

WORTHWHILE WHITE FOODS: EATING OUTSIDE THE RAINBOW

You have probably heard the warning, “Stay away from white foods!” To prevent obesity, diabetes or heart disease, this is fine advice if it refers to highly processed “white” foods, especially those loaded with sugar and white flour. These typically pale foods are not the best nutritional choices because they often lack fiber, vitamins and other essential nutrients. The question is, are there any white foods with redeeming health qualities? You bet! Check out the White List below.

THE WHITE LIST

- Garlic
- Onions
- Shallots
- Ginger
- Pears
- White cannellini beans
- Great Northern or navy beans
- Kohlrabi (German turnip)
- Jerusalem artichokes (“sunchoke”)
- White corn
- Low-fat milk
- Low-fat yogurt
- Endive
- Turnips
- Parsnips



HOW WELL DO YOU KNOW YOUR WHITE FOODS? TAKE THIS QUIZ...

- | | | | |
|----|--|------|-------|
| 1. | There is no nutritional value in white potatoes. | True | False |
| 2. | Regular pasta is a good source of whole grains. | True | False |
| 3. | White potatoes make you fat. | True | False |
| 4. | Popcorn is a whole grain. | True | False |
| 5. | Egg whites mostly contain fat and cholesterol. | True | False |
| 6. | Mushrooms have very little nutrient content. | True | False |
| 7. | Sour cream is all fat. | True | False |

Answers:

1. F. Unprocessed potatoes have 60 different vitamins and phytochemicals.
2. F. Regular pasta does not contain whole grains in the ingredients.
3. F. One medium baked potato contains 161 calories.
4. T. Popcorn contains the entire grain kernel.
5. F. Egg whites contain mostly protein and have a negligible amount of fat and no cholesterol.
6. F. Mushrooms are great sources of selenium, B vitamins, copper, potassium and phosphorus.
7. T. It has a small amount of protein, but not enough to count.



Sources:

Nutrient information accessed on November 5th, 2008 at: <http://whfoods.com>
The White Foods Quiz. *Prevention Magazine*, June 2008; “The Nutrition Bible” by Jean Anderson, M.S., and Barbara Deskins, Ph.D, R.D.



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