

POPCORN LOVERS BEWARE!



One large order of movie theater popcorn with "butter topping" can equal two days' worth of total fat. This is approximately nine McDonald's Quarter Pounders' worth of artery-clogging fat!

REASON: The coconut oil or partially hydrogenated vegetable shortening used in popping is not only high in fat, but is high in trans fat which can lead to heart disease.

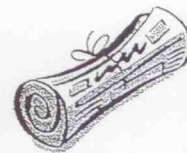
A Better Idea: Pop your kernels in non-hydrogenated vegetable oil. It is still high in fat, but not high in trans fat.

Best Idea: Air-pop your kernels! Cut out the fat and sodium and hold onto the taste by using a few spritzes of a low-calorie butter spray. ■

DO YOU HAVE DRY SKIN & DRY HAIR ?

It could be caused by not having enough of the right fats in your diet. Without adequate EFAs (essential fatty acids), the body loses moisture and the skin becomes dry. Good food sources for omega-3 and omega-9 EFAs are wild salmon, mackerel, tuna, and sardines. Oils to use are extra virgin olive, canola, and flaxseed oils. EFA supplements available include fish oil capsules, DHA capsules, evening primrose and borage seed oils. ■

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MEET THE NEW FUNCTIONAL FOODS

Functional foods, also referred to as nutraceuticals, are foods or food ingredients that not only provide nutritional value, but have preventive and therapeutic benefits as well. Many products on the market today boast the attractive benefits of herbal additives such as Echinacea and St. John's Wort among others, but what remains to be seen is what really works. Still unregulated by the FDA, the exact potency and effect of individual herbs is not known whether positive or negative. However, there is an abundance of proof for some and some not so convincing evidence for others.

Maximize your functional-food eating efforts with the following.

- **Calcium** - The essential mineral for building strong bones. Did you know that calcium can also aid in relieving PMS symptoms? A recent study in the American Journal of Obstetrics and Gynecology found that among women in the study, 1,200 milligrams of calcium taken daily was effective in relieving symptoms such as bloating, food craving, pain and depression. Some good calcium sources are NutriMil Milk Alternative, vegetables such as broccoli and kale, or salmon and sardines, especially with the bones.

- **Garlic** - Many studies have indicated the positive role of garlic in lowering cholesterol. While there is still no conclusive evidence, consumption of fresh garlic in foods is also recommended for its possible immunity-boosting and cancer-preventive power. Try using fresh crushed garlic in a simple salad dressing with vinegar and canola oil.

- **Potassium** - High intakes of potassium, magnesium and fiber may reduce the risk of stroke, particularly in men with high blood pressure. As reported in a September 98 issue of *Circulation*, over 40,000 men were part of Harvard's Health Professionals Follow-up Study which began in 1986. Over an eight-year period, it was found that participants in the top fifth of dietary potassium intake had a 38% lower risk of stroke than those in the bottom fifth! And for those with hypertension, higher intakes of magnesium lowered stroke risk by 30% and high fiber in the diet reduced risk by 40%.

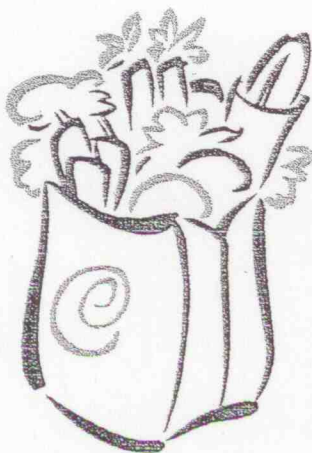
Good sources of potassium are tomatoes, spinach, bananas and oranges.

Do the foods you eat everyday provide you with needed vitamins as well as the added benefits of cancer and other disease-fighting nutrients?

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- **Oats** - Many studies have shown that oats help rid the body of cholesterol. Another incentive to eat oats is its ability to help you feel full longer. Have a bowl a few times a week for breakfast.
- **Grapes** - Resveratrol is an antioxidant that helps prevent heart disease and cancer. The phytochemical is especially abundant in Muscadine grapes (bronzey green in color).
- **Tomatoes** - Strong evidence supports the value of tomatoes in slowing the growth of cancer cells. The active ingredient is lycopene, a powerful antioxidant which also gives the red color to tomatoes, watermelon and pink grapefruit. Lycopene in tomatoes is more efficiently absorbed by the body when its chemical form is converted when processed into juice and sauces.
- **Yogurt** - Usually containing a live bacteria culture, yogurt is a proven aid to digestion. Yogurt may also prevent diarrhea, enhance the immune system, help prevent colon cancer and lower cholesterol. ■



MICROWAVE AND SAVE !

Vitamins, that is.

Foods that are microwaved retain more vitamins than foods cooked by other methods. This is because microwaving requires less time, and less or no water. ■

PROMISING NEW RESEARCH

ZINC - Supplements may not prevent the common cold, but a handful of studies have shown that zinc may shorten the duration and severity of some cold symptoms. One or two daily can help relieve coughing, headaches, hoarseness, congestion and sore throat.

ECHINACEA - Similar to zinc in its ability to curb cold symptoms, use of the herb for two to three weeks at a time seems to have a positive effect on the immune system.

WHEY PROTEIN - When compared to other major sources of protein such as soy, eggs and beef, whey has been shown to have the highest immune-boosting properties.

For more information on whey and all its benefits, don't forget to pick up our next issue.

SUPER SIMPLE WAYS

TO GET MORE FROM YOUR FOOD

If you're like most Americans, chances are you're not meeting the minimum RDA of five fruits and vegetables a day. Even if you eat one or two servings of fruits and veggies a day, you still have twice the risk of developing certain cancers compared to someone who eats five or more daily servings. Here's what you can do to boost the nutrient level of some of the meals you eat.

- **Eat your spinach**

Add this nutrient-rich vegetable to your salads and sandwiches, or use it in place of the romaine or iceberg lettuce you would normally use. One cup of cooked spinach contains more than 6 milligrams of iron and 244 milligrams of calcium which is almost as much as a cup of milk! Spinach is also high in folic acid that has been shown to protect the heart against disease and stroke. In 1994, the National Institutes of Health (NIH) Consensus Conference on Optimal Calcium Intake concluded that optimal calcium intake varies between 400 and 1,500 mg./day depending on age.

- **Remember red peppers**

These contain 10 times more beta carotene than green peppers!

- **Say yes to extra garlic and onions**

Both garlic and onions are rich in sulfides which are known to decrease the risk of many cancers.

- **Go nuts!**

Peanuts, cashews, and almonds are rich in phytosterols which may lower cholesterol. Nuts are rich in Vitamin E which helps fight disease. More good news is that the fat contained is unsaturated and also aids in the absorption of Vitamins A, D, E and K. Snack on nuts straight from a dish or sprinkle them on salads, pasta, and ice cream.

- **Romano cheese**

The next time you reach for the grated Parmesan to shake onto your spaghetti, consider this - Romano contains more calcium than any other cheese, about 150 milligrams per tablespoon. Cheddar contains about 102 milligrams per tablespoon and Parmesan, about 84 per tablespoon. ■

Seafood Chowder

Fat Free Seafood Chowder

- 2 ½ cups potato, peeled and diced
- 1 (10 oz.) package frozen kernel corn
- 1 cup carrot, peeled and chopped
- 1 tsp. garlic, minced
- 2 ½ cups fat-free chicken broth
- 2 ½ cups broccoli florets
- 3 Tbsp. all-purpose flour
- ¼ tsp. pepper
- 2 cups Fat Free NutriMil
- 6 oz. fat-free frozen shrimp
- 6 oz. imitation fat-free crab flakes
- 1 cup fat-free Cheddar cheese, shredded

In a large pot over high heat, combine potatoes, carrots, garlic, 1 cup corn, and chicken broth and bring to a boil. Reduce heat to low, stir frequently and simmer 15-20 minutes until potatoes are tender. Pour potato mixture into food processor or blender and process until smooth. Return mixture to pot, add remaining corn and broccoli and cook covered over medium-high heat about 10 minutes. Combine flour and pepper in a small bowl. Stirring constantly, slowly blend in NutriMil until smooth. Blend this into soup and add seafood. Cook over medium heat 10-15 minutes, stirring constantly until thickened. After removing from heat, stir in cheese until melted.

8 servings.

Breakfast Smoothie

- 2 bananas
- 8 oz. can crushed pineapple
- ½ cup mango pieces
- 2 sliced peaches
- 1 cup Original Low Fat or Fat Free NutriMil

Combine ingredients in a blender until smooth and serve.

2-3 servings.

Smoothie

Lil' Fat Onion Rings

Lil' Fat Onion Rings

These are baked, not fried!

- 3 large onions, sliced ¼-inch thick
- 1 cup Original Low Fat NutriMil
 - Nonstick cooking spray
 - ½ cup all-purpose flour
 - 1 tsp. paprika
 - ½ tsp. salt
 - 4 egg whites, beaten
- 1 ½ cups cornflake crumbs or other unsweetened grain flakes. (Be sure to crush into small crumbs.)

Cut onions into rings. Mix with NutriMil in a large bowl until coated. Set coated onions aside 20 minutes. Preheat oven to 375°. Spray a baking sheet with nonstick cooking spray. Combine flour, paprika and salt in a shallow dish. Put egg whites in a second shallow dish and cornflakes in a third. Dip each onion ring in the flour, the egg and the cornflakes. Place on sheet, spritz with cooking spray and bake 15 minutes, until brown.

Best served hot from the oven.

4 servings.

Baked Potatoes Florentine

- 8 large baking potatoes
- About ¾ cup Original Low Fat NutriMil
- 1 (10 oz.) package of frozen spinach, thawed and squeezed dry
 - ½ tsp. of salt
- ⅛ tsp. of each grated nutmeg and pepper
- 2 slices bacon, cooked and crumbled
- Cheddar cheese (optional)

Prick potatoes with fork and microwave on high for 8 minutes. In saucepan over medium heat, bring NutriMil to a boil. Add next four ingredients; cook 3 minutes. Cut open potatoes; fluff interior with fork and fill with spinach mixture. Sprinkle with bacon and cheese if desired. For more variety and flavor, try filling with different veggies such as broccoli or asparagus or double-stuffing your potatoes.

8 servings.

Baked Potatoes Florentine



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VITAMIN E IS ESSENTIAL

The average person does not consume adequate daily amounts of Vitamin E. Vitamin E may provide the body with resistance to certain types of cancers, cataracts, and heart disease as well as preventing muscle soreness for those who are unaccustomed to regular exercise. It is a powerful antioxidant that circulates in the blood, attacking free radicals which are the destructive by-products of your body's metabolism. Vitamin E is available in many natural seeds and oils such as: Almond Oil, Apricot Oil, Cottonseed Oil, Peanut Oil, Hazelnuts, Walnuts and Safflower Nuts.

Who should take Vitamin E supplements ?

People who are exposed to air pollution on a regular basis or those who smoke cigarettes should probably supplement their diet with Vitamin E, as should anyone concerned with maintaining a strong immune system. ■

NO NEED TO SACRIFICE TASTE FOR NUTRITION

The number of milk alternative products has been steadily growing over the past few years. According to many health experts, this increase is due not only to the rising number of lactose intolerant adults, but rather the quest for better nutrition.

Until recently, taste has been the major sacrifice most consumers have made with milk alternatives. A new line of products, however, has recently been introduced to the marketplace offering not only superior nutritional value, but better taste as well. In fact, independent taste tests show that the new product **NutriMil** is favored 3 to 1 over Soy, 2 to 1 over Rice and 2 to 1 over Lactose Free milk.

Carlsbad, CA based U.S. Food Corporation has introduced **NutriMil** to the marketplace with impressive results not only in the healthfood marketplace, but with mainstream consumers as well. The product can now be found throughout California & the Northwest in health food stores like Wild Oats, Whole Foods & PCC, and also in major grocery chains such as Vons, Henry's, Raley's & Carr's. ■

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