Sustainable Eating

With

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October 26, 2011

What is sustainable eating?

- Make decisions based on the path your food took
  - Impacts include global warming, loss of biodiversity, air and water pollution, soil erosion….
- When something is sustainable, it can support itself indefinitely.
  - preserves the land's ability to grow and nourish food into the future.
  - relies on renewable resources and on relationships with nature and the surrounding community.

Sustainable food is...

- Healthy to eat, being both nutritious and free of added toxins
- Does not harm the environment and, in many cases, promotes environmental health
- Provides farmers with a fair wage
- Provides farm labor with fair wages and safe working conditions
- Respects farm animals
- Supports and preserves rural communities.

What is Considered Sustainable Farming?

- Minimizing use of toxins
- Soil conservation and environmental stewardship
- Maintaining biodiversity
- Treating animals humanly

Three Easy Steps to Sustainability

1. Educate yourself (you're already doing this now!)
2. Ask Questions
3. Take Action

Sustainable vs Industrial Farming

Issue	Sustainable	Industrial
Health	Organics have higher levels of antioxidants	More nitrates
Environmental	Farmers are able to use manure as fertilizer	Industrial farms cause $34.7 billion worth of environmental damage in the U.S. each year.
Water Waste	Conserve water resources and protect local water from being contaminated with harmful pollutants	According to the EPA, agricultural practices are responsible for 70% of all pollution in U.S. rivers and streams
Soil	Erosion-prevention methods such as windbreaks, use of cover crops, continual addition of organic matter to the land, and no-tillage or low-impact tillage techniques.	Chronic erosion due to extensive plowing, lack of cover crops, and failure to replenish soils with organic materials.

Sustainable vs Industrial Farming

Issue	Sustainable	Industrial
Pesticide	Alternative pest control methods such as habitat manipulation, biological control, and use of pest-resistant plant varieties	Chemicals are known to damage the environment and human health
Antibiotics	Antibiotics are administered only if an animal is sick. Organics pulls animal from herd	Overuse of antibiotics is contributing to antibiotic resistance, making human medicines less effective and causing health care costs to increase
Hormones	Not administered, protects environment, which is otherwise polluted with hormone residues contained in manure.	Administered to about two-thirds of American cattle. rBGH has been proven to damage the health of cows and is banned by the EU and Canada.

Sustainable vs Industrial Farming

Issue	Sustainable	Industrial
Genetic Diversity	Raise animal and plants that are adapted to the surrounding environment	Rely upon monoculture crop systems, thereby reducing genetic diversity
Fossil Fuels	Small, organic farms have been shown to use 60% less fossil fuel per unit of food than conventional industrial farms.	17% of all fossil fuel used in the U.S. is currently consumed by the food production system.
Transportation	Sell produce locally at farmers markets, farm stands, or community supported agriculture (CSA) programs	Conventional produce is shipped an average of 1,500 miles before reaching consumers.

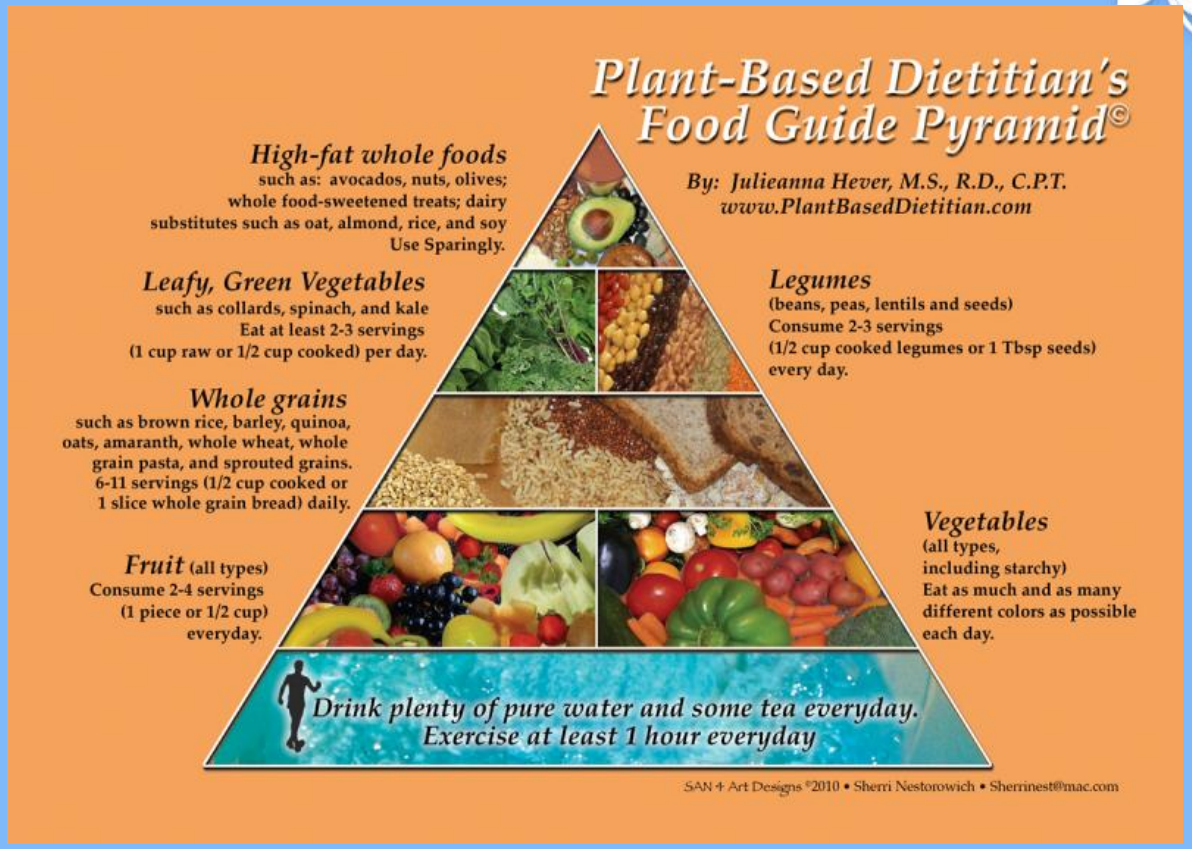
Sustainable vs Industrial Farming

Issue	Sustainable	Industrial
Animal Welfare	Treated humanely and are permitted to carry out natural behaviors, like pecking	Confined unsanitary conditions
Community	Support local economies by providing jobs and purchasing supplies from the same community	Factory farms hire as few workers as possible and typically purchase equipment, supplies, and animal feed from companies outside the region.
Workers	Treat their employees with dignity and respect	Most serious hazards faced by workers is routine exposure to dust and gases emitted from sources of concentrated manure

How to cook vegetable to preserve nutrients

- expose the produce to heat for the least amount of time and use the least amount of water so the nutrients don't leach into the water.
- keep the lid on as much as possible to keep the heat from getting out.
- Another way to retain the nutrients that have leached into cooking water is to use that water in some other part of your meal preparation.
- To retain the most nutrients, especially vitamins C, E and folic acid, cook in stainless steel, enamel or glass.
- Avoid cooking vegetables in copper pots as the copper can destroy these vitamins.

Whole Foods
Plant Based Diets



Four Basic Nutrients

- Water
- Carbohydrates
  - found mostly in plant foods such as fruits, vegetables, peas, and beans. They are converted into glucose providing energy for the body's cells, the brain, and red blood cells, or stored for future use in the liver, or in body fat.
- Fat
  - Fats are not an enemy and are needed throughout life to support growth and provide energy.
- Protein.
  - Proteins are the building blocks making up body tissues, muscles, skin, and organs. When consumed, protein is broken down into amino acids providing the body with energy for various vital functions.

Fiber!

- Dietary fiber is considered non-nutrient because it is not digested or absorbed by the body, it simply helps to move food through the body and aid digestion by attracting water to the small and large intestines.
- Think of fiber as a dry sponge and imagine trying to push that dry sponge down a tube. It will be difficult because the sponge is hard and dry. But, add water to that sponge, and you'll see that it easily slips through. Like the sponge, as fiber absorbs water it softens and moves easily through the system. Together fiber and water keep your food bulky and soft, so it can move easily through your system without putting too much pressure on your intestines.
  - help reduce appetite, eliminate water retention and bloating, and improve elimination and digestion.

Reasons to Eat Whole Foods

- Photochemical
  - only way to make sure you're getting the photochemical, is to eat plant foods in their whole, unprocessed form
- Nutrient shortages
  - almost a third of us get too little vitamin C; almost half get too little vitamin A; more than half get too little magnesium; and some 92% to 97% get too little fiber and potassium
- Good fats
  - Increasing whole food reduces consumption of processed foods that contain bad fats. Whole foods contain good fats like omega 3 and monounsaturated fat from plant sources
- Fiber
  - keeps the GI tract moving, helps you feel full faster, and it helps fight heart disease and diabetes

6 Ways to Add Whole Foods to Your Diet

- So just how do you go about getting more whole foods in your diet? Here are six simple steps to take:
- Choose products with 100% whole grains whenever possible.
- Replace half the white flour called for in your baking recipes with whole-wheat flour. Also, use half the amount of sweetener when you can.
- Eat lots of fresh vegetables and fruits. Try to include them in almost every meal and snack.
- Include beans in your meals and snacks more often. They are a great source of plant protein, fiber, phytochemicals, and other nutrients.
- Eat fewer convenience and processed foods. They're often loaded with added fat, sugar, salt, and additives.
- Don't forget your beverages. Go for nonsugary options such as water, mineral water, green tea (iced or hot), fresh fruit juice, and skim or soy milk.