

## All a Buzz in 2009

By Karen Crawford, MS, RD, CSP

Over the past year, there have been many interesting nutrition terms in the media, added to food packaging and even used in everyday conversation. Some have true definitions and some are simply slang. Either way, you have or will hear these terms at some point. So, in an effort to equip you with the knowledge to make decisions for yourself and your family, we have defined them below. You may even want to work them into casual conversation, as some are pretty fun, from a Registered Dietitian POV of course!

<b>Buzz Words:</b>	<b>Definitions:</b>
<b>Sustainable</b>	Meeting current needs without compromising future needs.
<b>Seasonal</b>	At the peak of goodness.
<b>Local</b>	Small, local farms where you can know the food's origination.
<b>Organic</b>	No synthetic fertilizers, antibiotics, growth hormones, human or industrial waste, ionizing radiation, food additives or genetically modified organisms.
<b>Natural</b>	No artificial flavors, colors, chemical preservatives, or other artificial ingredients.
<b>Probiotics</b>	Live micro-organisms that aid with digestive health when consumed.
<b>Eco-Friendly</b>	Ability to inflict as little harm on the environment as possible.
<b>Foodprint</b>	The amount of land required to provide one's nutritional needs for one year.
<b>Gluten-Free</b>	Products free from Wheat, Oats, Barley and Rye.
<b>Locavore</b>	Someone who seeks out food grown or produced locally. Usually within 50-150 miles of your home.
<b>Microgreens</b>	Filament-thin, delicate plants, the smallest possible incarnation of salad greens, herbs, edible flowers, and leafy vegetables.
<b>Farm to Plate</b>	Programs that combine local farmers and school nutrition

	programs. May include food procurement, gardening skills, nutrition education, science, math, and farm tours.
--	---

There are lots of nutrition related buzz words out there, but these are some of my favorites and one's that I have found to cause the most confusion. Parents and kids are becoming much savvier about their food and nutritional wellbeing. They want to know where their food is coming from and what went into the process of producing it. I hope these defined terms aid in that process. Enjoy!