

PURDUE GLOBAL UNIVERSITY

HW320 Contemporary Diet and Nutrition

Nutrition Education Guide

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HW320: Contemporary Diet and Nutrition

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Dietary Trends and Nutrition

Unit 1 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit—*Review of the information presented in the USDA Dietary Guidelines for Americans. The guidelines provide useful information for healthcare professionals to consult when making diet and exercise recommendations to clients.*

Resource:

- Web Site (1) – *USDA Dietary Guidelines for American. Review of the USDA Dietary Guidelines for Americans is useful for healthcare professionals as a general framework for a range of potential clientele and issues that could arise. This source reviews recommended workout patterns, dietary trends, and recommended nutritional patterns for individuals from a variety of different demographic groups. This guide does not simply do this for individuals such as me, but rather gives in-depth descriptions for every age range, as well as special situations such as recent mothers, and those with health issues, in addition to general information that is relevant to all circumstances.*

Dietary Trends and Nutrition

Unit 2 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit– *Misinformation surrounding food choices through misleading marketing, influences, and inaccurate sources. It is important for health professionals to be informed about misinformation, so they are prepared to combat it and to present scientifically backed counter arguments to their clients.*

Resource:

- Web Site (1) – *In Nutrition Misinformation by Oklahoma State University it goes over some of the signs of misinformation, such as claims of special, disease-curing attributes, or conversely, foods being overly harmful and needing to be eradicated from the diet (think anti-carb trends) (Hermann, 2017). The article also goes over ways to spot proven vs unproven products, as well as to identify misinformation vs founded information. One key point has to do with checking if said products or claims are approved and supported by the correct corresponding government agencies (Hermann, 2017).*

Unit 3

Dietary Trends and Nutrition

Unit 3 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit– *Malnutrition can occur for many reasons. Lack of financial resources, inability to access sources of food – which oftentimes ties back to a lack of financial resources or a lack of transportation, and lack of education regarding diet and nutrition. Malnutrition does not always occur for the same reason, and roughly defined, it means to be nutritionally deficient; this means that an obese individual could be suffering from malnutrition (Brazier, Y., 2020). This is why it is vital for individuals who are within the healthcare industry to have a clear understanding and awareness of malnutrition. When seeing a client or patient, those within healthcare should not be biased about what malnutrition looks like and should be able to diagnose malnutrition in a wide range of situations successfully.*

Resource:

- Web Site (1) – *In MedicalNewsToday's article, Malnutrition: What you need to know, it highlights some of the key symptoms and side-effects of malnutrition in their article Malnutrition: What you need to know, high infection risk, reduced growth rates, ongoing healthcare issues as well to high susceptibility to health issues (Brazier, Y., 2020). The article goes into depth concerning symptoms that will present themselves in children vs those that will be present in adults, how overnutrition can also occur, risk factors concerning malnutrition, and various causes.*

Dietary Trends and Nutrition

Unit 4 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit—*Food-borne illnesses are such a major concern that significant resources are directed toward preventing outbreaks, and studies are performed to analyze the possible outbreaks that might occur, and which foods are most commonly linked to sicknesses. This is important for healthcare professionals to understand since they are often responsible for educating their clients. In addition, a healthcare professional needs to be aware of food-related illnesses that might impact their clients so they can be more well-prepared if a situation arises.*
- **Web Site (1)** – *An article titled Estimates of foodborne illness in the United States by the CDC analyzes the outbreak data spanning from 1998 to 2008, which equates to an estimated 48 million illnesses for them to convert to data points (CDC, 2016). This article notes that very few outbreaks can be traced back to a single source (CDC, 2016). However, it was found that around fifty percent of all outbreaks were linked back to produce, and most fatal infections were linked to poultry (CDC, 2016). This article then pointedly made known that this was not to discourage from eating certain foods, but rather to encourage safe food practices such as cooking chicken thoroughly and properly washing produce (CDC, 2016).*

Dietary Trends and Nutrition

Unit 5 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit– *The regulation of GMOs is important since, just like any other food source, the safety, environmental impact, and ethics must be monitored and upheld. The disclosure of GMOs is important since it allows for the consumer’s freedom of choice and right to know. For healthcare providers, it’s important for them to know so they can help their clients make the most well-suited decision for them, as well as know what is factual vs what is fear-mongering in relation to GMOs. That way, you can provide sound perspective to those who rely on you. It is also important that those in healthcare stay informed in this area so they can also be the whistleblowers if necessary and recognize if side effects to more recently developed GMOs are having negative side effects.*

Resource:

- Web Site (1) – *In an article by the FDA, How GMOs are regulated for food and plant safety in the United States explains that the regulation of GMOs is overlooked by three departments: the FDA, EPA, and the USDA (FDA, 2022). The FDA regulates GMOs in the same manner that it regulates all other foods by ensuring that safety standards are upheld, the EPA monitors the environmental impact of GMOs as well as what pesticides the GMOs come into contact with, and the USDA works to ensure that GMOs are not harmful to other plants and works toward protecting against diseases and pests (FDA, 2022). Additionally, this article notes the guidelines for denoting the presence of GMOs in food products, allowing consumers to make informed decisions (FDA, 2022).*

Dietary Trends and Nutrition

Unit 6 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit– *Organic foods are now found at basically every grocery store chain. For healthcare professionals, it is important that they note the rise in popularity of organic foods for similar reasons as it is important for them to note the regulation of GMOs. Healthcare professionals being the sounding board for many clients means they need to be informed enough to educate their clients so, in turn, their clients can make sound, logic-based decisions, and not simply decisions that are based on trends or fear. For those who cannot afford organic foods, it can feel very discouraging unless a trusted healthcare professional can guide them to make the best nutritional decisions that they can make within their economic range and debunk the ideology that organic foods are inherently better for individuals.*

Resource:

- Web Site (1) – *An article, 19 Organic food organizations and businesses working to protect consumers and the global environment. by Foodtank notes that within nine years, the organic food industry grew by 170 percent (Foodtank, 2015). Despite this, many myths surround organic foods, and the average consumer does not even understand the organic food labeling system (Foodtank, 2015). Despite all this, the article remains upbeat, with a positive outlook on the environmental impact of organic farming and its growth potential. Then, it lists various organizations working towards advancing organic products and promoting greater transparency.*

Dietary Trends and Nutrition

Unit 7 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit– *Although fast food is often demonized, it has both positive and negative aspects. Healthcare providers need to recognize the dual nature of fast food since a realistic and balanced perspective is often necessary to be effective at one's job and as a communicator. It is also important for them to know the impacts of fast food to help their clients make decisions that align with their goals and morals*

Resource:

- Web Site (1) – *Some benefits of fast food, as outlined by Regoli's article, 14 Biggest Advantages and Disadvantages of Fast Food, are that fast food provides calorie-rich meals for those without much time, it provides jobs, it is affordable, it is convenient, it can be healthy at times, the experience is consistent, and it provides entrepreneurial opportunities (Regoli, 2019). The article also lists the cons of fast food, which include; it can be more expensive than home cooking, can be unhealthy, questionable quality, contributes to obesity, changes an individual's eating habits, is not complimentary to specific dietary needs, and charges more for healthier items (Regoli, 2019). Over all, the article provides a nice overview of the pros and cons of fast food and would serve as a practical starting point for healthcare individuals to have a conversation.*

Dietary Trends and Nutrition

Unit 8 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit– *With weight loss being such a major concern, there is a massive spread of misinformation concerning this topic; many of these “myths” can be counterproductive and, in some cases, straight-up harmful. Due to the vast amount of misinformation, healthcare providers must be very knowledgeable concerning any harmful weight loss trends or ideologies that are not backed by science. It is also imperative that healthcare providers can counter the misinformation with scientifically proven and backed information and can direct clients to effective and safe means of losing weight.*

Resource:

- Web Site (1) – *In an article by Stiehl, 20 Weight loss myths you probably believe, she notes twenty weight loss myths. Some of these include the belief that weight loss equates to fat loss when, in reality, it can mean the loss of muscle; drastically cutting calories equates to drastic weight loss, when frequently it simply causes malnutrition; or that egg yolks are the enemy when in reality getting rid of the yolk reduces the nutritional value of the egg and removes choline which helps burn fat (Stiehl, Donovan, 2018). The article also touches on the importance of recognizing that losing weight is a marathon rather than a race and that it is important to be well-informed and to not fall for common weight loss misconceptions.*

Dietary Trends and Nutrition

Unit 9 Dietary Trends and Nutrition

Information to Remember:

- Key learning point from the unit— . *Food and culture are inherently intertwined, which is why such a great reflection of a culture is their food. It is important for those within the healthcare field to recognize this in order to be culturally in tune with those they care for. It is also valuable to recognize this since it will help to highlight any health concerns that might be more prevalent within certain cultures than others.*

Resource:

- Web Site (1) – *In the article, What Food Tells Us About Culture, it notes how diet is a telltale sign of geographical location, as well as cultural upbringing (Le, 2017). In addition, cuisine is the product of dishes being passed down from generation to generation, maintaining the integrity of the cuisine and traditions (Le, 2017). It gives a wonderful example of how, just like in the Chinese culture, it focuses on balance, classically chalked up to Yin and Yang; in Chinese cuisine, each dish should be balanced by containing elements of each major flavor such as sweet, bitter, etc. (Le, 2017). The article reminds us that food is frequently a celebration of heritage and tradition.*

Part 2: Cultural Food Choice Explanation and Screenshot

Today, I am making a Vietnamese dish called pho. I am making this dish to pay homage to my cultural roots. My father was a refugee from the Vietnam War, and growing up, I was very close with the Vietnamese side of my family. As a matter of fact, having pho in my household was a weekly occurrence, so admittedly, this wasn't the first time I had made it. In my own personal experience, Vietnamese food tends to be a labor of love, and it oftentimes is used as a way to convey love. Every time I ever saw my grandma, Ba, growing up, she always offered me food, and if I turned it down, she genuinely was hurt; she also always sent me home with bags of fruit, which in Vietnamese culture is seen as a form of desert. Feeding each other and giving each other desirable foods are two of the main ways that love is conveyed. I don't think I ever remember my grandma telling me she loved me. However, I always knew that she did because she always went out of her way to show me within the bounds of the culture she grew up in.

Vietnam has many wetlands (Nguyen, 2022). Consequently, rice is often times the main element of meals (Nguyen, 2022). We pride ourselves greatly on how, with even minimal ingredients, we are able to create a vast amount of flavor, and each dish is extraordinarily flavorful (Nguyen, 2022).

In pho, there aren't grains of rice. However, there are rice noodles. But cooking these noodles is one of the fasts, and also one of the last steps. To make pho successfully, you'll probably have to buy a pot much, much bigger than any you currently have, the pot is truly huge. You also need to have bones, my favorite is beef, so I had to go to a butcher to get beef bones. Some people like to bake and wash their bones before making the broth. I like to boil them in water for ten minutes, rinse them, and then simply scoop off any foam that occurs after that. The broth needs to cook for hours; I like cooking it for at least eight because that's how I did it growing up. However, you don't have to. In addition to the bones, I like to boil star anise, peppercorns, cardamom seeds, and onions with the bones. When this has been cooking for eight hours, all the additives are removed until there is broth; since the pot is so big, I just ladle the ingredients out. By this point, I will have had chopped-up green onions, my desired meat product, and another regular onion. Bring the broth back to a boil, toss the white ends of the green onions and the fresh onion slices into the broth, and season with salt, pepper, and fish sauce. Meanwhile, pour hot water over your rice noodles, let them sit until soft, and then rinse them with water. After your broth is boiling and your noodles are cooked, turn off the heat and prep your bowls. Obviously, if you do not have pre-prepped

meat, cook your meat beforehand, but in this case, I used pre-shaven and cooked meat. You add the desired amount of rice noodles, meat, and green onions to your bowl, and then pour broth over it. Using a plate, you drain it roughly once; this activates the pho. You then pour the broth over again, and this is your actual bowl of pho.

This is clearly a labor of love and extremely time-consuming. However, considering I have helped my Vietnamese relatives begin food preparations a week before various celebrations, I can honestly say that this dish is not nearly as difficult or time-consuming as many other Vietnamese dishes. This, once again, leads me back to the point that Vietnamese cuisine highlights acts of service and gift-giving; it is truly a means by which to show affection. Even now that I don't have time to cook extensively, I will still cook for others in order to convey that I care for them. This is so engrained it happens on a subconscious level, and only when I think about my relatives do I realize this is what is happening. It is truly interesting how something that would be insignificant within one culture can hold great meaning within another.



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