



WOW! What an amazing Fall it has been. I am a little selfish loving the extended summer temperatures. All of you who are booing me just wait until January and you will long for these days. I had a fantastic time in September working with KIND Snacks on their new product that I will share with you. The month also included a cooking demonstration at Williams Sonoma. I wanted to show a healthy vegetarian protein option, such as meatless meatballs from Veggie Patch. I love to serve them as an appetizer with a healthy Tzatziki recipe that I made at the event (included below). Last, I received a copy of the four Yummy Tummy Recipes books for children, by Marilyn LaPenta, that I consulted for. Wishing everyone a wonderful Fall filled with delicious food!

Attention KINDAHOLICS



There's now an entirely new way to enjoy KIND! You've long been asking for more ways to Do the KIND Thing for your body, your taste buds, and the world™, and they've answered with KIND Healthy Grains.

KIND Healthy Grains are delicious, artisanal blends of nature's most healthful whole grains and superfoods, hand-crafted to give you more health benefits in every bite. With six distinctive varieties made from wholesome ingredients you can see and pronounce®... it doesn't get much KINDER than this!

- **Peanut Butter Whole Grain Clusters**
- **Vanilla Blueberry Clusters with Flax Seeds**
- **Cinnamon Oat Clusters with Flax Seeds**
- **Maple Walnut Clusters with Chia & Quinoa**
- **Dark Chocolate & Cranberry Clusters**
- **Oats & Honey Clusters with Toasted Coconut**

Kind is being very generous and offering free shipping for one week so you can be one of the first to shop KIND Healthy Grains on KINDsnacks.com. Please place your order by **10/7 at Midnight EST** by using **promo code SHIPFREE**. Also visit their website to see what KIND act is going on this month.

Each month, KIND challenges people everywhere to carry out a specific act of kindness (KINDING Mission) on the first Tuesday of the month (KIND Tuesday). If enough people sign up to complete that month's KINDING Mission, KIND carries out a BIG KIND Act for a group of people that really needs it. This month, because enough people carried out one act of kindness, KIND will be teaming up with National Breast Cancer Foundation to deliver care packages to hundreds of women undergoing chemotherapy. To start making your kindness count, join the movement at www.KINDMovement.com!

Food for your brain:



Certain foods have been proven to keep you alert and improve overall brain function. Eating a diet rich in essential amino acids, omega oils, vitamins and minerals can protect and keep your brain healthy over time.

- **Fish:**
 - Salmon, sardines - these fish are high in omega 3 fatty acids, which have been linked to improved cognition, alertness and enhanced mood.
 - Oysters - high in selenium, magnesium, zinc and iron, which have been shown to help with memory and information recall.
- **Nuts and Seeds:**
 - Flax seeds, chia seeds, pumpkin and sunflower seeds- these seeds are high in omega 3's additionally are healthy as they provide fiber and other nutrients.
 - Almonds, walnuts, cashews- offer a great combination of essential fatty acids, fiber and protein. They also contain vitamin E, folate, and vitamin B6. Brazil Nuts are a good source of selenium.
- **Cocoa** - in its pure form contains antioxidants (flavanols) and some caffeine -which can help keep you alert.
- **Fruits:**
 - Avocados - great source of healthy fats, fiber and vitamin E - all essential to cognitive function. They contain the amino acids necessary for memory and brain function.

- Acai berries and blueberries - both are very high in antioxidants, which protect against free radical damage, combat inflammation and are linked to lower risk in Alzheimer's.
- **Vegetables:**
 - Leafy greens- such as spinach, kale, swiss chard are all good sources of iron, antioxidants and essential nutrients.
 - Broccoli, cauliflower and Brussels sprouts provide choline, which is important for cognition and memory.
- **Eggs** - the yolks provide choline, a building block of brain cells, which helps with cognition and memory, protein and fat for energy - organic eggs are a good source of the antioxidant selenium.
- **Whole grains** - glucose is the brain's main source of energy. All carbohydrates breakdown to glucose.
- **Green tea** - good source of antioxidants and polyphenols to prevent aging of the brain. Green tea also contains a minimal amount of caffeine to fight mental fatigue.

SUGAR IN WINE

Sugar is necessary for winemaking. During the process of fermentation, the sugar molecules in grapes are converted to alcohol and carbon dioxide by yeast.

The primary sugars in grapes are glucose and fructose. There are other sugars present, but are in lesser quantities. In some cases sugar is added to the grapes, known as chaptalization, to increase the alcohol content.

Grape maturity at harvest is critical for fermentation and perceptible sweetness. The [Brix scale](#) was developed to monitor sugar development and concentration. Brix readings give objective numbers that are used to determine the appropriate time for harvest.

Currently, there are no regulations in the United States regarding labeling the sugar content of wines, so for exact information about the nutritional content of your wine, you should check with the winery.

In general, most red wines have little sugar and most sweet wines are white. Key terms on the wine label can help you determine how sweet a wine will be. For example the term "dry" indicates a wine with less sugar.

Here is a chart showing some basic wines content of sugar vs fruits

Sugar food sources	Sugar content (g/100 gram food)
Dates, deglet noor	63.35
Apples, dried, sulfured, uncooked	57.19
Peaches, dried, sulfured, uncooked	41.74
Plums, dried (prunes), uncooked	38.12
Plums, dried (prunes), stewed, without added sugar	24.98
Strawberries, frozen, sweetened, sliced	24.01
Plums, canned, purple, heavy syrup pack, solids and liquids	22.31
Plums, canned, purple, heavy syrup pack, solids and liquids	22.30
Peaches, frozen, sliced, sweetened	22.18
Blueberry, frozen, sweetened	19.72
Peaches, canned, heavy syrup pack, solids and liquids	18.64
Grapes, red or green (european type varieties, such as, Thompson seedless raw)	15.48
Mangos, raw	14.80
Plums, canned, purple, juice pack, solids and liquids	14.22
Bananas, raw	12.23
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	10.90
Apples, raw, with skin	10.39
Peaches, canned, juice pack, solids and liquids	10.27
Apples, raw, without skin	10.10
Blueberry, raw	9.96
Apricots, raw	9.23
Plums, raw	9.92

Kiwi fruit, (chinese gooseberries), fresh, raw	8.99
Peaches, raw	8.39
Melons, honeydew, raw	8.12
Melons, cantaloupe, raw	7.86
Papayas, raw	5.90
Strawberries, raw	4.67
Corn, sweet, white, cooked, boiled, drained, without salt	4.06
Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	3.59
Corn, sweet, yellow, canned, vacuum pack, regular pack	3.56
Corn, sweet, yellow, canned, cream style, regular pack	3.23
Corn, sweet, yellow, cooked, boiled, drained, without salt	3.17
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	3.07
Lemon juice, raw	2.40

The Simple Egg



Eggs are fantastic for many reasons. They are inexpensive, provide key nutrients and can be prepared many ways. Unfortunately they have gotten a bad rap over the years due to the yolk containing 5g of fat. Recent studies have shown that a moderate consumption of eggs does not increase cholesterol. Each egg does have 5g of fat but only 1.5g of the unhealthy saturated fat.

One egg contains 9 grams of protein and 9 essential amino acids. A whole egg is a good source of choline. This is an important nutrient that helps regulate the brain, nervous system and cardiovascular system. Eggs are one of the only foods that naturally contain Vitamin D. In addition they are good for the hair and nails due to their high sulphur content and array of vitamins and minerals including vitamin B12.

I do love a good omlete but get frustrated when I hard boil eggs. They either turn out undercooked, or over cooked with that gray like coating on the outside of the yolk. Also half the time when I peel them I loose part of the white as it is attached to the shell. I did a little research on how to improve my hard boiled egg skills so I thought I would share them.

First start with eggs that are not fresh, about a week old is good. This will help with the peeling.

- Place the eggs in a pot of COLD water. Be sure there is at least an inch of water above the top of each egg. The idea is to equalize the temperatures of the eggs and water so that both the water temperature and the egg temperature start out the same.
- Place the pot with the eggs and water over high heat until the water comes to a full boil. IMMEDIATELY take the pot off the heat and cover with a lid. The eggs will cook from the heat of the water. The eggs do not need to be,

and should not be, boiled. Overcooking eggs causes the iron in the yolk and the sulfur in the white to combine, and this is what makes that ugly grayish color around the yolk.

- Let the eggs sit in the pan in the hot water for 12 minutes for medium eggs, 15 minutes for large eggs and 18 minutes for extra large eggs.
- Drain the eggs and fill the pot with cold water. Letting the eggs sit in the cold water until the eggs are completely cooled helps the papery membrane stick to the shell, instead of to the egg, and makes the egg easier to peel.
- Let the eggs cool completely. They should now easily peel.

Hard boiled eggs in the shell can be refrigerated up to one week. Hard boiled eggs out of the shell should be used right away.



As the fall is upon us it may get more difficult to motivate to exercise. Luckily my friend Story VonHolzhausen contributed to Self Magazine in October with a workout you can do right in your own living room. If you missed the issue, click below. The concept is instead of lifting just one muscle group (like biceps), try "functional training" which mimics real world activities. When you engage upper and lower body simultaneously, you engage the core, improve your balance and increase heart rate while making huge strength gains. [Try these dynamic movements designed by Story founder of Liquid Strength.](#)

Media from this month

[Cosmo](#)

[USA Today](#)

Sharon's Kitchen



Tzatziki



12 oz Non Fat Greek Yogurt
1 English cucumber
1/4 cup Lite sour cream
2 Tbsp fresh squeezed lemon juice

1 Tbsp white wine vinegar

1 tsp minced garlic

1 tsp minced dill

2 tsp sea salt

1/2 tsp black pepper

Preparation

1. Finely grate cucumber. Lightly pat with paper-towel removing most moisture.
2. In a bowl, mix cucumber, yogurt, sour cream, lemon, vinegar, dill, garlic, salt and pepper.
3. Stir well.

Serves 4

Calories 70

Fat 1g

Carbs 5g

Sugar 4g

Protein 8.5g

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You only have one body. Treat it with respect!

Disclaimer:

The information provided in this newsletter are suggestions to consider in order to improve health. Please consult your physician before trying any new regime, food or herb.