

R X : NUTRITION

**CHEW ON THIS**  
Chef scans food trends



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Have been busy reading these past few weeks in anticipation of this weekend's Miami Book Fair International. I recommend David Kamp's 'The Nation of Arugula (Broadway, \$26) for anyone interested in how our national appetite transformed from, according to Charles Dickens, "piles of indigestible matter" to our current state of taste.

To get a heads-up on current food trends I turned to Marcel Escoffier. He'll be at the book fair moderating a food-related session on the faculty at the FIU School of Hospitality Management. He's also a descendant of famed French chef Auguste Escoffier.

Marcel sees a return to historic foods, such as quinoa and heirloom tomatoes. Grains like spelt, quinoa, kamut and amaranth are worth getting to know. They are all whole grains and higher in protein, fiber and antioxidants than the stripped wheat we are too used to eating. These grains also taste richer and nuttier. Heirloom tomatoes are from seeds that have been naturally pollinated, think birds and bees. Many varieties of these seeds are available for home gardeners.

Marcel sees an increase in multicourse dining — smaller plates, smaller portions, yet a greater variety of foods. Waiting for the next course would encourage people to slow the pace of eating, savor the flavor and enjoy dinner-time discussions. It might also retrain our eyes and stomach to accept smaller portions.

The last trend we talked about was menu disclosures. Why not have nutritional information on menus? A diner could choose to ignore the numbers, but at least the option would be available.

Please share any trends you have seen or would like to see. Maybe we can get something going.

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**AGING WELL**



COURTESY MIAMI HERALD STAFF

**KEEPING ACTIVE:** Frances Selvin goes for her daily walk.

She's the model of healthy living

**Frances Selvin, 80**  
Hollywood  
retired

**Model with moxie:** I was a model in New York. It was fun, but hard work, very competitive. I accompanied my friend to an interview. She didn't make it, but they picked me. Back then they weren't zeroing in on pencil-thin figures. Those girls must really miss living.

**May I see your ID?** At times, I have to show my driver's license to prove my age. Some people think I'm 50.

**Forward, not backward:** I worked in a nursing home in the activities department — group sessions, conversations, bingo, books, videos and card games. I think everybody should go into a nursing home and talk to people. Then you will do things differently, not waste time

thinking about what could have been.

**Walking, pedaling:** I recently had a hip replacement, so I do a lot of walking. I walk every day and I use a stationary bike, too.

**More veggies, please:** I'm very careful about what I eat. I don't eat as many vegetables as I'd like to, but I do eat my veggies.

**Be positive:** So many people cripple themselves by thinking about what they would like to have done. If you can't fix it, walk away. Go for today. Life is very short.

**Guilt-free pleasure:** Going outside a lot, seeing the water, enjoying beaches and sunsets.

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**MEDWATCH**

• **Product:** HairConfirm hair follicle multidrug test kit by Confirm Bio Sciences, \$64.99, at CVS, [www.amazon.com](http://www.amazon.com) and [www.hairconfirm.com](http://www.hairconfirm.com).

• **Key ingredients:** One hair specimen transport foil piece, one specimen ID card, one hair specimen envelope, one clear pouch and one pre-paid shipping mailer.

• **The pitch:** An anti-drug tool to detect use of cocaine, marijuana, opiates, amphetamines and PCP, and discourage your child from trying drugs.

• **How it works:** Hair testing is based on the premise that drugs ingested in the body travel through the bloodstream and are deposited in hair follicles. Traces remain in the hair. Since hair grows at the rate of a half-inch a month, the test uses the hair closest to the scalp to detect drug use for the last 90 days.

• **Pros:** Student-athletes subjected to drug testing at an Oregon high school were four times less likely to use drugs than athletes not testing, according to a 2002 study by Oregon Health & Sciences University. Hair testing is less invasive, more resistant to tampering and reveals abuse over a much longer time than urine testing.

• **Cons:** In March, the American Academy of Pediatrics issued a policy statement opposing home drug testing. The medical group prefers worried parents have their children tested by qualified doctors or treatment specialists because of the possibility of error or tampering. The Drug Policy Alliance, a national nonprofit agency, says parental testing tears at the bond between children and adults.

• **Bottom line:** To trust or to test? If parents want to test their kids at home, it's their choice, but be prepared to seek professional help and treatment if results come back positive. Urine tests are cheaper, but they won't detect long-term use.

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