

# NMS Nutrition Notes

## Fun Food Facts



**PEANUT POWER** - Peanuts are used in the manufacture of dynamite.

**RECYCLED WATER** - A portion of the water you drink has already been drunk by someone else, maybe several times over.

**DRINK YOUR MILK FAST!** Within 2 hours of standing in daylight, milk loses between half and two-thirds of its vitamin B content.



**CALORIES & FAT** - It takes 3500 calories to make a pound of fat! So as long as you're active, and burning off calories, calories shouldn't have too much of a chance to turn into fat.



**WEAR A STRING OF ONIONS AROUND YOUR NECK** - The onion is named after a Latin word meaning large pearl.

**AMERICAN CHOP SUEY** - The dish chop suey does not come from China. It was created by Chinese immigrants in California.



**FISH BONES** - It has been traditional to serve fish with a slice of lemon since the Middle Ages, when people believed that the fruit's juice would dissolve any bones accidentally swallowed.

**WORTH YOUR SALT** - The word "Salary" comes from "Salt!" Salt, our oldest preservative, was extremely rare in the past. So rare, in fact, that it was often used as pay. Imagine...earning a couple of tablespoons of salt for a hard day's work. Today, salt is so common that restaurants give it away for free, and packaged food contains so much that it's far too easy to eat too much salt.

**WHY TOMATOES ARE TOPS FOR BURGERS** - The Vitamin C found in tomatoes will help



your body make better use of the iron contained in the protein of the burger patty.

**CHINESE SAUSAGES** - Frankfurter sausages were first created in China.



**NIGHT VISION** - Carrots can help you see in the dark! Carrots are loaded with Vitamin A which is known to prevent "night blindness".

**BAKER'S DOZEN** - Bakers used to be fined if their loaves were under weight, so they used to add an extra loaf to every dozen, just in case -- hence, the expression "baker's dozen".

**SNAILS** - In France, people eat approximately 500,000,000 snails (escargot) per year.



**LIFETIME OF FOOD** - During a lifetime the average person eats about 35 tonnes of food and almost 1500 pounds of food a year! Per year that means that one person could eat 150 pounds of meat, 290 pounds of milk and cream, 35 pounds of eggs, 48 pounds of chicken, 68 pounds of bread, 125 pounds of potatoes, and 80 pounds of fruit. That should be enough to fill your stomach!



**INSTANT COFFEE IN THE 1800's** - Instant coffee has been in existence since the middle of the eighteenth century.

**COLD AND HUNGRY** - Temperature can affect your appetite. You are more likely to be hungry if you're cold

**FRESH OR FROZEN?** Sometimes frozen fruits and vegetables are more nutritious than fresh! The longer that fruits or vegetables sit around waiting to be sold or eaten, the more nutrients they lose. But fruits and vegetables grown for freezing are usually frozen right after they're picked, therefore they have less time to lose their nutrients.



**BREAKFAST CEREAL HISTORY** - The first breakfast cereal ever produced was Shredded Wheat™.

**FRESH WATER?** - There are about 100,000 bacteria in one litre of drinking water.

**HAMBURGER UNIVERSITY** - "Hamburger University" was founded in 1961, at a McDonald's restaurant in Elk Grove Village, Illinois. You can obtain a "McDegree" in "Hamburgerology".



**HEAVY CREAM?** - Cream is lighter than milk.

**POTATO CHIP INVENTOR** - Potato chips were invented by a Native American called George Crum.



**TAKE OUT IN ANCIENT GREECE** - "Fast Food" isn't new! The remains of fast food shops have been found in ancient ruins in Greece. The only thing that is new today is the mass production, standard menus and recipes of fast food "chains."

**SWEET LEMONS?** - Lemons contain more sugar than strawberries.



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