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NOVEMBER 2011

Avocado-Herb Marinade



INGREDIENTS

Whole Avocado (Peel and remove pit)
2 T Chives
2 T Dill (fresh)
2 T Basil (fresh)
1 Pearl onion
2 T Red onion
Fresh Pepper
¼ cup Water
1 T Ponzu or Lite Soy Sauce
*½ Lemon (whole)
2 T Mustard
Paprika

* (including rind)



DIRECTIONS

Put all ingredients in Magic Bullet and blend. May be used as a marinade on almost anything you can think of. Also good as a dip for fresh veggies!

Milk Substitutes VS the Udder Milk



"I lost 140 pounds and I can help you lose weight and keep it off too!"

I like to think of myself as a fairly traditional person both in my personal and professional lives. That having been said, I also like to think of myself as open to new and innovative ideas in all aspects of my life. One thing that has been banging around my consciousness is the subject of milk substitutes. Granted, the topic doesn't compare with topics such as global warming, or the national health issue, but as a nutritionist in whom my many clients place their weighty expectations, I feel as though I must take the bull, or rather, the cow by the horns and give you my take on this subject. It's a topic that has both intrigued and bothered me for some time.

What is milk? As defined by the Encarta (on line) Dictionary, milk is: "a nutritious fluid produced by mammals." Now, the definition goes on to describe milk as: "an opaque white fluid produced by cows, sheep, or goats and is used by human beings as a drink, and in cooking, etc." It also gives the many forms and usages of the topic such as "removing liquid from something." Another definition is to "steal slowly and steadily as if to milk

something" which is what I am apparently doing right now. Sorry.

"A nutritious fluid produced by mammals." To me, the traditionalist, THIS IS milk. So now, let's look at the numerous milk substitutes that are found in our local supermarkets and how they are, or are not relevant to our daily nutrition and health. The list, while not endless, is substantial. The milk substitutes are: Lactose free milk, Soy milk, Nut milk (what's this about?) Rice milk, Hemp milk, and Oat milk are some other "non-milk" milks. I am sure that there must be other milk substitutes, but I think that to list more of them would be to, well... milk the topic.

I also believe that the consumer is easily and purposefully misled by the labels that the various manufacturers place on their products. By putting a spin, so to speak, on the labeling the manufacturers can "fit" their products into a category. I believe this is fundamentally wrong. "Fitting" a product into a category doesn't necessarily mean that that product "belongs" in that category. I personally don't believe that anything other than the liquid which is, in fact "milked" from a mammal should be called milk. But folks, that's the traditionalist in me. I believe in telling the truth, simple as that!

When you squeeze an orange, do you call the liquid in your glass orange milk? Of course not. When we squeeze grapes, besides calling the liquid product wine, we don't say we have a glassful of grape milk! No we call those things juices. So that is why I, as a nutritionist and ultimately, just like you, a consumer, believe that the residue that comes from almonds, hemp, rice, soy, nuts and other non-mammal things should be called exactly what it is: juice or water!

In order to understand the need for so many "milk" products, we must recognize the fact that there are many people whose systems simply will not tolerate lactose. So, in order for them to have something other than tap water to put on their morning cereal, other "milks" were created. The nutritional label showing fat, calories,

About Ginger



Ginger is a tangy, aromatic spice that has been used as both, a seasoning and for medicinal purposes since ancient times.

Native to southeastern Asia, it is mentioned in the early writings of Confucius and in the Koran. It became so popular in Europe, that it was regularly served along with salt and pepper.

Ginger gets its name from the Sanskrit, *singabera* which means "horn shaped," which is what ginger root looks like. It is available fresh all year round but can also be found in powdered and pickled forms.

Try adding ginger to vegetable dishes for a quick "pick me up." It's delicious with meat, fish and chicken too!

Fiveson's Food

You don't have to be a client to eat healthy and enjoy it!

**Over 100 menu choices!
New items added often!
Formulated from Linda's
"own" personal recipes
since 1989.**

**NO sugar, NO flour,
NO gluten,
NO refined carbohydrates.**

More of Linda's exclusive recipes are available on her website: www.lindafiveson.com

