

ChEw oN ThiS

Newsletter

Cherries

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Fun Food Facts:

- It takes 250 cherries to make one cherry pie
- Eating 20 cherries a day may relieve your headache pain
- February is National Cherry Month
- Cherry trees can grow to be more than 50 years old
- One cherry tree produces about 7,000 cherries per season

Source: Fun Faces of Wisconsin Agriculture

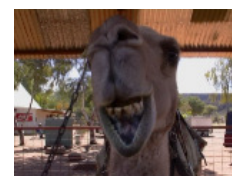
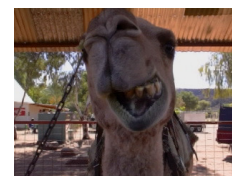
I know cherries aren't in season anymore, but I have to address in my first newsletter the radiant red cherries found on all my marketing materials for *Attainable Nutrition*. Why cherries? The red cherry logo is a symbolic dedication of my company to my mother who loved cherries. We loved to share a bowl full of them during the summer months. Cherries can brighten up anyone's day. Personally, I can't picture eating cherries while being depressed, they are a happy food to me.

Cherries contain at least 17 antioxidants which help to fight **cancer** and **heart disease**. Anthocyanins, the plant pigment which gives cherries their deep red color, are in part responsible for these great health benefits. Cherries are also a good source of beta carotene and fiber. Ongoing studies point to cherries as

a helpful **inflammation reducer** lessening the pain of **arthritis** and **gout**. Twenty cherries a day have been told to help keep **headaches** at bay.

My mother passed away in a car accident just over 2 years ago while I was in the beginning stages of planning *Attainable Nutrition*. She never got to see my dream come true during her lifetime, but I like to think when I look at these cherries that somehow she is still sharing in that dream with me, just in a different way. Ironically, the last thing my mother ate before her accident was cherries. I'm sure we'll divvy up a bowl together in heaven some day!

Hope you enjoy the first edition of *ChEw oN ThiS*!
~Darci



DoN't ChEw oN ThaT

Cherry food coloring

FD&C Red Dye #3:

A cherry red dye derived from coal tar. In 1996, researchers at Northeastern Illinois University found that even low doses of Red Dye #3 caused cancerous changes in human cell cultures. The FDA banned the use of red dye #3 in cosmetics but the dye is still used today in food products. Read labels and avoid foods with synthetic dyes.

Red Dye #3 is commonly found in canned cherries, snack foods, and baked goods.

Tip: Paprika or beet juice can be safely used to add color to cake icings, sauces, cookies, and yogurt. Give it a try!



FREE—ChEw oN ThiS monthly newsletter. **Subscribe at www.attainablenutrition.com**

Main Course

FAMILY NUTRITION KICK-START PLAN



Step 1—Personalized Family Meal Review

Together we'll evaluate a typical week of your family's meals and identify areas needing improvement.

Step 2—Healthy Family Menu Plan

Together we'll develop a new weekly menu plan for your family incorporating rainbow eating, foods that fight disease and low Glycemic index foods. Recipes, lunch-box tips, quick and healthy snack ideas and children's nutrition activity worksheets included!

Step 3—Shop-With-You Service

Ever wished you could take a nutritionist grocery shopping with you? Now you can! Together we'll shop for foods on the new menu plan we developed. Healthy foods don't have to cost a fortune - you can eat healthy and stay within your budget. We'll show you how!

Call to schedule your \$99 Family Nutrition Kick-Start Plan today!

On The Side

Green Tea is one of the strongest cancer fighters around due to high amounts of polyphenols (antioxidant compounds) in the tea called catechins. Catechins appear to block the damaging effects of cancer causing agents by reducing enzyme activity that can create free radicals and directly kill those particles. Yes, green tea tells cancer cells to die! A 1997 study done at Case Western Reserve University in Ohio showed some amazing findings.

Researchers noticed that the green tea catechins patched up oxidative damage to the cell wall to keep the cancer cell from leaking and contaminating the cells around it, but some of

the oxidative damage inside the cell was left untouched so that the cell would die quicker. Once that cancer cell died, it could be replaced by a healthy cell. By forcing cancer cells to die early and stopping them from reproducing, the cancer cannot spread or grow and new tissue can grow in its place. Green tea has been shown to help prevent lung, breast, stomach, esophageal, and colon cancers.

Bottom line : Consume 3-10 cups of green tea daily to experience the tremendous benefits of this cancer fighting powerhouse.

Balch, James F., *The Super Antioxidants*, M. Evans and Company, Inc. 1999; 177-178

Food Fight!



Antioxidant: Substances that help protect cells from the damaging effects of free radicals.

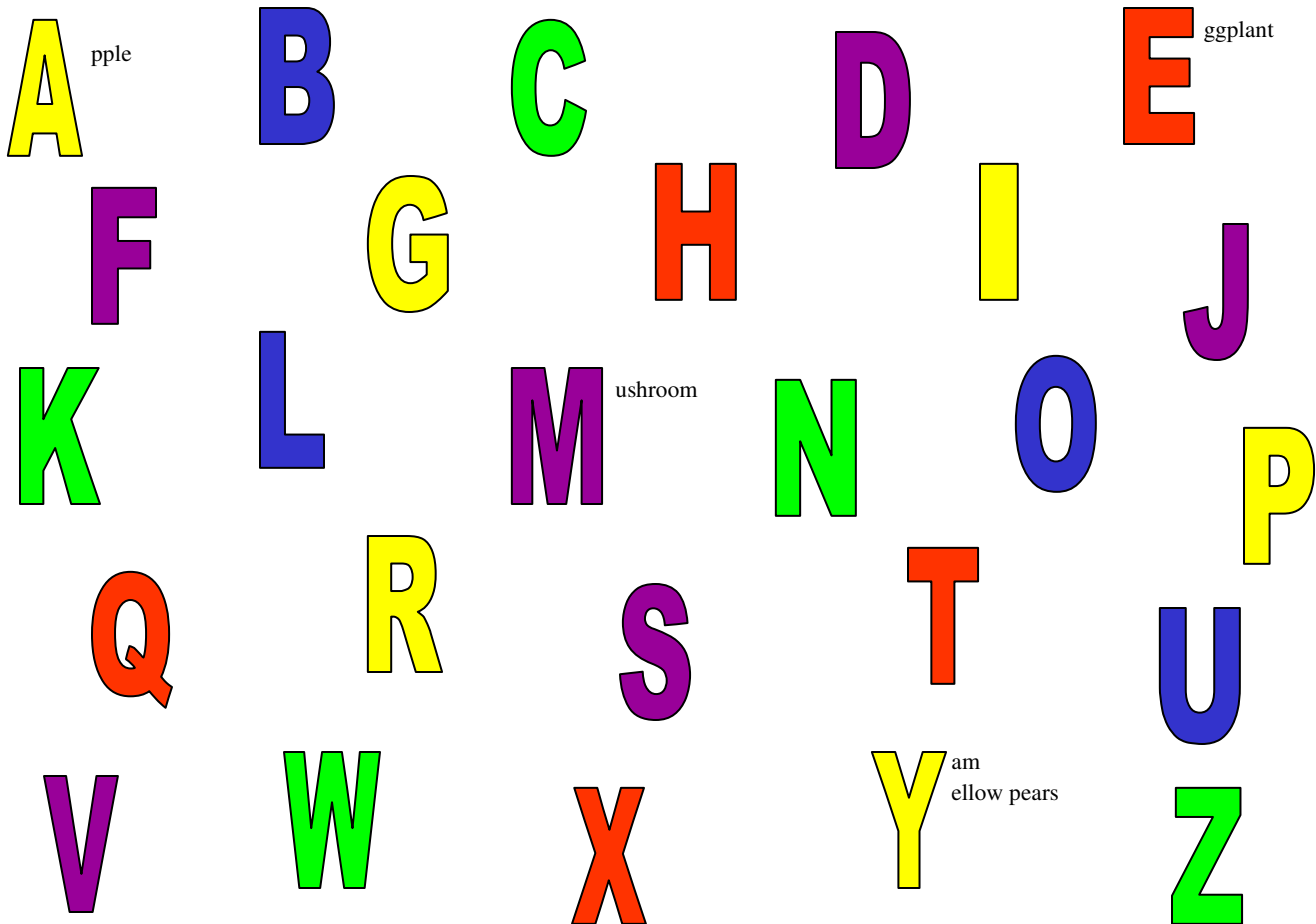
Free Radical: Electrically unbalanced molecules which damage cells, proteins or DNA creating disease in the body, especially cancer.

Antioxidants vs. Free Radicals

“In this corner we have **Auntie Oxidant** in the fight of her life. **Free Radical** has been pouring on the nitrates this time. **Auntie** has a move in store to fight those beastly preservatives though. **Free Radical** has really been dishing it out this time. Here she goes, **Auntie Oxidant** slams some green tea down her throat. **Free** didn't even see it coming until it was too late. He's hurtin' folks. An internal bashing has taken place here tonight. Yes, **Free** definitely has his work cut out for him tomorrow, but today **Auntie** owns the victory. Go **Auntie!**”

*Stay tuned for our next Food Fight to see how **Auntie Oxidant** continues to conquer the mighty **Free Radical**.*

Healthy Kids



Vegetable and Fruit Alphabet

Surround each letter with all the names of vegetables and fruits that you can think of that start with that letter. Some examples are done for you.

The Edge: Teen Athletes

Athletes who give no thought to their nutrition game plan cheat themselves of the ability to perform at their peak level, never realizing their full potential.

Pre-game Meal

- **Small in size** – less than 1,000 calories
- **High in carbohydrates with small amounts of fat and protein**
- **Consume 1.5 to 4 hours before sporting event**
- **Low in fiber**
- **Bland food. Avoid spicy and gas-producing foods**
[Use other defensive methods:]
- **Avoid caffeine and sugar**
- **Consume ample amounts of water before competition**
- **Avoid juice drinks on competition day**





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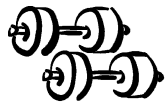
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ATTAINABLE NUTRITION provides nutrition and natural health guidance for adults, teens, and children. We will customize an attainable plan for your specific needs and desires. Some of the services we provide include:

- **Nutrition assessment and meal planning**
- **Weight loss/gain** coaching
- **Disease** prevention and support
- **Stress** and **pain** management
- **Food allergy** assistance
- **The Edge** teen sports nutrition for individuals or teams
- **Healthy Kids** classes and events
- Nutrition based **playgroups** for preschoolers
- **Eating out** healthfully
- **Bone health**
- **Inflammation** support
- **Heart health**
- **Cancer support**
- **Shop-with-you** grocery shopping service
- **Pantry makeover**



Reach for it! Health Goal



Put mini exercise stations in the room where you watch television. Have a hand weight station, stretch band station, jump rope station and a hool-a-hoop station. Cycle through each station during commercial breaks.

Good Eats

Vary the amount of spices in this to suit your taste. I used the minimum amounts given, which put this right at the outer edge of my daughter's spice tolerance.

1 large onion, chopped
3 cloves garlic, minced
1 green bell pepper, chopped
2 cans (or 3 cups) black beans, rinsed and drained
1 tbsp. oregano
1 tsp. cumin
2 bay leaves
1-2 tsp. chili powder
generous grating of black pepper
1-2 tsp. minced chipotle chilies in adobo sauce
2 15-ounce cans diced tomatoes
4-5 cups vegetable broth or water
1 cup fresh or frozen corn kernels (optional)

Stormy Black Bean Soup

lime wedges

In a large pot sauté the onions, garlic, and bell pepper until the onions soften, about 3 minutes. Add the beans, seasonings, and tomatoes, and stir to combine. Add 3 cups vegetable broth or water. Reduce the heat to a simmer, and cook, uncovered, for about 1 hour, adding additional water or vegetable broth as needed to keep a soupy consistency. Just before serving, add the corn, if you like, and heat through. Serve in bowls with lime wedges.

Makes 4-6 servings.

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