

# Seeds To Change Nutrition Newsletter

March 2004

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Welcome to my monthly newsletter - for you to enjoy and share with friends and family!

*Please forward my newsletter to anyone and everyone that would benefit from Nutritional and Lifestyle Advice. Enjoy and thanks for reading.*

In this month's newsletter you'll find:

- Nutrition Tip – Can I reuse my water bottle?
- Quote of the Month – Handle yourself – handle others
- Monthly Recipe – Emerald Sesame Kale
- March's Cooking Class – A Healthy Evening in Provence
- Monthly Article – Good Fish Bad Fish
- Manhattan walking club
- Initiate a Change – Get to Balance

## **Nutrition Tip**

Reusing water bottles saves money and saves the planet, but... Be sure to wash them out WITH SOAP everyday. A recent water study in Canada showed that 64% of reused bottles tested contained bacteria at levels higher than are acceptable by Canadian guidelines for drinking water. More than 13% contained coliform bacteria (a cause of diarrhea, cramps, nausea and headaches). The dishwasher is also a good way to sterilize the bottles.

## **Quote of the Month**

To handle yourself, use your head. To handle others, use your heart.

## **Recipe**

In honor of St Patrick's Day – eat something green!

### **Emerald Sesame Kale** - Serves 4

- 2 T olive oil
- 1 T toasted sesame oil
- 1 T minced ginger
- 2 bunch kale, washed, stems removed and chopped
- 1 T tamari or soy sauce
- 1 T sesame seeds

Heat the olive oil and the sesame seeds over medium heat. Add the garlic and ginger and saute for 1 minute until the garlic just begins to brown. Add the chopped kale and saute for 4 minutes, stirring frequently. Sprinkle some water over the kale if it begins to stick to the pan. Add the tamari and sesame seeds and stir to incorporate well. Also try with other greens – spinach, broccoli – any veggie would likely be good prepared this way!

*The Whole Foods Market Cookbook, 2003*

## **March's Cooking Class:**

# **HEALTHY COOKING FOR BUSY PEOPLE**

## *A COOKING CLASS*

**Experience preparing healthy meals -- quickly.** Enjoy an evening of cooking, education and community.

**This month's theme – An Evening in Provence--** featuring alternative ideas utilizing whole foods.

**Menu includes:** Lentil Soup, Braised Artichokes and Belgium Endive, Mixed Greens Tart, Tempeh Provencal, Pilaf with Tomatoes and a Special Dessert Surprise. -- YUM!

**Day and Time:** Tuesday, March 23, 6:30 PM - 8:30 PM

**Location:** East Village -- New York City

**Price:** \$45 -- includes: instruction, recipes and dinner. Bring a friend and **GET A \$5 DISCOUNT** (each)

**To Register:** Call (917) 213 - 9305 or email [seedstochange@aol.com](mailto:seedstochange@aol.com) to register.

## **Monthly Article**

### Good Fish, Bad Fish

Fish is a great source of low-calorie protein and heart healthy fats, but overfishing and environmental factors have led to dangerous depletions in certain marine populations. "The catch on dozens of U.S. species has declined by 50 percent or more in the past decade," according to marine biologist Carole C. Baldwin.

Responsible cooks will appreciate the recently released One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook. Co-written by Baldwin and Julie H. Mounts, it presents an array of seafood that's fished and farmed in an ecologically sound manner, including old favorites like delectable options such as tilapia, Arctic char and amberjack.

These choices are healthy for the world, but they are they healthy for you? The Food and Drug Administration suggests that women who are pregnant or who may become pregnant minimize their consumption of seafood that's high in mercury (see chart below). For more information call 888 SAFE-FOOD or access [cfsan.fda.gov](http://cfsan.fda.gov).

### **High mercury Content: avoid**

Swordfish  
Shark  
King mackerel  
Tilefish

### **OK once a month**

tuna steaks  
red snapper  
orange roughy  
halibut

### **OK once a week**

crab  
cod  
mahi-mahi  
canned tuna

The safest sea fare for everyone, according to Purdue University, is salmon, shrimp, farm-raised channel catfish and rainbow trout, flounder, perch tilapia, clams, scallops and red swamp crayfish. However, a recent analysis by the Environmental Working Group found that some farmed salmon is high in chemicals called PCBs, so wild salmon may be the preferred option. Baldwin recommends wild Alaska salmon, a pricier but well-managed seasonal fish that, unlike farmed salmon, isn't fed synthetic carotenoids for color. Also, follow the shopping and handling tips below to reduce seafood risk.

### **Safe Fish**

- Buy fish displayed on ice.
- The skin should be clear and shiny, and the flesh should be resilient.
- Defrost frozen fish in the refrigerator.
- Guard against cross-contamination between raw fish and other foods.
- Wash your hands before and after handling any raw food.
- Cook fish thoroughly.

*From Natural Health Magazine – November 2003*

### **Manhattan Walking Group**

Get some exercise, meet some new people and still get to work on time. Meet on the corner of Lafayette and Astor (in front of Starbuck's) at 6:30 AM – the following days in March Tuesday March 16 and Thursday March 25 (inclement weather cancels).

### **Initiate a Change – Get to Balance**

**Are your health concerns impeding you from living life fully? Do you want to change your relationship with food from the inside out? Are you seeking deep seeded balance and wellness?**

Through my counseling services I help people create and maintain balance in their life by using nutrition as a focus and a tool. To do this I look at the entire lifestyle of an individual to achieve maximum health. This is accomplished through education and private consultations where an individualized program is developed for each client. These consultations include evaluating the client's current diet and overall lifestyle and then making easily implemented, gradual changes. Additionally, they receive outside information in the form of articles, books, tapes and recipes. Also included are additional monthly forms of education and participation -- activities like cooking coaching, health food store shopping hints, light exercising functions and other activities. My practice is based in Manhattan and I have clients nationwide (clients outside of NY are counseled via telephone).

**To schedule an initial consultation contact me today** at [Brenda@SeedsToChange.com](mailto:Brenda@SeedsToChange.com) or (917) 213-9305.

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