



Make Healthier Choices at the Grocery Store

News from Cornell Health and Nutrition

September 2008

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Ah yes, September

Warm days, cool nights and the full bounty of the garden. We were blessed in Chicago with a gorgeous (sunny, warm but not searingly hot, low humidity) August, so September is less of a relief than usual, but it's still, in my mind, one of the best months.

It's also a time I like to start new things - must be all those years of education! What about you? Have you planned to lose weight and live healthier now that summer is over and you are back to a more regular routine? Or are you depressed

New Tool to Help you Make Healthier Choices while Grocery Shopping

Yale University's Griffin Prevention Research Center and a group of independent, unaffiliated (with food companies) nutrition experts have created the **OVERALL NUTRITION QUALITY INDEX (ONQI)** to help guide your choices while grocery shopping. Due to launch before the end of 2008, the ONQI rates foods on a scale from 1 to 100 based on nutrients, vitamins, sugar, and salt as well as impact on blood pressure and other health concerns. So broccoli, oranges, green beans and blueberries get 100 while soda and popsicles get a 1. The score will be in a double hexagon logo reading NuVal; the higher the number the higher the nutritional value. You'll start to see these ratings on store shelves, not on the food package itself; use them as your guide to make healthier choices.

For more information on where your favorite food falls on the index, [click here](#). You can also read about the experts and their methodology using the same link.

Until the numbers start to be widely used, follow these general guidelines by reading the nutritional labels on the back of the package:

- if it says "partially-hydrogenated" anything put it back - this is what adds trans fats to food and there is NO safe level of consumption
- if high fructose corn syrup is an ingredient (watch those fruit juices!), put it back

And shop the perimeter of the store - that's where the freshest ingredients are.

A little knowledge and diligence can make you a better shopper!

summer is over and trying to ease your sadness with food? Check out one of my [workshops or web seminars](#) to help you. Or call for your free one-hour health consultation (773-427-6630).

A couple of weeks ago, I planted the fall crops, in and among the tomatoes in my garden. I put in a lettuce mix, Swiss chard, spinach, beets, onions, and kale. Every day I check to see what has sprouted, if anything, and to keep the seeds wet if they haven't sprouted. The remnants of Hurricane Gustav are currently dousing us with rain, which the garden is literally soaking up. If it were a person it would be joyful.

What do you have to be joyful about this month? What steps can you take to make next month better than this one? Remember, you have to make changes one step at a time ...

Wishing you abundance from your life and your garden,

Natalie

Quick Links

[Register Now](#) for My

Recipe of the Month: Tomato Salad

Ingredients

1/4 cup balsamic vinegar
1/2 lb tomatoes (a mix of varieties is best)
2 teaspoons kosher salt (or other large grain salt)
1/4 cup fresh basil leaves

Directions

1. Put balsamic vinegar in a non-reactive pot and heat on medium-high until boiling. Reduce heat and let about 1/2 the vinegar boil away, about 5 minutes. It will look syrupy. Remove from heat to let cool slightly. If it cools too much and you can't pour it, just heat it slightly until it softens.
2. Chop tomatoes into same sized pieces. If you are using a variety, use as many colors as possible.
3. Sprinkle with salt.
4. Pile the basil leaves up into one pile. Roll into a cigar shape. Slice across the cigar with a knife or scissors to make ribbons. Mix with the tomatoes.
5. Drizzle with vinegar. Stir to distribute evenly.

This recipe really showcases a crop that is in high season for the next few weeks. Try to get your tomatoes from the Farmer's Market as they have the best taste (they were just picked so have had time to ripen on the vine). Reducing the balsamic vinegar removes the acid bite and just adds a little sweet sauce.

There are Many Ways to Become a Client

- Want to jumpstart a weight loss program? Clear your body of toxins or fat? I now offer a variety cleansing programs using the #1 products on the market today. There's an 11 day program or a 30 day program (national average weight loss for the 11 day program is 7 lbs.). [Click here](#) to learn more about the programs and products.
- Individual coaching programs to help you meet weight loss or healthy living goals .
- Employer programs to reduce absenteeism, increase productivity, and teach employees about things like healthy eating on the go and stress reduction.
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of two to ten

Fall Healthy Eating Series

[More About Us](#)

friends we can do a single or series of cooking lessons based on the skills of the group.

- Attend a workshop. We give them in person in Chicago or via the web. For a web seminar, all you need is a phone and a computer connected to the Internet. See below for more information about our next web seminars.
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood to learn to fuel your body correctly.
- Group coaching programs if an individual program is too much of an investment.

[Contact me](#) to learn more about any of these services.

Upcoming Events: Fall Series of Workshops and Web Seminars

In each month, we'll have a workshop or two web seminars - often both! Workshops will take place at Chiropractic for Life; web seminars will take place wherever you have Internet access and a phone. Cost will be \$25 for each, but if you buy the whole 4 session series before the first one, you'll get one free: \$75.00. This offer expires as soon as the first session takes place, so act now! [Click here](#) for the exact dates and times of each session - and to register.

Current clients of Cornell Health and Nutrition may participate in any of these workshops or web seminars without charge.

September

Diet Improvements Everyone Can Use

- Portion Sizes: What's a Serving?
- A Better Nutritional Pyramid
- What to Eat More of and What to Reduce for Your Best Health

October

Six Foods that Give the Biggest Nutritional Bang for the Buck

- The list
- Shopping for them
- Preparing them

November

Holiday Season Survival: Tips for Keeping off Extra Pounds

- The Food, The Drinks: How to Choose
- Strategies to Keep from Over-eating
- Minimizing holiday stress

December

Eating with the Seasons

- What's in season when?
- How to get the right vegetables in winter
- Tasteless tomatoes and other oddities of the grocery store

New Starts in September

In addition to all the fall workshops, I'm working on a new web site. I can't wait to share it with you, so stay tuned. If there are topics you wish someone would explain to you, let me know - I might be able to build a workshop or web seminar around your questions.

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