

Beets, Beans, and Bananas, and Other Things I Love: A Comprehensive Guide to Nutrition in America

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The state of nutrition in America is an ever-changing landscape. As new scientific studies reveal more about the human body, our ideas of the best way to nourish ourselves become more refined and tailored. This capstone provides an analysis of the current state of nutrition in America, as well as a guide for the best practices going forward. The work also includes 30 original recipes that were formulated using that research. The recipes are designed to be accessible to all Americans, specifically focusing on lower-income families and those interested in changing their diet to incorporate more healthful foods.