



ChEw oN ThiS

Newsletter

...the Fruited Plain!

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While traveling through Colorado Springs in the summer of 1893, Katherine Lee Bates wrote a poem about the beauty of the spacious **blue** sky, waves of **amber**-colored grain, the majestic **purple** looking mountain called Pikes Peak, and the **fruited plains**. Those plains probably contained every color imaginable! On Katherine's journey, I imagine she may have eaten berries growing along a stream, or satisfied her hunger with an apple from a roadside apple tree.

This July 4th eat patriotically by consuming red, white and blue fruits and veggies. Here's why...

Red:

- ⇒ Helps you to have strong memory
- ⇒ Helps your heart to be strong
- ⇒ Good for your eyes
- ⇒ Helps to keep your skin healthy
- ⇒ Helps to lower risk of getting cancer

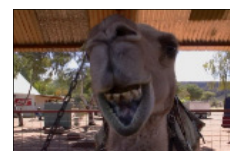
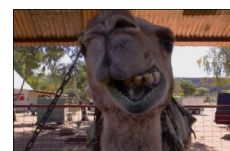
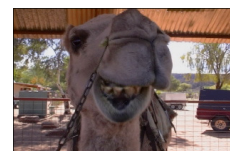
White:

- ⇒ Helps to lower the risk of getting cancer
- ⇒ Helps you to not get sick by protecting your immune system
- ⇒ Helps to protect you against heart disease
- ⇒ Helps to keep cholesterol levels low by keeping your blood healthy

Blue:

- ⇒ Helps to lower the risk of getting cancer
- ⇒ Helps memory to be strong
- ⇒ Helps heart to be strong
- ⇒ May protect against gum disease helping your teeth to be healthy
- ⇒ Helps to protect against bladder infections

Have a happy, healthy and colorful 4th!
~ Darci



Did You Know?

It takes 17 muscles to smile and 43 to frown.

Each square inch of human skin consists of twenty feet of blood vessels.

DoN't ChEw oN ThaT

Don't Chew on Red, White or Blue FURRY MOLD - or Black, Green or Yellow, for that matter!

Molds are fungi that are made of many cells. Spores give mold the color that you see. Molds have branches and roots that are very thin, and are sometimes very difficult to see, but may actually be very deeply rooted into the food. If you take the mold you see off a piece of

food, reconsider if you should be eating *any* part of it. Those microscopic mold roots may have infiltrated the rest of the jam, bread or leftover meat loaf.

Mold is ugly for a reason; you can practically hear it shouting, "**STAY AWAY FROM ME!**" And rightly so, you should. Mold can cause allergic reactions and respiratory problems, and sometimes set the stage for cancer cells.

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Main Course



The Healing Power of Food

Unhealthy foods contribute to disease,
but healthy foods can heal.
What kind of healing do you need?

- Foods that **fight pain**
- Foods that **protect the heart**
- Foods that **fight cancer**
- Foods that **sharpen the mind**
- Foods that **cool inflammation**
- Foods that **combat stress**
- Foods that **elevate mood**
- Foods that **calm hormones**
- Food that **regulate digestion**
- Foods that **promote weight-loss**

***The Healing Power of Food
Consultation***

\$45

**Give a gift of healing. Gift certi-
ficates can be sent directly to your
family member or friend.**

On The Side

Red Banana



Red bananas are smaller and rounder than the traditional Cavendish banana. The color of their skin is dark red/purple. They are popular in Central America and are imported from Costa Rica. The deeper red the fruit is, the more carotene and vitamin C they con-

tain. When eaten before fully ripened red bananas taste bitter and hard. If you consume dried banana chips, you have more than likely consumed red bananas without even knowing it. Enjoy them raw, dried, chopped, baked or toasted.

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

Glutathione is a protein produced by the liver. There are no food sources of glutathione, but it is available in supplement form.

Health benefits include protection from harmful effects of alcohol, cigarette smoke, chemotherapy and radiation.

It is also useful for detoxifying heavy metals in the body and many people rave of its antiaging properties.

Healthy & Happy Kids

RED

BLUE

WHITE

Hint: what color is a banana on the inside?

Make a plate full of **red**, white and **blue** fruits and vegetables. **They help your heart to be strong**; your immune system to fight colds and the flu; **and your brain to think clearly**. Eat them as often as you can!

The Edge: Teen Athletes

Because athletes sweat a lot acne can become a problem. Diet is the most important thing to healthy skin. Fruits and veggies are the best as you may have guessed. Supplements like garlic (for healthy immune function) vitamin-E (for scar healing and antioxidant power), and a multi-vitamin/mineral called Active Health Teen by Rainbow Light. It's a hard-core vitamin that has nutrients for stress management, balancing blood sugar levels,

and is packed with vitamins and minerals. It has 75 million live active probiotics for healthy digestion, and vitamins A,B,C,D and K.

Gluten and dairy allergies can also contribute to acne. Try going off of those foods for a couple of weeks and see if your face clears up. Mine sure did. I hope this helps you. Remember eating fresh fruits and veggies are the best way to help keep your skin healthy.

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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
- 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

Reach for it! Health Goal

Ways to burn 100 calories

10 minutes of bicycling
10 minutes of swimming
20 minutes of yoga
20 minutes of lawn mowing

20 minutes of gardening
14 minutes of golfing
20 minutes of brisk walking
18 minutes of light house cleaning

Good Food!

Mango Avocado Salsa

This salsa makes a great topping for seafood dishes like fish, scallops and shrimp!

Ingredients:

- * 2 avocados, peeled and chopped
- * 1 mango, peeled and chopped
- * 1 tbsp. fresh cilantro, chopped
- * 2 tsp. Lime juice
- * 1/8 tsp. sea salt and pepper to taste



Combine avocado, mango, cilantro, lime juice, salt and pepper; toss gently. Garnish with cilantro sprigs, if desired. Chill for at least 10 minutes before serving. Serve with desired tortilla chips.

Tip: Chilled mango is easier to chop

Credit: Recipe courtesy of Regal Ware Worldwide