Why are we doing this?

- Try something new
- Learns about health benefits of various foods
- Expand your diet to include new foods
- Make healthier choices
Foods

- Dragon Fruit
- Vegan Hot Dog
- Goji Berries
- Chia Seeds
Also known as Pitaya, Pitahaya or strawberry pear
Fruit of several types of cactus
Indigenous to Central America
  • Also grown in Thailand & Vietnam
Red (pink) or yellow skin
White or red (pink) flesh
Taste?
  • Cross between kiwi & pear
The main reason for dragon fruit's preciousness is that it lives only one night! First, a climbing cactus produces a beautiful pink or yellow flower. Sometimes called "moonflower" or "Queen of the night," the plant blooms from evening to midnight, only to wither in strong sunlight. During the night, the pungent flowers are pollinated by moths and bats. Although the flower dies, the cactus bears fruit about six times every year.
Nutritional Information

Dragon Fruit

- Low in calories (1 small = 52 calories)
- Most of the calories are carbs (11g)
- 3g fiber
- 2g protein
- Vitamins
  - Vit A (14%)
  - Vit C (34%)
  - B1 (2.7%)
  - B2 (2.9%)
- Minerals
  - Calcium (8.5mg)
  - Phosphorus (22.5mg)
  - Iron (10.6%)
Potential Health Benefits of Dragon Fruit

- **Cardiovascular**
  - Omega 3’s & 6’s, Vit B3
- **Digestion and Metabolism**
  - Fiber
- **Immune Support**
  - Vit C, B1, B2, B3, Calcium, Phosphorus, Iron, Protein, Fiber
- **Eyes**
  - Vit A
- **Nervous System**
  - B vitamins
- **Bones and Teeth**
  - Calcium & Phosphorous
- **Skin**
  - Monounsaturated Fats
How to pick a ripe dragon fruit

- You can tell when it’s ripe because it will give a little when squeezed, like a ripe avocado or peach.
- If it’s firm, then it needs a few more days at room temperature to ripen.

How to store dragon fruit

- Unripe dragon fruit can sit on the counter until its flesh softens a bit.
- When ripe, dragon fruit should be stored in the refrigerator and eaten within a week. Once cut, it should be refrigerated.
Cooking With Dragon Fruit

- Eat it raw!
- Fruit Salad
- Fruit Salsa
- Smoothie
- Fruit Kabobs
Vegan Hot Dogs

- Resembling polish sausages
- Ideal for broiling or bbq
- Contains soy and wheat
- Vegan
- Kosher
## Big Franks Vs. Hot Dogs

<table>
<thead>
<tr>
<th>Big Franks</th>
<th>Hot Dogs (pork)</th>
<th>Hot Dogs (turkey)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 111</td>
<td>Calories: 147</td>
<td>Calories: 100</td>
</tr>
<tr>
<td>Fat: 6.1g (9%)</td>
<td>Fat: 13.5g (21%)</td>
<td>Fat: 7.8g (12%)</td>
</tr>
<tr>
<td>Sat fat: 0.8g (3%)</td>
<td>Sat fat: 4.3g (21%)</td>
<td>Sat fat: 1.8g (9%)</td>
</tr>
<tr>
<td>Sodium: 217mg (9%)</td>
<td>Sodium: 445mg (19%)</td>
<td>Sodium: 485mg (20%)</td>
</tr>
<tr>
<td>Fiber: 1.8g (7%)</td>
<td>Fiber: 0g</td>
<td>Fiber: 0g</td>
</tr>
<tr>
<td>Carbs: 2.9g</td>
<td>Carbs: 1.2g</td>
<td>Carbs: 1.7g</td>
</tr>
<tr>
<td>Protein: 10.9g (22%)</td>
<td>Protein: 4.9g (10%)</td>
<td>Protein: 5.5g (11%)</td>
</tr>
<tr>
<td>Cholesterol: omg</td>
<td>Cholesterol: 32.4mg (11%)</td>
<td>Cholesterol: 34.6mg (12%)</td>
</tr>
<tr>
<td>Iron: 7%</td>
<td>Iron: 3%</td>
<td>Iron: 4%</td>
</tr>
<tr>
<td>Zinc: 8%</td>
<td>Zinc: 5%</td>
<td>Zinc: 6%</td>
</tr>
<tr>
<td>B1: 20%</td>
<td>B1: 0</td>
<td>B1: 0</td>
</tr>
<tr>
<td>B2: 29%</td>
<td>B2: 0</td>
<td>B2: 5%</td>
</tr>
<tr>
<td>B3: 38%</td>
<td>B3: 0</td>
<td>B3: 8%</td>
</tr>
<tr>
<td>B5: 16%</td>
<td>B5: 0</td>
<td>B5: 3%</td>
</tr>
<tr>
<td>B6: 36%</td>
<td>B6: 0</td>
<td>B6: 3%</td>
</tr>
<tr>
<td>B12: 112%</td>
<td>B12: 0</td>
<td>B12: 6%</td>
</tr>
</tbody>
</table>
Potential Health Benefits

Vegan Hot Dogs

- No cholesterol
- Fiber
- Higher in protein
- Higher in iron
- Vitamins and Minerals
- Low fat version available
Cooking with Vegan Hot Dogs

- Use like/in place of hot dogs
- Grill/BBQ, bake, broil, heat on stove
- Use diced/sliced in recipes in place of meat
Goji Berries

- Chinese Wolfberries
- Taste
  - Fresh can be bitter
    - Used medicinally in China
  - Dried are usually tart but with a sweet aftertaste
    - Similar to cranberries, sour plums or sour cherries
- Native to Asia
  - China
  - Tibet (Himalayas)
Potential Risks
Goji Berries

• While 1 or 2 should not cause issues, there are some concerns with high intake of Goji Berries
• Diabetic’s
  • Can interfere with medications
• Blood Thinners
  • Can interfere with medications
• Pregnant
  • Can cause miscarriage due to high selenium content
• Sleep disturbances
  • If eaten in the evening, the boost of energy derived from eating goji berries can cause difficulty falling or staying asleep
• Always talk to your doctor
Nutrition Information
Goji Berries

• Very low calorie (23 cal/1 oz.)
• Fiber – 9%
• Protein – 7%
• Vitamins
  • Vit A – 50%
  • Vit C – 9%
  • B 2 (Riboflavin) – 21%
• Minerals
  • Copper – 28%
  • Selenium – 25%
  • Iron– 14%
Many claims; many things ancient Chinese/Asian cultures used it for...

Nothing proven.

However... Some studies have been done...

- Improved feelings of well being
- Protection from UV radiation
- Protection of eye health
- Cancer fighting properties
Cooking With Goji Berries

- Savory
  - Great with Turkey or Pork
- Use like/in place of raisins
  - In yogurt, trail mix, cereal, salad
- Soak in hot water to soften
Cooking With Goji Berries Continued...

- **Sweet**
  - Cookies, bread, muffin

- **Drinks**
  - Smoothie, tea, infused water
Chia Seeds

- Originally grown in Mexico
- Highly valued for medicinal purposes
  - Also used as currency
- Chia means “strength” in the Mayan language
  - Aztec warriors used it for strength and endurance
  - They said 1 spoonful could sustain them for 24 hours
- Very nutrient dense
- Mild, nutty flavor
- Also known as “runners food”
  - Used as nutrition for runners and for warriors in battle.
Nutrition Information

Chia Seeds
(per 3.5 oz or ½ c)

- Calories - 436
- Fiber – 34.4 g
- Protein – 16.54 g
- Fat – 30 g (24 g polyunsaturated - omega 3 & 6)
- Carbohydrates – 7.72 g

Vitamins
- Vit B3 (Niacin) – 59%
- Vit B1 (Thiamine) – 54%
- Vit B2 (Riboflavin) – 14%

Minerals
- Manganese– 130%
- Phosphorus – 123%
- Magnesium– 94%
- Calcium – 63%
- Iron – 59%
Potential Health Benefits
Chia Seeds

- **Skin**
  - High in antioxidants

- **Digestive Health**
  - High in fiber
    - Which can help with blood sugar control
  - Can absorb 10x their weight in water
    - Which can help with appetite control & hydration

- **Heart Health**
  - High in Omega 3’s and 6’s
    - Can help lower cholesterol, blood pressure & inflammation

- **Bone & Dental Health**
  - High in Calcium & Phosphorus

- **Build Muscle**
  - High in Protein
Fun With Chia Seeds

- Yes! They are the same seed!
How to Eat Chia Seeds

• Several Methods: Whole, ground, soaked

• Whole:
  • Do not need to be ground to access nutrition
  • Can eat by spoonful - will get stuck in teeth!

• Ground:
  • Grind in food processor or coffee grinder
  • Use like flour – gluten free - store in refrigerator

• Soaked:
  • To “sprout” them – releases enzyme inhibitors
  • Easier to digest
  • 1:10 ratio - ~ 1.5 T seed to 1 c water
    • soak 30 min to 2 hours
Cooking With Chia Seeds

• Add them to baked goods
  • Use ground chia seeds as flour
  • Add whole dry or sprouted in the mix
• Thickener for soup, pudding, smoothie
• Toss some on a salad or fruit
• Homemade granola bars or ice pops
So......?

- Anything you liked?
- Anything you’ll consider using at home?
- Did you learn anything?
THANK YOU!