

## Dawson Sales Company Is Celebrating 50 years of Business!

# DU NC FOOD TRENDS DU NC

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### Should I Drink 6 to 8 Glasses of Water a Day?



Most people stay hydrated by following their usual eating and drinking routines. The origin of the 8-glasses-a-day rule came from the 1940's theory of drinking "1 milliliter of water for each calorie of food" or about 64 to 80 ozs. Per day. "Water" refers to total fluid intake of foods and liquids.

New guidelines do not provide a one-size-fits-all suggested intake. An amount that recommended for most people is: 13 cups for men, 11 ½ cups for women. People should pay special attention when active, the temp exceeds 80°F, the humidity is low, or at

elevations above 5,000 feet.

Source: *Consumer Reports On Health*, August 2004.

### Happy Birthday Hamburger!!!



2004 marks the 100<sup>th</sup> birthday of The Hamburger. Oral histories widely credit Fletcher "Old Dave" Davis from Athens, Texas for introducing it. Old Dave sold the sandwich at the World's Fair in St. Louis, Mo. in 1904. The ground beef patty was flat grilled and fried crispy. A mixture of mayo and ground mustard was spread on the sandwich. Finally, the burger was topped with a raw slice of Bermuda onion and cucumber pickles. The popularity of the hamburger quickly spread across America

serving the rapidly growing workforce. In 1921, White Castle was the first hamburger outlet selling the product for 5 cents.

Source: *American Association of Meat Processors*, [www.aamp.com](http://www.aamp.com)

### The Magic of Magnesium



A Harvard study of 130,000 participants shows that consumption of magnesium helps lower the chances of developing type 2 diabetes. Other studies show that the mineral may also reduce the risk of coronary heart disease and stroke. Magnesium triggers more than 300 biochemical reactions in the body. Some functions include:

making proteins, maintains muscles and nerve function, sustains steady heart rhythm, regulates blood pressures, keeps bones and teeth strong.

RDA of magnesium is 300 mg/day for women and 350 mg/day for men, but even small increases in dietary magnesium assist with better health. **Note: supplements had no effect.** Sources of Magnesium include: avocados, nuts, and leafy greens.

Source: *Eating Well*, Summer 2004.

## Just Peachy



Peaches are in season! Choose peaches that have a fragrant aroma and flesh that gives in slightly when pressed. Do not buy fruit that has cuts, tan spots, is hard, or mushy. Color is more related to type than ripeness. Green shades tend to be under-ripe. To ripen peaches, place in paper bag with an apple. Best eaten right away or up to 3 to 5 days (with refrigeration).

Peaches provide almost 1/3 of the daily Vitamin C requirement. They are also rich in iron and potassium.

Source: *Food Everyday*, July/August 2004; www.health24.com

## Fantastic Fiber



The average American consumes about 14 grams of fiber per day. This is far below the recommended 21 to 38 grams.

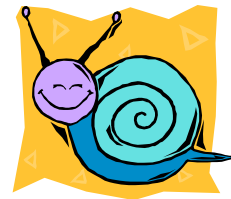
The American Dietetic Association says persuading people to eat more fibrous foods could have a "significant impact on the prevention and treatment of obesity cardiovascular disease and type 2 diabetes."

Fiber also acts as an appetite suppressant, helps slow absorption of nutrients, and leaves the person prolongs the feeling of fullness. Foods rich in fiber include: whole & fresh fruits, whole grains,

oatmeal, beans, lentils, raw veggies, nuts.

Source: www.glycemicindex.com

## Feeling Sluggish?



If you're feeling tired or unable to concentrate it may be due to your diet. University of Toronto Health Services recommends specific foods to keep your brain upbeat.

Foods that keep you alert include: fruits, veggies, fish, and grains (breads, cereal, pasta, rice, and barley). Foods with Vit C (citrus fruits, kiwi, broccoli) help combat fatigue created by anxiety and stress. Foods with Chromium (apples, bananas, potatoes) help maintain blood sugar and the production of energy. Foods with potassium (bananas, seeds, nuts, beans) help regulate nervous system and boost mental energy.

Source: www.yahoo.com