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## APRIL 2012 | SPRING HAS SPRUNG

Somehow I don't think we are rhyming April showers bring May flowers this year, when they've started blooming in March! I've been loving it, especially my 6-mile walks with fitness expert [Natalie Uhling](#). She kicks my ass, literally, in Strengthen, Lengthen and Tone ([SLTNYC](#)), and then amps up the cardio as we brainstorm on how to make the world a healthier place! **In fact**, check out my advice in last month's articles in [Prevention](#) where I talk about the truth behind foods and their benefits and also in [Martha Stewart Whole Living](#) on how to keep your resolutions going.

April will be a jammed packed month! I start it off with a cooking demo at [Whole Foods at the Bowery location](#) on Thursday, April 5th. If you can't sign up for the class, I will post the recipes on my blog. The following day is the start of Passover and Good Friday followed by Easter. We all know the Easter bunny brings delicious, beautiful eggs and the Passover Seder plate has an egg to commemorate the Chagiga sacrifice (holiday offering), so I included an egg white frittata recipe below to keep with the holiday season.

An awesome pop-up, [SurfSET fitness](#), with the hottest NYC instructors, will be running April 3rd-May 1st at Chelsea Market. I'll be presenting some nutrition information after Natalie Uhling's Sleek Surf classes. Contributors to Conditioning Corner Keoni Hudoba (January) and Steve Feinberg (April) are among the celebrity trainers chosen by [RateYourBurn](#). April ends with Earth Day on the 22nd so I made some suggestions on how to "be a little greener." Follow my [blog](#) or [twitter](#) for more upcoming events such as [McDonalds meetups](#) where I will be sharing nutrition and wellness information to further spread their nutrition message. Until next month!



## Sharon's Suggestions

### Be a Little Greener!



This month, I wanted to highlight ways we can be nutritionally greener!

**DIY!** Avoid purchasing foods and make them yourself. Often, manufactures use salt and other preservatives when canning and packaging food. Cooking from scratch also cuts out steps of your food's lifecycle. If you have the space, take it a step further and grow your own fruits, vegetables and herbs.

**Buy Local!** Where the food you bring into your kitchen originates is just as important as the gadgets and appliances you have, so buy local whenever you can. Organic fruits from South America might taste good in the dead of winter, but consider the pollution caused by flying them to wherever you are.

[Learn more about wasting not & wanting not, clean green, and looking for the 'star'!](#)

## Nutrition News

### Allergy Season

With Spring upon us, many suffer from allergies. Did you know there is a type of food allergy that is classified by a cluster of allergic reactions in the mouth that often is present in those with asthma or hay-fever from tree pollen? This reaction is in response to eating certain raw fruits, nuts and vegetables and may be known as Oral Allergy Syndrome or Pollen-Food Allergy. It is due to a cross-reaction between plant proteins from pollen and fruits/vegetables. What is interesting is those who suffer this allergy are often able to eat those foods that give them a reaction when ingested raw, cooked! Cooking the protein that causes the reaction breaks it down, so stewed fruit, applesauce, and steamed/sauteed vegetables should be good to eat.

**Allergy to:** foods that potentially may cause a reaction

**Ragweed:** bananas, melons (watermelon, cantaloupe, honeydew) zucchini, cucumber, dandelions, chamomile tea

**Birch:** apples, pears, peaches, apricots, cherries, plums, nectarines, prunes, kiwi, carrots, celery, potatoes, peppers, fennel, parsley, coriander, parsnips, hazelnuts, almonds, walnuts

**Grass:** peaches, celery, melons, tomatoes, oranges

**Mugwort:** celery, apple, kiwi, peanut, fennel, carrots, parsley, coriander, sunflower, peppers

**Alder:** celery, pears, apples, almonds, cherries, hazelnuts, peaches, parsley

**Latex:** bananas, avocado, kiwi, chestnut, papaya

## Richter's Recipes

### Egg White Frittata with Swiss Chard, Basil, Shallots

#### Ingredients

6 Egg Whites  
2 Whole Eggs  
1 lb Chopped Swiss Chard  
4 Minced Garlic Cloves  
1 Cup Chopped Shallots  
2 Teaspoons Olive Oil  
3 Tablespoons Chopped Fresh Basil  
1 Large Sliced Tomato  
Salt and Pepper to Taste



#### Nutritional Information:

Servings: 4  
Calories: 85  
Fat: 3g  
Carbohydrates: 7g  
Total Carbohydrates: 7.4g  
Protein: 7g

[Click here for printable recipe and directions!](#)

## Conditioning Corner

### Steve Feinberg: Make time your friend!

Are you chained to your desk during the day? [Steve Feinberg](#), creator of [Speedball Fitness](#), advises us to get up for 5-10 minutes every hour and walk briskly to other offices, water cooler, or up and down stairs. He says that even a rigorous workout at night, "can't possibly reverse the crawl your metabolism drops down to in the face of 4-5 hours at a clip stagnant and stationary." According to Steve, "Time is a source of freedom. It allows us to appreciate our lives, make our living, and generally spend time doing important things with important people. Time can also be looked at as a limitation, a restriction on our freedom. The question is always the same, "How do I make time my friend?"

[Learn how to maximize your time!](#)



## Why Sharon?

I am a Registered Dietitian and for the past ten years have based my private practice in New York City. My main objective is to help others achieve a healthier lifestyle by incrementally creating attainable mental and physical goals. [Click here](#) to learn more!

## Let's Get Started!

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## Richter Reco Blog

Read about Sharon's most recent projects, nutrition advice, and media appearances!

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