

Fun Food FACTS



Fun Food Facts

While everyone agrees that learning how to eat correctly is a necessity when it comes to staying healthy. The words 'eating healthy' can often conjure up images of boring foods that are plain and tasteless. So we thought we would add a humorous touch to the world of healthy eating by unveiling some fun food facts!

Continue reading to discover some things you just might not be aware of.

Fun Food Facts

1. Bananas are a member of the herb family
2. Strawberries actually contain more Vitamin C than Oranges
3. Hard boiled eggs spin but soft boiled won't
4. A medium size potato is the same size as your computer mouse
5. Ripe cranberries will bounce like rubber balls
6. Apples belong to the rose family
7. Peanuts are actually legumes and not nuts
8. Eating bananas can help fight depression
9. Chocolate was used as currency at one time
10. Yams and sweet potatoes are not the same thing
11. Apples float in water because 25% of their volume is air
12. Carrots used to be purple before the 17th Century
13. Cherries are great for helping to calm your nervous system
14. Pineapples help fight arthritis
15. The baker's dozen contains 13 items as way to over deliver to customers
16. The word orange came from the Spanish name 'naranja' with the n being dropped off when pronounced by the English.
17. The menthol found in mint is what tricks your brain into thinking mint is cool and refreshing.
18. Peppers taste hot due to Capsaicin – this binds with your sensory neurons and makes you think your mouth is on fire, when it really isn't.

19. Crackers have holes in them to allow air out during the baking process so they remain flat.
20. Crabs and lobsters turn red during cooking because the process destroys hidden pigments.
21. Coconut oil has a higher smoke point making it perfect for cooking at higher temperatures.
22. Adding 2 tbsps. of coconut oil to your diet could help you lose weight faster.
23. Coffee beans are the seeds of the fruit of the Coffee plant.
24. One can of soda contains 10 teaspoons of sugar.
25. You should only wash grapes just before eating so they keep longer.
26. Dried fruits can lose up to 80% of their nutritional value.
27. Pumpkins are a fruit as they contain seeds.
28. China is the largest producer of garlic in the world, producing over 10 tons.
29. Parsley is great for digestion and a sprig of parsley can help freshen your breath.
30. Pumpkin seeds are high in zinc which helps build your immune system.
31. Zucchini tastes best when it is under 6 inches in length.
32. Chia seeds can absorb 9 to 10 times their own weight in water.
33. Cinnamon is a potent antioxidant.
34. Tibetans enjoy tea with salt and butter.
35. In the UK 40% of a person's water intake is taken as tea.
36. Give your kids cinnamon milk to help fight colds and the flu.
37. People who get less sleep eat 16% more than people who sleep regularly.
38. Adding red pepper to foods can help suppress your appetite.
39. Lemons are one of the healthiest foods. One lemon supplies you with your daily dose of Vitamin C. Lemons help cleanse your liver.
40. Today the average American eats 300 more calories than they did in 1985.
41. Drinking lots of green tea – 10 cups per day – can help delay the onset of cancer.
42. Eating chocolate may help lower your blood pressure.
43. Most of the nutrients in a potato can be found just below the skin.
44. Eating a baked potato with skin provides you with 4 grams of fiber.

45. Germans eat twice as many potatoes as Americans.
46. Best Nest Soup is an Asian delicacy that is made from real bird's nests.
47. Pretzels were supposedly made to resemble arms folded in prayer. They were given to children who knew their prayers.
48. Ancient Greeks thought that horseradish was literally worth its weight in gold.
49. Peaches were once known as Persian apples.
50. Strawberries were used as a medicinal herb in the 13th Century.
51. The first peach orchard in Florida dates back to 1565.
52. Most people only eat cranberries during Thanksgiving and Christmas.
53. A single orange seed can grow more than one tree.
54. Blueberries won't ripen once picked. They are native to North America.
55. Chicken soup helps to fight congestion as it contains an amino acid that thins out the lining of your sinuses.
56. Ginger root can help migraines.
57. Cheese can help fight cavities as it contains calcium.
58. Chili peppers can help with bronchitis and colds.
59. Figs can help stabilize your blood sugar.
60. Prunes are a natural laxative.
61. French Fries were first made in Belgium in 1876.
62. Chop Suey was created in America by a Chinese cook.
63. The potato plant is actually from Peru and not Ireland.
64. The term 'you eat like a pig' is actually a compliment. Pigs do not overeat.
65. Eating ice cream actually warms up your body due to the number of calories.
66. The ancient Egyptians thought that onions helped ward off evil spirits.
67. In Hungary salt is thrown on the floor of a new house to keep evil away.
68. The average American consumes 20 teaspoons of sugar per day. Less than 10 is recommended.
69. A McDonald's Big Mac has 563 calories and 33 grams of fat.
70. A home-made roasted chicken breast has 142 calories and 3 grams of fat.
71. Good sources of Omega 3 Fatty Acids are kiwi fruit, walnuts and salmon.

72. Magnesium helps to feed over 300 enzymes that work to keep your body running.
73. Folic acid found in orange juice, spinach and lettuce helps improve memory function.
74. Popsicles were made by an 11 year old in 1905 by accident.
75. Sandwiches were invented by the Earl of Sandwich in the 1700s. He was hungry and ordered food to be placed between two slices of bread.

While these fun facts are great to read you can see that the majority of them relate to fresh fruits and vegetables. On that theme here are some great ideas on how to start eating more whole and nutritious foods that your entire family will enjoy.

Fun Lunch Ideas

Families are busy these days and this means that you need to pack lunches for just about every family – for both work and school. It is important to pack a nutritious lunch as they will help fuel your brain and body for the afternoon.

Here are some great ideas for what to make for lunches:

Sandwiches are easy to make. You can vary them up by using different breads such as whole wheat, whole grains and rye bread. Mix things up even more by using fresh bread and different types of bread rolls for the sandwich.

Toppings and fillings include:

- Peanut butter and banana or banana by itself
- Sliced ham
- Left over chicken, turkey or meat from dinner – sliced thinly
- Cheese with tomato or avocado slices
- Smoked salmon
- Hard boiled eggs – can be eaten along with the bread

Also don't forget about using pita bread and flour tortillas as a base for any sandwich. These can be filled with leftovers or egg or tuna salad and then stuffed with lettuce and cucumber slices.

Dips are another great choice for lunches and you can pack all kinds of veggies and fruits for dipping. Even mini pita breads are a great choice here too.

Another way to pack up a healthy lunch is by using a thermos. You can pack hot or cold food and this is a perfect way for dealing with leftovers.

If your kids like smoothies this may be another great choice for lunch. It sure is a wonderful way to get them to eat their share of fruits and veggies each day.

As you can see it is possible to make healthy eating fun! Why not try some of these ideas or just share some of these facts to get your family talking about healthy foods and their benefits.

Enjoy and I look forward to connecting with you.

Your Name, Contact Info, Social Sites