

NUTRITION NOTES

November-December 2021

Holiday Tip: Have you ever... realized a great food experience involves:

- ✓ Being slightly hungry when you start to eat.
- ✓ Selecting your “favorite” awesome foods.
- ✓ Stopping when you’re comfortable which comes prior to becoming full or too full!

Anti-inflammatory Diet and Breast Cancer Risk: Research shows positive correlation between a diet high in foods thought to increase inflammation and risk for developing breast cancer. Foods tracked as increasing inflammation were red meats, processed meats, high fat foods, and foods high in sugar content. Foods tracked as anti-inflammatory were fruits, vegetables, legumes, tea, and coffee.

Intermittent Fasting #1 Diet Trend of 2021: Intermittent fasting has gained popularity outranking the Keto diet as the #1 diet over the last year. Intermittent fasting includes variations such as alternate day vs time restricted fasting and could look significantly different on a case by case basis. Research has been mixed on the benefits and risks of intermittent fasting. Individuals considering this diet are recommended to be monitored by a dietitian.

Lettuce Water Sleep Aid: Influencers on TikTok and Instagram have been promoting steeping romaine lettuce in hot water to improve sleep quality. Though one study on the effect of romaine lettuce extract showed a positive effect on the sleep of mice, there is not sufficient evidence to claim lettuce water as an effective sleep aid.