

Vegetation

What is vegetation's role in the body (2 pts.)

Vegetables are a great source of vitamins, minerals, antioxidants, and fiber. They also help stabilize blood sugar and prevent constipation. They are healthy food for good gut bacteria and can help you feel full longer. Vegetables help our bodies function properly, grow strong, and fight off disease.

Summarize your understanding of why vegetation (fruits and vegetable) can be categorized within various macronutrient carb/fat/protein sections. (3pts)

Vegetables have a little bit of everything in them but aren't very high in fat or protein and most are low carb as well. Some veggies are higher in one macronutrient than another, so they can fit in multiple categories.

Vegetation is rich with vitamins and minerals. Discuss how cooking methods/food pairing can enhance/inhibit nutrient content of nutrients (5 pts.)

Fresh food is great, but flash frozen can be good too, especially when out of season. Cooking vegetables breaks down the cell walls making it easier for your body to absorb the nutrients. If you cook with water a lot of the vitamins end up there, so be sure to use the water for soup or sauce. Certain veggies do better with microwave or pressure cooking. If you cook with heat or oil, it can break down vitamins. Frying in hot oil takes away fat-soluble vitamins and many nutrients can't withstand high temperatures. Eat vegetables that have fat soluble vitamins with a healthy fat like avocado or olive oil to get the most out of those veggies. Eating everything raw isn't the best idea, some nutrients from veggies are more easily absorbed from being slightly changed by cooking them.

HUMANIZE Vegetation

Cass is 16 wks. pregnant. They report having constipation and feeling generally tired. They have been eating mainly packaged foods that travel easily and relying heavily on dairy for snacks. Discuss with Cass why vegetation may be helpful in this situation and theorize a couple ideas to increase vegetation intake. (4pts)

Constipation and tiredness are common in pregnancy, but you don't have to suffer through them. There are some simple changes you can make to your diet that might help. Highly processed foods are easy but can make you feel bad because your blood sugar is spiking and dropping rapidly. They also have almost no nutrients in them which means your body isn't getting any fuel to feel energized and able to do things. Adding some fruits and veggies to your diet can really make a difference in your energy, mood, and your body's ability to move things through your bowels. Veggies have a lot of fiber which can help you feel full, relieve constipation, and give you needed vitamins and minerals. Cutting back a little on dairy can also help with the constipation. Some things you can try is eating bell peppers, apple slices, or celery with some cheese and crackers for a snack or adding veggies to a sandwich. You can try having fresh veggies in the morning instead of carbs or add some veggies to an omelet or a smoothie. Do any of these sound like a good option for you? Try to have veggies at every meal and fruit or veggie with every snack.