

Happy Earth Week! Be Green: Eat Local!

Did You Know... Our food travels over 1500 miles on average before it gets to our plate?!? Wow!

That's an incredible amount of gas, expense, pollution and time spent getting that food to us. In addition, as produce finds its way to us, it loses nutritional value. Take better care of our one and only Earth and of yourself and Eat Local! While the People's Food Co-op and Farmers' Markets are a great way to eat local, you will also find local options at other area grocery stores. The next time you're at the grocery store, take a moment to check the source of the foods you buy. You may be surprised at how many foods are 'local' (coming from within 150 miles of La Crosse) or regional (in our 5 state region).



To learn more, see the book *Go Green Get Lean* by Registered Dietitian Kate Geagan
 ✓ Find one new 'local' food to put in your cart on your next trip to the grocery store.



Upcoming Events

Mexican Meals in Minutes!



Celebrate Cinco de Mayo with Quick & Healthy Meal Ideas!

Registered Dietitians Jennifer Miller and Jennifer Loging will demonstrate healthy Mexican cooking techniques. Celebrate with us & sample the delicious entrees!

Registration required: deback.judy@co.la-crosse.wi.us

Open to the public—Space is limited!

May 5, 2009 from 12:15 – 12:45
 Admin Bldg Room 3220



Click Pick
 (Recommended Website)

www.localharvest.org

Choose Farms or CSA tab. Enter your zip code to find many local food resources

Nutrition in the News

Cancer Control Month



Did You Know... many of the same tips to help us eat 'Green' also help us prevent cancer?

- Fill up on fruits & veggies
- Eat colorful & seasonal
- Reduce or limit meat intake
- Add a meatless meal to your week's menu
- Eat beans for protein
- Eat clean (See Dirty Dozen & Clean 15 card in last HealthBits)

Color Watch

While colorful fruits and vegetables are a great boost to your health, artificially colored foods and beverages may not be. According to the Center for Science in the Public Interest, the following food dyes may all pose a risk for cancer:


- Blue No. 2
- Green No. 3
- Yellow No. 6
- Red No. 3 (Note the FDA recommended a ban on this in 1983—over 25 years ago!)


In addition, research links a number of dyes to behavioral problems in some children. (Yellow 5, Yellow 6, Red 3, Red 40, Blue 1, Blue 2, Green 3 and Orange B)

Previous studies found 31 mg of dye a day to be safe; But children's intake is now over 300 mg a day! There are no studies on this amount.

Other countries use natural ingredients to color their foods (see example to left).



 **NUTRI-GRAIN CEREAL BARS STRAWBERRY**
 Colors: Red No. 40, Yellow No. 6, Blue No. 1

 **NUTRI-GRAIN SOFT BAKE BARS STRAWBERRY**
 Colors: Beetroot red, Annatto, Paprika extract



Check the labels on your food and drinks to help protect your health!

Source: www.cspinet.org/fooddyes