



May Newsletter
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Your Health is Worth It

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Making the most of each day!

Get healthy, and maintain your health for you and no one else!!!

Healthier Fast Food Breakfast

Some people prefer to eat breakfast on the run or maybe you are on the road and have no other option. If you are one of these people, but still want to eat a little healthier in the morning, try these healthier fast food breakfast foods.

Panera

Grilled egg sandwich (no cheese) 300 calories, 7grams fat, 560mg sodium, 42 grams carbohydrate, 2 grams fiber, 14 grams protein

Subway

Egg and Cheese Muffin Melt 170 calories, 6 grams fat, 460mg sodium, 24 grams carbohydrate, 6 grams fiber, 12 grams protein

Egg and Cheese with Ham Sandwich 190 calories, 6 grams fat, 590mg sodium, 24 grams carbohydrate, 6 grams fiber, 14 grams protein

Egg White and Cheese 150 calories, 3.5 grams fat, 480mg sodium, 24gm carbohydrate, 5 grams fiber, 12 grams protein

Starbucks

Reduced Fat Turkey Bacon with Egg White English Muffin 320 calories, 7 grams fat, 700mg sodium, 43 grams carbohydrate, 3 grams fiber, 18 grams protein

- *Caution if your blood pressure is elevated. Sodium content in this item is high*

McDonalds

Egg McMuffin (no cheese) 300 calories, 12 grams fat, 820mg sodium, 30 grams carbohydrate, 2 grams fiber, 18 grams protein

- *Caution if your blood pressure is elevated. Sodium content in this item is high*

Jack in the Box

Breakfast Pita (no cheese or bacon) 300 calories, 12 grams fat, 729mg sodium (ask for no seasoning on the pita and reduce sodium to 585mg), 30 grams carbohydrate, 2 grams fiber, 20 grams protein

Del Taco

Breakfast Del Carbon Taco 140 calories, 4 grams fat, 170mg sodium, 18 grams carbohydrate, 2 grams fiber, 7 grams protein

* Just before running out the door in the morning grab a piece of fruit, yogurt or glass of milk to go with any of these breakfast choices. Also, enjoy a cup of coffee as great compliment to breakfast. But, try and use 1% or fat free milk instead of creamers that are filled with hydrogenated fats.

Finding the Perfect Pair of Running Shoes

Do you have sore or tired feet after running? It may be your shoes. Choosing the right shoe is a very important part of running and being active.

Neutral Running Shoe: This shoe is perfect for runners who do not underpronate (your feet roll outward when you run) or overpronate (your feet roll inward when you run). People with slightly flat feet or high-arched feet will usually wear neutral running shoes. If you have neutral feet, you do not need a shoe with a lot of stability or motion control.

Great for:

High arches

Supination (foot turns outward as you strike)

Saucony ProGrid Echelon 2

Asics Gel Nimbus 12

Nike Air Zoom Vomero +4

Moderate Stability Running shoe: This shoe provides more cushioning in high strike areas (heel and forefoot), and more support in the midfoot area. These shoes are perfect for a person with medium to flat arch with mild to moderate overpronation.

These shoes are great for average training mileage or marathon runners.

Great for:

Normal arches

Slight Overpronation (arch flattens out a little and foot turns inward as you land)

New Balance 1226

Under Armour Women's UA Illusion II

Mizuno Wave inspire 7 (Women) Mizuno Wave Nirvana 6 (Men)

Extra Stability Running shoe: these shoes can withstand high amounts of mileage. This shoe works great for heavier individuals and people who are hard on their shoes. It provides maximum support with cushion in the forefoot and heel.

Great for:

Flexible and/or flat arches

Overpronation (turn foot inward considerably as you land)

Saucony ProGrid Hurricane 12

Mizuno Wave Alchemy 10

Lightweight Running shoe: These shoes are light and do not pull your feet down with extra weight.

Great for:

Competitive races

Enhancing the performance of your run.

Nike Free Run+

Newton Terra Momentus

Vibram FiveFingers Bikila

Adidas Men's CC Chill OM or Adidas Duramo 2 for Women



Strawberries

Strawberries are one of the most wonderful fruits. They are a member of the rose family, and known for it's beautiful red color and sweet flavor. One thing you might not know about the strawberry is that the strawberry is the only berry with seed outside and each seed on the fruit is actually one of the ovaries of the flower, with a seed inside it. The strawberry has many health properties. They are extremely high in fiber, vitamin C and vitamin K. They also have substantial amounts of antioxidants, which may lower the possibility of chronic disease. Strawberries are high in ellagic acid, which has anti-cancer activity, especially cancers in the skin, pancreas, prostate and colon.

Did You Know?

- * Eight medium size strawberries contain 140% of the U.S. RDS for vitamin C.
- * The peak strawberry season is between April and October.
- * Strawberries are red because of a pigment called anthocyanins.
- * Strawberries are full of fiber, this may help increase satiety and help keep you fuller longer.
- * Want to detox? Add strawberries to your daily diet. Strawberries are full of antioxidants and detoxifiers that can push toxins out and prevent against free radicals that can cause cancer.
- * Strawberries are rich in iodine, this may be helpful for proper functioning of the brain and central nervous system.

The Nutrition of a Strawberry

Nutrition facts based on 1 cup
 45 calories
 Fat 0.53 grams
 Carbohydrate 10 grams
 Fiber 3.3 grams
 Protein 0.88 grams
 Calcium 20 grams
 Potassium 240 mg
 Folate 25ug



Enjoy strawberries fresh, dried, canned and frozen.

The best tasting strawberries are vibrant red, with no mushy-looking or dark spots. Great strawberries are plump and firm.

It is best to eat berries as soon as you buy them. To make berries last longer; do not wash them until you are ready to eat them. Store berries in a container lined with a paper towel and close the lid.

Great recipes to try!

Spinach and Strawberry salad with Honey Mustard Dressing

Make a salad with 2 bunches of fresh spinach, 1 cup thickly sliced strawberries, 1 tablespoons sliced, toasted almonds, 1 small thinly sliced onion (optional) and garnish with fresh blueberries.

Top salad with honey mustard dressing; Mix together 2 Tbsp. balsamic vinegar, 2 Tbsp. rice vinegar, 1 Tbsp. plus 1 tsp. honey, 2 tsp. Dijon mustard and salt and pepper to taste.

Strawberry Muffins

Preheat oven to 375 degrees F. Line muffin tins.

In a small bowl combine $\frac{1}{4}$ cup canola oil, $\frac{1}{2}$ cup fat free milk, and 1 egg or 2 egg whites. Beat lightly. In a large bowl, mix 1 cup all purpose flour and $\frac{3}{4}$ cup wheat flour, $\frac{1}{2}$ tsp. salt, 2 tsp. baking powder, and $\frac{1}{2}$ cup sugar. Toss in chopped strawberries and stir to coat with flour. Pour in milk mixture and stir together. Fill muffin cups and bake for 25 minutes or

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Rethink Your Snack Options

Most people think of a snack as a bag of chips, a chocolate chip cookie, candy bar or granola bar. Get the most nutrition out of your snacks by choosing healthy options.

- Fresh fruit and string cheese
- ½ cup cottage cheese and ½ chopped apple
- 6oz fat free Greek yogurt with 3 sliced strawberries and 1 Tbsp. sliced almonds
- 1 slice whole wheat bread with 2 tsp. Natural peanut butter topped with ½ sliced banana
- Homemade trail mix: ½ cup dry unsweetened cereal, 2 Tbsp. raisins, 1/8 cup nuts and 1 Tbsp. dark chocolate chips
- 3 cups popcorn light with 1/8 cup nuts
- 5 whole wheat WASA crackers with 1 wedge laughing cow light cheese
- ½ whole wheat pita with 2 Tbsp. hummus
- 1 small green apple with 1 wedge laughing cow light cheese
- ½ turkey sandwich on whole wheat bread
- 1 orange with ¼ cup soy nuts
- ¾ cup edamame
- 3-4 stalks celery with 2 Tbsp. Natural peanut butter and 2 tsp. raisins
- ¾ cup unsweetened cereal with ½ cup fat free or soy milk
- Hard boiled egg and piece of fruit
- Smoothie: made with 6oz light yogurt, 3-4 fresh berries and ice and blend. For a little added protein, add 1 scoop low-fat protein powder
- 1 cup raw carrots and ¼ cup hummus dip
- ½ cup Free refried beans mix with ½ cup fresh salsa, enjoy with 15 baked tortilla chips

Helpful Web Resources

JulianBakery.com
Trifinder.com

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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.