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Food – eating with my eyes

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Abstract

Whole foods are visually stunning while being scientifically proven to be healthy. Here I share some images and notes of my colorful preparations that embrace the knowledge of the ever-expanding Nutritional Sciences.

Keywords

nutrition, color, wellness

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Food – eating with my eyes

Nadia Arévalo

Whole foods are visually stunning while being scientifically proven to be healthy. Here I share some images of my colorful preparations that embrace the knowledge of the ever-expanding Nutritional Sciences.



Pigments in foods contain the chemicals to help protect our bodies of oxidation. Eating natural color is what we need on a daily basis.

Shopping through the farmer's market to come home to the freshest and most colorful meal is a beauty to my eyes and party to my taste buds. But, the hidden gem behind these pleasures, is in the deep inside of my body-- the nutritional science factory I cannot see.

Food can be a delectable beauty that can be also create an array of health benefits to our bodies. Education is key here to understand the intricacies of the impact in our daily choices of foods and liquids. With the development of science and technology, scientists are discovering more each day how and why food affects our bodies, mind and microbiome (our army of bacteria).



The cornucopia of fresh produce from the farmer's market.

An expression through the lens to tell a story, capture insight or invoke emotion: the beauty of unaltered whole foods by nature is no exception. People can be lured in by food—its color, smell, patterns, shape, symmetry, feel, and tastes. Take the popularity food porn these days as a silly, but true example in today's culture.

The immense information that is coming out the department of Food Science is incredible. Anti-oxidants in our food, such as quercetin (found in red onions) alleviates allergies. Dark chocolate enhances cognitive function. The deep pigments of the black raspberry are found to have profound heart benefits. And the list goes on and on. The natural color of food enriches us.

The true beauty of whole foods goes beyond the physical beauty, taste, smells and textures. The deep beauty is in the mystery of how nature cleverly designed foods that can help the body heal itself from the inside out.



I eat with my eyes first enjoying the colors, such as in this all-natural dessert. Just as nature creates rainbows fresh fruits and vegetables create pigments to feed us delectable flavors with impactful nutrition