

## ChEw oN ThiS

### Lesson From a Smothered Burrito

Yesterday my toaster oven caught on fire because one of my daughters put a paper towel over her frozen *Amy's Tofu and Cheese Burrito* just like the directions said to do. "Mahhhmmm, my burrito's on fire!" she screamed. I dashed into the kitchen as she unplugged the appliance from the wall with its contents ablaze. "The directions said to cover the burrito with a paper towel," she exclaimed while I smothered her burrito. She missed one important basic detail – the directions were for microwave cooking, not the toaster oven.

and so make health claims about their product that lack credibility. For instance, there is a chocolate milk campaign touting it as the next best sports drink. First of all, regular milk before a sporting event is inadvisable because it increases mucus production. Who wants phlegm in their throat during a big game or run? When *chocolate* milk is consumed the extra sugar can create a sudden blood sugar spike. Stable blood sugar is the goal so as to avoid the half-time crash. Milk also contains the amino acid tryptophan which helps induce sleep; also not advisable for an athlete before or during an athletic event. Milk should be saved for bedtime.

Sometimes we don't know what we don't know until we learn a hard lesson. Sometimes we miss the most basic details because we don't know any better. Nutrition is often like this. We think we eat healthy, but we may be missing something and we don't even know it. Our bodies didn't come in a package with directions; even if it did many of us never read manuals! We begin to pay attention when we gain weight or something goes wrong.

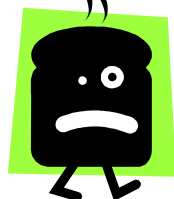
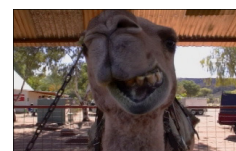
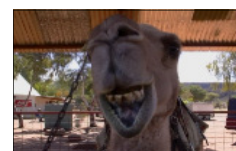
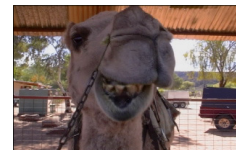
So you see nutrition gets confusing when companies market their product under an umbrella of words that we as health conscious consumers bite on to. A little nutrition education from a reliable source can go a long way in teaching you how to incorporate healthy eating habits into your lifestyle that last a lifetime. **Fad diets come and go, but basic nutrition principles have always provided the foundation of the most effective way to losing weight. It is also the most successful way to prevent disease and the safest way to treat many ailments.**

Have you noticed the increased enthusiasm surrounding nutrition information in recent years? With good reason we are hearing more newscasts and clicking on more nutritional websites. However, with the bombardment of information we are now overwhelmed and confused with the apparent "contradictions in all this information" and we begin to turn a deaf ear.

Many of us are making health resolutions for 2012 that include healthier eating. Understanding how food affects your body can give you the advantage to reason with yourself when temptation is screaming. What a great health gift to give yourself in 2012.

I admit there *are* a lot of contradictions out there. Food companies vying for our attention know that many are trying to eat healthier

***See Jan/Feb weight-loss and wellness program discounts at [www.attainablenutrition.com](http://www.attainablenutrition.com)***



## DoN't ChEw oN ThaT



Don't chew on burned or charred foods! They contain harmful chemicals called polycyclic aromatic hydrocarbons (PAH). PAH is injected into lab rats to induce cancer cells for testing. Enough said.

## The Edge Sports Nutrition

Most athletes eventually experience injury. One of the bummers of being injured is losing valuable practice time. Did you know that during this down time your brain reacts in much the same way as your muscles do? Yep, it begins to atrophy and forget some of your technique. Athletes can continue to train in their brain by use of imagery to help them keep their edge. Imagine step by step peeling an orange. Don't rush it—watch and feel every peel, smell the orange zest and sense your tongue salivating. Envision all the savory wedges as you peel them apart. Now taste the juice and texture in your mouth as you chew. Great job! Now imagine yourself training. Feel every bodily motion you make. Smell the lush grass, dust, chlorine or musty gym. Imagine every single detail that you can step by step with all of your senses. You've got the idea! Stay tuned next newsletter for more specifics on the use of imagery in athletics!



## INJURED? USE YOUR IMAGINATION

## On The Side



Super Bowl time is almost here! As the coffee table is filled with dips for this and that, here are some healthy and simple homemade ideas. Most store bought dips notoriously contain amazingly high amounts of fat. Not these!

### Honey Yogurt Fruit Dip

- 1 cup plain yogurt
- 1/2 tsp cinnamon
- 1 tsp vanilla flavoring
- 3 tbsp honey

Combine, stir and chill

### Vegetable Dip

- 2 1/2 cups plain yogurt
- 2 tsp minced dried onion
- 1 tbsp chopped parsley
- 1/4 tsp garlic salt
- 1 tsp chopped dill
- 1 pinch black pepper

Mix and enjoy with sliced veggies

### Hummus Dip

- 2 cloves garlic
- 19 oz can garbanzo beans with half the liquid
- 4 tbsp lemon juice
- 2 tbsp tahini
- 1 tsp salt
- black pepper to taste
- 3/4 tbsp olive oil

Chop garlic in blender. Add garbanzo beans, lemon juice, tahini, and salt in blender. Blend until creamy. Transfer mixture to serving bowl. Sprinkle with pepper and drizzle olive oil on top. Enjoy with veggies or baked chips.

## Food Fight! Antioxidants

## Resveratrol



This Valentine's Day when you are thinking of hearts, think of your own, too. An antioxidant beneficial to your heart called resveratrol is found in red wine, grapes, peanuts, blueberries and cranberries. If you share a glass of red wine or grape juice with your sweetie this Valentine's Day you may be helping to protect the lining of blood vessels in your heart, as well as decreasing bad cholesterol and increasing good cholesterol. Resveratrol is one reason you hear people say, "Wine is good for you!" Moderation is key to your heart.



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
- Gluten-free and food allergy assistance
- The Edge sports nutrition
- Shop-With-You grocery shopping service

