



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

Food Trivia

What is the name of the small, sweet yeast buns with raisins that are served traditionally on Good Friday in England?

A chicken egg has about how many tiny pores on the surface of its shell?

- A) 2,500
- B) 8,000
- C) 12,000
- D) 17,000

Answers on last page

ChEw oN ThiS

Newsletter

Food and Mood

What would you say to your doctor if he handed you a prescription for depression listing 8-10 different whole foods and natural supplements? Would you think he was crazy and recommend he go to see his own doctor, or would you gladly welcome the idea, taking his suggestions seriously? More and more people are looking for natural remedies for common ailments. Prescription drugs can alter the symptoms of depression, but they do not correct the underlying causes. In fact, they have the potential to increase feelings of sadness when the weight-gain side effect begins to take shape! Antidepressants aren't meant to consume long term, but are sometimes necessary to get you through the temporary grieving process. Some people stay on antidepressants endlessly because they've just always taken them. There are alternatives for a lot of people. Please check with your doctor before discontinuing any medication.

Whole foods are biochemically perfect for your body and brain, containing vitamins, minerals and neuro-

transmitters that can heal the brain and body. If you feed your body processed, sugary and high fat foods your brain will no doubt become very sad. Your brain desires natural support and gets happier when you feed it foods that help keep it functioning optimally.

Vitamin D is one example of a natural compound that helps to alleviate feelings of depression. Often times people become more depressed in the winter months due to lack of sunshine, which is our main source of vitamin D - also known as the sunshine vitamin. Foods actually contain very little vitamin D and therefore supplementation is generally advised. If you're looking to improve your mood naturally, call to schedule a Good Mood Consultation. We'll evaluate your current diet to determine what you may be lacking nutritionally and reveal 8 foods/supplements that may help get you feeling positive and happy again. See page 2 for details.

DoN't ChEw oN ThaT

Food can affect our mood positively and negatively. Bad Mood Foods include foods that are processed or altered in some way from their natural state. Chemicals in the form of preservatives, fillers, colorings or fake sweeteners create havoc in our bodies because we were not made to metabolize chemically altered foods. When our bodies don't recognize these foreign foods it gets confused and sad. No really—it gets sad. Disease sets in because we are lacking nutrition from whole foods that we should be ingesting, and instead are eat-

ing artificial sweeteners and fake fats. What's really sad is that we are consuming these products in the name of better health! Fake sugars such as aspartame have been shown to contribute to depression. Don't chew on fake foods! Eat real, whole, unprocessed, and naturally colored foods to help your mood. Your body will know how to metabolize them and create feelings of well-being in your brain. If you've been a little down lately, take a look at your diet. That could be the reason.

Source: www.alternativementalhealth.com



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

Main Course



GOOD MOOD CONSULTATION

What food does your mood need? We'll discuss components of your diet to determine if some of the foods you are eating are making you feel down in the dumps. Food can elevate your mood naturally.

We'll discuss the **TOP 8 FOODS** that may help bring you from the dumps to optimistic and upbeat again!

Good Mood Consultation 1 hour \$45

or

½ hour phone consultation \$25

Call 303.618.7899 to schedule

On The Side

Dark Chocolate

Good News! Since chocolate is a plant based food it may contain more nutrients than you might think. Cocoa beans, the main ingredient in chocolate, are the seeds of the fruit of the cacao tree. Like all plants, the cacao tree produces within its fruit powerful antioxidants. Plants naturally produce antioxidants to protect themselves from damaging sun rays and disease. When we eat them they provide the same protection for us—a one, two punch! Dark chocolate contain flavanols which are a type of antioxidant also found in tea and red grapes. **Doesn't it feel great to rank dark chocolate among some of the healthiest foods in providing antioxidant protection?** In fact, ounce per ounce dark choco-

late provides more antioxidant capacity than green tea, blueberries and red wine! What a pleasant surprise! Look for pure dark chocolate without added caramel, nougat or other fatty fillings. Keep in mind that chocolate is still a high-calorie, high-fat food and should be consumed in moderation. When you reach for a chocolaty treat look for dark chocolate. Studies have shown that milk chocolate or dark chocolate washed down with a glass of milk could prevent the antioxidants from being absorbed or used by your body. Dark chocolate contains 65% or higher cocoa content, unlike milk or white chocolate, and therefore boasts high ranking antioxidant power. **Check out page 4 for a delicious low-fat dark chocolaty treat!**



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

Vitamin C Benefits Vitamin C Benefits Vitamin C Benefits Vitamin C Benefits Vitamin C Benefits

Critical for healthy **immune function**

Bolsters the body's ability to resist **cancer**

Protects **sperm**

Regenerates vitamin E in the body

Essential for production of **collagen**

Protects against **cataracts**

Protects DNA from free radical damage

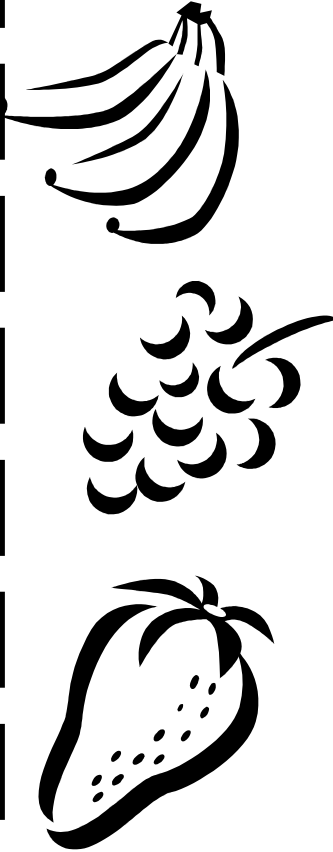
Critical for **wound healing** and post surgery

Preserves health of **cardiovascular** system

Healthy & Happy Kids

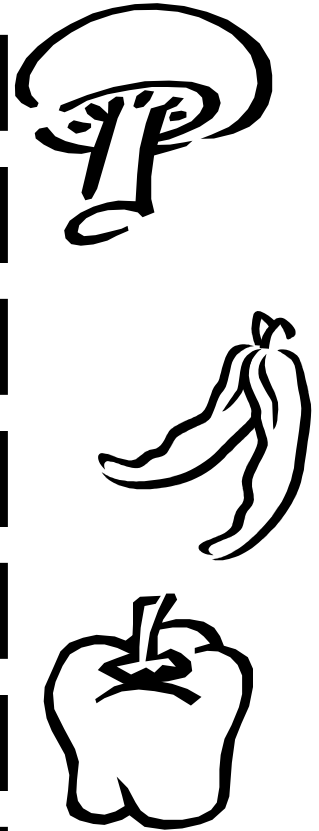
Easter Craft

Fruits

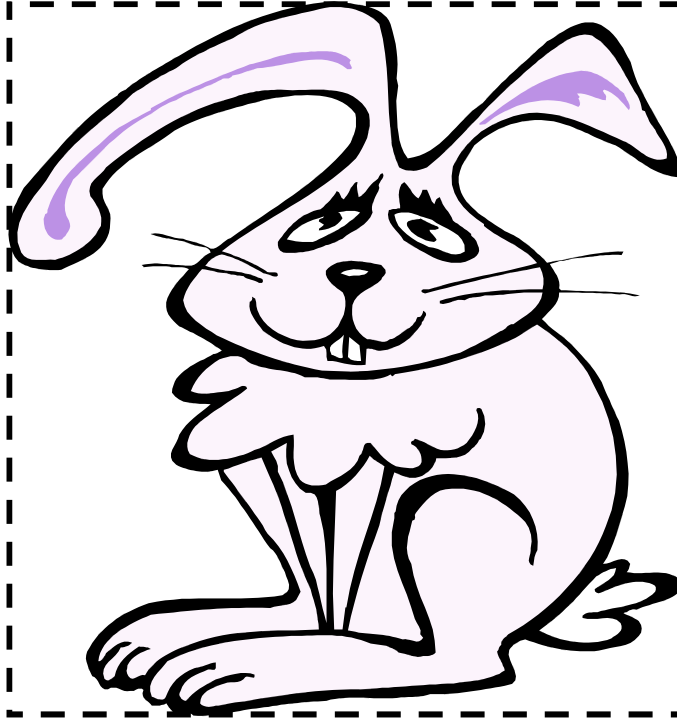


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Vegetables



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Print on cardstock for sturdy bookmark reminders of some healthy foods.



[Download the March Kids Nutrition Activity Calendar from www.attainablenutrition.com](http://www.attainablenutrition.com)

The Edge: Teen Athletes

Easter Egg Omelet



My teenage daughter made this omelet one day for breakfast. She was so proud she took this picture; it really was a beautiful omelet. This Easter she is going to make our family these scrumptious omelets! I can't wait! Here are some omelet ingredient ideas if you'd like to make some for your family too:

Scallions, cheese, tomatoes, ham, dill, parsley, onion, peppers, artichoke hearts, asparagus, mushrooms, garlic, spinach, basil, salsa, green chili and potatoes.



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This newsletter provides nutrition education information that is not intended as diagnosis, prescription, treatment or cure for any disease. Nutrition suggestions should not be used as a substitute for or to countermand the advice given to you by your physician. Please see your physician for medical diagnosis and treatment.

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
- **Gluten Free and Food allergy** assistance
- **The Edge** teen sports nutrition for individuals/teams
- **Healthy Kids** classes and events
- **Eating out** healthfully
- **Bone health**
- **Inflammation** support
- **Heart health**
- **Shop-With-You** grocery shopping service
- **Pantry makeover**

Food Trivia Answers: Hot Cross Buns; 17,000 pores on an average egg

😊 😊 Reach for it! Health Goal 😊 😊

Add a little daily humor to your life! Laughing, like exercise, stimulates endorphins in the brain. A hearty laugh can reduce pain, boost your immune system and curb stress. Lucky for all of us ***Stress Awareness Day***, the day after income taxes are due (April 16), falls on a Friday this year. Plan a Friday evening of fun by taking in a funny movie or going to a comedy club to laugh your stress away. It really works!

Good Eats - Low-fat Dark Chocolate Brownies

Ingredients:

1-3/4 cup sugar
3/4 cup non-sweetened cocoa powder
1/2 cup flour
1/2 cup whole-wheat flour
1/2 teaspoon baking powder
7 egg whites
2/3 cup non-sweetened applesauce
1/4 cup low fat buttermilk
2 teaspoons vanilla extract
2/3 cup chopped walnuts
Powdered sugar

Nutrition information per serving:

Calories: 129
Carbohydrates: 24g
Protein: 4g
Total Fat: 3g
Saturated Fat: 0.4g
Fiber: 2g

Directions:

Preheat oven to 350-degrees. Lightly coat a 13 x 9-inch pan with vegetable oil spray. Set aside.

In a large mixing bowl, stir together the sugar, cocoa, flours and baking powder. Set mixture aside. In another large mixing bowl, beat egg whites until foamy. Slowly stir in applesauce, buttermilk and vanilla. Add egg mixture to flour mixture. Beat with an electric mixer until thoroughly combined. Fold in walnuts. Transfer batter to prepared pan.

Bake in preheated oven 30 minutes or until brownies begin to pull away from sides of pan. Do not over bake. Cool completely on a wire rack. Lightly sprinkle with powdered sugar, then cut into squares.

Makes 20 Dark Chocolate Brownies.

Source: www.Fitnessandfreebies.com