

Dawson Sales Company Is Celebrating 50 years of Business!

# DU NC FOOD TRENDS DU NC

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## Holiday Eating Tips



Enjoy the season's riches without over-indulging:

### Stick to a Healthy Diet Between Parties

Replace some starch in your evening meals with extra vegetables.

### Slow Down! Savor Every Bite

If you chew thoroughly you will eat less and absorb more nutrients.

### Don't Skip Breakfast

Skipping breakfast will leave you hungrier and more tempted to binge.

**Beware of Endless  
Noshing at the Office**  
Stick to only tasting the treats at work.

### Eat Full Portions of veggies and Samples of Everything Else

Select wisely at potlucks and buffets.

### Limit Sugar & Fat Intake to Seasonal Treats

Why blow your quota on treats available all year?

Source: *Natural Health*,  
December/January 2005.

## Obesity Rates Heavy



A recent analysis on the March study by the U.S. Centers for Disease Control and Prevention (CDC) on the impact of obesity on annual death shows that results were affected by human errors by 80,000, or 20%. The actual impact between 1990 and 2000 is less than 10%, not 33% as originally reported.

This analysis does not diminish the threat of obesity to public health. **Obesity is still a leading cause of death.**

Source: *Prepared Foods  
Enewsletter*, November 29,  
2004.

## A New Age of Heroes



Hot and cold hero sandwiches provide comfort at any time of the day or night. **The beloved Italian-American heroes come in many variations:** chicken parmigiana, Italian sausage, roast beef, potato & egg, pork meatballs, etc. Toppings include seasoned sauces or salted gravies and fresh Romano or mozzarella cheese.

A new hero is on the rise: the Vietnamese banh mi. The classic banh mi filling is a combo of pork roll, pork pate, daikon, and carrots pickled in vinegar and sugar, fresh coriander, and a sweet mayo called Kewpie. The sandwich is toasted before the cool pickles and coriander are added. Other US fillings offered in this sandwich include: grilled chicken, pork chop, shrimp marinated in fish sauce and lemon grass, and pickled veggies. The banh mi is a balanced combo of hot and cold, sweet and savory, crispy and tender.

Dominican and Puerto Rican hero sandwiches are also gaining popularity. Moist, roasted dark meat with skin is layered between lettuce, tomato, and mayo.

Source: *New York Times*, December 1, 2004.

## Is Fructose Safe for Diabetics?



**No!** In the past, fructose was considered to be diabetic friendly because it does not require insulin for metabolism. Fructose is not from fruit. It is a commercially refined sugar. Current research shows that fructose is likely damaging to the eyes and threatens nerve health in diabetics. Growing evidence also indicates that fructose may increase oxidative stress on the body, raises blood triglycerides, and elevates blood pressure in those susceptible.

Source: *Let's Live*, December 2004.

## Boost Your Mood



Diet is one factor that affects how you feel. Below are a few types of nutrients that will help you eat healthy and feel better:

### Antioxidants

Antioxidants such as vitamins C, E, and beta-

carotene protect against cell damage caused by free radicals. (Free radicals are reactive oxygen fragments from stress hormones.)

Food sources include: colorful fruits & veggies (dried plums, berries, carrots, broccoli, grapes, mangoes, tomatoes) and whole grains.

### Omega-3 Fats

Low levels of omega-3s in blood and tissue levels are signs of low serotonin levels, which is associated with depression. Omega-3s help people cope with tension.

Food sources are: seafood, fatty fish (salmon, mackerel), walnuts, flaxseed, grapeseed oil.

### Folic Acid

This B vitamin helps regulate mood by helping nerve cells manufacture neurotransmitters.

Optimal intake is 400mg per day.

Food sources are: dark leafy veggies (spinach, kale, romaine), legumes, oranges, and peanuts.)

Source: *Cooking Light* November 2004.