

FOOD TRENDS & BUZZ WORDS

- **Alternative Milks:** A beverage made out of soy, almonds, coconut, etc. These often have similar colors and textures to cow's milk and are used as a replacement for a variety of reasons. There are no health benefits to using an alternative "milk" outside of reducing exposure to allergies or intolerances. Alternative "milks" tend to be lower in protein and lacking in vitamins and minerals.
- **Antioxidants:** A compound found in many food items that can inhibit cell damage by interacting with free radicals and countering the effects of oxidative stress in the body. The effect reduces the risk of many diseases and types of cancer.
- **Apple Cider Vinegar:** A type of vinegar that has some evidence showing consumption *might* help with digestion, lower cholesterol levels, and improve blood sugar regulation.
- **Cage-free:** An animal that was not confined to a cage during its lifespan. This does not mean the animal has access to outdoors and may still live in a small, crowded space.
- **Clean Eating/Foods:** A trend that has no regularly accepted definition, but is based on our culture's attempt to categorize food into healthy/unhealthy categories. There is no such thing as a clean food (except when dirt has literally been washed off). All foods have nutritional value and can be safe to eat.
- **Collagen & Gelatin:** Collagen is a protein that, when cooked, breaks down to gelatin. The amino acids present might enhance skin elasticity, reduce joint pain, and increase muscle growth with exercise.
- **Gluten:** A protein found in wheat, rye, and barley that may cause inflammation or an immune response. The only certain reason to eliminate it is for Celiac disease. Other sensitivities may exist, but research is limited. Unnecessary elimination may lead to other health concerns.
- **Grass-fed:** An animal that has been raised on a diet that is mostly grass and other plants found in their natural habitats. This term is not regulated by the USDA.
- **Kombucha:** A fermented beverage that provides probiotics.
- **Non-GMO:** Genetically modified foods have been grown to withstand disease, insects, or to create certain colors, flavors, textures, etc. This is done through cross-breeding plants or gene editing in a laboratory. The elimination of GMOs is impossible as most plants are modified to some extent. There is no evidence of a need to eliminate GMOs from a diet.
- **Probiotics:** Bacteria that is consumed to help rebalance the gut microbiome. Research is new, but benefits *might* include improved gut health, mental health, and immune function.
- **Turmeric:** A spice that is often used in curries and other Asian foods. It contains the compound curcumin which *might* have anti-inflammatory properties. Research is limited on what conditions may be helped and in what dose to consume to see a positive effect.



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