the nutrients pregnant women need. These include fiber, vitamin C, vitamin K, vitamin A, calcium, iron, folate and potassium. Furthermore, broccoli and leafy greens are rich in antioxidants. They also contain plant compounds that benefit the immune system and digestion. Due to their high fiber content, these vegetables may also help prevent constipation, which is a very common problem among pregnant women. Consuming green, leafy vegetables has also been linked to a reduced risk of low birth weight 43. Summary Broccoli and leafy greens contain most of the nutrients that pregnant women need. Lean Meat Beef, pork and chicken are excellent sources of high-quality protein. Furthermore, beef and pork are also rich in iron, choline and other B vitamins—all of which are needed in higher amounts during pregnancy. Iron is an essential mineral that is used by red blood cells as a part of hemoglobin. Pregnant women need more iron since their blood volume is increasing. This is particularly important during the third trimester. Low levels of iron during early and mid-pregnancy may cause iron deficiency anemia, which doubles the risk of premature delivery and low birth weight. It may be hard to cover iron needs with diet alone, especially since many pregnant women develop an aversion to meat 46. However, for those who can, eating red meat regularly may help increase the amount of iron acquired from the diet. Eating foods that are rich in vitamin C, such as oranges or bell peppers, may also help increase absorption of iron from meals. Summary Lean meat is a good source of high-quality protein. Beef and pork are also rich in iron, choline and B vitamins, all of which are important nutrients during pregnancy. Fish Liver Oil Fish liver oil is made from the oily liver of fish, most often cod. The oil is very rich in the omega-3 fatty acids EPA and DHA, which are essential for fetal brain and eye development. Low vitamin D intake has been linked with an increased risk of preeclampsia. This potentially dangerous complication is characterized by high blood pressure, swelling of the hands and feet and protein in the urine 48. A single serving one tablespoon or 15 ml of fish liver oil provides more than the recommended daily intake of omega-3, vitamin D and vitamin A. High levels of omega-3 may also have blood-thinning effects. Summary A single serving one tablespoon or 15 ml of fish liver oil provides more than the required amount of omega-3 fatty acids, vitamin D and vitamin A. Berries are packed with water, healthy carbs, vitamin C, fiber and antioxidants. They generally contain high amounts of vitamin C, which helps your body absorb iron. Vitamin C is also important for skin health and immune function 52. Berries have a relatively low glycemic index value, so they should not cause major spikes in blood sugar. Berries are also a great snack, as they contain both water and fiber. They provide a lot of flavor and nutrition, but with relatively few calories. Summary Berries contain water, carbs, vitamin C, fiber, vitamins, antioxidants and plant compounds. They may help pregnant women increase their nutrient and water intake. Eating whole grains may help pregnant women meet their increased calorie requirements, especially during the second and third trimesters. As opposed to refined grains, whole grains are packed with fiber, vitamins and plant compounds. Oats and quinoa also contain a fair amount of protein, which is important during pregnancy. Additionally, whole grains are generally rich in B vitamins, fiber and magnesium. All of these are frequently lacking in the diets of pregnant women 54. Summary Whole grains are packed with fiber, vitamins and plant compounds. Avocados Avocados are an unusual fruit because they contain a lot of monounsaturated fatty acids. Because of their high content of healthy fats, folate and potassium, avocados are a great choice for pregnant women. The healthy fats help build the skin, brain and tissues of your fetus, and folate may help prevent neural tube defects. Potassium may help relieve leg cramps, a side effect of pregnancy for some women. In fact, avocados contain more potassium than bananas. Summary Avocados contain high amounts of monounsaturated fatty acids, fiber, folate and potassium. They may help improve fetal health and relieve leg cramps that are common in pregnant women. Dried Fruit Dried fruit is generally high in calories, fiber and various vitamins and minerals. One piece of dried fruit contains the same amount of nutrients as fresh fruit, just without all the water and in a much smaller form. Therefore, one serving of dried fruit can provide a large percentage of the recommended intake of many vitamins and minerals, including folate, iron and potassium. Prunes are rich in fiber, potassium, vitamin K and sorbitol.

2: Mom was right: You are what you eat - Health - Diet and nutrition | NBC News

If you eat a lot of junk food and drink a lot of soda, your health will suffer. That will not come as a shock to anyone. But what may come as a shock is just how much of an impact the foods you eat can have on your health and happiness.

A Vision for The Future Moderator: Baechler is personally responsible for determining and overseeing strategic initiatives. He has been instrumental in the outstanding acceleration of the organization, positioning Eniva as one of the fastest growing companies in America. Baechler has extensive experience as a top performer with a variety of sales distribution organizations. He also attends to business development and expansion, including strategic partnerships, company ventures and other alliances that encompass and promote total body health and wellness. As a member of the executive team, he is involved in multiple aspects of the business and leads procurement, risk management and the commercialization of the carbohydrate business. After the successful launch of the Human Food division, he entered other leadership roles within Business Development, Operational leadership and Risk Management. Benson primarily focuses on managing long-term strategic partners, developing a growing risk management platform. From his beginnings as General Counsel of UnitedHealthcare, Beutner has become a seasoned executive at the intersection of healthcare administration and banking. While at UnitedHealth Group from through , he was one of the founders of its consumer finance business, chartered Exante Bank, and served as its Chair for three years. From through , he was an executive at Jostens, Inc. She uses cooking education to address the issues of sustainability, justice, well being, and public and personal health. Breen is both a professional chef with over 20 years in the food industry and a Public Health nutrition educator MPH. She promotes and uses local and sustainable foods to teach about a food systems approach to healthy cooking and eating. She works with a variety of populations from individuals and families to public health and community professionals. Breen specializes in using local, sustainable, and organic foods for all kinds of lifestyles, cooking, and events. She is an expert natural, sustainable, and whole foods chef. Apart from cooking, Breen has developed nutrition curriculum, and health related programming for a variety of audiences. He founded the Brimacomb Capital venture fund and co-founded the Sherpa Partners venture capital fund, both early-stage venture capital firms. Alex Danzberger, President, MyFormulary USA Alex Danzberger brings over 30 years of leadership success across a variety of industries as well as international assignments in Asia Pacific with a focus on finance, business operations, strategy, and business development. He has a proven history of thriving in an environment of change where discernment and strong business acumen are essential skills for rapid situation assessment and success. He has also developed education at Capella University and Unitek College. Damon has started several successful businesses focused on digital marketing, retail solutions, social media, and sustainability. Damon was also on the Board of Directors for CocoKefir, the maker of coconut-based kefir and yogurts that are fermented with vegan probiotic cultures, which was acquired by Millennium Products, Inc. On a personal level, Damon has also dramatically changed his mental and physical wellbeing through exercise and adopting a gluten-free, dairy-free, and probiotic diet. Mark Kaster, Partner, Dorsey and Whitney LLP Mark Kaster is a nationally recognized lawyer with over 25 years of experience helping clients resolve regulatory compliance matters. The increasing body of rules and regulations presents enterprise risk concerns to businesses. Mark works with clients and regulatory agencies to find solutions to critical business challenges. Kaster approaches these complex relationships to find creative solutions that help clients meet their business objectives and regulatory obligations. That grounding led to the representation of many Fortune companies in connection with their operations, chemical control, work place safety, contamination matters, product safety, insurance and litigation. Mark has national expertise in handling enterprise risk management, occupational health and safety, federal and state product safety and toxic tort laws, chemical regulations, and green marketing. Mark started the Dorsey Environmental Evaluation Program DEEP to assist clients in their due diligence, corporate compliance, workplace safety and product safety business operations and transactions. The DEEP program helps clients manage their environmental, health and safety risks with comprehensive services, rapid response, practical advice and solutions. Klodas has dedicated her career to preventive cardiology. Klodas is a nationally

sought out speaker and has an active role at the American College of Cardiology. Her clinical interests include prevention of heart disease and non-invasive cardiac imaging and she has published dozens of scientific articles throughout her career. In addition to her practice and her duties at Step One Foods, she also serves as medical editor for webMD. Tammy Lee, CEO, Recombinetics Chief executive of biotech company that is the global leader in creating gene-edited animal models for biomedical research; human therapeutics; and precision-bred animals with health, welfare and productivity traits. Industry subject matter expert and frequent speaker on strategies to get U. After the Wellmune business was acquired by Kerry in , she took on responsibilities for the clinical research program for Wellmune. Since the acquisition of Ganeden BC30 by Kerry in September , Sonja has been active in technical support and clinical study development to support the efficacy of the Ganeden BC30 ingredient in addition to the Wellmune research portfolio. In her spare time Sonja enjoys spending time with family and friends, reading, volunteering in her community, golfing and playing music. His fun, flavorful, health-conscious approach to food has earned him a devoted, loyal “ and ever-growing “ fan following. Eventually, Rakun returned to Minnesota, with his wife Abby and children, to assist with the management and development of Black Sheep Pizza in Minneapolis. In , Rakun formed a partnership with Craig Bentsdahl and began working with him on the development of Mill Valley Kitchen, featuring Northern California-style cuisine in a friendly, casual neighborhood eatery. Bentsdahl and Rakun again teamed up to develop Marin in Prior to joining AURI, Jason spent 19 years in corporate research and development at a Fortune food manufacturer, as a product and process developer across a number of food technologies for the U. Jason brings a wealth of knowledge and experience in the end-to-end new product development process to support the AURI mission. Rogers has more than 25 years of entrepreneurial business experience as a founder, investor, adviser and lawyer. AURI provides technical services to businesses, conducts applied research initiatives, and convenes networking events to create value-added economic opportunities for the food and agriculture sector. Schlecht most recently served as Vice President of Policy for U. Wheat Associates in Arlington, Virginia and held numerous roles within the trade association during his 14 years with the organization. He has extensive background in agriculture, policy, market development, international trade, strategic planning and management. He was also the liaison to multiple agricultural coalitions, and staff lead for national committees covering trade policy and biotechnology as well as a food aid working group. Internationally, he conducted initiatives to develop U. She practices Integrative Medicine in the outpatient setting, seeing both pediatrics and adults for Integrative Health Consultations. Kate also teaches a course she co-developed called Food Matters for Doctors with Chef Jenny Breen , a class using cooking to teach nutrition concepts and food as medicine. This class was piloted for medical students and has been expanded to include health professional students from other disciplines, offered now through the Center for Spirituality and Healing. It is a mission based organization, focused on the transformation of ideas into enterprises working to feed the world, fuel the world and heal the world. Larta represents a portfolio of companies and technologies to large organizations in food and agriculture, alternative energy, and health care. Larta curates solutions to problems affecting society from around the globe, and works with a world-class network of experts, buyers, investors, and public and private organizations. Larta stimulates innovation through their focus on adoption and commercialization of great ideas. Over 20 years, first as a partner with the State of California between and , and then with large federal agencies and countries around the world, Larta has successfully completed many projects with great results. Their network of industry executives, domain experts, entrepreneurs and leaders of organizations, is a point of distinction. He has conceived several patented and patent-pending inventions related to health, fitness, functional and preventative medicine, broadcast media, ecommerce and distribution channel management. He consults with companies internationally and holds positions on several Boards of Directors and Advisory Boards. Adam is an exercise fanatic, avid downhill skier, mountain biker and former equestrian. He has a long history of leading charitable events and fundraising initiatives. He is passionate about dance, ballet, theatre, and artistry. His charitable passions are leadership, youth, and wellness. Southam credits his success to countless mentors and advisors and looks to give back and pay forward in mentoring and advising others. Of particular interest to Dr. Sung aims to apply insights from his data-driven research to inspire future investigations into human microbiome biocomplexity

and to create novel technologies that can lead to breakthroughs in improving human health. He earned his JD from Georgetown University. Valdivia is a health care executive with more than 20 years of experience founding, building, and selling companies in the health care technology, provider accountable care services, and health consumer sectors. Having been both a primary care physician and a leader in a large provider organization, Dr. Valdivia understands the needs of care delivery organizations. As a medical informaticist, Tom believes that unlocking the value of technology is a function not just of technical prowess, but also of its ability to intersect with the needs of providers. As an entrepreneur, Tom is passionate about developing, managing, and leading dynamic and effective organizations, understanding existing and emerging market and customer needs, and creating valuable services. As the founder of Advanced Informatics, the first SaaS based evaluation technology used in hundreds of health care organizations, he was able to build a health care technology company that eventually produced a x return. Valdivia led the development of consumer activation strategies and services that formed the basis of care management for this national, CDH plan. During her time in the latter position, she also took on an economics faculty member position at South Central College in Minnesota. She and her husband run a diversified crop and livestock farm in Central Minnesota and have three young children. A recipient of numerous awards, Wagner continues to prove why she is a vital member of the AURI team.

3: “ Are You Really What You Eat?

You are what you eat Or, more precisely, you are what you eat eats. Here we explore the world of your gut microbiome and its critical role in your health“from head to toe.

Foucault, Ethics and Health Choices. His phrase has since developed a life of its own. A quick Google search reveals multiple documentaries, hundreds of books and thousands of articles and blogs taking "You are what you eat" for their title. Most of these are very prescriptive. You are fat, unhealthy, diseased or unhappy because you eat too much of one thing and not enough of the other. While varying in rigour and sophistication, proponents of the "you are what you eat" mantra express the sentiment that there is a connection between the food we eat and some ill-defined moral, aesthetic and psychosocial reality. This sentiment, however, did not originate in the nineteenth century with Brillat-Savarin or Feuerbach. They are part of a much longer tradition that extends back to the food practices of almost all ancient peoples. Broadly speaking, in the ancient world food was deeply entwined with social, political and religious life. Often this was expressed terms of purity and impurity, which in turn would indicate who was inside and outside of the community. A well known, although immensely complex, example is the Mosaic dietary laws as recorded in Leviticus and Deuteronomy. The dietary laws ordered the daily, political and ceremonial life of the ancient Hebrews and set them apart from surrounding peoples. What you could eat, whom you could eat with and how the food was prepared were governed by these rules. It was in the context of the tightening of these laws that Jesus sought to break the link between diet and religious-moral status - "it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person" Matthew A lot of ink has been spilt over these words. It is not what a person eats, but the orientation of their heart and its alignment with the will of God that makes them clean. The ancient Greeks were also concerned about the relationship between food and status within the polis. This was not in the binary of pure or impure as practiced by the ancient Hebrews, but was seen in terms of prudence or temperance. As Hub Zwart has shown, Greek dietetics was a way of life through which an individual would subject themselves to a regimen of self-discipline and self-governance to develop an eating habit that is rationally ordered. Food diaries and other self-inspection devices were used for these purposes. To stray from a dietetic regimen would not necessarily indicate that one was unclean, but that like an animal they could not control their appetite. Greek approaches to food and sex were similar in this regard. The example of Nicocles the ruler of Cyprus illustrates this point. According to Isocrates, Nicocles explains his conjugal fidelity in saying, "I am the king, and because as somebody who commands others, who rules others, I have to show that I am able to rule myself. The Greek free man was at liberty to seek culinary and sexual pleasures, however if he sought to cultivate an existence characterized by self-mastery and beauty, then he recognized the particular rules of conduct that were constitutive of that subjectivity. In more recent times, these ways of thinking about the relationship between food and moral character has been transformed. Nutrition science has narrowed the frame so that the effect of food is limited to physiological health. The social, moral and religious understandings of food give way to understandings provided by chemistry and microbiology. A shift in ethical theory also contributed to the transformation in understanding of the ethical relevance of food. Rather than cultivating an ethical character through certain practices, the concern is over the consequence of choices, duty to others and the capacity to act as an autonomous individual. These transformations of food play out in debates about the ethics of consumption and the right to know what is in our food. Much of the focus on ethical consumption is on duties or the consequences of certain choices for others. While I have been sceptical about the extent to which ethical consumption can solve global problems such as slavery or climate change, I do think the retrieval of ancient practices of care of the self is an important way for developing an ethical relationship to food. In the books *The Use of Pleasure* and *The Care of the Self* , as well as numerous lectures, seminars and interviews, Foucault investigates the constitution of the subject through specific techniques, practices and knowledges of the self. Ethics in this context does not indicate principle-based normative action that, if followed, is considered morally praiseworthy. In his analysis of the constitution of the subject through an ethics understood as practice, Foucault isolates four aspects in the

process of subjectification: The relationship among the four aspects is not linear but dynamic and interconnected. Using the Greeks as an example, Foucault suggests that the "ethical substance" was pleasure, the "mode of subjectification" was politico-aesthetic choice, the ascetic form or ethical work was a variety of the techniques used to govern particular relations around pleasure and, finally, the telos or goal was the mastery of oneself. While the content of these aspects for instance, concern over pleasure may no longer be relevant, this orientation towards ethical cultivation and care of the self may still be relevant. In his book *The Agrarian Vision*, Thompson embraces the idea of agrarian virtue not as an ethics learned from books or philosophy classes, but as an ethics that is lived and demonstrated in the character of the person. By encountering the fragile temporality of life, a person views food, health, prosperity and land not as calculable commodities but as gifts. It is argued that by humbly and respectfully relating to the land as a gift, agrarian virtues of self-reliance, interdependence, sustainability and community are cultivated. Thompson argues that even if the social and material conditions of agrarianism are not currently present to produce virtue, people "can come to understanding of virtue when such a society is taken as a model. There are many others. However, these approaches are not without their problems. For starters they can be terribly bourgeois. As the historian Thomas Govan wrote in the 1960s, it is the teachers, writers, philosophers and poets who propagate this nostalgic notion of virtuous food practices - those "who milked no cows, shovelled no manure, and picked no cotton or peas. Echoing Govan and Hofstadter, critics today have pointed out the way an overwhelming sense of these virtues has blinded some advocates to past and present gendered, class and race inequalities. I have discussed aspects these at greater length elsewhere. However, a related problem is when the benefits of intentional food practices are overstated. Growing tomatoes on your windowsill may be a useful practice for cultivating a particular attitude towards food and the environment, but it is not going to stop climate change or revolutionise the food system. These limitations, however, should not mean that we simply disregard any value in thinking and acting differently in the way we acquire, prepare and consume food. It is in the context of relations with others - an ethics of the self in community. Likewise, food practices are not performed in isolation, but are social practices that structure ways of relating with others. Food is a central site for relating to oneself and others in material, social and moral registers. The etymology of companion as "bread fellow" or "to break bread with" illustrates the shared ethical practice of food. There are many examples of the way food is being used to transform individuals and communities, particularly as a means to reconcile differences and dispel fears of the other. The Welcome Dinner Project is using a shared meal to connect newly arrived people with more established Australians. The rising interest in Aboriginal foods presents an opportunity for deeper understanding of Aboriginal foodways, which has often been denigrated and dismissed as "primitive. These practices can also be crushed under the weight of unrealistic expectations. Getting people to share a meal is not going to solve the conflict in Israel and Palestine, eradicate xenophobia, or redress the dispossession of Indigenous Australians. But such practices of the self with others can serve to transform the lives of those sitting at the table. Perhaps instead we should start thinking and acting on the idea that "as we eat with others, we become who we are. He is the author of *The Biopolitics of Lifestyle*:

4: You Are What You Eat: The Nexus of Food & Health Agenda | AURI

In , Lindlahr published You Are What You Eat: how to win and keep health with diet. That seems to be the vehicle that took the phrase into the public consciousness. That seems to be the vehicle that took the phrase into the public consciousness.

Coconut Water Staying well-hydrated is one of the most important things you can do when sick. Hydration is especially important when you have a fever, sweat a lot or have vomiting or diarrhea, which can cause you to lose a lot of water and electrolytes. Besides being sweet and flavorful, it contains glucose and the electrolytes needed for re-hydration. Studies show that coconut water helps you re-hydrate after exercise and mild cases of diarrhea. It also causes less stomach discomfort than similar drinks 15 , 16 , Additionally, several studies in animals found that coconut water contains antioxidants that can fight oxidative damage and may also improve blood sugar control 18 , 19 , 20 , However, one study found that it causes more bloating than other electrolyte beverages. Coconut water has a sweet, delicious flavor. It provides the fluids and electrolytes you need to stay hydrated while sick. Hot Tea Tea is a favorite remedy for many symptoms associated with colds and the flu. Just like chicken soup, hot tea acts as a natural decongestant, helping clear the sinuses of mucus. Although some teas do contain caffeine , the amounts are far too small to cause any increased water loss This means that sipping on tea throughout the day is a great way to help you stay hydrated while relieving congestion at the same time. Tea also contains polyphenols, which are natural substances found in plants that may have a large number of health benefits. These range from antioxidant and anti-inflammatory action to anti-cancer effects 24 , 25 , 26 , Tannins are one type of polyphenol found in tea. In addition to acting as antioxidants, tannins also have antiviral, antibacterial and anti-fungal properties One study in rats found that tannic acid in black tea could decrease the amount of a common type of bacteria that grows in the throat In another study, hibiscus tea reduced the growth of avian flu in a test tube. Echinacea tea also shortened the length of cold and flu symptoms 30 , In addition, several types of teas specifically developed to relieve cough or throat pain were shown to be effective in clinical studies 32 , Tea is a good source of fluids and acts as a natural decongestant when hot. Black tea can decrease the growth of bacteria in the throat, and echinacea tea may shorten the length of the cold or flu. Honey Honey has potent antibacterial effects, likely because of its high content of antimicrobial compounds. In fact, it has such strong antibacterial effects that it was used in wound dressings by the ancient Egyptians, and is still used for this purpose today 34 , 35 , 36 , 37 , Some evidence suggests that honey can also stimulate the immune system These qualities alone make honey an excellent food to eat when sick, especially if you have a sore throat caused by a bacterial infection. Many studies show that honey suppresses coughing in children. However, remember that honey should not be given to children under 12 months old 39 , 40 , 41 , 42 , Mix about half a teaspoon 2. This is a hydrating, cough-soothing, antibacterial drink Honey has antibacterial effects and stimulates the immune system. It can also help relieve coughing in children over 12 months of age. Ginger Ginger is probably best known for its anti-nausea effects. It has also been shown to effectively relieve nausea related to pregnancy and cancer treatment 44 , 45 , 46 , It has also demonstrated antioxidant, antimicrobial and anti-cancer effects 44 , So if you are feeling nauseous or throwing up, ginger is the best food available to relieve these symptoms. Use fresh ginger in cooking, brew some ginger tea or pick up some ginger ale from the store to get these benefits. Ginger is very effective at relieving nausea. It also has anti-inflammatory and antioxidant effects. Spicy Foods Spicy foods like chili peppers contain capsaicin, which causes a hot, burning sensation when touched. When high enough in concentration, capsaicin can have a desensitizing effect and is often used in pain-relieving gels and patches Many people report that eating spicy foods causes a runny nose, breaking up mucus and clearing out the sinus passages. While few studies have tested this effect, capsaicin does seem to thin out mucus, making it easier to expel. Nasal capsaicin sprays have been used with good results to relieve congestion and itching 50 , 51 , However, capsaicin also stimulates mucus production, so you may just end up with a runny nose instead of a stuffed one Cough relief may be another benefit of capsaicin. One study found that taking capsaicin capsules improved symptoms in people with a chronic cough by making them less sensitive to irritation However, to

achieve these results, you probably would need to eat spicy food daily for several weeks. Spicy food can cause bloating, pain and nausea in some people. Spicy foods contain capsaicin, which can help break up mucus but also stimulate mucus production. It may be effective at relieving coughing caused by irritation. For these reasons, they are part of the BRAT diet: bananas, rice, applesauce, toast that is often recommended for nausea. Another big benefit of bananas is the soluble fiber they contain. If you have diarrhea, bananas are one of the best foods you can eat because the fiber can help relieve diarrhea 56, 57. In fact, some hospitals use banana flakes to treat patients with diarrhea. Bananas are a good source of calories and nutrients. They can also help relieve nausea and diarrhea. Like bananas, oatmeal is bland and easy to eat while providing the calories, vitamins and minerals you need when sick. Oatmeal has some other powerful health benefits, including stimulating the immune system and improving blood sugar control. One rat study also showed that beta-glucan, a type of fiber found in oats, helped decrease inflammation in the gut. This could help relieve symptoms such as intestinal cramping, bloating and diarrhea. However, avoid buying artificially flavored oatmeal with lots of added sugar. Instead, add a small amount of honey or fruit to provide even more benefits. Oatmeal is a good source of nutrients and easy to eat. It can stimulate your immune system, improve blood sugar control and decrease inflammation in the digestive system. Yogurt Yogurt is an excellent food to eat when sick. It provides calories and 8 grams of protein per cup. Yogurt is also rich in calcium and full of other vitamins and minerals. Some yogurts also contain beneficial probiotics. Evidence shows that probiotics can help both children and adults get colds less often, heal faster when sick and take fewer antibiotics 64, 65, 66, 67. Some people have reported that dairy intake thickens mucus. However, several studies show that dairy intake causes no change in cough, congestion or mucus production, even among those who are sick. Nonetheless, if you feel that dairy products worsen your congestion, try other fermented foods containing probiotics or a probiotic supplement instead. Yogurt is easy to eat and a good source of calories, protein, vitamins and minerals. Some yogurts also contain probiotics, which can help you get sick less often and get better faster. Fruits can be beneficial when sick. They are rich sources of vitamins, minerals and fiber, which support your body and immune system. Some fruits also contain beneficial compounds called anthocyanins, which are types of flavonoids that give fruits their red, blue and purple color. Some of the best sources are strawberries, cranberries, blueberries and blackberries. Anthocyanins make berries excellent foods to eat when sick because they have strong anti-inflammatory, antiviral and immune-boosting effects. Several studies found that fruit extracts high in anthocyanins can inhibit common viruses and bacteria from attaching to cells. In particular, pomegranates have strong antibacterial and antiviral effects that inhibit food-borne bacteria and viruses, including E. While these effects do not necessarily have the same impact on infections in the body as in the lab, they likely do have some impact. Add some fruit to a bowl of oatmeal or yogurt for more added benefits or blend frozen fruit into a cold smoothie that soothes your throat. Many fruits contain flavonoids called anthocyanins that can fight viruses and bacteria and stimulate the immune system. Flavonoid supplements can also be beneficial. Avocados The avocado is an unusual fruit because it is low in carbs but high in fat. In particular, it is high in healthy monounsaturated fat, the same type of fat found in olive oil. Avocados are also a good source of fiber, vitamins and minerals 80. Avocados are a great food when sick because they provide calories, vitamins and minerals that your body needs. Because of the healthy fats avocados contain, especially oleic acid, they help to decrease inflammation while also playing a role in immune function 82. Avocados are full of vitamins, minerals and healthy fats that can decrease inflammation and stimulate the immune system. Leafy green vegetables such as spinach, romaine lettuce and kale are packed full of vitamins, minerals and fiber. They are especially good sources of vitamin A, vitamin C, vitamin K and folate. Dark green vegetables are also loaded with beneficial plant compounds. These act as antioxidants to protect cells from damage and help fight inflammation. Leafy greens have also been used for their antibacterial properties. Add spinach to an omelet for a quick, nutrient-packed, protein-rich meal. You can also try tossing a handful of kale into a fruit smoothie.

YOU ARE WHAT YOU EAT : FOOD pdf

If you do just one thing, cut out fatty foods. Andrew DiMichele, chief technical officer of Omada Health, an online diabetes-prevention program, gave up fries and chips at lunch and found an.

6: You are What you Eat USA Version - Gillian McKeith | Healthy Eating, Weight Loss, Health Profiling.

By inhaling spoiled food, you may inhale mold spores and cause yourself to have an allergic reaction. To help you identify the culprit to your allergy symptoms, check out the top foods high in mold, so you know what to limit or avoid in your daily diet.

7: You Are What You Eat: The Nexus of Food & Health | AURI

Eat a variety of foods that are low in calories but high in nutrients—check the Nutrition Facts Label on the foods you eat. Eat less fat and fewer high-fat foods. Eat smaller portions and limit second helpings of foods high in fat and calories.

8: Dartmouth Undergraduate Journal of Science

His signature style eschews fat in favor of herbs, broths and food's natural flavors, using inspiration, technique and a love of natural foods to create mouth-watering, farm-to-table, healthy dishes.

9: 'You Are What You Eat': The Place of Food in Caring for the Self and Others - ABC Religion & Ethics

Clean foods are the opposite: lots of fiber and fluid, a high ratio of nutrients to calories, and free of added flavors — all of which send signals of satiety to your brain before you consume.

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