

# ChEw oN ThiS

Newsletter

## Turkey

**Inside this issue:**

Chew on This	1
Don't Chew on That	1
Main Course	2
On The Side	2
Food Fight!	2
Healthy Kids and <i>The Edge</i> Teen Athletes	3
Good Eats Recipe	4

At one time, the turkey and the bald eagle were each considered for the national bird of America. Benjamin Franklin was one of those who argued passionately on behalf of the turkey. Franklin felt the turkey, although “vain and silly”, was a better choice than the bald eagle, whom he felt was “a coward.” I don’t know how many people agreed with him, but I do know that for a lot of us the holidays include eating a feast of this “vain and silly” bird with all the trimmings. If the turkey was voted our national bird we may be less inclined to devour it, completely changing one of the main traditions of our thanksgiving and Christmas holidays! Fortunately for our tummies the turkey was not voted our national bird. Therefore, around three hundred million birds are raised every year for our consumption.

protein, iron, selenium zinc, niacin, riboflavin and vitamins B-6 and B-12. These nutrients help prevent heart disease and cancer. Unlike other kinds of meat turkey is a lean source of protein providing 65.1% of the daily value per four ounce serving. Remember to remove the fatty skin before eating the lean meat.

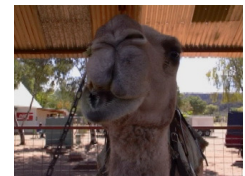
Tryptophan, another beneficial nutrient in turkey is known for its mood elevating and sleep-inducing capabilities. Tryptophan is an amino-acid that must be consumed in the diet. It breaks down into serotonin, a calming neurotransmitter in the brain. Here is another good reason to add lean turkey to your diet throughout the year.

May you enjoy the season and remember to reach for healthy foods first.

Turkeys are an excellent source of

Happy Holidays!

~Darci



**Fun Food Facts:**

- Neil Armstrong and Buzz Aldrin ate roasted turkey as part of their fist meal on the moon.
- Christopher Columbus brought turkeys back with him to Europe upon his return from the New World and by the 16th century, turkeys were being domestically raised in Italy, France and England. At first they were reserved for the banquet tables of royalty, but they soon became more widespread throughout societies.

Source: www.whfoods.com

# DoN't ChEw oN ThaT

## Bald Eagles

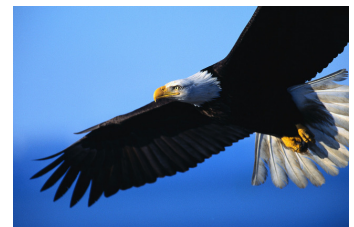
More than a few hungry explorers dined on bald eagle during the early to mid-19th century. Lewis and Clark, on their voyage, reported shooting four eagles on March 28, 1806, presumably to eat.

John James Audubon, who painted no less than six eagles, ate his kill, an interesting juxtaposition between the ornithological and the culinary.

Other explorers noted eating eagles in their conquest of the West; Na-

thaniel J. Wyeth's 1835 expedition found juvenile bald eagles edible when other food sources were scarce. (source:www.marini.com)

Thankfully, today we allow eagles to soar beautifully in the sky and refrain from consuming them. In my opinion the ‘vain and silly’ turkey does seem more fitting on my dinner table than trying to sputter beautifully through the evening sky.



**FREE—ChEw oN ThiS monthly newsletter. Subscribe at [www.attainablenutrition.com](http://www.attainablenutrition.com)**

## Main Course



### Newtrition Resolution 12-Week Weight-Loss Program

The making of New Year's resolutions dates back to the early Babylonians in 153 B.C.. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment. With today's lifestyles we may be more inclined to make a resolution to lose weight rather than to return any borrowed farm equipment. On the flip side, farmers probably didn't have a whole lot of weight to lose after working the fields day after day. If you resolve to lose weight this year I will do my very best to help you.

This program provides 6 individually designed sessions to guide you on the path to weight-loss through a healthy nutrient rich diet. My aim is to create a plan for success with moderation not starvation. Nutritional transition should occur one meal at a time thus making your new lifestyle **attainable**. I will educate, encourage, inspire and believe in you. This program does not teach yet another fad diet, but instead helps to create harmony and balance for your body through everyday natural foods that are made with everything needed to help you be physically, mentally, emotionally and spiritually well.

**12-week program cost \$250—gift certificates available**

## On The Side



Walnuts have a special cholesterol-lowering effect. They are high in omega-3 fatty acids yet have the ability to reduce high cholesterol levels when eaten regularly.

Walnuts are also helpful in preventing cancer and gallstones, as well as help to protect the integrity of your bones.

Having problems sleeping? Try eating a handful of walnuts before bed-

time. Walnuts contain a hormone called melatonin that helps to induce and regulate sleep cycles.

Get out the Christmas nut bowl and the nutcracker and start crackin' those nuts with your family and friends. Christmas time challenges our health enough with all the sugary and fatty food options. Try walnuts sprinkled on your salad or even on a bowl of cereal, your heart and bones will thank you.

## Walnuts

## 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

**Auntie Oxidant has invited a special guest today to the match - the walnut. In his arsenal the walnut contains polyphenols and antioxidants; two powerful cancer fighting chemicals found in healthy foods.**

**Our fight today is for Tommy Teenager who is being tempted by Free Radical with high fat fast food French fries. Auntie pleads with Tommy to fight the temptation explaining to Tommy that highly processed and fatty foods will taste good in the moment but may increase the probability that he will develop cancer in his future. It's never too early to protect yourself from cancer. Auntie pulls out a bag of shelled walnuts for Tommy to try instead. Will he like them? Free Radical grimaces while dangling fries in front of Tommy. What will he choose? He bites into his first walnut...he likes them, hey Tommy! Tommy has chosen to be one step closer to a healthy future. Way to go Tommy!**

## Healthy & Happy Kids

### Puzzle Wreath Ornament

By: Amanda Formaro

Difficulty: **Easy**

Age: 5 and up

If you have any puzzles that are missing pieces, they can be turned into fun craft projects! Take this cute wreath ornament for example. Turn spare puzzle pieces into a cute ornament for your Christmas tree.

#### What you'll need:

- Puzzle pieces
- Green acrylic paint
- Colorful buttons
- Thin white ribbon
- White craft glue or hot glue gun
- Green glitter glue



#### How to make it:

1. Grab a handful of puzzle pieces (middles, no straight sides) and lay them out in the shape of a wreath. Overlap a layer or two until you have enough, put any remaining pieces back for another project.
2. Paint the puzzle pieces with green paint. Let dry and repeat for a second coat.
3. Paint dry pieces with green glitter glue and let dry.
4. Glue pieces together in the shape a wreath, overlapping to give your wreath thickness and strength.
5. Tie a piece of ribbon into a bow and trim the ends. Glue to the front of the wreath, centered at the bottom.
6. Glue buttons to the front of the wreath, varying the colors as you go around.
7. Glue a looped piece of ribbon to the back of the wreath for a hanger.

#### Tips:

- Don't throw away puzzles just because some of the pieces are missing. There are tons of craft projects that can be made from puzzles. You can also donate them to a local daycare or elementary school art department.
- You can substitute the buttons in this craft by using pony beads or other colorful beads.
- If you don't have glitter glue handy, spray the puzzle pieces with acrylic sealer spray so that the paint doesn't rub or peel off.

## 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.***

*Athletes need to have a sharp mind during competition. The mind is fueled by the foods he/she eats. Nutrients that the brain craves are often found in healthy fats (fatty acids) such as olive oil, fish, nuts, seeds, avocado, and olives. Fats should be consumed in a limited quantity the day of the sporting event but are essential for a sharp mind during the event. Avoid high fat foods within 5 hours of a sporting event because it will slow the digestion of other foods. Fats supply the second line of fuel for the body. If a sporting event lasts more than an hour, the body may use mostly fats for energy.*



Darci Steiner, MS  
Nutritionist  
10940 S. Parker Rd. #764  
Parker, CO 80134

Phone: 303.618.7899  
[www.attainablenutrition.com](http://www.attainablenutrition.com)  
[darci@attainablenutrition.com](mailto:darci@attainablenutrition.com)

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
- **Cancer** prevention and support
- **Stress and pain** management
- **Food allergy** assistance
- **The Edge** teen sports nutrition for individuals or teams
- **Healthy Kids** classes and events
- **Eating out** healthfully
- **Bone health**
- **Inflammation** support
- **Heart health**
- **Cancer support**
- **Shop-with-you** grocery shopping service
- **Pantry** makeover



## Reach for it! Health Goal

**Have you ever considered wrapping presents for your next calorie burning workout? For every hour you spend wrapping presents you burn 99 calories. Go ahead, buy more presents! Think of all the calories you'll burn while your at it, not to mention the smiling faces on those who are fortunate enough to be on the receiving end of your workout!**

## Good Eats

## Low-fat Gingerbread Cookies

Cut the fat not the flavor. These gingerbread men use half the butter normally used in most gingerbread cookie recipes. Applesauce helps the cookies retain their moisture and gives them a soft texture.

**Cook time:** 10 minutes

**Ingredients:**

1/4 cup butter, softened  
3/4 cup firmly packed brown sugar  
1/2 cup unsweetened applesauce  
1 egg  
1/3 cup dark molasses  
3 cups all-purpose flour  
1 tsp baking soda  
2 tsp ground ginger  
1 tsp ground cinnamon  
1/2 tsp allspice  
1/4 tsp ground cloves

**Preparation:** In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours. Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Decorate. Place 1-2 inches apart and bake for 10-12 minutes. Add frosting or more decoration when cool. Makes 30 cookies.



By: Fiona Haynes