

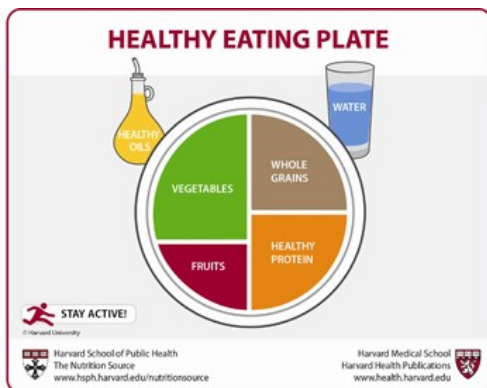


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## Healthy Eating Plate

Harvard Health Publications

We subscribe to the idea that nutritionally sound food choices create a solid foundation for improved overall health. We believe that whole foods are key to successful health improvement and maintenance. In particular, we believe, based on current cutting edge research, in using the model often referred to as the Mediterranean diet which has morphed into the new "plate" model pioneered by the Harvard School of Public Health which emphasizes a high intake of vegetables, a somewhat smaller proportion of whole grains, healthy protein and fruits. Add to this healthy oils and water in our daily intake of foods and you have a complete nutrition package.



(For more information, go to [www.hsph.harvard.edu/news/press-releases/2011-releases/healthy-eating-plate.html](http://www.hsph.harvard.edu/news/press-releases/2011-releases/healthy-eating-plate.html))

## APPLES

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

Will an apple a day keep the doctor away? It appears there may be a lot of merit to this statement. The health benefits of eating a daily apple have been known for a long time but mainly because it is a fresh, fibrous fruit. In the last five years, apple research in regards to health has been at an all time high, primarily in regards to the level and type of [polyphenols](#) found in apples.

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



## Roasted Whole Chicken

Recipe courtesy of Chef Bren Ankrum – Culinary Editor

This recipe is done on the grill, but can be done in a 375 degree oven. If you have the room, double the recipe and use the leftovers for soup, sandwiches, salad, etc.



- 1 whole organically grown chicken
- 2 stalks celery, chopped
- 1 sprig fresh sage
- 2 tbsp. dried rosemary
- 2 tbsp. [olive oil](#)
- 4 tbsp. all purpose [Cajun seasoning](#)
- [Salt](#) and [pepper](#)

### Method:

Wash the chicken, pat dry, and then stuff the cavity with the celery, sage, and rosemary. Place in a lightly oiled roasting pan and either spray on a light coating of olive oil or brush it on. Thoroughly coat the outside skin with the Cajun Seasoning and using your hands press the seasoning into the skin.

(Read the rest of the recipe @ [www.nutritionhealthnet.com](http://www.nutritionhealthnet.com))

## WHAT ARE GMO'S?

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

I have posted this article before, but just a reminder to everyone to watch out for genetically modified foods and try to avoid when possible.



Biotechnologists are able to take the genetic material from one organism and insert it into the permanent genetic code of another, creating Genetically Modified Organisms (GMO). In doing so they have engineered numerous novel creations, such as potatoes with bacteria genes, "super" pigs with human growth genes, and thousands of other plants, animals and insects. At an alarming rate, these creations are now being patented and released into the environment. (Read more @ [www.nutritionhealthnet.com](http://www.nutritionhealthnet.com))

[www.centerforfoodsafety.org](http://www.centerforfoodsafety.org)  
[www.responsibletechnology.org](http://www.responsibletechnology.org)

# Genetically Modified Organisms (GMO) Update

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



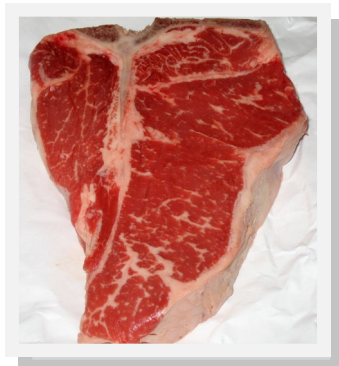
While we are engrossed in the sagging economy, war overseas, fluctuating gas prices and what our kids are up to now, the USDA has been busy giving the thumbs up to more Genetically Modified foods. Any surprise this doesn't make the 6 o'clock news? Did you know the USDA gave Monsanto the OK to allow [GMO sweet corn](http://www.gmosweet.com) to be planted next year in an allotted 250,000 acres? Sweet corn is what makes it to our tables in the form of frozen, canned or on the cob, as opposed to feed corn which livestock eat. Feed corn has predominately been GMO for over 10 years, except what is grown and used by organic farmers.

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

## Cholesterol

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

Ah, the time of year has arrived when every fattening food you can imagine will appear, so a little reminder about our friend Cholesterol and why we need to respect it.



Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. It's an important part of a healthy body because it's used to form cell membranes, some hormones and is needed for other functions. But a high level of cholesterol in the blood — hypercholesterolemia — is a major risk factor for coronary heart disease, which can lead to a heart attack or stroke.

Cholesterol and other fats can't dissolve in the blood. They have to be transported to and from the cells by special carriers called lipoproteins. There are several kinds, but the ones to focus on are low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

### What is LDL cholesterol?

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

## Supplementation: Science or Hype - Part 2

Article courtesy of Diana Palmer, BS, CPT

Now that we've cleared up the marketing terminology regarding "grades," as discussed in **Supplementation - Part 1**, let's get to the real crux of the matter. The United States is the only non-third world country that does NOT require

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

And what to do about the Cholesterol issue:

## The Plant Sterol Story: Using Food Choices to Help Manage Cholesterol

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

Plant sterol research has been building since the 1950's. The foundation is solid and the experts agree — plant sterols can play a role in cholesterol



management. In fact, over 140 studies have shown that plant

sterols can significantly lower [LDL cholesterol](#) levels. The FDA considers the strength of the research on plant sterols strong enough to support a [health claim](#). They have authorized a health claim for food labels about plant sterols and lowering heart disease risk as part of a diet low in saturated fat and cholesterol. A review of research found that 2 grams a day of plant sterols provide, on average, an estimated 10% reduction in LDL cholesterol. A 10% decrease in LDL cholesterol may reduce the risk of heart disease by up to 10%.

### What is a plant sterol?

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

## Khorasan Wheat

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

Khorasan is an ancient Egyptian wheat 2 times larger, but a relative of, modern day durham wheat. Somewhat new to North America, its recognition started around 1986, but is believed to have been brought to the US in 1949 via an airman who got the wheat kernels from a comrade stationed in Egypt. The wheat was trademarked in 1990 by Kamut International under the name Kamut to protect it from hybridization and genetic modification. Why so much protection for this wheat kernel?



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

