



## Food Glorious Food: Digesting the Latest Agri-Speak



Choice is good, but when it comes to food, it can be overwhelming. Even buying “the basics” is no slam dunk anymore. Take orange juice for example. Do

want some pulp, no pulp, lots of pulp, Calcium, Calcium and Vitamin D, Vitamins A,C and E, less sugar, fewer calories?

And that is just the tip of the iceberg. These days you have to know current food terminology to make good decisions. Should you buy organic? Is that the same as natural? What are whole foods? Is your food functional, local, non-GMO?

Here are few definitions to help you navigate the brave new world of food.

### Organic

Organic farming is an agricultural process that promotes a healthy eco-system by using crop rotation, animal manures/crop residue and cultivation instead of synthetic fertilizers and pesticides or plant growth regulators. Use of genetically modified organisms (GMOs) is also prohibited. A product that is labeled organic has been certified by one of the certifying agencies accredited by the U.S. Department of Agriculture.

There are degrees of organic:

**100% organic** contains exclusively organically produced ingredients (plus any added water or salt).

**Organic** means it must be 95% organic ingredients; the remaining ingredients must be from a USDA list of nonagricultural substances that are not commercially available in organic form.

**Made with organic ingredients** indicates a product with at least 70% organic content. The label can name up to 3 organic ingredients or it can list the percentage of organic ingredients.

**Non-organic** products are called conventionally grown.



### Natural

A food that does not contain artificial ingredients and has been minimally processed. That means no refined sugars or flours, hydrogenated oils (transfats), artificial sweeteners, food colors or flavorings. A natural product may contain honey or maple syrup. Note that natural is *not* the same as organic.

### Functional

Contain ingredients or additives that may offer health benefits beyond nutrition. (Food as medicine.) Examples are fruits and vegetables, juice with added vitamins

or Calcium, cereals or margarines with ingredients that may lower cholesterol, and yogurt with added cultures.

### Whole

Foods that are not processed or refined, or at least very minimally processed. These foods may or may not be organic. Examples of whole foods are unmilled grains, non-homogenized milk and fruits and vegetables fresh from the garden.

### Local

As the name suggests, local food is grown or raised in your area, not imported from another country or shipped across the U. S. One food chain defines local as food that travels less than 8 hours from the farm to its facility. The goals of the local food movement are to support local, independent farming, help local economies grow, provide fresher more nutritional foods (less shipping, handling and processing), and reduce the environmental impact and cost of extensive shipping. This time of year, an abundance of farmers’ markets makes it easy to enjoy local food that is also natural, whole, and possibly organic.

### Fair Trade

A process of supporting small producers and farmers around the world by extending credit, guaranteeing a minimum wage and encouraging sustainable methods of cultivation that protect the environment. Typical fair trade crops are coffee, tea, sugar, olive oil, rice and cashews.

**Bon Appetit!**

# Getting A Bead on Sweat



Sweating, or perspiring, is the body's cooling mechanism. When the sweat evaporates on your skin, it lowers body temperature. According to Mayo Clinic, just one drop of sweat (around the size of a pea) will cool about a quart of blood a full degree Fahrenheit.

## What is Sweat?

Sweat is basically water that contains the minerals (electrolytes) sodium, chloride and potassium. These are minerals that help the body maintain water balance, assist in muscle contraction and nerve impulse transmission.

Sweat is produced by two different glands:

- Eccrine glands are all over your body (you have between 2 and 5 million of these); they open in the pores of the skin.
- Apocrine glands open in hair follicles, so they are found in your scalp, underarms and groin area. The sweat from these glands also contains proteins and fatty acids, which explains the yellowish stains on the underarms of your blouses and shirts.
- There is actually a second type of apocrine gland, called ceruminous – in the lining of the outer ear. These glands produce ear wax that protects your ears from infection and damage.



## How Do I Replace the Fluids Lost by Sweating?

Generally, drinking water is enough to replace fluids. Endurance athletes may need to replace electrolytes with sports drinks or salty foods. Most people get enough salt through the foods they eat as part of their regular diet.

## Why Does Sweat Smell?

Actually sweat itself does not have much of an odor. It's the bacteria metabolizing the proteins/fats in underarm sweat that produces smelly armpits, and the bacteria feeding on the sweat in damp socks and shoes that leads to stinky feet. Your feet contain more than a quarter of a million sweat glands, and are capable of producing more than two cups of sweat in a day. Notice that when you are wearing flip flops or go barefoot, your feet are pretty much odor free.

## It's Not the Heat....

You feel especially uncomfortable when it's humid, because the body's cooling function doesn't work as well. When the air is already full of moisture, the sweat is not going to evaporate from your skin.

## Pet Sweat

If you are a dog owner, you know that your pet keeps cool by panting. That action allows water to



evaporate from the lining of the mouth. Cats sweat through pads on the bottoms of their feet and may cool themselves by licking their fur and letting the saliva evaporate. Horses on the other hand, have armpits, and sweat much like people do.



## Did you know?

*Antiperspirants and deodorants are not the same. Antiperspirants are considered drugs by FDA because they affect a body function (plugging the sweat gland to stop the flow of sweat to the surface of the skin). Deodorants cover the odor and may even kill the bacteria that causes perspiration odor.*

