

From the Nutritionist

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The 2014 National Nutrition Month® campaign by the Academy of Nutrition and Dietetics encourages everyone to “Enjoy the Taste of Eating Right.” This means finding a balance between foods that taste good and foods that are good for you. Ideally, you’ll find foods that are both!

Many people believe that healthy food doesn’t taste good, and tasty food can’t be healthy. Most people have eaten foods that, while full of nutrition, are bland and boring, and have also enjoyed foods in which the only “good” thing about them is how they taste.

While it’s fine to choose these foods at times, I challenge you to think beyond that – food can be nutritious AND delicious. If you can’t think of any foods that fit both categories, perhaps it’s time to expand your eating horizons.

Many people fall into a food rut and eat the same things over and over. Sometimes it’s unintentional, choosing foods that are easy and convenient. Other times, people may choose the same foods because they believe they are the only foods they like. They may avoid foods they didn’t like as a child or pass up foods they have never tried before. They may even be afraid to try unfamiliar foods.

If you find yourself reluctant to try new foods, ask yourself – what’s the worst that could happen? You won’t like it. On the other hand, what’s the best that could happen? You might find a new food that you really love. Chances are, you will find yourself somewhere in between.

When trying a new food, eat it with a food that you already enjoy. Studies show that this makes it more likely that you will like the “new” food.

In addition to trying new foods, eat foods you already like, but prepared in ways that are healthier than you’re used to. Choosing baked or grilled foods instead of deep fried can be a great way to decrease the fat, yet keep the flavor. Many vegetables will taste completely different if eaten raw vs. cooked – so instead of cooked vegetables doused in butter, try them raw in a salad.

Almost any food can be jazzed up with spices and seasonings, which can reduce the need for fats and salt for flavor. Ethnic foods can be a great way to transform foods you already enjoy with new and exciting flavors – try Asian, Indian, Mexican, or Middle Eastern foods.

Be adventurous! A world of nutritious and delicious food awaits!

Andrea Hart, registered dietitian nutritionist and New York State-certified dietitian/nutritionist, is available for free, confidential, one-on-one counseling and as a speaker or facilitator for campus groups, panels or classes.

Contact Andrea: andrea.hart@cortland.edu or call 607-753-5773 with questions or to set up an appointment. Or stop by her office, first floor, Neubig Hall, across from the Neubig Dining cashier.