

The background features a stylized landscape. The top half shows several overlapping, semi-transparent green mountain peaks of varying heights and shades. Below the mountains is a wide, textured orange band that resembles a field or a sunset sky. The bottom edge of the image shows the dark green peaks of the mountains again, mirroring the top section.

# Controversial Issues in Nutrition

# Are organic foods worth the extra money it costs?

- What does organic mean in our food supply?
- No hormones, antibiotics given to the animal
- No pesticides, herbicides sprayed on plant
- Organic foods are environmentally safer for our planet and all who inhabit our planet.
- You get to decide!

# Dietary supplements: should you take them?

- Vitamin and mineral supplements are necessary for some people:
- Pregnant women
- Breastfeeding moms
- Elderly
- People who avoid the sun



# Dietary supplements: should you take them?

- People on low calorie diets
- Vegans and vegetarians
- People with food allergies that avoid whole food groups
- Those who abuse alcohol
- People with poor appetite
- People with medical conditions that decrease intestinal absorption of vitamins

# Is vegetarianism a healthier way of life?

- Different types of Vegetarianism
- Vegan
  - No meat, poultry, fish, animal products
- Lacto-vegetarian
  - No meat, poultry, fish, eggs but eats dairy foods
- Lacto-ovo- vegetarian
  - No meat, poultry, fish but eats eggs and dairy foods
- Pescatarian: No meat, poultry but eats fish, eggs, dairy



# Is vegetarianism a healthier way of life?

- It does not matter whether you call yourself a vegetarian, what matters is what you are eating.
- If you eat a lot of processed junk foods, that is an unhealthy way of life.
- If you eat a lot of fresh whole natural foods from nature that is a healthy way of life.

# Gluten free diets

- Gluten is the protein found in wheat, rye, barley.
- People with Celiac disease must avoid all foods with gluten in it because it damages their small intestines.
- Some people without Celiac disease have food intolerances to gluten that result in digestive issues.
- If you are Celiac or gluten sensitive, avoid gluten containing foods.

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