

Top 5 Food Questions Asked of Dietitians



5 Common Food Questions Asked of Dietitians

[Minnesota's CommonGround](#) recently participated in a breakout session at the 2015 Minnesota Academy of Nutrition and Dietetics conference. We presented information about how food is grown and answered many common food questions. At the conference, I asked a number of dietitians what their most common food question was. Here are the top five questions:

5. How can I eat healthy on a budget?

1. Purchase fresh produce in season and freeze it.
2. Plan and prep meals around sales.
3. Use less expensive cuts of meat.
4. Keep an organized fridge and pantry.
5. Repurpose leftovers.

Other resources on how to eat healthy on a budget are [Choose My Plate](#) and [10 Smart Tips for Eating Healthy on a Budget](#). Personally, I like to buy [Hormel's](#) 9-11 pound whole pork loin when they are on sale for under \$2 a pound. I cut it up and [repackage it into pork loin roasts, pork chops and pork strips for stir fry](#).

4. What are GMOs?

GMOs (genetically modified organisms) are organisms in which the genetic material (DNA) has been altered in a way that does not normally occur naturally. It allows selected individual genes to be transferred from one organism into another, including between nonrelated species. Such methods are used to create GMO plants – which result in GMO food crops. Want to know more about GMOs? Click [here](#).

3. Are GMOs safe to eat?

Every plant improved through the use of food biotechnology is examined by the FDA, USDA and EPA for potential health risks. Tests are done on plants before entering the food and animal feed supply. The World Health Organization (WHO) reports that current foods containing biotech ingredients have passed human health risk assessments and no effects on human health have been shown as a result of the consumption of biotech foods. Curious about researching GMO studies? Check out [Biofortified](#) (Genera database) website.

2. Are there hormones in our food?

All living organisms have naturally occurring hormones. Some foods, such as milk and beef, can contain a small amount of additional hormones. According to the World Health Organization (WHO) and FDA, you should not worry about hormones in your food. With milk, pasteurization destroys 90 percent of hormones. The rest of the hormones are broken down during digestion. Both pork and poultry do not contain additional hormones. More resource on hormones in food [here](#).

And the most common question dietitians are asked?

1. Is organic food healthier than non-organic?

Organic does not necessarily mean a healthier product. In fact, a comprehensive review of some 400 scientific papers concluded organic and conventional food remain equally healthy. All foods – whether organic or nonorganic – must meet certain health and safety regulations before being sold to consumers.

For more answers to common food questions, visit [CommonGround](#) and [Best Food Facts](#).