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SEPTEMBER 2014



Recipe of the Month

Indian Vegetable Stew



Ingredients

1 large eggplant, cut into small chunks
3 cups cauliflower florets
2 cups baby spinach leaves, washed well
2 medium tomatoes, diced
1/2 tablespoons curry powder
1 teaspoon mustard seeds
2 tablespoons olive oil
2 cups water
1 large onion, diced
1 tablespoon garlic powder
1 teaspoon finely grated fresh ginger
1/2 teaspoon salt
* 1/2 cup nonfat plain yogurt for topping if desired.

Directions

Put oil, onion, garlic, ginger and salt in a large pot and cook, stirring, until they brown slightly. Add eggplant, cauliflower, tomatoes and water. Sprinkle with seasonings and bring to a simmer. Cover the pot and lower the heat, stirring occasionally, until the vegetables are tender. Add spinach leaves and simmer a few more minutes, stirring the mixture. Top each serving with a spoon of yogurt, if desired.

More recipes can be found on our website.

Will This Be the Last Time?

We're working out, running, doing yoga, biking, x-boxing, eating fat-free, high fiber, low carb, gluten-free, heart-healthy, organic, vegan, raw, juicing, using kale in everything, choosing foods high in antioxidants, shopping in Trader Joe's & Whole Foods, to name a few. These are words that have become fixtures on labels promising the consumer that this is the way to more nutritious eating and better health. But what these labels do not say is that we are eating "well."

Very often the manufacturer will re-label a package or lower an ingredient on the list (not remove the ingredient) to accommodate the consumer's demand for a healthier product. We read books that are published every day on "the new, best, healthy way to eat" which has proven that the search will never end. It's all about what makes money.

It becomes obvious that we need to go back to the basic fundamentals of eating. The fact is that foods that are less processed and contain a lot less ingredients and foods that grow and/or have had a life are simpler and better for everyone. Physiologically speaking, our digestive system evolved from the cave-

man. Not much has changed "internally", but what we put into our mouths has changed "externally," dramatically and exponentially!

Food marketers design attractive labels, use false claims and even plan the strategy of where to place the products on supermarket shelves. This is all done to bombard our desires to be healthier; however, we are only lured into wasting time with little or no result at all.

You would think by now we would be free of Type 2 Diabetes and have substantially less heart disease and food allergies, not to mention fewer learning and attention problems because we are eating so conscientiously. If you think about it, these products don't become assimilated into an average person's eating routine. Often you can't enjoy typical social situations, eating out, holiday meals or routine dining because they do not offer these "special" products. As a result, you have to bring your own or not eat at all.

Think about it. Would you rather eat a meal replacement bar or drink a shake in lieu of a hot meal? A caveman wouldn't have heard of such a thing not to mention there were no microwave ovens back then

Another problem with these "healthier" foods is that we eat more when we think they are LESS in something we feel is fattening. For instance, low-fat products usually contain more sugar and/or processed carbohydrates which will turn to stored fat! The reverse is true too; low-sugar products typically have excess fat.

We seem to be in a "no win" situation. Each time we try something new we only become more frustrated and discouraged. We have to return to the original, simpler way of eating. That means less complicated, less processed, less steps, less ingredients on labels and certainly less worry as to "what" we do actually consume.

We have the right to challenge even the largest manufacturers' food products. Aren't we the consumers who keep these products on the shelves? High sales volume has not resulted in a higher healthier population which leads us to where we are today. This is the best indicator that we need to go back to basics if we want healthy eating to translate into us becoming healthier beings.

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www.lindafiveson.com

Food Trivia

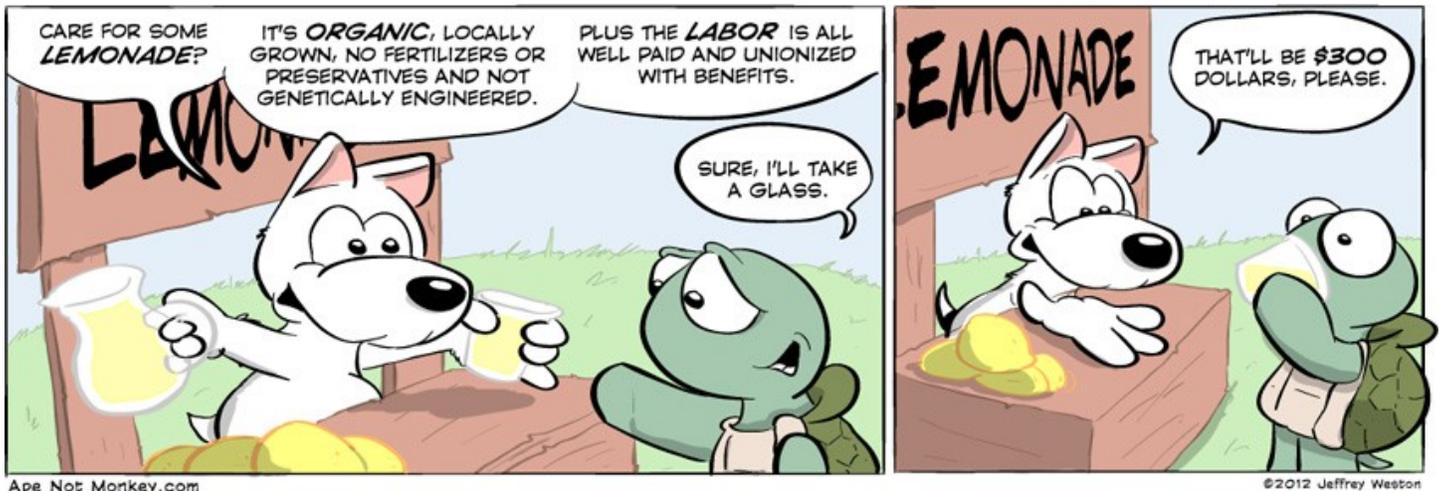
How much food trivia do you know? Answers are at bottom of page.

1. What type of fat are avocados high in?
a) monounsaturated b) saturated c) polyunsaturated
2. Which is an example of a cruciferous vegetable?
a) carrots b) cabbage c) green beans
3. Botanists don't classify the strawberry as a true berry because it
a) has seeds on outside b) isn't round c) it's larger than most berries.
4. The term "macerate" means
a) to crush b) to soak c) to chop or crush coarsely
5. According to the National Restaurant Association, how long should you wash your hands before handling food?
a) 30 seconds b) 1 minute c) 20 seconds
6. Who brought cucumbers to the Americas?
a) the French b) Christopher Columbus c) the pilgrims
7. What is curry?
a) a leaf b) a blend of spices c) both, a leaf and a blend of spices
8. Found in fruit, fructose is a type of
a) sugar b) flavor c) lactose

Linda Says...

We are always looking for
new and better ways;
And that is why there's a
never-ending healthy food
craze!

*(Don't believe everything
you see and hear!!)*



Fiveson's Food

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*

*Do you have a question or
suggestion? A personal strategy
you'd like to share?
Send it to us and we'll consider it for
a future edition!*

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Answers to Puzzle
1(a) 2(b) 3(a) 4(b)
5(c) 6(b) 7(c) 8(a)