WEBVTT

NOTE duration: "00:02:53.3320000"

NOTE language:en-us

NOTE Confidence: 0.84330845

 $00:00:00.000 \longrightarrow 00:00:03.549$ Hello to all you amazing cancer survivors.

NOTE Confidence: 0.84330845

00:00:03.550 --> 00:00:04.950 My name is Courtney McGowan.

NOTE Confidence: 0.84330845

 $00{:}00{:}04.950 \dashrightarrow 00{:}00{:}06.504$ I'm a registered dietitian at the

NOTE Confidence: 0.84330845

 $00{:}00{:}06.504 \dashrightarrow 00{:}00{:}08.030$ Smile Care Center in Guilford,

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 $00{:}00{:}08.030 \dashrightarrow 00{:}00{:}10.454$ and today I wanted to take a few

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 $00:00:10.454 \longrightarrow 00:00:13.190$ minutes to talk to you about superfoods.

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 $00:00:13.190 \longrightarrow 00:00:15.409$ The term superfood has become a popular

NOTE Confidence: 0.84330845

 $00:00:15.409 \longrightarrow 00:00:17.581$ marketing term that implies a particular

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 $00:00:17.581 \longrightarrow 00:00:19.526$ food has exceptional health benefits.

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 $00:00:19.530 \longrightarrow 00:00:21.636$ Foods that are often marketed this

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00:00:21.636 --> 00:00:23.396 way include kale, spinach, tomatoes,

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00:00:23.396 --> 00:00:24.808 berries, garlic, and broccoli,

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 $00:00:24.810 \longrightarrow 00:00:27.358$ to name a few.

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 $00{:}00{:}27.360 \dashrightarrow 00{:}00{:}28.980$ Foods deemed as Super Foods are

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 $00:00:28.980 \longrightarrow 00:00:30.370$ typically healthy plant based foods,

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 $00:00:30.370 \longrightarrow 00:00:32.120$ but it should be noted that there

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 $00:00:32.120 \longrightarrow 00:00:33.960$ are no set criteria of food must

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 $00:00:33.960 \longrightarrow 00:00:36.130$ meet to be labeled as a superfood,

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 $00:00:36.130 \longrightarrow 00:00:38.594$ which is why it's considered more of a

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 $00:00:38.594 \longrightarrow 00:00:40.555$ marketing term rather than indicating that

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 $00:00:40.555 \longrightarrow 00:00:43.060$ it meets a set of nutrition criteria.

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 $00:00:43.060 \longrightarrow 00:00:45.118$ That being said, these foods should

NOTE Confidence: 0.84330845

00:00:45.118 --> 00:00:46.490 absolutely be eaten regularly,

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 $00:00:46.490 \longrightarrow 00:00:48.611$ but should be done so as part

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 $00:00:48.611 \longrightarrow 00:00:50.609$ of a well rounded diet,

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 $00:00:50.610 \longrightarrow 00:00:52.548$ rich in all fruits and vegetables

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 $00{:}00{:}52.548 \to 00{:}00{:}55.068$ as well as whole grains like wheat,

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 $00:00:55.070 \longrightarrow 00:00:56.096$ quinoa and barley.

NOTE Confidence: 0.84330845

00:00:56.096 --> 00:00:57.806 An lean protein like nuts,

NOTE Confidence: 0.84330845

 $00:00:57.810 \longrightarrow 00:00:58.710$ beans, seeds,

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00:00:58.710 --> 00:00:59.160 poultry,

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 $00:00:59.160 \longrightarrow 00:01:02.310$ fish and low fat dairy including yogurt.

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 $00:01:02.310 \longrightarrow 00:01:05.100$ So often I meet people who are focused on

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 $00:01:05.100 \longrightarrow 00:01:07.805$ eating from a short list of specific foods.

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 $00:01:07.810 \longrightarrow 00:01:09.850$ Deemed superfoods and as a result,

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 $00:01:09.850 \longrightarrow 00:01:11.455$ they eliminate many other foods

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 $00:01:11.455 \longrightarrow 00:01:12.739$ that would further strengthen

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00:01:12.739 --> 00:01:14.269 their cancer fighting ability.

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 $00:01:14.270 \longrightarrow 00:01:16.335$ So rather than limit to a few

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 $00:01:16.335 \longrightarrow 00:01:18.010$ foods deemed as superfoods,

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 $00:01:18.010 \longrightarrow 00:01:19.905$ a better approach is setting

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 $00:01:19.905 \longrightarrow 00:01:22.550$ a goal to eat the rainbow.

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 $00{:}01{:}22.550 \dashrightarrow 00{:}01{:}24.692$ Meaning that you focus on eating

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00:01:24.692 --> 00:01:27.446 as many colors as you can from

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 $00:01:27.446 \longrightarrow 00:01:29.118$ fruits and vegetables daily.

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 $00:01:29.120 \dashrightarrow 00:01:31.864$ I know this sounds like a simplistic message,

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00:01:31.870 --> 00:01:33.655 but different plants contain different

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 $00:01:33.655 \longrightarrow 00:01:35.440$ phyto nutrients and phytonutrients are

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00:01:35.496 --> 00:01:36.796 naturally occurring compounds that

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 $00{:}01{:}36.796 \dashrightarrow 00{:}01{:}38.746$ give plant based foods their color,

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 $00:01:38.750 \longrightarrow 00:01:40.885$ smell and flavor when we eat a

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00:01:40.885 --> 00:01:42.798 variety of phyto nutrients it gives

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 $00:01:42.798 \longrightarrow 00:01:45.448$ our body the fuel it needs to fend

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 $00:01:45.448 \longrightarrow 00:01:47.860$ off cancer and other diseases by

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 $00:01:47.860 \longrightarrow 00:01:49.475$ strengthening our immune system,

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 $00{:}01{:}49.475 \dashrightarrow 00{:}01{:}51.500$ reducing inflammation and decreasing the

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 $00{:}01{:}51.500 \dashrightarrow 00{:}01{:}54.180$ damage to cells that can cause cancer.

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 $00{:}01{:}54.180 \dashrightarrow 00{:}01{:}55.830$ But no single phyto nutrient

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 $00:01:55.830 \longrightarrow 00:01:57.150$ can do this alone,

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 $00:01:57.150 \longrightarrow 00:01:59.004$ and research suggests that it is

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 $00:01:59.004 \longrightarrow 00:02:01.114$ the result of many phyto nutrients

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 $00:02:01.114 \longrightarrow 00:02:03.144$ working together that gives us

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 $00:02:03.144 \longrightarrow 00:02:05.090$ the strongest cancer protection.

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 $00:02:05.090 \longrightarrow 00:02:07.232$ This means that the more color variety

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 $00:02:07.232 \longrightarrow 00:02:09.557$ we eat from our plant based foods,

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00:02:09.560 --> 00:02:11.150 the more phytonutrients we consume,

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 $00:02:11.150 \longrightarrow 00:02:13.185$ resulting in the strongest protective

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 $00:02:13.185 \longrightarrow 00:02:15.729$ effect to help keep cancer at Bay.

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 $00{:}02{:}15.730 \dashrightarrow 00{:}02{:}18.490$ So the next time at the grocery store,

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 $00:02:18.490 \longrightarrow 00:02:20.446$ rather than limiting to the short

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 $00{:}02{:}20.446 \dashrightarrow 00{:}02{:}22.630$ list of foods marketed as superfoods,

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00:02:22.630 --> 00:02:24.940 fill your grocery cart with a wide

NOTE Confidence: 0.84330845

 $00:02:24.940 \longrightarrow 00:02:27.458$ variety of colors from plant based foods.

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00:02:27.460 --> 00:02:29.190 Be them fresh, frozen, dried,

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 $00:02:29.190 \longrightarrow 00:02:30.222$ or even canned.

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 $00:02:30.222 \longrightarrow 00:02:32.286$ Whatever is most accessible to you,

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 $00:02:32.290 \longrightarrow 00:02:34.020$ and modify these as needed.

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 $00:02:34.020 \longrightarrow 00:02:36.932$ Depending on what you're able to tolerate

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00:02:36.932 --> 00:02:40.417 at any given point during your treatment.

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 $00:02:40.420 \longrightarrow 00:02:41.860$ Hopefully you found these

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 $00:02:41.860 \longrightarrow 00:02:43.660$ tips to be helpful today.

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 $00:02:43.660 \longrightarrow 00:02:44.992$ Happy Cancer survivorship month.

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 $00:02:44.992 \longrightarrow 00:02:46.657$ And remember that there are

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 $00{:}02{:}46.657 \dashrightarrow 00{:}02{:}47.688$ registered dietitians available

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 $00:02:47.688 \longrightarrow 00:02:49.298$ at the smilow care centers.

NOTE Confidence: 0.84330845

 $00:02:49.300 \longrightarrow 00:02:53.330$ If you need any help with this along the way.