

HEALTHY LIVING:

Nutrition



vegetarianism or veganism) when planning dinner party menus. So what is the accommodating host or hostess to do? Etiquette experts say that while it is important to keep guests' preferences in mind, it is impossible to accommodate everyone. But hosts can take certain steps when planning a menu that might make it easier to cater to an array of eaters.

- Host a buffet or family-style meal. Buffets and family-style services provide plenty of options for guests to enjoy. Think about offering at least one item from all of the food groups, including vegetables that will fit the bill for vegetarians, vegans and those who may be avoiding grains.

- Keep some trendy foods on hand. Consider current dietary trends and how likely your guests are to follow them. For example, investigate a few gluten-free options and some foods that are low in carbohydrates. Opt for quinoa or couscous as an alternative to white rice. A hummus dip is a nice change from a dairy-based dressing for those who may need to avoid dairy products. Replace iceberg or romaine lettuce with baby spinach and arugula.

- Stick to simple recipes. The more ingredients in each dish, the more explaining you will have to do to guests who might be watching what they eat. Herb-crusted grilled chicken, roasted colorful vegetables in a ratatouille, a bean salad, and a three-cheese gourmet mac-and-cheese are some simple crowd-pleasers.

- Offer a signature dish. In addition to "safe" menu items, showcase something you enjoy and like to prepare. After all, you should be able to enjoy the foods you love as well.

Some guests may come with food in hand. Graciously accept their additions and give credit where credit is due. You can even encourage those with especially strict diets to bring their own foods to ensure they don't go hungry.

HOW TO COOK FOR PEOPLE WITH VARIOUS DIETARY NEEDS

Breaking bread with friends and family is the perfect recipe for a fun day or evening. However, even the most experienced party hosts may struggle with ways to cater to their guests' various dietary restrictions. According to Food Allergy Research & Education organization, as many as 15 million Americans have food allergies. Research by a team of allergists at the McGill University Health Centre found that 7.5 percent of Canadians report having at least one food allergy.

In addition to food allergies, hosts also must consider diets, food sensitivities, religious preferences, and lifestyle choices (i.e.,

CHANGING MARKET OF PUTTING A MEAL ON THE TABLE



Whether making a meal for a crowd or a handful of people, cooks must first choose a dish and then follow the recipe to get it on the table. But it can sometimes be challenging to choose a menu, especially when faced with aisles of food at the grocery store.

Meal kits have become increasingly popular over the last few years, appealing to consumers who do not have time to shop for groceries. Meal kits also are coveted by those looking for inspiration for meal ideas. According to Packaged Facts, a leading publisher of market research in the food, beverage and consumer packaged goods sectors, the meal kit industry is worth more than \$1.5 billion. Technavio's market research analysts say the global meal kit delivery service market will grow at a rate of almost 21 percent between 2018 and 2022.

There are several advantages to meal kits. Consumers do not have to plan or shop for groceries, which affords more time to prepare the food. Another benefit is that these carefully curated meal boxes encourage consumers to step outside of their comfort zones to try new ingredients. Furthermore, with step-by-step instructions, customers learn preparation techniques through easy-to-follow recipes. Cooking tips and other information may be provided with the kit.

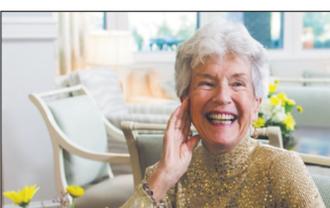
For the waste-conscious, meal kits are great because only the ingredients needed for the recipe are included. That means that there is little to no wasted food.

Certain services, such as Plated, offer two-, three- and four-serving recipe options delivered right to your door. If a dinner party is in the works, customers can simply order as many kits as they need. Other companies, such as Sun Basket, enable customers to receive two, three or four meals per week, which offers greater variety in subscription plans. Marley Spoon meal service tags recipes with labels like "kid-friendly" or "under 30 minutes" so that customers can find options that work best for them.

Meal delivery services take the work out of putting meals on the table. Such services let people without much time on their hands enjoy homecooked meals, and also can help others expand their culinary horizons.

DID YOU KNOW?

Social media has had a profound impact on various industries, and the restaurant business is no exception. According to the 2018 Dining Trends Survey from Zagat, 53 percent of the nearly 13,000 diners surveyed indicated they browse food photos on social media. Perhaps more interesting to restaurant owners is that 75 percent of those who admitted to browsing food photos on social media indicated they have chosen restaurants based on such photos. Customers who take photos of the foods they order and then share those photos via social media are essentially providing restaurants with free advertising. In fact, Zagat notes that many new restaurants feature interior designs that include photo-friendly lighting, reflecting that restaurant owners recognize the benefits of their customers stopping to snap a photo before diving into their meals.



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CRANBERRY-INFUSED COCKTAIL FOR AUTUMN ENTERTAINING

Besides the ubiquitous "pumpkin spice," nothing says "autumn" more than tart cranberries. Cranberries are a major component of Thanksgiving feasts, turning up alongside and atop turkey as well as in quick breads and desserts. Cranberries are loaded with health benefits, which include reducing the risk for ulcers and preventing gum disease. Also, just eight ounces of cranberry juice cocktail contains 137 percent of the daily recommended value of vitamin C. Cranberries can even be used to craft great cocktails. Move over mulled ciders, this crisp "Cranberry Margarita" from The Cape Cod Cranberry Growers' Association makes a great autumn-inspired beverage.

Cranberry Margarita
Serves 1

- 1 1/2 shots of tequila
- 1 shot of cranberry juice cocktail
- 1/4 cup of whole berry cranberry sauce
- 1/2 shot of triple sec
- 10 ice cubes
- Sweetened dried cranberries, for garnish
- Lime, for garnish



Combine all ingredients except garnish in a blender. Blend on high until smooth and frosty. Serve in a margarita glass. Garnish with dried cranberries and a lime wheel.

DID YOU KNOW?

According to Food Allergy Research & Education, more than 170 foods have been reported to cause allergic reactions. However, many of the serious allergic reactions to food can be traced to eight allergens in particular. These allergens include crustacean shellfish, eggs, fish, milk, peanuts, soy, tree nuts, and wheat. If it seems as though food allergies in children have increased in recent years, they have. The U.S. Centers for Disease Control & Prevention report that, between 1997 and 2011, the prevalence of food allergies in children increased by 50 percent. Though some people may only experience an itchy mouth or a few hives after eating food they're allergic to, symptoms of allergic reactions to food can be severe and may include anaphylaxis, which occurs suddenly and can cause death. Anaphylaxis can produce a host of frightening symptoms, such as rapid heartbeat, dizziness, difficulty breathing, and weak pulse. Food allergies often resolve during childhood, though FARE® notes that today's youngsters appear to be outgrowing their food allergies more slowly than kids did in the past.

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POTENTIAL BENEFITS OF A VEGAN DIET

A nutritious diet is an integral component of a healthy lifestyle. One of the great things about eating right is there are many ways to do so. A healthy diet that works for some people might not work for others with different tastes, and it doesn't have to.

Eating right can boost immune systems and help people be more productive, and some people even tailor their healthy diets to align with their personal beliefs. One such example is veganism. Adherents to veganism do not eat or use animal products, and many do so to advocate for the ethical treatment of animals.

Regardless of why people choose vegan diets, the potential health benefits of such decisions are myriad.

- **Shed excess weight:** Vegan diets may help people shed excess weight. A 2015 study published in the journal *Nutrition* found that vegan diets may result in greater weight loss than more modest recommendations. The vegan diets used in the study did not require participants to limit their caloric intake, though many might have simply by the nature of the vegan diet, which is packed with satisfying foods full of nutrients such as fiber that can help people feel full and maintain that feeling of fullness for long periods of time.
- **Improve kidney function:** Studies have indicated that people with diabetes who replace the meat in their diets with plant protein may reduce their risk for poor kidney function. One such study, published in the *Asia Pacific Journal of Clinical Nutrition*, concluded that, while more studies are necessary, substituting soy protein for animal proteins usually decreases hyperfiltration in diabetic subjects and may reduce albumin excretion as well.



- **Protect against certain cancers:** The World Health Organization says that roughly one-third of all instances of cancer across the globe can be prevented if people make the right lifestyle choices. That includes their choice in diets. Due to the nature of vegan diets, vegans tend to consume considerable amounts of fruits and vegetables. That's good news, as an analysis of data from the Health Survey for England found that eating seven or more portions of fresh fruits and vegetables every day can reduce a person's risk of dying from cancer by as much as 15 percent.

- **Reduce risk for heart disease:** Fruits, vegetables and fiber also have been linked to a lower risk of heart disease. A study from researchers in Japan found that intakes of plant-based foods, particularly fruits, were associated with reduced mortality from cardiovascular disease.

Vegan diets may necessitate an adjustment period when starting out. But over time, the benefits of such diets are numerous.



DIETING AND DINING OUT

Dining out is big business. A 2016 Consumer Reports survey of more than 68,000 subscribers projected that Americans would spend \$720 billion at restaurants in 2016 alone. That equates to nearly half of every food dollar spent in the United States.

Dining out is a great way to try new things, experience new cultures without traveling overseas and spend time with friends and family. But men and women who are dieting or trying to gain greater control over the foods they eat may be nervous about dining out. Many restaurants feature nutritious foods that won't compromise dieters' goals of eating healthy. Dieters concerned about veering off course when they dine out can take the following steps to stay on course.

- **Research menus before choosing a restaurant.** Apps such as Grubhub and Seamless make it easier than ever for diners to explore menus

HOW TO MAKE SMART CHOICES AT THE BUFFET TABLE



Buffet dining can be found everywhere from wedding receptions to all-inclusive resorts to cafeteria-style restaurants. Unlimited access to a wide array of foods means there's likely something for everyone to enjoy at the buffet table.

But having so many foods at one's fingertips also may compel some people to overeat. Some people are tempted to get their money's worth, while others have difficulty controlling portions with so many delicious offerings beckoning.

Limitless food supplies often tempt people to dine on much more than they normally would at sit-down meals. Dubbed "buffet binging," individuals may walk away from buffet lines feeling bloated. However, there are some tricks to enjoy buffets without ending up with the post-buffet bloat.

- **Do a sweep of the area first.** Examine the buffet offerings before picking up a plate. If something looks irresistible, leave room for it by going sparingly on other foods.
- **Snack before arriving.** Fill up on high-fiber foods before visiting the buffet line so you'll be less likely to overdo it. If that's not possible, have a salad or broth-based soup as an appetizer. Both options are filling but not

before booking reservations. Diners can utilize such apps or their corresponding websites to peruse menus so they can rest easy knowing they will ultimately patronize restaurants that won't compromise their commitments to eating healthy.

- **Order an appetizer instead of an entrée.** Controlling portion sizes can help dieters lose weight and keep the weight off. But many restaurants understandably serve large portions in an effort to ensure their customers get enough to eat and don't feel cheated when the bill is presented. Dieters worried about entrée portions and their ability to avoid the temptation to eat large portions can order exclusively from the appetizers menu. Appetizers are meant to be shared, so they should be filling when eaten by just one person. And many restaurants' appetizers menus are just as varied as their entrée offerings.

- **Skip or split dessert.** Few people have the time or ability to prepare restaurant-style desserts at home. That makes desserts even more special when dining out. However, dieters may want to skip dessert if the dessert offerings are limited to high-calorie, sugar-laden offerings. Dieters who simply must indulge in dessert can split desserts with fellow diners or opt for low-calorie fare such as fruit.

- **Dine out infrequently.** Dieters can indulge in favorite foods or less healthy fare every now and then without feeling guilty. In fact, many dieting experts suggest the occasional indulgence as a motivator or reward for hard work. Diners who dine out infrequently can use their special nights out as their opportunities to indulge. Avoid overindulging, which can be both unhealthy and uncomfortable.

Dining out is incredibly popular, and diets don't have to avoid their favorite restaurants.

too high in calories.

- **Use a small plate.** Pick a small plate so you can't fill it up with more food than you need to feel satisfied. If you're still hungry after finishing your plate, you can always go back for a second helping.

- **Pick some protein.** If the idea is to make the meal worth it from a financial standpoint, stick to protein-rich offerings like meat, poultry and seafood. These tend to be the most expensive items on the spread.

- **Choose unusual foods.** When indulging in an item or two, select foods you don't regularly have access to. And don't hesitate to give signature dishes a try.

- **Load up on veggies.** Fill your plate with plenty of vegetables, which are filling and healthy. Just be wary of how veggies are prepared, skipping those that are coated in cream sauces or look laden with butter.

- **Indulge wisely in desserts.** Pick up very small pieces of dessert if you want to sample various offerings. Fill the rest of the plate with fresh fruit, which is refreshing and low in calories.

- **Slow down.** Eat slowly and register when you are full. This will help you eat with your stomach and not your eyes. After visiting the buffet line, sit beyond the sightline of the buffet so you're not tempted to revisit it.





FARM-TO-TABLE IS CHANGING THE RESTAURANT BUSINESS

Farm-to-table is a movement that promotes serving local products, preferably food and beverages acquired directly from a producer.

Farm-to-table eateries source ingredients locally as much as possible, and diners are increasingly expressing a preference for these establishments. According to the National Restaurant Association's "What's Hot in 2015" survey, locally sourced meats and seafood, locally grown produce, environmental sustainability, and natural ingredients/minimally processed foods were among the most popular food trends.

Farm-to-table establishments reduce carbon footprints by cutting back on the amount of resources necessary to get food from the farm to the restaurant. The farm-to-table movement began as a countermeasure to big agriculture and chemically controlled produce. Although there is no hard data on just how many restaurants can be considered farm-to-table, organic farming in general is big business. In its 2014 Organic Survey, the U.S. Department of Agriculture's National Agriculture Statistics Service reported that sales of organic products increased by 72 percent since 2008. California, Washington, Pennsylvania, Oregon, and Wisconsin were the top five states for organic farming, accounting for 78 percent of organic sales in the United States at the time of the survey.

Supporting farm-to-table establishments can benefit the planet, but consumers should know that there are additional advantages to patronizing such businesses.

- **Support for local businesses:** Local restaurateurs who embrace farm-to-table can support and promote other local operations. Restaurants can help farmers by purchasing excess crops or simply providing the demand for farmers' products.

- **Greater control over ingredients:** In some instances, chefs can travel to nearby farms during harvest to personally select items for their restaurants, ensuring excellent quality.

- **Better taste and quality:** Fresh food is picked at its peak instead of being forced to ripen during a long journey. This typically translates to more flavorful foods.

- **Evolving and updated menus:** Because farm-to-table means sourcing in-season ingredients, restaurants must have fluid menus that change based on the availability of ingredients and fishing and harvesting quotas. This can lead to greater variety and prevent menus from becoming dated or overly familiar.

Hyper-local sourcing that fuels farm-to-table operations continues to be an in-demand restaurant trend. Diners can rest easy knowing that patronizing such establishments benefits both the environment and the local economy.

THE SCOOP ON NET CARBS

People carefully counting carbohydrates as part of managing their diabetes, or those who simply desire to lose weight, may have come across the term "net carbs" on food packaging. The phrase started to draw attention as the popularity of the Atkins Nutritional approach and other low-carb diets grew. According to these plans, calculating net carbs involves taking the total carbohydrate value and subtracting fiber and sugar alcohols, if applicable. Net carbs show the grams of carbohydrates that will impact blood sugar levels, according to Atkins. Foods that are low in net carbs purportedly do not have a significant impact on blood sugar, and therefore may be less likely to interfere with weight loss.

However, according to the medical consultants at Diabetes Forecast magazine, the equation used to calculate net carbs is not entirely accurate, and some of the fiber and alcohol is, in fact, absorbed by the body. They say that half of the grams in sugar alcohols are metabolized to glucose. It's also important to note that "net carbs" is not a nutritional definition recognized by either the Food and Drug Administration or the American Diabetes Association. It is particularly important for people who are on intensive insulin management to look beyond net carbs and carefully read the nutritional facts and ingredients lists on product packaging to calculate information for themselves. For those who do not have strict dietary requirements, using net carbs as a way to gauge the body's carbohydrate response can be a handy tool.

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IS IT A COLD OR THE FLU?

People often mistakenly say they have the “flu” when they actually have a common cold. Influenza (the “flu”) is more serious than the common cold.

The following table shows some of the differences between the two.



Symptoms	Cold	Flu
Fever	Rare in adults and older children. Can be as high as 102°F / 38.9°C in infants and small children.	Usually 102°F / 38.9°C but go as high as 104°F / 40°C. Usually lasts 3 to 4 days.
Headache	Rare	Appears suddenly and can be severe
Muscle aches	Mild	Usual, and often severe
Tiredness and weakness	Mild	Often extreme and can last two or more weeks
Extreme exhaustion	Never	Suddenly and can be severe
Runny nose	Often	Sometime
Sneezing	Often	Sometime
Sore throat	Often	Sometime
Cough	Mild hacking cough	Usual, and can become severe



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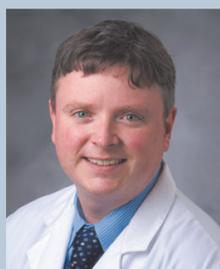
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