Ask the Expert: What is a Fad Diet?
Written by Renz Buenavista, Undergraduate in Kinesiology, Purdue University

Fad diets usually promise quick changes in weight, muscle gains, or other outcomes related to health. Following fad diets may include purchasing certain food products, educational seminars, or other materials. Fad diets usually have strict guidelines for avoiding certain foods or eating only one of a few types of foods. They may include cutting out entire food groups. Such dramatic rules for eating may be appealing for people who are looking for a new option to try. However, these strict rules serve as a marker of diets that may actually be less healthy compared with less restrictive diets. Health benefits and nutrients are in all food groups and a wide variety of foods. Diets that limit the variety of foods may result in those following them not getting enough of certain nutrients and eventually suffering nutrient deficiencies. Extreme amounts of other foods or supplements that may be promoted through fad diets could result in nutrient intakes above the level that are healthy.

The most scientifically based diet for long-term health and to prevent disease for the U.S. population is in the Dietary Guidelines for Americans. MyPlate is an easy way to learn about the Dietary Guidelines for Americans diet and shows the variety and how much of certain food groups that are needed in a meal, or how a plate of food can include all of the food groups. Example meal plans and menus are also described in the resources of the MyPlate website. The MyPlate diet is designed for most Americans and does not require purchasing specialized foods or products. Visit https://health.gov/dietaryguidelines/2015/ today to learn more about the Dietary Guidelines for Americans.

Sources: https://health.gov/dietaryguidelines/2015/
Image: https://www.creativecommons.org
Food Safety: Candy
Written by Ashlyn Burns, Master of Public Health Student, Purdue University

With Halloween just around the corner, many children will be bringing home bags full of sweet treats to enjoy. While it is important to make sure your child does not eat too much candy due to high amounts of sugar, there are also other safety concerns to keep in mind. Follow these safety tips to keep your child safe:

• Carefully check each piece of candy. Candy with a torn wrapper, signs of tampering, or discoloration should be thrown out.
• Do not allow younger children to have hard candies or any candies which may be choking hazards.
• Make sure your child eats a healthy, well balanced meal prior to eating candy so that they won’t be tempted to fill up on sweet treats.
• If you are handing treats out on Halloween, consider passing out healthier items such as mini popcorn bags or non-food items such as coloring books.
• Make sure that leftover candy is stored properly to prevent spoiling, molding, or attracting insect pests.
• Check candy expiration dates and make sure that leftover candies are eaten before these dates or thrown out.

Baked Sweet Potato Fries

Ingredients (4 servings)
• 4 whole sweet potatoes
• 1 tablespoon vegetable oil, canola oil or cooking spray
• 1 teaspoon favorite seasoning

1. Preheat oven to 350 degrees.
2. Slice sweet potatoes lengthwise into slices about 1/2 inch thick, then chop slices horizontally into fries.
3. Spread evenly on a baking sheet and lightly coat with oil or cooking spray.
4. Sprinkle 1/2 of choice seasonings over fries.
5. Flip fries and sprinkle remaining seasoning on the other side.
6. Bake for 20-30 minutes or until desired texture is reached. Cool before eating.

Nutrition Facts (per serving)
Calories: 210
Protein: 4g
Carbs: 41g

Images: www.creativecommons.org
# Eating Right: Keeping Coffee Healthy

Written by Crystal Looney, Bachelor of Arts Professional Writing, Purdue University

Coffee is a staple for most adults during the colder seasons. While studies show coffee may have health benefits, the preparation and addition of certain ingredients may make coffee less healthy. Black coffee (coffee with nothing added) does not contain added sugars or saturated fats, two nutrients that most Americans should limit. However, many people prefer drinking their coffee with extra ingredients. This is also true for people who drink teas. See the information below to compare the healthfulness of typical additions to coffee.

<table>
<thead>
<tr>
<th>Dairy/Milk</th>
<th>Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Half and Half:</strong> 1 tablespoon has 18 kcal, .5 g protein, 1.1 g saturated fat and calcium and potassium</td>
<td><strong>Cinnamon:</strong> Cinnamon has antioxidants and provides other nutrients without adding calories. A pinch, or a teaspoon, is all you need.</td>
</tr>
<tr>
<td><strong>Whole milk:</strong> 1 tablespoon has 9 kcal, .5 g protein, .3 g saturated fat, and calcium, potassium, and vitamin D</td>
<td><strong>Cocoa:</strong> Cocoa powder also contains many antioxidants, and does not contain added sugar or fat when pure cocoa powder is used.</td>
</tr>
<tr>
<td><strong>2% milk:</strong> 1 tablespoon has 8 kcal, .5 g protein, .2 g saturated fat, and calcium, potassium, and vitamin D</td>
<td><strong>Nutmeg:</strong> Nutmeg contains potassium, zinc, iron, and antioxidants. A pinch can give a lot of flavor to coffee or tea.</td>
</tr>
<tr>
<td><strong>Skim milk:</strong> 1 tablespoon has 5 kcal, .5 g protein, 0 g saturated fat, and calcium, potassium, and vitamin D</td>
<td></td>
</tr>
</tbody>
</table>

Sources: https://reedir.arsnet.usda.gov/codesearchwebapp/(S(f0ycd2wtsivtyxpnsgen2jcwi))/codesearch.aspx
https://www.fda.gov/AboutFDA/Transparency/Basics/ucm194320.htm
https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm397716.htm
https://health.clevelandclinic.org/6-popular-milks-a-comparison-infographic/
https://health.clevelandclinic.org/make-your-coffee-healthier-5-tips/
https://nutritionfacts.org/topics/cinnamon/

Images: www.creativecommons.org
In The News: Global Hunger Status

Written by Ashlyn Burns, Master of Public Health Student, Purdue University

September was “Hunger Action Month”. Many events building awareness of hunger were held throughout the world. The United Nations released a report showing that the number of people in the world experiencing hunger is increasing. Malnutrition impacts even more people as it includes people who are hungry and those who are undernourished without enough food, along with people who have enough food but not enough of the nutrients needed to promote health. Hunger and undernutrition remain a problem in many regions of the world including Asia, Africa, and South America. Malnutrition impacts many additional populations including those in the United States. Visit the United Nations website to learn more: https://www.un.org/sustainabledevelopment/hunger/

Sources:
https://www.un.org/sustainabledevelopment/hunger/