

Making America Organic...One Home At a Time!



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New Diet Guide: Count Calories And Exercise

Eat less. Exercise 30 to 90 minutes a day.

"It is not too hard," the health secretary insisted last week in issuing new federal dietary guidelines that also urge people to eat more whole grains, fruits and vegetables and stick to fat-free or lowfat milk.

The guidelines bring the government closer to revising the familiar food pyramid, which in the next two months will be updated for the first time since its creation 12 years ago.

The question is whether people will follow the advice. Most people know about the current pyramid, but few heed its suggestions, and two in three Americans are overweight. It's possible the old pyramid will give way to a new shape.

Health and Human Services Secretary Tommy Thompson said the new guidelines should be easy to follow.

"Do you want to look better? Do you want to feel better?" Thompson said. "You lower your calorie intake, you lower your fats, your carbs. You eat more fruits and vegetables, more whole grains and you exercise. That's as simple as it can be. It is not too hard."

The federal food guidelines are used to plan school lunch menus and other programs.

Agriculture Secretary Ann Veneman conceded the advice won't be new to Americans. But she said the estimated \$42 billion the public spends each year on diet books and products reflects the widespread desire to get healthier.

"I think people have gotten the message that people need to take personal responsibility for what they do, and hopefully we can find

ways to get this information" into the public consciousness, she said.

Physician David Katz said Thompson did a disservice by saying losing weight is not that difficult. "What he should have said is that it's not complicated," said Katz, director of the Yale University's Prevention Research Center.



"It's not complicated, but it's hard, and frankly too hard, for most people," Katz said. "It's time to recognize we need a tool kit that's all about how. Exactly what do I buy when I go shopping, exactly what do I order when I go out, how do I make good choices, how do I satisfy my kids?"

The response was generally positive from the food industry and health groups. A spokeswoman for the Grocery Manufacturers of America, Stephanie Childs, called it "a great baseline."

"Eat more fruits and vegetables, eat the foods that will help you get the nutrients you need, and GMA and the food industry is providing the packaged food that will do that," she said.

Shelley Hearne, executive director of the Trust for America's Health, said the guidelines "do a good job of translating science into commonsense recommendations," but said they don't address many underlying causes of obesity and the government needs a better plan of action.

While the recommendations to cut calories and exercise more are familiar, they do differ from the last version of the guidelines in 2000. The guidelines are updated every five years, although the pyramid itself hasn't

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Harvest Blend Regular

- Carrots
- White Garlic
- Red Russian Kale
- Tomatoes
- Yellow Onions
- Broccoli
- White Mushrooms
- Red Bell Pepper
- Hass Avocado
- Winesap Apples
- Kent Mango
- Bananas
- Italian Kiwi
- Arizona Sweet Oranges

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

Watch this space for information on the Orlando Organics potluck picnic. Coming soon!

Produce a la Carte



We've added a new feature to our Member's Area, the ability to order a la carte produce from amongst the items we offer each week. Always wanted to order extra oranges or kiwi when they're in the bags? Check each week for a list of items that you can add.

If you have any suggestions for features you'd like to see added to our web site, let us know!

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been revised yet.

There is more emphasis on choosing nutrient-dense food from every food group and on specifically how much more to exercise.

People should exercise at least 30 minutes daily to cut the risk of chronic disease, the guidelines say. But to prevent weight gain, it should be 60 minutes, and to maintain weight loss, it should be 60 to 90 minutes.

The government also recommends that half of the grains people eat come from whole grains such as whole wheat bread, oatmeal and brown rice. Adults need three one-ounce servings daily, the guidelines say.

People are also encouraged to eat, for a 2,000-calorie daily diet, 4 1/2 cups of fruits and vegetables and three cups of fat-free or lowfat milk or similar milk product.

If the measurements sound new to Americans, it's for good rea-

son. The government dumped the confusing "serving size" description in favor of common household measurements such as cups and ounces.

The government also recommends keeping trans fat, which can clog the arteries, as low as possible. Trans fat can be found in cakes, cookies, potato chips and corn chips. The government said to keep saturated fats at less than 10 percent of calories, or 20 grams in a 2,000-calorie diet. Ideas for cutting down on saturated fat include choosing lowfat cheddar cheese, extra-lean ground beef and lowfat milk instead of regular versions of those foods.

Good fats can be found in fish -- and in some vegetable oils and nuts -- and the guidelines said eating 8 ounces of fish each week may reduce the risk of dying from heart disease.

The guidelines noted, however, that higher levels of the toxin mercury are found in some fish and that pregnant women and children should avoid some types of fish and shellfish.

Recipes

Braised Kale with Red Peppers

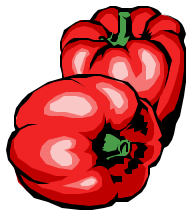
- 1 bunch kale, stems removed and well washed
- 1 medium red bell pepper, seeded and sliced
- 3 cloves garlic, minced
- 1 cup low fat, reduced sodium chicken broth



Heat broth in large saucepan over medium heat to boil. Roughly chop kale and add to the broth. Add garlic, stir well, cover and reduce heat to simmer for 3-4 minutes. Add bell pepper and continue to steam until kale is tender. Remove Kale and bell peppers and discard any remaining broth.

Carrot and Red Pepper Soymilk Soup

- 1 onion, chopped
- 1 lb carrots, thinly sliced
- 2 cups water or vegetable stock
- 1-2 red bell peppers
- 2 cups soymilk
- 2 tsp lemon juice
- 2 tsp balsamic vinegar
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper



Place the onion and carrots in a pot with the water, and simmer, covered, over medium heat until the carrots can be easily pierced with a fork, about 20 minutes. Meanwhile, roast the peppers by placing them over an open gas flame or directly under the broiler until the skin is completely blackened. Place in a bowl, cover, and let stand about 15 minutes. Slip the charred skin off with your fingers, then cut the peppers in half and remove the seeds.

Blend the carrot mixture along with the peppers in several small

batches. Add some of the soymilk to each batch to facilitate blending. Return to the pot and add the lemon juice, vinegar, salt, and pepper. Heat until steamy.

Mango Pepper Chicken Salad with Wasabi Vinaigrette

- 1 lb boneless, skinless chicken, cut in 1-inch strips
- 1 tsp Szechwan sauce
- 3/4 tsp salt, divided
- 1 tbsp vegetable oil
- 1/4 cup rice wine vinegar
- 1/4 cup olive oil
- 1 tbsp Wasabi Powder
- 2 tsp honey
- 1 tsp fresh lime juice
- 1 tbsp chopped fresh cilantro
- 3 green onions, thinly sliced
- 1/2 red bell pepper, finely chopped
- 1 mango, cut into 1/2-inch cubes
- 1 head lettuce



Season chicken strips with Szechwan sauce and 1/4 teaspoon salt. Heat vegetable oil over medium heat in a large, nonstick skillet. Saute chicken 7 minutes, or until done. Remove chicken and keep warm.

Prepare vinaigrette by whisking together vinegar, olive oil, wasabi powder, honey, lime juice, and remaining 1/2 teaspoon salt. Combine chicken strips, cilantro, green onions, red bell pepper, and mango in a large bowl.

Toss gently with wasabi vinaigrette. Place on chilled salad plates lined with lettuce.