

WEBVTT

NOTE duration:"00:02:53.3320000"

NOTE language:en-us

NOTE Confidence: 0.84330845

00:00:00.000 --> 00:00:03.549 Hello to all you amazing cancer survivors.

NOTE Confidence: 0.84330845

00:00:03.550 --> 00:00:04.950 My name is Courtney McGowan.

NOTE Confidence: 0.84330845

00:00:04.950 --> 00:00:06.504 I'm a registered dietitian at the

NOTE Confidence: 0.84330845

00:00:06.504 --> 00:00:08.030 Smile Care Center in Guilford,

NOTE Confidence: 0.84330845

00:00:08.030 --> 00:00:10.454 and today I wanted to take a few

NOTE Confidence: 0.84330845

00:00:10.454 --> 00:00:13.190 minutes to talk to you about superfoods.

NOTE Confidence: 0.84330845

00:00:13.190 --> 00:00:15.409 The term superfood has become a popular

NOTE Confidence: 0.84330845

00:00:15.409 --> 00:00:17.581 marketing term that implies a particular

NOTE Confidence: 0.84330845

00:00:17.581 --> 00:00:19.526 food has exceptional health benefits.

NOTE Confidence: 0.84330845

00:00:19.530 --> 00:00:21.636 Foods that are often marketed this

NOTE Confidence: 0.84330845

00:00:21.636 --> 00:00:23.396 way include kale, spinach, tomatoes,

NOTE Confidence: 0.84330845

00:00:23.396 --> 00:00:24.808 berries, garlic, and broccoli,

NOTE Confidence: 0.84330845

00:00:24.810 --> 00:00:27.358 to name a few.

NOTE Confidence: 0.84330845

00:00:27.360 --> 00:00:28.980 Foods deemed as Super Foods are

NOTE Confidence: 0.84330845

00:00:28.980 --> 00:00:30.370 typically healthy plant based foods,

NOTE Confidence: 0.84330845

00:00:30.370 --> 00:00:32.120 but it should be noted that there

NOTE Confidence: 0.84330845

00:00:32.120 --> 00:00:33.960 are no set criteria of food must

NOTE Confidence: 0.84330845

00:00:33.960 --> 00:00:36.130 meet to be labeled as a superfood,

NOTE Confidence: 0.84330845

00:00:36.130 --> 00:00:38.594 which is why it's considered more of a

NOTE Confidence: 0.84330845

00:00:38.594 --> 00:00:40.555 marketing term rather than indicating that

NOTE Confidence: 0.84330845

00:00:40.555 --> 00:00:43.060 it meets a set of nutrition criteria.

NOTE Confidence: 0.84330845

00:00:43.060 --> 00:00:45.118 That being said, these foods should

NOTE Confidence: 0.84330845

00:00:45.118 --> 00:00:46.490 absolutely be eaten regularly,

NOTE Confidence: 0.84330845

00:00:46.490 --> 00:00:48.611 but should be done so as part

NOTE Confidence: 0.84330845

00:00:48.611 --> 00:00:50.609 of a well rounded diet,

NOTE Confidence: 0.84330845

00:00:50.610 --> 00:00:52.548 rich in all fruits and vegetables

NOTE Confidence: 0.84330845

00:00:52.548 --> 00:00:55.068 as well as whole grains like wheat,

NOTE Confidence: 0.84330845

00:00:55.070 --> 00:00:56.096 quinoa and barley.

NOTE Confidence: 0.84330845

00:00:56.096 --> 00:00:57.806 An lean protein like nuts,

NOTE Confidence: 0.84330845

00:00:57.810 --> 00:00:58.710 beans, seeds,
NOTE Confidence: 0.84330845

00:00:58.710 --> 00:00:59.160 poultry,
NOTE Confidence: 0.84330845

00:00:59.160 --> 00:01:02.310 fish and low fat dairy including yogurt.
NOTE Confidence: 0.84330845

00:01:02.310 --> 00:01:05.100 So often I meet people who are focused on
NOTE Confidence: 0.84330845

00:01:05.100 --> 00:01:07.805 eating from a short list of specific foods.
NOTE Confidence: 0.84330845

00:01:07.810 --> 00:01:09.850 Deemed superfoods and as a result,
NOTE Confidence: 0.84330845

00:01:09.850 --> 00:01:11.455 they eliminate many other foods
NOTE Confidence: 0.84330845

00:01:11.455 --> 00:01:12.739 that would further strengthen
NOTE Confidence: 0.84330845

00:01:12.739 --> 00:01:14.269 their cancer fighting ability.
NOTE Confidence: 0.84330845

00:01:14.270 --> 00:01:16.335 So rather than limit to a few
NOTE Confidence: 0.84330845

00:01:16.335 --> 00:01:18.010 foods deemed as superfoods,
NOTE Confidence: 0.84330845

00:01:18.010 --> 00:01:19.905 a better approach is setting
NOTE Confidence: 0.84330845

00:01:19.905 --> 00:01:22.550 a goal to eat the rainbow.
NOTE Confidence: 0.84330845

00:01:22.550 --> 00:01:24.692 Meaning that you focus on eating
NOTE Confidence: 0.84330845

00:01:24.692 --> 00:01:27.446 as many colors as you can from
NOTE Confidence: 0.84330845

00:01:27.446 --> 00:01:29.118 fruits and vegetables daily.

NOTE Confidence: 0.84330845

00:01:29.120 --> 00:01:31.864 I know this sounds like a simplistic message,

NOTE Confidence: 0.84330845

00:01:31.870 --> 00:01:33.655 but different plants contain different

NOTE Confidence: 0.84330845

00:01:33.655 --> 00:01:35.440 phyto nutrients and phytonutrients are

NOTE Confidence: 0.84330845

00:01:35.496 --> 00:01:36.796 naturally occurring compounds that

NOTE Confidence: 0.84330845

00:01:36.796 --> 00:01:38.746 give plant based foods their color,

NOTE Confidence: 0.84330845

00:01:38.750 --> 00:01:40.885 smell and flavor when we eat a

NOTE Confidence: 0.84330845

00:01:40.885 --> 00:01:42.798 variety of phyto nutrients it gives

NOTE Confidence: 0.84330845

00:01:42.798 --> 00:01:45.448 our body the fuel it needs to fend

NOTE Confidence: 0.84330845

00:01:45.448 --> 00:01:47.860 off cancer and other diseases by

NOTE Confidence: 0.84330845

00:01:47.860 --> 00:01:49.475 strengthening our immune system,

NOTE Confidence: 0.84330845

00:01:49.475 --> 00:01:51.500 reducing inflammation and decreasing the

NOTE Confidence: 0.84330845

00:01:51.500 --> 00:01:54.180 damage to cells that can cause cancer.

NOTE Confidence: 0.84330845

00:01:54.180 --> 00:01:55.830 But no single phyto nutrient

NOTE Confidence: 0.84330845

00:01:55.830 --> 00:01:57.150 can do this alone,

NOTE Confidence: 0.84330845

00:01:57.150 --> 00:01:59.004 and research suggests that it is

NOTE Confidence: 0.84330845

00:01:59.004 --> 00:02:01.114 the result of many phyto nutrients
NOTE Confidence: 0.84330845

00:02:01.114 --> 00:02:03.144 working together that gives us
NOTE Confidence: 0.84330845

00:02:03.144 --> 00:02:05.090 the strongest cancer protection.
NOTE Confidence: 0.84330845

00:02:05.090 --> 00:02:07.232 This means that the more color variety
NOTE Confidence: 0.84330845

00:02:07.232 --> 00:02:09.557 we eat from our plant based foods,
NOTE Confidence: 0.84330845

00:02:09.560 --> 00:02:11.150 the more phytonutrients we consume,
NOTE Confidence: 0.84330845

00:02:11.150 --> 00:02:13.185 resulting in the strongest protective
NOTE Confidence: 0.84330845

00:02:13.185 --> 00:02:15.729 effect to help keep cancer at Bay.
NOTE Confidence: 0.84330845

00:02:15.730 --> 00:02:18.490 So the next time at the grocery store,
NOTE Confidence: 0.84330845

00:02:18.490 --> 00:02:20.446 rather than limiting to the short
NOTE Confidence: 0.84330845

00:02:20.446 --> 00:02:22.630 list of foods marketed as superfoods,
NOTE Confidence: 0.84330845

00:02:22.630 --> 00:02:24.940 fill your grocery cart with a wide
NOTE Confidence: 0.84330845

00:02:24.940 --> 00:02:27.458 variety of colors from plant based foods.
NOTE Confidence: 0.84330845

00:02:27.460 --> 00:02:29.190 Be them fresh, frozen, dried,
NOTE Confidence: 0.84330845

00:02:29.190 --> 00:02:30.222 or even canned.
NOTE Confidence: 0.84330845

00:02:30.222 --> 00:02:32.286 Whatever is most accessible to you,

NOTE Confidence: 0.84330845

00:02:32.290 --> 00:02:34.020 and modify these as needed.

NOTE Confidence: 0.84330845

00:02:34.020 --> 00:02:36.932 Depending on what you're able to tolerate

NOTE Confidence: 0.84330845

00:02:36.932 --> 00:02:40.417 at any given point during your treatment.

NOTE Confidence: 0.84330845

00:02:40.420 --> 00:02:41.860 Hopefully you found these

NOTE Confidence: 0.84330845

00:02:41.860 --> 00:02:43.660 tips to be helpful today.

NOTE Confidence: 0.84330845

00:02:43.660 --> 00:02:44.992 Happy Cancer survivorship month.

NOTE Confidence: 0.84330845

00:02:44.992 --> 00:02:46.657 And remember that there are

NOTE Confidence: 0.84330845

00:02:46.657 --> 00:02:47.688 registered dietitians available

NOTE Confidence: 0.84330845

00:02:47.688 --> 00:02:49.298 at the smilow care centers.

NOTE Confidence: 0.84330845

00:02:49.300 --> 00:02:53.330 If you need any help with this along the way.