



The North Country's Leader in Nutrition and Diabetes Consulting Services

"Empowering you to eat well, live well, and be well."

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Hot Topics

- Handling the summer heat
- Protecting your skin
- Summer workouts
- Taking advantage of markets

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Handling the Summer Heat

Spring and summer are the perfect seasons to enjoy some outdoor activities like beach volley ball, barbecues and long walks. Unfortunately, the extreme heat common during the summer months can lead to serious health problems and complications such as dehydration and heat stroke if you're not careful.

If you or anyone you know demonstrates any of the following symptoms after being in the sun and heat, get medical help immediately:

- headache
- dizziness
- disorientation

- extreme fatigue
- loss of consciousness
- seizure
- increased heart rate
- high body temperature
- hot, flushed skin that is not sweaty



Here are some strategies to stay cool and safe, even when it's really hot outside.

Drink plenty of water. Drinking enough water is important no matter what the temperature, but when it's hot outside, it's even more important to make sure you're staying well hydrated. Even if you don't feel thirsty, make sure you're

drinking water throughout the day.

Stay out of the sun. If you need to be outdoors, try to get your chores done in the early morning or later evening, when things are a bit cooler. If you have to be outside during the heat of the day, try to stay in the shade. Even better, avoid being outdoors at all.

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Quick Workouts for Busy Days

You're crunched for time but you know that you need to get some exercise—for the benefit of your body and your mind. So how's a harried person supposed to find time for some physical activity? It may not be as difficult as you think.

Research shows that as little as 30 minutes of moderate activity a day can improve health and have a positive impact on your physical and mental well-being. And that 30 minutes doesn't have to happen all at once. Three to four 10-minute

sessions can do just as much for you as one 30-40 minute session can.

Finding 30 minutes of undedicated time may be difficult. But how about 10?

(Cont'd on pg.2)

Farmer's Market Fare

It's spring and fresh produce is plentiful. There's a catch, though. You may not find the most flavorful produce options at your local grocery store. Much of the produce you can buy at chain stores doesn't come from local farms. It's usually picked at corporate farms hundreds of miles away, before it's ripe, and then shipped to your favorite grocery store. Tomatoes, cucumbers, mangos and bananas in your nearby produce section are plentiful, but they can't compete with the flavor of local fare.



Choosing locally grown produce means you'll be getting it when it's at its ripest and freshest. And eating locally usually means buying produce from small farms that use fewer, if any, pesticides and other chemicals in their growing. By eating locally,

you'll get better taste, and in most cases you'll get the added benefit of organic growing practices in the process.

This time of year, farmer's markets are overflowing with vegetables and fruits grown locally and brimming with flavor and nutrients. Why not take a break from the bright lights of the grocery store and peruse the stalls of a local market instead? Try some seasonal produce that you've never had before. Get creative with recipes and add newly discovered ingredients to your old favorites. Fall in love with the farmer's market and you'll find yourself eating your five to seven servings of fruits and vegetables without even trying.

Visit localharvest.org to find a farmer's market near you.

Quick Workouts for Busy Days

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Choose three of the 10-minute workouts below and squeeze them into your normal routine.

- **Commercial Circuits** — During each commercial break, do 1 set (12-15 reps) each of pushups, crunches and squats without resting between exercises. If you're not watching TV, do the circuit three times, performing each exercise for about 1 minute, resting for 30 seconds between circuits.
- **Lunchtime (or Anytime) Laps** — During any 10-minute break, briskly walk the halls or aisles, or the dog.
- **Super Step-ups** — Find a step or weight bench (knee height or lower) and do some step-ups. Step onto the step or bench with your right foot and push off to bring the left foot up onto the step. Step down with the right foot and then the left. Repeat beginning with the left foot and continue to alternate the starting foot for 4 or 5 minutes at a brisk pace. Rest for 1 minute and then continue for the rest of the 10 minute interval.

- **Jolly Jump rope** — One-foot, two-feet or fancy-feet. However you jump rope, you'll burn lots of calories. Don't have a jump rope? Use an imaginary one. Hold your hands in loose fists as if you were holding a rope, rotate your forearms and hop up and down.
- **Dinnertime Dancing** — While dinner is in the oven, turn on some fast-paced music and get your groove on. Dance around the living room with your kids or close your bedroom door and dance by yourself. Just move all your body parts and boogie!

Your 10-minute workouts don't have to be limited to these. And any of these activities can be altered to fit in wherever and whenever you have time for them. Just remember, if you have 10 minutes you have time to exercise.

*Remember to consult your doctor before beginning any exercise program.

Protecting Your Skin from the Summer Sun

With spring here and summer just around the corner, you'll be spending more time outside in the coming weeks. To protect your skin from the sun's harmful rays, try the following strategies:

Choose the right sunscreen. Your sunscreen should have an SPF of 30 or greater for protection against UVB rays. It should also contain zinc oxide, avobenzone or mexoryl to protect you from UVA rays, too.

Use sunscreen every day. If you don't use enough sunscreen, you won't get the maximum level of protection, so apply it liberally to cover all exposed skin. The amount you should use for your entire body should be a full ounce, or the amount it would take to fill a shot glass. Apply sunscreen about 30 minutes before you go out and don't forget to reapply if you sweat a lot or go swimming.

Wear a hat. Your scalp may seem covered and protected by your hair, but the sun's rays are powerful enough to burn the delicate skin at your part and hairline, and even through your hair if it's thin.



Dress appropriately. Cover as much skin as possible. It may be hot, but it's important to make sure you're well covered. Wear long-sleeve shirts and long pants or skirts made from tightly woven, light-weight fabrics.

Avoid peak sun hours. The sun is at its most powerful between 10AM and 4PM. Try to stay out of the sun during these times. Do yard work and other outdoor activities in the early morning hours or later in the afternoon.

Seek the shade. You can't be in the shade if you're swimming or playing volleyball on the beach, but if you're not participating in a full-sun activity, find yourself a shady spot to relax and watch the action.

If you're going to be on the open beach, rent an umbrella or invest in one you can carry with you whenever you go.

Wear your shades. Your eyes need protection from the sun, too, so don't go out without your sunglasses.

Now that you're armed with some strategies for reducing your exposure to harmful UVA and UVB rays, get out there and enjoy the summer days. They'll be gone before you know it!

Handling the Summer Heat

(Cont'd from pg. 1)

"The extreme heat common during the summer months can lead to serious health problems and complications, such as dehydration and heat stroke."

Take advantage of fans and air conditioners. Obviously using an air conditioner can make the heat bearable, but if you don't have one, try a fan. Moving air is cooler than still air, so fans can help cool things off. If fans don't help and you find home too hot to handle, why not take a trip to the mall, library or your favorite restaurant to cool off?

Dress appropriately. Wear light-weight, loose-fitting, light-colored clothes and wear a hat if you need to be out in the sun.

Be smart about the heat and you'll be able to stay cool and enjoy the summer no matter what the temperature is outside.

Recipes for You



Very Vegetable Fajitas

Ingredients:

1 medium zucchini
 1 medium yellow squash
 3 medium peppers (any combination of green, red and yellow)
 1 medium red onion
 1/4 cup red wine vinegar
 2 TBSP olive oil
 1/2 tsp salt
 1/2 tsp black pepper
 1 tsp garlic powder or 1 medium clove fresh garlic, pressed
 1 tsp oregano
 1 tsp chili powder
 1 tsp sugar
 corn tortillas
 low-fat or fat-free sour cream
 Salsa

Instructions:

Thinly slice the zucchini, squash, peppers and onion and place in large bowl with cover. Mix the vinegar, oil, salt, pepper, garlic, oregano, chili powder and sugar in a small bowl and whisk (or cover tightly and shake) until well mixed. Immediately pour over vegetables, cover and shake to coat. Refrigerate for at least 30 minutes, up to 24 hours.

Place a large skillet over medium heat and add the vegetables and enough of the marinade to keep them from sticking. (Depending on the size of your pan, it may be necessary to cook the vegetables in two or three batches. Make sure to reserve enough liquid to cover the bottom of the pan for each batch.) Cook vegetables until tender and slightly transparent.

Warm tortillas in the microwave for 10-15 seconds. Serve vegetables on tortillas and top with sour cream and salsa.

Baby Spinach and Strawberry Salad

Ingredients:

1/2 cup strawberries, halved
 2 Tbsp. balsamic vinegar
 1 Tbsp. extra virgin olive oil
 1/2 Tbsp. fresh mint leaves

6 cups baby spinach
 1 large radish, chopped
 1 small spring onion, chopped, whites and greens separated
 3/4 cup strawberries, quartered or cut in eighths
 1/4 cup crumbled low-fat feta cheese
 2 TBSP chopped walnuts
 fresh mint leaves, for garnish

Instructions:

For the dressing, mix the first four ingredients in a food processor or blender until smooth. Cover and refrigerate until ready to serve.

In a large bowl, toss the spinach, radishes and onion to mix. Evenly split the salad into the number of servings you'd like. Top each salad with equal amounts of strawberries, feta and walnuts, and add a few mint leaves. Drizzle with about 1-2 Tbsp. dressing immediately before serving.



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