

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



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## Consumer Reports Rates Diets

Meetings and shakes trump counting carbs when it comes to long-term weight loss, according to a recent analysis of diets by *Consumer Reports* magazine.

The publication, best known for rating cars and electronics, put Weight Watchers, with its support group meetings, and Slim-Fast, whose shakes let you opt out of cooking, at the top of the heap.

The ratings were based on pounds lost, nutrition, how easy the diet was to follow and dropout rates after six months and a year.

Though low-carb diets have dominated headlines, the highest marks went to Weight Watchers, which uses weekly meetings to reinforce its decidedly simple philosophy -- eat less and exercise more. After a year, its followers were far more likely to stick with the plan.



Weight Watchers did not, however, earn the strongest scores on weight loss, a distinction that went to second-ranked Slim-Fast, which replaces parts of two meals a day with shakes and bars.

Atkins, which has led the low-carb charge, got good scores for short-term weight loss, but landed at the bottom of the ratings because of poor marks on retention and nutrition.

The report, released in the magazine's June issue, said the Atkins diet calls for too much fat and saturated fat, too few fruits, too little fiber and "might have a negative effect on some dieters' health."

Colette Heimowitz, vice president of educa-

tion and research at Atkins Nutritionals, criticized the study, saying it focused only on Atkins' weight-loss components, ignoring its more flexible weight maintenance stages.

The magazine's conclusions are based on a review of published clinical research on each diet, and a nutrient and calorie analysis of a week's worth of menus, including how closely they follow federal dietary guidelines.

Heimowitz took issue with the use of the federal guidelines as a way to evaluate the diets, saying those standards are intended for maintaining a healthy weight, not losing fat.

All of the diets reviewed are low enough in calories to produce results, but success relies on sticking to the plan, said Nancy Metcalf, a

senior editor at Consumer Reports.

That accounts for the strong showing by Weight Watchers, which backs up a flexible, low-calorie, low-fat approach with weekly motivational meetings, Metcalf said.

"We are not necessarily the fastest kids in town, but we're livable and sustainable, and we feel that's very important," said Karen Miller-Kovach, chief scientist at Weight Watchers.

Slim-Fast, which sells its bars and beverages in grocery and drug stores, was praised for its ease and balanced nutrition. Its retention matched Weight Watchers' during the first six months, but then dropped considerably.

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### Harvest Blend Regular

- Green Leaf Lettuce
- Carrots
- Spinach
- Russet Potatoes
- Green Beans
- Roma Tomatoes
- Hass Avocado
- Cucumber
- Valencia Oranges
- Cameo Apples
- Lemons
- Persian Limes
- Bananas
- Tommy Atkins Mango

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



*"On the subject of spinach: divide into little piles. Rearrange again into new piles. After five of six maneuvers, sit back and say you are full."* Delia Ephron, *How To Eat Like A Child*

### Organic Poultry Available Now

Due to extremely popular demand, we're now offering organic chicken and turkey.

Because this will be special ordered, you will need to place any poultry orders by Friday at 9 am, *the week before delivery*, to ensure you receive your chicken.

Chicken legs are available in 10# bags, and whole chickens and turkeys are also available, averaging four pounds each.

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The high-protein "Zone" diet, from a book by Dr. Barry Sears, was the magazine's No. 3 program. Though its followers tended to drop out over time, the diet earned points for having considerably less fat than the Atkins approach.

The fourth-ranked ultra-low-fat, high-fiber vegetarian Ornish diet, from Dr. Dean Ornish, had the worst retention rate, though it had good long-term weight loss and was praised as a treatment for heart disease.

Thomas Wadden, a University of Pennsylvania weight loss expert,

said the ratings seem sound, but noted the challenge of making comparisons when some diets involve structured meetings and others are do-it-yourself.

He added that the Atkins diet might have ranked better if weight loss was the only criterion. But Wadden said the magazine rightly considered the overall healthfulness of the diets' approaches.

Four other programs, Internet-based eDiets, Jenny Craig, South Beach and Volumetrics, were included in the review, but not ranked because not enough independent clinical studies had been done on them to allow comparison, the magazine said.

## Recipes

### Curried Spinach-Filled Chicken Breasts

#### Filling

- 2 tbsp oil
- 1 cup chopped onions
- 1 tsp minced garlic
- 1 bunch spinach
- 3/4 tsp salt
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp turmeric
- 1/2 tsp cayenne

#### Chicken Rolls

- 6 boneless, skinless breasts
- 1 tbsp lime juice
- 1 tbsp butter, melted
- 1/4 tsp turmeric

#### Rice & Garnishes

- 3 cups hot cooked rice
- 2 tbsp lime juice
- 2 tbsp up to 4 tbsp chopped fresh cilantro
- additional fresh cilantro
- lemon and lime slices

Heat oven to 350 degrees. Lightly grease 8 x 8" or 12 x 8" baking dish. Heat oil in medium skillet over medium-high heat until hot. Add onions and garlic; cook and stir 2 minutes. Reduce heat to medium. Add spinach and remaining filling ingredients; cook and stir 5 minutes.

Remove from heat; set aside. Place one chicken breast half, boned side up, between 2 pieces of plastic wrap. Working from center, lightly pound chicken with rolling pin or flat side of mallet until about 1/4" thick; remove wrap.

Repeat with remaining chicken breasts. In small bowl, combine 1 tbsp lime juice, butter and 1/4 tsp turmeric; mix well. Brush smooth side of each chicken piece with lime juice mixture; turn each piece over and spread unseasoned side evenly with 3 tbsp filling.

Starting with short side of chicken breast, roll up tightly. Place, seam side down, in greased dish. Bake for 30 to 40 minutes or until chicken is no longer pink.

Cool 5 minutes. Cut crosswise into 1/2" slices. Place cooked rice

on serving platter and arrange chicken slices, slightly overlapping on rice. Sprinkle 2 tbsp lime juice and chopped cilantro over chicken and rice. Garnish with fresh cilantro, lemon and lime slices.

### Spinach with Lime and Cilantro

- 1 onion, peeled and diced
- 2 tbsp peanut oil
- 1 cup minced cilantro
- 1 bunch spinach, trimmed, washed, and dried.
- 1 tbsp crushed red pepper
- 1 tsp sugar
- Salt and pepper, to taste
- 1 tsp minced garlic
- 1/4 cup lime juice



Heat the oil in a large skillet. Before the oil smokes, add 1 onion, peeled and diced; cook until it is soft. Raise the heat to high, brown the onion a bit. Add the spinach and cilantro stir constantly until it wilts, about a minute. Add the red pepper, sugar, salt, pepper, garlic, and lime juice, and cook another 30 seconds or so, still stirring. Serve immediately.

### Chicken In Lemon Lime Juice

- 2 lemons, juiced
- 2 limes, juiced
- 1 clove garlic, minced
- 1/2 tsp salt
- 1 tsp dried tarragon leaves, crushed
- 1/2 tsp white pepper
- 1/2 cup vegetable oil
- 1 cup dry white wine
- 1 whole chicken, cut into pieces

Combine lemon and lime juice, garlic, salt, tarragon, pepper, oil and wine in large bowl. Stir to mix. Place chicken pieces in marinade. Cover tightly. Refrigerate at least 8 hours, preferably overnight. Turn chicken pieces once while marinating.

After you remove the chicken from the marinade, place the pieces in a shallow baking dish. Bake For one hour at 375 F, or until done. Baste once with marinade while cooking.