



### Organic Foods – Why are they better than Conventional Foods?

By Shannan King

It's true that organic food can be a bit more costly, but the extra money spent will benefit you, your family, and our planet Earth!

Have you ever noticed that a tomato from grandma's garden tastes so much better than any old tomato from the market? Organic produce is tastier because it is vine-ripened, which is a slower process that allows the product to get more vitamins and nutrients from the soil. Plus, new research verifies that some organic produce is often lower in nitrates and higher in antioxidants than conventional foods.

Antioxidants are beneficial molecules that slow or prevent the oxidation of other molecules in the body that can produce free radicals. Normally, the body can handle free radicals, but if antioxidants are unavailable, or if the free radical production becomes excessive, damage can occur. Nitrate from food, especially vegetables, is converted in the human digestive tract to nitrite which reacts with amines to carcinogenic nitrosamines (an agent directly involved in the promotion of cancer or in the spread of cancer). This alone is the number one reason to buy organic produce and products!

By choosing organic you avoid ingesting pesticides, and the growth hormone rbST/rbGH, both of which may cause harm to your health. Organic standards also do not support genetically modified (GM) crops and ingredients because some GM foods have herbicides imbedded in their DNA.

Here is a list of organic foods that are safer than pesticide laden conventionally grown fruits and vegetables:

1. Strawberries
2. Rice
3. Bell Peppers
4. Milk. Most commercial brands are loaded with antibiotics and growth hormone – look for milk without the extra rBST and rBGH
5. Corn. 75-95% of all corn has been genetically modified
6. Bananas
7. Green Beans
8. Peaches, Apricots, and Nectarines

9. Apples
10. Cherries
11. Celery and Carrots
12. Spinach and Lettuce
13. Grapes
14. Soybeans. Most soybeans in the USA are genetically modified, a company named Monsanto spliced an herbicide into the soybeans DNA and now the herbicide is "permanently imbedded" in all GMO soybeans. Always buy organic food products that contain the soybean in its ingredient list to avoid ingesting poison.
15. Potatoes
16. Raisins
17. Peanuts

Raw produce such as fruits and veggies are not the only foods that are harmful. Products such as breads, crackers, cereals, dry mixes, soups, smoothies, and frozen foods all contain ingredients that may be harmfully contaminated with pesticides and hormones. Take a look at the list of ingredients when selecting foods and purchase the organic alternative if it contains any of the products listed above.

The extra money you spend on the support of organic produce is helping! Buying organic food promotes a less toxic environment for all living things. Organic farming reduces the toxic load in the air, water and soil; it reduces off farm pollution; it builds healthy soil; promotes biodiversity; and celebrates the culture of agriculture. If you ask me, that's a lot of community service for a few extra bucks each month. Do your part and protect our bodies and our resources!



## PROTEIN

Egg Whites  
Mahi-Mahi  
Chicken//Turkey Breast  
Tuna  
Salmon  
Swordfish  
Sushi/Sashimi  
Halibut  
Wahoo  
Tofu  
Fat-free Dairy Products

## STARCHY CARBS

Potato/Sweet Potato  
Corn  
Tomato  
Peas  
Oatmeal  
Butternut Squash  
Cream of Wheat/Rice  
Brown/Jasmine Rice  
Couscous  
Corn Tortilla  
Barley  
Quinoa

## FIBROUS CARBS

Broccoli  
Carrots  
Cauliflower  
Asparagus  
Spinach  
Bell Pepper  
Eggplant  
Cabbage  
Onions  
String Beans  
Cucumber  
Kale  
Artichoke

## Member Spotlight



**Client of the month goes to Charmaine Alvarado. This amazing mom has learned to balance exercise, work, and 2 very active children in her life. Charmaine has decreased her body fat by significant amounts, her determination and dedication is an inspiration to all of us. She not only works hard during her training but is pushing herself on her own with her cardio. She follows cardio workouts given to her and has recently asked for more core work to do on her own. Charmaine, you are doing a great job and not only have you motivated your friends and family, but you have set an amazing example for your children. Keep up the great work!**

## *Supportive Eating*

### Understanding Sugar by Shannan King

Okay, so you know that cookies, ice cream, and doughnuts are not so great for you, but do you really know what foods containing sugar can really do to you and your diet?

Carbohydrates are digested in the body and turned into their simple sugar form, glucose. There are “simple” (glucose-blood sugar, fructose-fruit sugar, sucrose-simple table sugar, and lactose-milk sugar), “complex” (starchy glucose, grains, potatoes, rice, cereal, etc.), and “fibrous” (vegetables) carbohydrates. The carbohydrates that are closer to glucose, such as “simple” carbs, are digested faster and therefore increase blood sugar levels more quickly. Examples of these carbohydrates are: white breads, bagels, sweet refined foods, some “fat-free” items, whole milk, yoghurt sweetened with sugar, fruit juice, and soda.

When you eat a “simple” carbohydrate, or a meal that is not “supportive” (one protein, one starchy carb, and one fibrous carb) it is digested more quickly and a lot of glucose ends up in the blood. When there is excess blood sugar, the pancreas overproduces the hormone insulin to take the glucose from the blood and store it in the liver and muscles for future energy needs. Sometimes the pancreas does its job too well and low blood sugar results. This process generally triggers a sugar craving within 30-45 minutes, and in order

to get the blood sugar back up sometimes you eat too many chips or cookies...and then the vicious cycle starts all over again.

Fighting the sugar craving is only the beginning because you still have to worry about a “release” hormone called “glucagon”. This hormone is partially responsible for lipolysis, or the release of body fat. When you eat a simple carbohydrate and insulin is released by the pancreas to store the excess glucose, glucagon is inhibited and as a result fat release is repressed. The left over insulin is most likely converted into fat and stored as body fat and when you eat unsupportive meals regularly, the end result of this cycle is usually weight gain.

To ensure that your blood sugar levels stay consistent throughout the day and to promote fat release it is important to eat a well-balanced and supportive meal every 3-3 ½ hours. A supportive meal will keep the insulin/glucagon balance stable and provide you with the fuel necessary for healthy performance while working out and during daily activities. If you would like to know more about how much sugar is right for you, talk to your trainer about your fitness goals.

**Protein + Starchy Carb  
+ Fibrous Carb  
= A Supportive Meal**

## Healthy Eating for Healthy Eyes

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What do grapes, kiwi, spinach and squash have in common?

These foods contain compounds called lutein and zeaxanthin. Some research has shown these compounds may help prevent cataracts and macular degeneration.

Lutein is found in egg yolks, kiwi fruit, red grapes, spinach, yellow squash and peas. Zeaxanthin is found in oranges, corn, mangoes and honeydew melon.

The vitamins and minerals these foods provide are important, and the potential extra benefits make them even better. Try to eat at least 2 cups of fruits and 2½ cups of vegetables every day.

*Produced by ADA's Public Relations Team*

## Roasted Asparagus

Serves 6

**Preparation time:** 5 minutes

**Cooking time:** 10 minutes

### Ingredients

1 1/2 pounds fresh asparagus

1 tablespoon olive oil

salt to taste

freshly ground black pepper

2 tablespoons vinegar

### Cooking Instructions

1. Preheat the oven to 350°F.
2. Prepare the asparagus by cutting off the last inch or so of the woody stalk.
3. Place the asparagus stalks on a baking sheet. Brush them with the olive oil and sprinkle with salt and pepper.
4. Roast in the oven for 10 minutes, until the stalks begin to get tender on the outside. (Thin asparagus spears will take less time than thick spears.)
5. Toss with the vinegar and serve.

**Serving Size:** about 6 spears of asparagus

**Nutrition Facts**                      Number of Servings: 6

Per Serving			
Calories	46	Carbohydrate	5 g
Fat	2 g	Fiber	2 g
Protein	3 g	Saturated Fat	0 g
Sodium	151 mg		

## Pomegranate Juice Smoothie

Pomegranate juice contains high amounts of antioxidants to fight free radicals in your body. Try this delicious smoothie for breakfast to get your day started on a healthy note!

2 oz. pomegranate juice

6 oz. non-fat yogurt

1 cup fresh strawberries

Handful of ice

Blend all ingredients together until the desired consistency is reached.

### Nutrition Information

Per Serving:

157 calories

9g protein

34g carbohydrate

06.g total fat (0g saturated)

4mg cholesterol

113mg sodium



The Next Best Thing to  
Fruit and Vegetables



Juice  
PLUS+



## Alcohol and Exercise

We all know that alcohol affects the body in different ways, but do you know how it affects you when you exercise? Alcohol affects the body's ability to turn food into energy; it slows down reaction times, it increases body heat loss, and it reduces endurance.

Alcohol is a dehydrating substance that depletes water and potassium out of your muscles. If you have alcohol 24 hours before exercising you are more likely to develop muscle cramps. Here's why... The liver releases glucose into the blood stream, which your body needs for energy. Alcohol reduces your body's ability to produce this sugar, resulting in less energy and a decrease in endurance capacity.

It is also important to remember that drinking before or during exercise can lead to injuries. Alcohol slows down the healing process leading to an increased recovery time from injury. It can make you feel feverish due to rapid heat loss, which may lead to hypothermia. The longer you are physically active, or the colder the weather, the greater the risk.

Alcohol affects the central nervous system and slows down the information processing ability of the brain, which, in turn, affects your reactions, coordination, accuracy, and balance.

**By Marlene Avitia**

### Stuffed Peppers with Turkey and Vegetables

Prep Time: 20 Minutes

Cook Time: 30 Minutes

Ready In: 50 Minutes

Yields: 4 servings

#### INGREDIENTS:

4 organic bell peppers (your choice of color), tops removed, seeded

1 pound ground turkey

2 tablespoons olive oil

1/2 onion, chopped

1 cup sliced mushrooms

1 zucchini, chopped

1 cup fresh spinach

1 (14.5 ounce) can diced tomatoes, drained

1 tablespoon tomato paste

Italian seasoning to taste

garlic powder to taste

salt and pepper to taste

#### DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).

Wrap the bell peppers in aluminum foil, and place in a baking dish. Bake 15 minutes in the preheated oven. Remove from heat.

In a skillet over medium heat, cook the turkey until evenly brown. Set aside.

Heat oil in the skillet, and cook onion, mushrooms, zucchini, and spinach until tender. Return turkey to the skillet. Mix in the tomatoes and tomato paste, and season with Italian seasoning, garlic powder, salt, and pepper. Stuff the peppers with the skillet mixture.

\*I like to add brown rice to my bell peppers for a hearty dish! This will increase the calorie content per serving.

Return peppers to the oven, and continue cooking 15 minutes, sprinkle a little parmesan cheese on top of the peppers during the last few minutes.



#### NUTRITION INFORMATION

Servings Per Recipe: 4

Amount Per Serving

Calories: 305

\* Total Fat: 17.9g

\* Cholesterol: 84mg

\* Sodium: 550mg

\* Total Carbs: 10g

\* Dietary Fiber: 3.3g

\* Protein: 25.3g

## Proper Running Form By Marlene Avitia



You are not born with either good or bad running form. By understanding biomechanics you can adopt traits that decrease the risk of injury and increase fluidity and grace. Here are a few tips for running form:

**Head:** Neutral position, don't look up or down. Look forward and try to think of centering your head on your shoulders. Keep face muscles relaxed and loose. Try to feel your face bouncing with each stride.

**Shoulders:** Relaxed, loose, but not hunched forward. Keep your chest forward in "proud" position, but do not arch your lower back. If you lean forward while you run your lower back has to support you and your center of gravity changes. These things result in wasted energy and injuries.

**Arms:** Avoid any excessive side-to-side motion, or swinging across the midsection of your body. Keep your elbows bent at ninety degrees. Hands should be relaxed and loosely cupped.

**Hips:** Your hips are the center of gravity. Try to run with your hips forward. Think as if you had a rope tied around your waist and someone is pulling you forward. This will keep you from over-striding and putting excess strain on the knees.

**Feet:** Be aware of your foot strike. Your feet should be planted directly under your body. It is important that by the time your foot hits the ground you are at mid-strike. Try to make the time as short as possible that your foot is on the ground. Limit your vertical movement. Run forward not up and down, focus on pushing back on the ground rather than down. Anytime you put your heel forward (over striding) you apply a braking force, slowing yourself down. Your foot strike should be directly under you body.

Running should be a natural fluid motion, just relax and maintain good posture. By getting your breathing into a rhythm it will not only help you maintain a pace, but controls it. Have fun and keep running!

### Tricks to Cut Back Some Extra Calories!

1. Leave a couple bites behind on your plate.
2. Eat only half of the bread when having burgers and sandwiches.
3. Eat every 3 - 4 hours to avoid dips in blood sugar that can lead to overeating.
4. Have an orange instead of orange juice.
5. Eat only one serving of cheese per day - about the size of your thumb.
6. Skip the chocolate bar and have a hot cocoa with nonfat milk.
7. Avoid the vending machine when hunger strikes - keep some nuts or fruit on hand.
8. Eat oil-based dressing instead of cream-based.
9. Put your fork down between bites.
10. Enjoy meals at the table, without distractions such as the television.