

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



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Week of April 17, 2006

## Study: Obesity Not In Eye Of Beholder

Obese people have a blind spot when it comes to their own weight problem, according to a study that showed only 15 percent of people in that category view themselves as obese.

Such a lack of self-awareness can be deadly.

"If somebody doesn't perceive themselves to be obese, they are most likely not going to pay attention to any public health information about the consequences of obesity," said Kim Truesdale, a nutrition researcher at the University of North Carolina at Chapel Hill.

Among those consequences are heightened risk of heart disease, diabetes, high blood pressure and arthritis.

The study of 104 adults, ages 45 to 64, showed that only 15 percent of people who fit the body type for obese correctly classified themselves that way.

In contrast, 71 percent of normal-weight people and 73 percent of people classified as overweight were accurate in their self-assessments.

"I think part of the disconnect is just the overall image people have when you say 'obesity,'" said Truesdale, who presented her findings recently at conference in San Francisco.

"They see someone who's 400 pounds, maybe morbidly obese. They don't think about the person who's 5-10 and you weigh 208, 209 pounds and you are technically obese. You can probably think of a lot of men who are 5-10 and over 200 pounds."

A 5-foot-10-inch adult -- both male and female -- is overweight at 174 pounds and obese at 209, according to the U.S. Centers for Disease Control and Prevention.

John Cawley, a researcher at Cornell University who has studied body image, questioned the study's reliance on body-mass index as a measure of obesity. He said many researchers view BMI -- a ratio of a person's weight and height -- as being of limited use.

"BMI does not take into account body composition -- weightlifters and other athletes

may be classified as clinically obese because their weight is high even though they have almost no fat," Cawley said.

On a Web page that discusses BMI, the federal Centers for Disease Control and Prevention makes a similar point, giving the example of a 6-

foot-3 man who weighs 220.

A BMI ratio of 27.5 defines that man as overweight when in reality he could be anything from a musclebound bodybuilder to a schlumpy couch potato.

"BMI is only one piece of a person's health profile," the CDC notes.

Unfortunately, as many experts note, most Americans are not overweight because of an excess of muscle. And more than two-thirds of the country is fat.

The CDC's latest survey reported 71 percent of men are overweight and 31 percent are obese. For women, it's 62 percent overweight and 33 percent obese.

### Harvest Blend Regular

- Red Chard
- Baby Carrots
- Red Leaf Lettuce
- Red Onions
- Tomatoes
- Green Bell Peppers
- Zucchini
- Fuerte Avocado
- Royal Gala Apples
- Valencia Oranges
- Red Bartlett Pears
- Kiwi
- Russet Ruby Grapefruit

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

### OO Reminder

Now that warmer days are upon us, please remember it is your responsibility to leave a cooler outside your door if you are not home to receive the delivery.

This is especially important if you are receiving dairy with your produce.

While we have, in the past, left the thermal bags at your door, we would really prefer not to do so, as the return rate on these bags is often a problem for us.

A cooler is also better for you because ice packs in the cooler will do a better job of keeping your food fresh in the ambient temperature than our bags without any ice.

Thank you for your business, and let us know if you have any questions.



# Recipes

## Carrot Cake

- unsalted butter, for the pan
- 2 1/2 cups, all-purpose flour, plus extra for pan
- 12 oz grated carrots, medium grate
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp ground allspice
- 1/4 tsp ground cinnamon
- 1/4 tsp freshly ground nutmeg
- 1/2 tsp salt
- 1 cup sugar
- 1/4 cup dark brown sugar
- 3 large eggs
- 6 oz plain yogurt
- 6 oz vegetable oil
- cream cheese frosting, *see below*

Preheat oven to 350 degrees F. Butter and flour a 9-inch round and 3-inch deep cake pan. Line the bottom with parchment paper. Set aside. Put the carrots into a large mixing bowl and set aside. Put the flour, baking powder, baking soda, spices, and salt in the bowl of a food processor and process for 5 seconds. Add this mixture to the carrots and toss until they are well-coated with the flour.

In the bowl of the food processor combine the sugar, brown sugar, eggs, and yogurt. With the processor still running drizzle in the vegetable oil. Pour this mixture into the carrot mixture and stir until just combined. Pour into the prepared cake pan and bake on the middle rack of the oven for 45 minutes. Reduce the heat to 325 degrees F and bake for another 20 minutes or until the cake reaches 205 to 210 degrees F in the center.

Remove the pan from the oven and allow cake to cool 15 minutes in the pan. After 15 minutes, turn the cake out onto a rack and allow cake to cool completely. Frost with cream cheese frosting after cake has cooled completely.

Cream Cheese Frosting:

- 8 oz cream cheese
- 2 oz unsalted butter, room temperature
- 1 tsp vanilla extract
- 2 cups powdered sugar, sifted

In the bowl of a stand mixer with paddle attachment, combine the cream cheese and butter on medium just until blended. Add the vanilla and beat until combined. With the speed on low, add the powdered sugar in 4 batches and beat until smooth between each addition. Place the frosting in the refrigerator for 5 to 10 minutes before using.

## Mexican Macaroni Salad

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 3 cloves garlic, minced
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/2 pound penne pasta, dry
- 1 cup panela cheese, julienned

- 1 small red onion, chopped
- 3 pickling cucumbers, peeled and chopped
- 2 roma tomatoes, seeded and chopped
- 1/3 cup capers, drained of their liquid
- 1/2 bunch oregano, leaves chopped
- 2 serrano chiles, stemmed, seeded and minced

To cook the pasta, bring a large pot of water to a boil with salt and a little oil. Cook about 8 to 10 minutes or to al dente, drain well and spread on a sheet pan to cool. When almost dry lightly coat with olive oil. Then cover well till ready to toss salad. To make the dressing, place the oil, vinegar, garlic, salt and pepper in a jar. Cover and shake to mix well. Toss the pasta, Panela cheese, onion, cucumbers, tomatoes, capers, and oregano with the dressing until well coated. Chill.

## Vegetable Pancakes

- 1/2 cup all-purpose flour
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 egg
- 1/4 cup milk
- 1 cup grated carrots
- 1 cup grated zucchini
- 2 green onions, sliced
- 2 tbs oil

In a mixing bowl, stir together the flour, baking powder, salt, and pepper. In another bowl, beat together the egg, milk, carrots, zucchini, and onions. Add this to the dry ingredients and stir until combined. Using a large skillet, heat 1 tablespoon of oil over medium heat. Pour the batter by tablespoons into the pan, making a few pancakes at a time. Cook about 2 minutes on each side and golden brown. Add the remaining oil to the pan as needed. Serve pancakes at once.

## Sopa Seca

- 1/2 pound dried coiled egg noodles, i.e. vermicelli or capellini
- 1/4 cup vegetable oil
- 1 yellow or white onion, minced
- 1 clove garlic, minced
- 2 fresh Anaheim chiles, seeded and chopped
- 1 zucchini
- 2 firm-ripe tomatoes, seeded and chopped
- 1/2 tsp dried oregano
- 2 cups chicken broth
- salt and pepper

Put noodles in a sealable plastic bag and break into small pieces by rolling with a pin or crushing with your hands. Heat the oil in a large frying pan over medium-high heat and add onion, garlic, and chiles. Cook, stirring often, until vegetables are softened, about 5 minutes. Add noodles and stir until lightly toasted and well coated with oil. Add zucchini, tomatoes, oregano, and broth; cover and let simmer until almost dry (about 15 minutes). Season with salt and pepper, and serve.