

FEBRUARY 2012



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ONE CHICKEN—3 MEALS

Recipe courtesy of Bren Ankrum, Culinary Editor



Breakfast Tacos



Roast Chicken with bok choy and baked acorn squash



Enchiladas

[Recipes @ www.nutritionhealthnet.com](http://www.nutritionhealthnet.com)



The Sushi and Wine Diet?

Lose weight, drink wine, eat sushi. Can such a diet really exist?

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Body Fat – Good vs Evil

Article courtesy of Diana Palmer, BS, CPT

Fat is a subject most of us are familiar with in one way or another. The battle of the bulge seems to be at its all time high and “growing”. Today’s topic is not going to address dietary fat. Instead we will delve into body fat.

First let me assure you that some body fat is very necessary. Body fact which includes cholesterol is required for most all human hormone production. Zero percent body fat means many organ systems don’t work correctly (why many female gymnasts stop having monthly menstrual periods) and in some severe cases, can lead to death (read anorexia). Very low body fat although achievable is difficult to maintain except in very rare cases (unbelievable genetics or unbelievable dietary and workout habits).

There are two major categories of body fat:
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**Shrimp and Goat Cheese Grits with
Roasted Mushrooms—a twist on a
Southern Classic!**

[Find the recipe @ www.nutritionhealthnet.com](http://www.nutritionhealthnet.com)



**LOSE WEIGHT!!! HOW?
BEANS, OF COURSE.**

Just a reminder about dried beans and what a wonderful addition they are to many meals or as a meal. Beans are loaded with fiber, protein, vitamins and minerals, along with no fat. Calories low and nutrition high; they can be called the Perfect Food.

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BLACK-EYED PEAS

*Article courtesy of Donna Hargrove, D.O.,
Nutrition Editor*

Black-eyed peas are a Southern staple and as such may be used in many ways, straight up with a dollop of chow chow or pear relish, they become BBQ black eyed peas by adding a little Southern style BBQ sauce

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**BREAKFAST! THE MOST IMPORTANT
MEAL OF THE DAY.....**

Article courtesy of Donna Hargrove, D.O., Nutrition Editor

If you're going to make a New Year resolution why not make one that may allow you to feel better, work more efficiently and, in the process, loose a few pounds? Deciding to approach the beginning of each day with a balanced whole food breakfast would be a terrific change to make if you're prone to skipping breakfast or getting coffee and a muffin from a drive thru coffee shop. Why eat a whole food breakfast?

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