

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



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## 'No-Fad Diet' Offers Hope For The Weak

In a no-nonsense approach to weight loss, the American Heart Association's new diet book offers options for the weak. Can't give up pizza? Try eating two slices instead of your regular three. Craving ice cream? Try a sorbet.

"The intent on doing this was to try to get around the faddish diets," said Dr. Robert Eckel, president-elect of the American Heart Association and professor of medicine at the University of Colorado School of Medicine.

"The theme is based on behavior, nutrition and physical activity."

Released this week, "No-Fad Diet: A Personal Plan for Healthy Weight Loss" dismisses trends like the grapefruit diet, the very low-fat diet and the low-carb diet.

Although the heart association has published heart-healthy cookbooks before, this is its first all-out diet book with a variety of options.

It also offers options for readers who may need to ease into eating healthy.

With more than 190 recipes, it asks readers to take quizzes to figure out the best eating and exercising strategies.

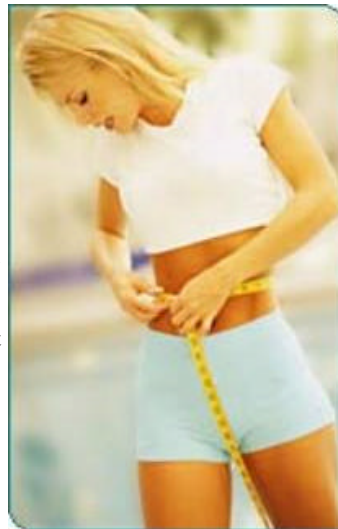
Along with a full menu plan, the book also offers the more flexible "75 percent solution" and "the switch and swap approach."

The first option calls for eating 75 percent of what you normally eat. The switch-and-swap offers lower calorie alternatives.

For instance, instead of a cinnamon roll, eat-

ing a cinnamon-raisin English muffin with 2 teaspoons of light tub margarine cuts 312 calories, according to the book.

The book recommends that those using the 75 percent approach gradually include servings from each food group and try to avoid simply cutting back on non-nutritional foods.



Lona Sandon, a dietitian and assistant professor of clinical nutrition at the University of Texas Southwestern Medical Center in Dallas who looked over the new book, said it "doesn't make changing your eating habits necessarily so daunting. The all or nothing approach so many fad diets tend to take obviously doesn't work."

The menu plan approach offers 1,200-, 1,600- or 2,000-calorie menus depending on the needs of the dieter, even allow-

ing for the occasional doughnut or biscuit with bacon.

Offering advice on heart-healthy eating, the book also tells readers that by subtracting 500 calories a day they can lose about one pound a week.

It's an approach that will take some time. No rapid weight loss here.

"A lot of the fad diets have appealed to a rapid weight loss," Eckel said. "This is a slow, methodical approach."

The book also suggests readers figure out  
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June 21-23, 2005

### Harvest Blend Regular

- Collards
- Baby Carrots
- Cucumber
- Dill
- Spinach
- Romaine Lettuce
- Yellow Onions
- Cherry Tomatoes
- Haas Avocado
- Strawberries
- Jonagold Apples
- Valencia Oranges
- Bananas
- Tommy Atkins Mango

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

### You Don't Say

"I doubt the world holds for anyone a more soul-stirring surprise than the first adventure with ice cream."

- Heywood Broun (1888-1939)

"Ever since Eve started it all by offering Adam the apple, woman's punishment has been to supply a man with food then suffer the consequences when it disagrees with him."

- Helen Rowland (1876-1950)

### Happy Birthday To Us



The last week of June marks the third anniversary of Orlando Organics.

We thank each of you for helping to support a family-owned and operated business!

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which of three exercise categories would work best: joining organized exercise programs, starting a walking routine or taking up new forms of recreation like bowling or dancing.

"It's really a positive education piece versus the do and don't list you see with so many of the fad diets out there," said Julie Bender, a dietitian with Baylor University Medical Outpatient Nutrition Counseling Program.

"Everybody is at different places when they seek out a weight-loss

plan."

Sandon said that she likes how the book helps readers assess where they are at the beginning and encourages them to keep a journal to take a hard look at their eating habits.

"The people who lose weight slowly and gradually are more successful keeping that weight off long-term," Sandon said. "We need to look at this as a long-term lifestyle. You're losing the weight to keep it off for life."

## Recipes

### Onion and Dill Potatoes

- 2 lbs red potatoes, quartered
- 1/4 cup finely chopped onion
- 2 tbsp butter
- 1 tbsp chopped fresh dill
- 1/4 tsp salt
- 1/4 tsp pepper



Place potatoes and enough water to cover in 3-quart saucepan. Cook over high heat until water comes to a full boil (4 to 6 minutes). Reduce heat to medium. Continue cooking until potatoes are fork tender (8 to 12 minutes). Drain. Return potatoes to pan. Stir together all remaining ingredients in small bowl; pour over potatoes. Cook over medium heat, gently stirring occasionally, until heated through (3 to 5 minutes).

### Liberian Collards & Chicken

- 1/2 chopped onion
- 1 tbsp diced hot peppers
- 2 tbsp. oil
- 2 chicken bouillon cubes
- 2 cups cut-up cooked chicken
- chicken broth
- 1 bunch collard greens, chopped
- 1 cup dry rice

Brown onion and pepper in oil. Add bouillon and broth. Add chicken and greens. Cook 15 to 20 minutes until greens are tender. Add salt and pepper to taste. Serve over cooked rice.

### Collard Greens and Okra

- 1 bunch collard greens
- 3/4 lb. fresh okra
- 1 lg. red onion, sliced
- 4 cloves garlic, crushed
- 2 tbsp soy or other vegetable oil
- 2 tbsp palm oil (optional)
- 1 tbsp ground coriander
- 1/2 tsp cayenne pepper
- 1/2 cup chopped cilantro

Wash collard leaves individually on both sides with rubbing motion. Stack approximately 15 leaves evenly. Roll from long side in cigar fashion. Cut into 1/8 inch ribbons. Continue until all leaves

are cut. Drop into boiling salted water just to cover. Blanch 4 minutes only. Drain. Set aside. Reserve one cup cooking liquid.

Wash okra and cut off tops. Slice diagonally into about 4 or 5 slices per stem. Sauté onion, okra, and garlic in soy oil or palm oil (if used) 8 minutes. Add drained collards, coriander and cayenne. Stir-fry on medium high heat 5 minutes. Serve immediately with cilantro as garnish.

### Sautéed Spinach

- 1 bunch spinach
- 2 to 4 tablespoons extra-virgin olive oil, divided
- 1 large clove garlic, peeled and crushed
- Kosher salt and freshly ground black pepper
- 4 lemon wedges

Remove the spinach stems. Tear the leaves into large pieces. Fill a large bowl with cold water and wash the spinach. Repeat 2 or 3 times until the spinach is thoroughly cleaned. Drain.

In a large skillet, heat half the oil over medium heat, add the garlic and stir until it begins to turn golden, about 3 minutes. Remove the garlic and discard. Add the spinach in batches, stirring to wilt, before adding more. When all the spinach has been added, raise the heat to high, season with salt and pepper, and cook, covered, for 3 minutes. Drain the spinach in a colander. Return spinach to the skillet to heat through. Serve in a medium bowl, drizzled with the remaining oil and garnished with lemon wedges.

### Avocado Boats

- 3 ripe Haas avocados
- 1 lemon
- Tabasco sauce, a few drops
- 2 tbsp olive oil
- 2 small tomatoes, seeded and chopped
- 2 scallions, chopped
- kosher salt

Cut into and all around the pit of each avocado, down to the pits. Twist the avocados and separate them. Whack the corner of your knife into each pit and remove it. Using a large spoon, scoop out each avocado half and arrange them on a plate. Dress the avocados with lemon juice, a few drops of hot sauce and a drizzle of extra-virgin olive oil. Combine the tomatoes and scallions and season with salt. Fill the avocados with plum tomatoes and serve.