

CHEF & CHILD FOUNDATION National Resources

- Offer **20** culinary nutrition-based seminars for chefs and cooks across the country each year featuring prominent **nutrition experts** from around the country including Graham Kerr, the Galloping Gourmet, who presented the Tsunami of Sickness...Seeking Higher Ground.
- Produce a **quarterly newsletter** for CCF supporters and volunteers to highlight nutrition outreach and activities around the country.
- Annual partnership with Clemson University to offer **free** professionally researched, **culinary nutrition articles** for chefs and foodservice professionals.
- Release the **Ingredient of the Month** series which features a new nutritional ingredient for chefs to incorporate into their menus. The Ingredient of the Month is available for **free download** the every month.
- **Expert advisory board** provides leadership and direction in national Chef & Child Foundation activities and initiatives.
- Host annual **CCF Service Day** which utilizes ACF Chef volunteers to provide nutrition outreach and education for local children and families.
- Organize nationwide **Childhood Nutrition Day** on **October 16th** each year which focuses on the need for education and outreach about childhood hunger, nutrition and obesity issues.

INGREDIENT OF THE MONTH

QUINO

Ingredient of the Month

July 09

Culinary Nutrition News: Fiber-Rich

Presented by ACF Chef & Child Foundation and Clemson University

For many, the term "fiber" conjures up unappealing images of eating twigs and negative depictions may be why more than 90 percent of Americans fail to consume the recommended daily amount of fiber. The fact is, that while the suggested daily intake of fiber is between 20 to 35 grams depending on your age and gender, the average American consumes only 14 grams per day.

Roughing It
Fiber, also known as roughage or bulk, is the part of plant foods that cannot be digested by the body. This means it does not get absorbed into the bloodstream; thus, it does not give us calories. Fiber that occurs naturally in foods is called dietary fiber. Since it is only found in plant foods, dietary fiber can be consumed by eating a

vibrant array of whole fruits and vegetables, whole grains, nuts, seeds and legumes.
Another type of fiber, known as functional fiber, (non-digestible carbohydrate and added to foods and fiber supplements. Examples of functional fiber sources you might see on a nutrition label include: cellulose, guar gum, pectin and psyllium. Total fiber is the sum of dietary fiber and functional fiber in a particular food. However, on the Nutrition Facts panel, the term Dietary Fiber actually refers to the total amount of functional fiber that may have been added. Failure to get enough fiber from your diet may result in constipation, the development of hemorrhoids or inflammation of the digestive tract, known as diverticulosis. Eating a healthy diet rich in fiber not only prevents diverticulosis and constipation, it also lowers your risk of heart disease and diabetes. A diet high in fiber can lower cholesterol and help maintain an appropriate weight, both important in combating heart disease. Fiber-rich foods contain phytochemicals, known to reduce cancer risks by detoxifying cancer-causing substances. So getting more roughage on a daily basis will keep you healthy.

High-Fiber Foods

- FRUITS**
- Apple, raw with skin (1 medium): 3.3 g
 - Banana, raw (1 medium): 3.9 g
 - Blackberries, raw (1 cup): 7.6 g
 - Blueberries, raw (1 cup): 5.9 g
 - Dates, dried (1 cup): 5.9 g
 - Figs, dried (1 cup): 5.2 g
 - Mango, raw (1 medium): 3.7 g
 - Papaya, raw (1 medium): 3.1 g
 - Peach, raw (1 medium): 3.5 g
 - Prunes, uncooked (5 prunes): 3 g
 - Raspberries, raw (1 cup): 8 g
 - Strawberries, raw (1 cup): 3.3 g
- GRAINS**
- Bran, Kellogg's cereal (1/2 cup): 8.8 g
 - Brown rice, cooked (1 cup): 6 g
 - Bulgur, cooked (1 cup): 3.6 g
 - Oatmeal, cooked (1 cup): 4 g
 - Whole wheat bread (1 slice): 2.8 g
 - Whole-wheat spaghetti, pasta, cooked (1 cup): 6.3 g
 - Wild rice, cooked (1 cup): 3 g
- LEGUMES**
- Baked beans, canned (1 cup): 10.4 g
 - Chickpeas, canned (1 cup): 10.6 g
 - Green peas, canned (1 cup): 4 g
 - Green peas, frozen and cooked (1 cup): 8.8 g
 - Lima beans, fresh and cooked (1 cup): 5.8 g
 - Lentils, cooked (1 cup): 15.6 g
 - Pinto beans, cooked (1 cup): 15.4 g
 - Soybeans, cooked (1 cup): 10.3 g
- NUTS**
- Almonds, raw (1 ounce): 3.5 g
 - Brazil nuts, raw (1 ounce): 2.7 g
 - Cashew, sweetened and crushed (1/2 cup): 2.7 g
 - Hazelnuts, raw (1 ounce): 2.7 g
 - Peanuts, dry-roasted (1 ounce): 2.7 g
 - Pistachios, raw (1 ounce): 2.7 g
 - Pistachios, dry-roasted (1 ounce): 2.7 g

Fiber-Full
As a chef, you may want to know how fiber can help you enrich your customers' dining experience. Fiber binds to water, which tends to provide a greater sense of satiety or fullness in the stomach, which, in turn, can help reduce the feeling of satisfaction after eating fiber foods usually more slowly.



Nutrition Facts	
Apple, raw with skin	
Serving Size 1 medium (182g)	
Amount Per Serving	
% Daily Value*	
Total Fiber	3.3g
	10%
Sugar	19g
	38%
Cholesterol	0g
	0%
Protein	0.5g
	1%
Total Fat	0.5g
	1%

May 10

Culinary Nutrition News: Pass the Omega-3s, Please

Provided through a partnership between ACF Chef & Child Foundation and Clemson University, and sponsored by Farnich's Foodservice.

With a food culture stressing reduced-fat, low-fat and fat-free foods, people are looking to eat the least amount of fat possible. While reducing the amount of saturated fat we consume is essential in preventing health problems, such as weight gain and heart disease, there are some fats your body needs in order to maintain good health. Omega-3 fatty acids have been known to be beneficial fats as early as the 1930s, but their health benefits have just recently begun to gain a significant amount of attention due to nutrition/health-driven media coverage. Omega-3 fatty acids are considered essential fatty acids and are necessary for human health. However, the body cannot make omega-3s, meaning people must get them from food or supplements. Chefs should take comfort in knowing that feeding consumers' needs and desires for more omega-3s is actually much easier than you may think.

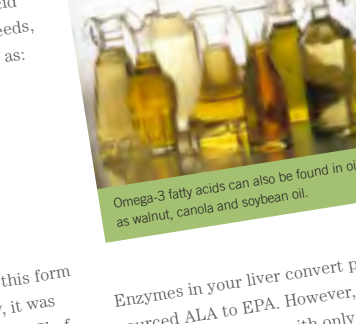
However, there are actually three types of omega-3 fatty acids. Marine sources are rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These two most frequently studied forms of omega-3s have been linked to potential health benefits because of their quick absorption and use by the body. However, only 10 percent of Americans meet this recommendation.²

Beyond fish, omega-3s can be found in many plant sources. These sources are particularly high in alpha-linolenic acid (ALA) and include many nuts and seeds, as well as their respective oils, such as:

- Canola oil
- Chia seeds and oil
- Flaxseed and oil
- Pumpkin seeds and oil
- Soybeans and oil
- Walnuts and oil



Walnuts and many other types of nuts contain essential omega-3 fatty acids, which cannot be produced in the body.



Omega-3 fatty acids can also be found in oils, such as flaxseed, canola and soybean oil.

Why omega-3s
Also known as polyunsaturated fatty acids (PUFAs), omega-3 fatty acids play a crucial role in brain function. They are essential for growth and development. They have been shown to reduce the risk of heart disease and can reduce inflammation and joint pain associated with arthritis.

Flaxseed is particularly high in this form of omega-3 fatty acid. Recently, it was named the American Culinary Federation Chef & Child Foundation's Ingredient of the Month. Find out more about our Ingredient of the Month. Visit our website at www.acfchefs.org/download/documents/cef/nutrition/20110201003_Ingredient_of_the_Month_Flaxseed.pdf.

Since fats are not given a Recommended Daily Allowance (RDA), omega-3 fatty acid intake is based on an Adequate Intake (AI) per day.¹

Men: 1.6 grams
Women: 1.1 grams

