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March/2015

fit 4 life

March is National Nutrition Month



which is a great time for a lesson on what all those labels in the grocery store really mean.

To get the most bang for your buck see the label guide below:

USDA ORGANIC: Going with the USDA Organic label is your safest bet because it covers not only fruits and vegetables, but also dairy, meat and poultry. In addition, the USDA organic label is the most regulated of all labels.

The label states that any food bearing the seal is 95% to 100% organic. Foods are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms (GMOs), or ionizing radiation. Animals that produce meat, poultry, eggs and dairy do not take antibiotics or growth hormones and are given feed that is non-GMO.

CAGE FREE vs. FREE RANGE: Both terms are used loosely, not certified and have not been fully clarified with producers.



Cage free means egg laying hens are not raised in cages, but does not mean they were given access to the outdoors. Remember this does not mean they weren't given antibiotics. Free range means the animal wasn't confined to a cage and has had access to the outdoors. How much access has not been clarified.

GMO: These foods are produced from organisms that have had specific changes introduced into their DNA using methods of genetic engineering. Although they have been on the market since 1994, they are not required to be labeled in the US. Looking at the PLU code on the sticky label will tell you if it is GMO because the code starts with #8.

GRASS-FED: This seal states that the animals whose feed solely a diet of grass or hay. However, if the meat is labeled as grass fed but not organic, the animal may have been raised on a pasture that carries synthetic pesticides or fertilizers. Some cattle marketed as USDA grass-fed spend time in confined pens or feedlots.

March recipe

WILD RICE & SHAVED BRUSSELS SPROUT SALAD



Ingredients:

- 1 cup wild rice
- 2 tablespoons of extra virgin olive oil
- 1 pound of brussels sprouts, trimmed of outer leaves and base, thinly shaved crosswise
- 1 cup chopped pitted dates
- ½ cup of chopped walnuts
- Salt and pepper to taste

Preparation:

1. Prepare rice according to package instructions.
2. In a large pan sauté brussels sprouts until they are tender and lightly browned, 8 to 10 minutes.
3. In a bowl stir cooked rice, brussels sprouts, dates and walnuts.

Serves 8

Recipe compliments of: *Whole Foods Market Magazine*

700 the number of kids per day that become daily smokers according to the website www.tobaccofreekids.org.

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5 important numbers you need to know

Doctors agree that yearly physicals are important to live a long healthy life. Be sure to get your yearly physical and know these 5 life saving numbers.

WAIST SIZE: associated with premature death. Women should keep a waist circumference of 32" or less and men 35" or less.

BLOOD PRESSURE: associated with heart disease. A blood pressure reading of 140/90 is the beginning of Stage 1 Hypertension.

FASTING BLOOD SUGAR: associated with Type 2 Diabetes. The desirable range is 70-130 mg/dL before a meal.

CHOLESTEROL: associated with cardiovascular disease. Less than 200 mg/dL is desirable.

WEIGHT: the best indicator of overall health. A BMI of 25 to 29.9 is considered overweight. A BMI of 30 or higher is considered obese.

14 the number of years severe obesity, a body mass index of 40 or above, takes off of your life span.

TIP CORNER

DON'T RINSE: When it comes to chicken, meat and fish you shouldn't rinse before you cook. According to Dr. Oz you can spread bacteria in your home. Cooking meat, fish and poultry thoroughly is the best way to get rid of bacteria.

ADD NUTS: A recent study in The Nutrition Journal shows that walnuts reduce damage caused by LDL (bad) cholesterol.

HAIR HELP: Studies show that 10 mg a day of Silicon (a mineral) can keep hair strong. If you eat 1¼ cup of green beans you will get 6 mg per serving.

RUN: According to the Journal of the American College of Cardiology if you run 5 to 10 minutes each day you will add 3 additional years to your lifespan.

KIDS QUOTE

