Purdue Global University

HW320 Contemporary Diet and Nutrition

 Nutrition Education Guide

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Nutrition Education Guide

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HW320: Contemporary Diet and Nutrition

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Unit

1

Dietary Trends and Nutrition

Unit 1 Dietary Trends and Nutrition

# Information to Remember:

* Evidence-based dietary guidelines are important to remember when working with clients. The USDA Dietary Guidelines for Americans is a basic framework for society to make healthier food choices. The current guidelines are the first to include different nutrition guidelines for different stages of life. It is science research, evidence-based information guiding Americans on what nutrients their body needs. The core elements are vegetables, fruits, grains, dairy, protein, fats and oils. The U.S. Department of Health and Human Services updates the guidelines every five years. The following website is an excellent source to get further information on current dietary guidelines.

# Resource:

U.S. Department of Health and Human Services. (2020). [USDA Dietary Guidelines for Americans2020-2025.9thEd](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).Health.gov. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\_Guidelines\_for\_Americans\_2020-2025.pdf

Unit

2

Dietary Trends and Nutrition

Unit 2 Dietary Trends and Nutrition

# Information to Remember:

* Understanding how to decipher between research-backed information and nutrition misinformation is vital. With information at our fingertips, clients must be equipped with knowledge on how to weed through sources to find the most credible site, journals, books, etc. Nutrition misinformation can cause various health issues among society when they become afraid to eat certain foods or when they aren’t eating enough food. The provided source is a fact sheet on nutritional misinformation. It is key to review this type of information to prepare yourself for potential information you need to evaluate.

# Resource:

Hermann, J. (2017). [*Nutrition misinformation*](https://extension.okstate.edu/fact-sheets/nutrition-misinformation.html)*.* Oklahoma State University Extension.

 https://extension.okstate.edu/fact-sheets/nutrition-misinformation.html

Unit

3

Dietary Trends and Nutrition

Unit 3 Dietary Trends and Nutrition

# Information to Remember:

* When working with clients, understanding different assistance programs can be life changing. Many children and adults are not getting the recommended number of fruits and vegetables a day and are deficient in some nutrients. SNAP is the Supplemental Nutrition Assistance Program. Eligibility for SNAP can be found online, along with what you can purchase with it and an education source to help stretch the amount of food you can purchase. The source provided will give you access to see your state’s requirements for eligibility and other resources you may need.

# Resource:

U.S. Department of Agriculture. (2018). Supplemental Nutrition Assistance Program.

 https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

Unit

4

Dietary Trends and Nutrition

Unit 4 Dietary Trends and Nutrition

# Information to Remember:

* Food safety is important for clients to understand. Foodborne illnesses can cause nausea, vomiting, diarrhea and even death. Washing your hands and your produce is vital. The most common source of foodborne illnesses come from produce. The Bad Bug book is a great source on food safety guidelines and information. It contains information on how to clean your produce. It also covers various pathogen bacteria, viruses and toxins. It also goes over proper cooking temperatures.

# Resource:

U.S. Food and Drug Administration. (2021). The bad bug book (2nd ed.).

http://www.fda.gov/Food/FoodborneIllnessContaminants/CausesOfIllnessBadBugBook/ucm2006773.htm

Unit

5

Dietary Trends and Nutrition

Unit 5 Dietary Trends and Nutrition

# Information to Remember:

* Understanding biotechnology and genetically modified organisms is essential in making decisions on certain food choices. Being informed about the pros and cons of things like biotechnology is part of our health. The resource provided lays out the most frequently asked questions on biotechnology and answers from the U.S. Department of Agriculture.

# Resource:

U.S. Department of Agriculture. (n.d.). Biotechnology: Frequently asked questions.

http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&navid=AGRICULTURE&contentid=BiotechnologyFAQs.xml

Unit

6

Dietary Trends and Nutrition

Unit 6 Dietary Trends and Nutrition

# Information to Remember:

* Understanding if organic foods are safer or more nutritious is a key topic in this unit. After the “dirty dozen” was introduced, they found out that is just created a decrease in the amount of people eating fruits and vegetables. Instead, we need to educate clients about nutritional profile on organic and conventional products. There are many benefits from buying organic, but you can still get the same nutritional profile from conventional. If you can’t afford organic, still buy and eat the conventional produce. You must do what you can with your budget. The following resource goes over the evidence researchers have found on organic versus conventional and if they actually are safer or more nutritious.

# Resource:

Mayo Clinic. (2020). Organic foods: Are they safer? More nutritious?

https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880

Unit

7

Dietary Trends and Nutrition

Unit 7 Dietary Trends and Nutrition

# Information to Remember:

* Fast food isn’t going anywhere. Educating clients on the biggest advantages and disadvantages of fast food is important so they are making informed decisions on their lifestyle and needs. Is it better to eat home cooked meals? Yes. Is it also okay to eat fast food once in awhile when that is all that is accessible to you? Yes. Each person must find a balance and see how they feel with the foods they are consuming. The following resource talks about the 14 biggest advantages and disadvantages of fast food. For example, the quality of the food is often a disadvantage, but the convenience of the food is an advantage.

# Resource:

Regoli, N. (2019). 14 Biggest Advantages and Disadvantages of Fast Food.

https://connectusfund.org/14-biggest-advantages-and-disadvantages-of-fast-food.

Unit

8

Dietary Trends and Nutrition

Unit 8 Dietary Trends and Nutrition

# Information to Remember:

* Weight loss is one of the top new year’s resolutions made in America. Yet we misunderstand the best, most sustainable way to lose weight. It is key to understand the weight loss myths that are preached throughout society. When we are better equipped with correct information around healthy ways to lose weight and keep it off, we will be more successful at reaching our goals. This source provides 20 weight loss myths you may have heard and believed at some point in your life. For example, one of the myths is that you can work out enough to create a calorie deficit and eat what you want.

# Resource:

Stiehl, S., & Donovan, M. (2018). 20 Weight loss myths you probably believe. Weight Loss

 Myths. https://www.eatthis.com/weight-loss-myths

Unit

9

Dietary Trends and Nutrition

Unit 9 Dietary Trends and Nutrition

# Information to Remember:

* Culture and society greatly influence our eating habits. How we were raised and what foods we ate as a child often shape how we eat as an adult. Society is another pressure that influences our eating habits. When we are in social settings, we often just eat what is available and try to be respectful to what is served, even if we are personally trying to avoid that certain food. I know personally, I have worked on feeling more confident in my food choices and not trying to explain myself when I chose not to eat something that is served. The following resource is wonderful on culture and society’s impact on our diet. Our environment is one of the biggest indicators of our health habits and choices.

# Resource:

Group, E. (2016). How culture and society influence eating.

https://explore.globalhealing.com/how-culture-and-society-influence-healthy-eating/.

**Part 2: Cultural Food Choice Explanation and Screenshot**

 It is important for practitioners to be aware and try to understand different cultures and food choices, especially when aiding in creating meal plans. Some cultures fast, some don’t eat certain foods, some only eat certain foods on certain days. Understanding these as a practitioner will help when tailoring guidance around customs and traditions. It’s important for clients to also understand where their food choices come from and decide if they will continue to follow those traditions or tailer to their specific needs now.

Growing up with a best friend that is Vietnamese and living in Japan for three years really helped me grow an appreciation for Asian foods. I love ramen, pho, spring rolls, gyoza, sushi, and much that the Asian community brings to the American table. I was lucky enough to have homemade Vietnamese food all through junior and high school at my friend’s house. I couldn’t choose between making pho or ramen, but I settled with ramen because I had the ingredients. I used thin sliced steak, ginger, soy sauce, fish sauce, beef bone broth, and ramen noodles. I added carrots, corn and seaweed. It is delicious, nutritious, healthy and so easy to make.



# References:

Group, E. (2016). How culture and society influence eating.

https://explore.globalhealing.com/how-culture-and-society-influence-healthy-eating/.

Hermann, J. (2017). [*Nutrition misinformation*](https://extension.okstate.edu/fact-sheets/nutrition-misinformation.html)*.* Oklahoma State University Extension.

 <https://extension.okstate.edu/fact-sheets/nutrition-misinformation.html>

Mayo Clinic. (2020). Organic foods: Are they safer? More nutritious?

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-food/art-20043880>

Regoli, N. (2019). 14 Biggest Advantages and Disadvantages of Fast Food.

<https://connectusfund.org/14-biggest-advantages-and-disadvantages-of-fast-food>.

Stiehl, S., & Donovan, M. (2018). 20 Weight loss myths you probably believe. Weight Loss

 Myths. <https://www.eatthis.com/weight-loss-myths>

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<http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&navid=AGRICULTURE&contentid=BiotechnologyFAQs.xml>

U.S. Department of Agriculture. (2018). Supplemental Nutrition Assistance Program.

 https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap

U.S. Food and Drug Administration. (2021). The bad bug book (2nd ed.).

<http://www.fda.gov/Food/FoodborneIllnessContaminants/CausesOfIllnessBadBugBook/ucm2006773.htm>

U.S. Department of Health and Human Services. (2020).

[USDA Dietary Guidelines for Americans2020-2025.9thEd](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf).Health.gov. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\_Guidelines\_for\_Americans\_2020-2025.pdf