

ChEw oN ThiS

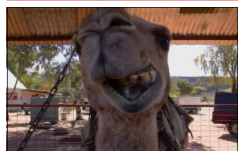
Cranberries are grown primarily in the United States in great sandy bogs, mostly off the shores of Massachusetts. They are harvested between Labor Day and Halloween and provide these great health benefits when added to the diet:

- Ability to prevent and treat urinary tract infections
- Antioxidant protection for prevention or treatment of cancer
- Aid in recovery from stroke
- Treat ulcers and digestive complaints
- Lower harmful cholesterol (LDL) and help raise good HDL cholesterol
- Protection from breast cancer

- Antibiotic and antiviral properties
- High fiber helps relieve constipation
- Aids in prevention of dental caries
- Protection against macular degeneration

Canned cranberry sauces contain very high amounts of sugar. Instead try sprinkling dried cranberries over your salad or turkey stuffing, or blending frozen unsweetened cranberries into a fruit smoothie. Low sugar cranberry juice can be enjoyed for breakfast, or fresh cranberries can be stewed with maple syrup for your own homemade lower-sugar cranberry sauce (see recipe below). Enjoy the Holidays!

~ Darci



DoN't ChEw oN ThaT



If you have to cut your cranberries they must be processed and devoid of nutrients. Canned cranberry sauce is pretty much cranberry flavored corn syrup. The 4 tablespoon serving size contains a whopping 22 grams of sugar! To give you a visual, imagine 5 1/2 sugar cubes sitting on a dessert plate next to 4 tablespoons of the jellied sauce. Got the visual? Now picture how many tablespoons you



actually consume and do the math. Quite a bit of sugar, huh?

Making your own sauce is simple and gives you control over the sugar content. In a saucepan simply mix 4 cups fresh cranberries, one cup water and half a cup of maple syrup. Bring to a boil and simmer until cranberries pop! Now you can see the cranberries and even save your dessert plate for dessert!

Reach for it! Health Goal

Make getting healthy and staying in touch with your family a priority. Set aside a family walking time for half an hour 1-2 times per week. Walking together as a family is an inexpensive and simple way for everyone to get some exercise while staying connected and bonded as a family. To make walks more interesting bring a camera and look for great shots! You'll be exercising and creating great memories!

Main Course



2011 is the Year! Consultation!

2011 is the year to shape up nutritionally! If you've been putting it off because you just didn't know where to go, now you do! I am here to support and help you. You can do it, just reach for it!

On The Side



Did you know that cinnamon has been shown to help lower blood sugar levels? Cinnamon slows the rate at which the stomach empties after eating, reducing the rise in blood sugar levels (Am J Clin Nutr. 2007 Jan;85(6):1552-6). Now it makes sense why great-great-grandma added cinnamon to her sweet apple pie, sweet apple cider, sweet ap-

plesauce and pumpkin pie. It is estimated that cinnamon has been used medicinally since 2,700 B.C.! People with type 2 diabetes may benefit from consuming cinnamon regularly because it seems to improve their ability to respond to insulin, thus helping to normalize blood sugar levels. (Nutrition Almanac, Kirschmann)

Food Fight!



Lycopene is one of the top ten anti-cancer carotenoids. Carotenoids are natural pigments found in food that give it color. Lycopene is found in red and pink fruits and vegetables such as tomatoes, watermelon, guava, red pepper and pink grapefruit. Lycopene helps to lower the risk of all cancers, especially of the prostate. Cooked tomatoes, as in tomato sauce, help the body to absorb the lycopene decreasing risk of developing prostate cancer.

Source: The Family Nutrition Book by William Sears, M.D.

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:

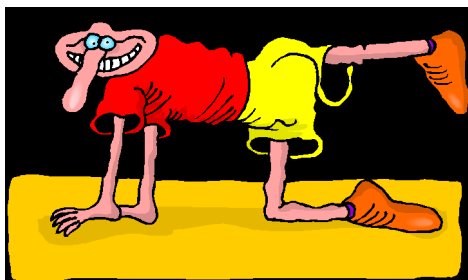
- Nutrition assessment and meal planning
- Weight loss/gain coaching
- Disease prevention and support
- Stress and pain management
- Gluten-free and food allergy assistance
- *The Edge* teen sports nutrition
- *Shop-With-You* grocery shopping service



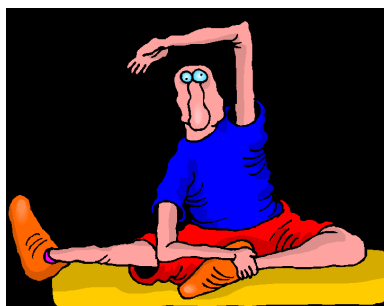
Healthy & Happy Kids



Learn how to hool-a-hoop! It's great exercise. How long can you go? Keep trying, you'll get the hang of it!



If this guy can do leg lifts, you can do it too! See how many you can do and then do more tomorrow and more the next day. Try to get to 50 lifts per leg!



Stretching everyday helps your body be flexible and strong!



Grab a scarf or a ribbon, turn up the music and dance to help make your heart stronger!

The Edge: Teen Athletes

Iron is an extremely important nutrient for athletes, especially for females. Fifty percent of female athletes have been shown to be negatively affected in their sport because of a deficiency in iron. Iron is such an important mineral for the athlete because it is used in the body to form hemoglobin and myoglobin, compounds that carry oxygen in the blood and muscles. Without adequate iron, cells and muscles don't get the oxygen they need, which leads to low energy levels. Iron supplements should only be taken upon the advice of your physician. Food sources of iron include: almonds, pumpkin seeds, lean beef, pork, chicken, spinach, eggs, wheat germ, fish, beans, peas, soy, asparagus, prunes and raisins.



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