



ACRC's Food For Thought December 2010

SIMPLIFY NUTRITION LABELS

1. Fewer ingredients means healthier food. It's almost always the healthier choice

2. Watch the totem pole. When you are reading the ingredients list, think of it as a totem pole, with the ingredients toward the top as the most predominant and the ingredients farther down as more like bit players.

3. Learn the lingo. You have two packages in your hands. One says "whole grain". The other says "multigrain". Which do you pick? Whole grain means that the entire grain kernel has been used to make the product. That's good,

make white bread for example, actually strips out the vast majority of the nutrients, leaving behind only the empty calories.

Multigrain on the other hand, only means that more than one type of grain was used. It's entirely possible that two or more grains went into the product after they were refined and stripped of all their nutritional value, of course.

4. More Packaging=Less Nutrition1
The closer you get to the earth, the better. The process of shipping, cooking, refining, and packaging foods all helps to strip out essential nutrients, leaving empty food calories.

HIV Medication and Your Bones

Protease inhibitors can rob bones of minerals, potentially making them less dense (osteopenia). In advanced cases, bones become prone to breaking (osteoporosis). Some HIV patients also suffer from the death of bone cells (osteonecrosis). Fractures can cause pain and tenderness, and frequently occur in the spine, wrists, or hips. The National Institutes of Health recommends getting the calcium you need from foods before turning to supplements, and while dairy products are the most obvious source of calcium, here are a few other foods that can provide your daily dose.

Fortified ready-to-eat cereals can provide from 336 to 1043 mg of calcium.

Plain, nonfat yogurt is the top source of calcium. 8 oz. provides 452 mg of calcium.

You can indulge in a little cheese knowing it provides plenty of calcium. The top source? Romano cheese with 452 mg of calcium per 1.5 oz., Swiss at 336 mg of calcium, and American Cheese, yep, it's on the list with 323 mg of calcium.

Salmon already score points for having high levels of omega-3 fatty acids and also gives you 325 mg of calcium per 4 ounces.

A cup of collard greens has 356 mg of calcium and only 62 calories.

One cup of skim milk has 306 mg of calcium and soy milk has 368 mg of calcium per cup. The better news? Chocolate milk is also a good source of calcium with 288 mg.

COLOR CODED

Check out how each of the five different color categories of fruits and vegetables can benefit your health

BLUES and PURPLES:

Blueberries, blackberries, purple grapes, plums, raisins, BENEFIT: Keep memory sharp and reduce risk of many types of cancer.

GREENS: Kiwi, honeydew, spinach, broccoli, romaine lettuce, brussels sprouts, cabbage. BENEFIT: protect bones, teeth, and eyesight

WHITES: Pears, Bananas, mushrooms, cauliflower, onions, garlic lower LDL cholesterol and reduce risk of heart disease.

REDS: Watermelon, strawberries, raspberries, cranberries, cherries, tomatoes, radishes, red apples BENEFIT: help prevent Alzheimer's disease and improve blood flow to the heart.

YELLOW and ORANGES:

Oranges and grapefruit, peaches, cantaloupe, mangoes, pineapple, squash, carrots. BENEFITS: boost immune system and help prevent eye disease

The Clean 12: Foods You Don't Have to Buy Organic

There are many reasons to buy organic foods. "Organic" is more sustainable and healthier -- for the environment and farm workers, and certainly for you and your family.

How is organic healthier? It's healthier because organic produce has more nutrients than its conventional counterparts, probably because the soil is left in better condition after repeated plantings; and healthier because you avoid ingesting any harmful pesticide residues left on conventional produce.

But, particularly as the economy sags and millions of Americans lose their jobs, it can be hard to afford the often-premium price charged for organic foods. That is why we created a list of fruits and vegetables that are the least likely to have pesticides detected on the parts you eat, after typical washing, whether or not they're certified organic.

1. Onions don't see as many pest threats, which means less pesticide spraying.
2. Avocados have thick skins that protect the fruit from pesticide build-up.
3. Sweet corn may take a lot of fertilizer to grow, but you're unlikely to end up with any pesticides.
4. You won't be eating the tough pineapple skin, which protects the fruit from pesticide residue.
5. Sweet mango flesh is protected by its thick skin from pesticides.
6. Asparagus face fewer threats from pests such as insects or disease, so fewer pesticides are used.
7. Sweet peas are among the least likely vegetables to have pesticide residue
8. Cabbage doesn't hold on to so many pesticides because a ton of spraying isn't required to grow it.

What it does hold onto is beta carotene: It's a superfood!

9. Pesticide residue stays on the outside of the papaya skin.
10. With that rind, watermelon has a natural defense against the onslaught of any chemical.
11. Conventional broccoli doesn't retain so many pesticides because the crop faces fewer pest threats, which means less spraying.
12. Not only are sweet potatoes unlikely to be contaminated with pesticides, they're also a superfood, packed with Vitamin A and beta carotene.

Hearty, Healthy Turkey Soup

What to do with all that leftover turkey? Make a hearty turkey soup. Eat it all now or freeze the soup for a cold winter days.

INGREDIENTS

- 2 tablespoons olive oil
- 2 garlic cloves, smashed
- 1 onion, chopped
- 2 quarts chicken broth
- 1 bay leaf
- 1 Tbsp chopped fresh sage or 1 tsp dried sage
- 2 carrot, chopped
- 2 celery stalks, chopped
- 1 cup broccoli
- 1 cup chopped red potatoes
- 1 cup frozen green peas, thawed
- 3 cups cooked, chopped turkey meat



SERVES 6-8

Directions

In a large soup pot, heat garlic cloves in the olive oil. Allow to brown slightly then add the onion. Sweat over medium-low heat until softened, about 7 or 8 minutes.

Add chicken broth, bay leaf, sage. Bring to a simmer. When simmering, add chopped veggies and simmer lightly for 15 minutes. Add diced turkey meat to the soup. Bring it back up to a simmer for 5 to 10 minutes more. Salt and pepper to taste and serve.