



July Newsletter
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Your Health is Worth It

Eating Healthy Happens One Day at a time!

What is your summertime goal?

Summer is a perfect time to set your health and fitness goals. It is usually easier to get motivated to be healthy during the summer. This is a time when you bare more skin and enjoy the outdoor weather. What are your goals? Take the first step and make a plan, figure out how to reach your goals and stay accountable to yourself or someone close to you.

The Whole Wheat TRUTH

I always recommend AVOID all white foods.... Why?

Whole grain means the grain still has all three of it's original elements; the outer shell or bran; this shell contains fiber and B vitamins; the germ, which contains phytochemicals and B vitamins; and the endosperm, which contains carbohydrates and protein. These are all whole when you buy "whole" grain foods. Refined means they strip the grain of bran and germ, which leaves you eating the endosperm. When the grain is left intact, you get more fiber and more micronutrients to protect against disease.

These whole grains are also absorbed slower than refined or enriched foods. When a food turns into sugar too quickly it will raise glucose and insulin levels more quickly, converting it into fat more likely. The whole grain also keeps you fuller, longer and slows digestion.

Watch for Label confusion;

- **Multigrain:** It tells you nothing about the grain, whether it is whole or refined. It could mean that they put lots of different grains into white flour.
- **Whole grain:** Make sure the ingredient list says 100% whole grain. Avoid refined or enriched in the ingredient list.
- **Blends:** Whole grain blend does not mean it is 100 % whole grain.
- **Good source:** This means that it has 8 grams of whole grains per serving. It can have 8 grams of whole grain and only 1 gram of fiber.
- **Excellent source:** It may have whole grains but not 100%. Some have as little as 26%.
- **Light:** "light" breads have fewer calories than regular breads, usually because they are sliced thinner. But most of the light breads are refined meaning they are also very light in vitamin E, B6, magnesium, zinc, potassium, copper, and phytochemicals.

Whole Wheat Bread Brands

1. Orowheat 100% whole Wheat Bread
2. Orowheat Double Fiber Bread
3. Sara Lee 100% Whole Wheat
4. Milton's Whole Grain Plus
5. Pepperidge Farm 100% Whole Wheat Bread

The Perfect Summer Meal

Greek Pasta Salad

1-½ cups uncooked whole-wheat penne pasta	½ cup cubed cooked chicken
1 can (3.8oz) sliced ripe olives, drained	¼ cup chopped green pepper
¼ cup chopped sweet red pepper	¼ cup reduced fat feta cheese
1/3 cup Caesar Italian (fat free) dressing	

Cook pasta according to package directions. Drain and rinse in cold water. In a serving bowl, combine the pasta, chicken, olives, peppers, and feta cheese. Drizzle with dressing and toss to coat. Cover and refrigerate.

- If you are vegetarian, add cubed extra firm tofu instead of chicken.

Hawaiian Turkey Burgers

1 can (8oz) sliced pineapple	2/3-cup teriyaki sauce
1 pound lean ground turkey	1 large sweet onion, sliced
1 Tbsp. Smart Balance light	4 lettuce leaves
4 Whole-wheat bun or whole-wheat sandwich flats	4 slices reduced fat Swiss cheese

Drain pineapple juice into a small bowl; add teriyaki sauce. Place 3 Tbsp. in a reseal able plastic bag. Add pineapple; toss to coat and set aside. Shape turkey meat into four patties; place into 8-inch square baking dish. Pour the remaining teriyaki sauce mixture over the patties; marinate 5-10 minutes, turning one time.

Drain and discard teriyaki marinade. Grill, covered, over medium heat or broil for 6-9 minutes each side or until no longer pink. In a small skillet, sauté onion in butter until tender, about 5 minutes, set aside.

Place pineapple on grill or under broiler to heat. Place burger on bun, top with sliced pineapple, onions, cheese, and lettuce. Enjoy

Tuna and White Bean Salad

3 Tbsp. lemon juice	2 Tbsp. Olive oil
1 clove garlic, minced	dash of salt
Freshly ground pepper, to taste	1 can (19oz) white beans (low sodium)
1 6oz can solid white tuna, drained and flaked	¼ cup chopped red onion
3 Tbsp. chopped fresh parsley	3 Tbsp. chopped fresh basil

Whisk lemon juice, oil, garlic, salt and pepper in a medium bowl. Add beans, tuna, onion, parsley and basil; toss to coat well.

Add to a whole-wheat pita or enjoy as a side dish or a light main course meal.

Light and fresh breakfast Parfait

2/3-cup low-fat, fat free or fat free Greek yogurt	1-cup fresh pineapple chunks or strawberries
2 teaspoons toasted wheat germ	½ cup high fiber and crunchy cereal

Place cottage cheese or yogurt into a small bowl; top with fruit and sprinkle with wheat germ and crunchy cereal.

Cycling to Stay FIT

Bicycling is an effective and enjoyable type of aerobic exercise. Aerobic exercise can reduce risk of heart disease, decrease high blood pressure, help control diabetes and is great for weight loss. Cycling will strengthen the heart better than walking and without the pounding of jogging. Cycling will also train your respiratory system. Bicycling tends to be much easier on the body. It is low impact on the knees.

Bicycling can be done outside on a nice day, or you can purchase a bike trainer and bike indoors. A bike and a cycle trainer is a great investment. There is a risk for injury. It may help to follow the tips list below.

Starting out:

- Make sure you have a comfortable bike. Be familiar with your bike, the brakes and gears and etc.
- Build up cycle training slowly. Adding more distance and trying to beat the time on the distance you have already biked.
- Start with a flat terrain, until you get use to the bike and then add hills.
- Avoid getting out of breath when riding. Put in easy miles. Ride low gears and spin the pedals. Spin the pedals instead of smashing the pedals.

When starting out cycling it is best if you can cycle a minimum of two days per week and supplementing with other workouts during the week. Three times per week is great if you are beginning a training program for weight loss.

Technique:

Spinning is the most effective way to move on a bike. It means you form a complete circle of power with your pedaling action. You want to pedal to complete a circle and make sure there is a continuous circle of pressure on the pedals. The downward push should not do all the work. As the right foot comes to the top of the pedal circle the left foot begins to pull up during the back of the pedal circle. Combining the pull back and up with the push down and forward gives the circle no weak points. Alternating these movements from right to left foot and from pushing to pulling requires practice. This technique makes the bike a much more efficient machine.

Jicama

Have you heard of Jicama (HIK-ka-ma)? It is a large, bulbous root vegetable. It can also be known as a yam bean or mexican turnip. It is an ugly vegetable with brown skin that needs to be peeled before eating. When you peel the brown skin off the flesh of the vegetable is white, wet and crunchy. It is a great vegetable to eat alone or add to your favorite summer salad. Some people will also cut it up and enjoy it in a stir-fry. It has a sweet and nutty flavor.

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Jicama is very low in calories very high in fiber (6.4 grams per cup, high in vitamin C, folic acid, iron and calcium. It has moderate amount of potassium. Jicama may help lower cholesterol levels, boost immune system, and improve the health of bones.

Choose a root that is smooth, firm and dry. Avoid choosing the biggest jicama of the bunch. The larger jicama may have a woody flavor and may not be as sweet as the smaller ones. Store in a cool dry place to prevent mold.

Place unused cut jicama into a storage container with water and a splash of lemon juice. This will help keep the vegetable fresh.



Ways to enjoy Jicama

- Try jicama in bean salads. Jicama and black beans go great together. Add 1 cup to your favorite bean salad recipe.
- Mix together ¼ jicama (peeled and julienned), 1 clove garlic and 2 Tbsp. chopped red bell peppers. Heat oil in skillet, add jicama, garlic and bell peppers, sprinkle with 1/8 tsp. paprika, 1/8 tsp. salt and pepper. Sauté for 5 minutes. Enjoy as a side dish for chicken, beef or fish.
- Enjoy cubed raw, plain or jicama sprinkled with lemon juice and spicy chili powder.
- Cut into “French fry” type strips. Drizzle with olive oil, place on cookie sheet. Cook 450 in oven until brown.
- Add peeled and julienned jicama to your favorite coleslaw recipe.
- Add to your favorite stir-fry.

Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way intended as a substitute for medical or psychological counseling.