St. Charles COA October 2024

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Lin Demmest RD, LD

function A ODS8 ENHANCE **YOUR MEALS**

What are Functional Foods?

While functional foods do not have a legal definition, the Academy of Nutrition and Dietetics states "functional foods, including whole foods and fortified, enriched, or enhanced foods, have a potentially beneficial effect on health when consumed as part of a varied diet on a regular basis, at effective levels." Simply put, functional foods are foods that provide health benefits beyond basic nutrition when consumed as part of a varied diet.

Types of Functional Foods

- Whole Foods: Naturally occurring foods that have health-promoting properties. Examples: Fruits, vegetables, nuts, seeds, legumes, whole grains, and fish
- **Fortified Foods:** Foods that have nutrients added to them that were not originally present. Examples: Fortified cereals, milk with added vitamin D, and orange juice with added calcium
- **Enriched Foods:** Foods that have nutrients added back that were lost during processing. Examples: Enriched flour, bread, pasta with added B vitamins and iron
- **Enhanced Foods:** Foods that have been altered to contain higher levels of nutrients or beneficial compounds. Examples: Eggs with higher omega-3 content and yogurt with added probiotics

Benefits of Functional Foods

- Enhance nutrient intake
- Support immune function
- · Improve heart health and gut health
- Reduce the risk of chronic disease and cancer
- Provide essential nutrients that may be lacking

Drawbacks of Functional Foods

- Over-reliance and neglect of a balanced diet
- Costlu
- · Limited long-term scientific evidence
- · Misleading marketing and health claims
- No legal definition so regulation may be variable

Bottom Line

While there is promising research and known health benefits of functional foods and beverages, it is important to approach them with a balanced perspective. They should complement, not replace, a varied, well-rounded diet. Discussions around functional foods and beverages will continue to grow with updated research.

