

## wildfact

Nutrition Navigators Spotlight Series: **FACT OR FICTION? THE TRUTH ABOUT PROTEIN**, *Ronnie Mullins, MS, RD, CSCS*  
Thursday, 10/26 @ 5:15-6:30pm at UA Campus Health.  
(3rd Floor, SW corner, DeArmond Room B307) FREE!

# FOOD FACE-OFF: Greens, Grains & Spuds

Making healthy food choices can seem like a simple task until certain foods come into question. What variety of lettuce is best for my salad? Are sweet potatoes better than white? Once we start pitting food against food, eating right can get confusing! Here are some tips to avoid a potential food fight.

**Greens: Iceberg vs. Romaine vs. Kale**  
Salad expectations are pretty simple: keep it light, healthy and crunchy! Iceberg and romaine are known for their crisp texture and mild flavor, while spinach is touted for its rich nutritional quality. Iceberg, romaine and spinach all have a mere 5 to 8 calories per cup, but spinach delivers higher amounts of calcium, iron and magnesium. Both spinach and romaine are great sources of vitamin C, but one cup of spinach delivers almost 200% of daily vitamin K needs, which is good for bone health. Though not *void* of nutrition, iceberg is the least dense but consistently the lowest priced at the market.

**Grains: Whole Wheat vs. White Bread**  
Whole wheat bread is made with all

three parts of the grain: the fiber-rich bran, vitamin and mineral-rich germ and the carbohydrate and protein containing endosperm. In white bread, the bran and germ are removed during "refining," then "enriched" with some of the nutrition that was eliminated during processing (through fiber typically isn't replenished). A slice of whole wheat bread has slightly more fiber and protein, with 4 grams compared to 2 grams in a slice of white bread. Look for breads labeled "100% whole grain" or "100% whole wheat," otherwise it may contain a small amount of whole grains.

**Spuds: Sweet Potato vs. White Potato**  
Baked potatoes are not only budget friendly, they pack a nutrition punch! Both types of spuds have vitamin C, potassium and fiber, but sweet potatoes have the winning edge when it comes to providing 400% of daily vitamin A needs, fewer calories (90 vs. 130) and total carbohydrates (24 grams vs. 29) than white potatoes. White potatoes typically cost less and are a bit more versatile in cooking.



## CAMPUS HEALTH

NutriNews is written by Gale Welter Coleman, MS, RDN, CEDRD, CSSD, Sarah Marrs, RDN, and Christy Wilson, RDN, Nutrition Counselors at the UA Campus Health Service.

Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.