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JULY 2012 | **SUMMER FUN**

Happy Independence Day!

What an amazing summer we are having! I am loving the gorgeous weather with walks in central park, BBQ's on my parents terrace and treats from the farmers market. It is my favorite time of year, but it always goes by too fast. While you are reading this, I am on vacation at The Ashram in California. I can't wait to share my experience with you. I hope to get some delicious vegetarian recipes, pictures of our hikes and improve my yoga. Check out [The Ashram!](#)

See you in August!

Sharon's Suggestions

Take me out to the ballgame!

Summer wouldn't be complete without a trip to a ballgame, street fair or amusement park. The experience is not complete without some food. Are there better options so you don't end up like a beached whale by Labor Day?

Try these tips!

Nutrition News

Sugary Soda Ban

Did you know that sugar-sweetened beverages are the largest source of sugar in the diets of American children and adolescent? And that over 25 million Americans have Diabetes and about two thirds of our country is obese? It is at epidemic levels, but the question is how to make a change?

- *Don't go starving, eat something before
- *Bring healthy snacks such as fruit, cut up veggies, or raw nuts
- *Share the food with someone since the portions are usually super sized
- *Try not to eat mindlessly, maybe eat during intermissions, while sitting down not walking around or in line
- *Try to stop before you are stuffed

Hot Dog vs. Pizza vs. Sausage&Peppers

A regular hot dog with mustard is about 290 calories: 180 for the two-ounce dog, 110 for the bun, and only 5 calories for mustard. Sauerkraut adds another 5-10 calories, and ketchup adds 30 calories. Be aware that foot long hot dogs are about double the calories. Pizza is about 435 calories per slice. A five-ounce sausage-and-pepper sandwich is about 430 calories.

[Check out this extensive comparison list of typical ballpark and street fair, and amusement park foods!](#)

Recently New York City Mayor Michael Bloomberg proposed a ban on sugary sodas larger than 16 ounces in most restaurants, theaters, delis, sport venues and vending carts. Exempt from the proposed ban are diet sodas that contain fewer than 25 calories per 8-ounce serving, fruit juices, dairy drinks and alcoholic beverages. Fast-food chains would be required to hand out cups that are sized 16 ounces or less regardless of if someone purchases a diet drink, but refills would not be prohibited. There has been a lot of chatter about the mayor stepping over the line calling him "Nanny Bloomberg." Let's see what happens, as the proposal requires the approval of the city's Board of Health, and could go into effect as early as March 2013. What do you think?

[Click here for a list of hidden sugars!](#)

Richter's Recipes

Corn, Crab and Tomato Salad



Conditioning Corner

Lower Back Pain

with Guest Columnist, Saul Zion

Tired of dealing with low back pain while sitting at your desk? Below are some changes you can make to make your workspace more biomechanically correct!



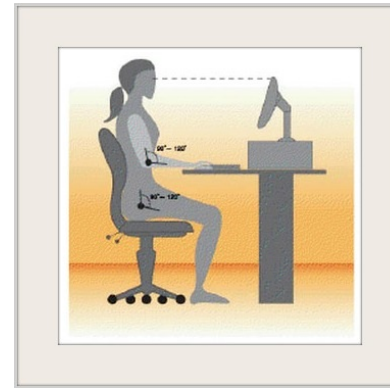
Ingredients

- 1 TBSP grated lemon rind
- 5 TBSP lemon juice
- 1 TBSP olive oil
- 1 tsp honey
- ½ tsp Dijon mustard
- 1 cup corn kernels
- ¼ cup thinly sliced basil leaves
- 2 TBSP finely chopped dill
- 2 TBSP finely chopped red onion
- 1 pound lump crabmeat
- 2 cups cherry tomatoes, halved
- 2 large tomatoes sliced

Directions

1. Combine lemon rind, 4 TBSP lemon juice, olive oil, honey, and mustard in a large bowl
2. Whisk well
3. Add corn, basil, dill, onion and crabmeat
4. Mix until coated
5. Add cherry tomatoes and gently mix
6. Arrange 2 tomato slices and top with ¼ corn and crab mixture
7. Drizzle remaining 1 TBSP lemon juice over each plate

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



1. Keep your feet flat on the floor

Don't cross your legs or sit on your leg. Having weight evenly distributed between your lower extremities takes pressure off of your back. Use a stool under your feet if they don't reach the floor.

2. Keep your hips slightly higher than your knees at approximately a 110-120 degree angle

This makes it harder to slouch in your chair. You may have to adjust your seat height.

3. Keep your elbows directly under your shoulders at a 90 degree angle

This lowers stress to your low back and neck. The further your arms are reaching the more your muscles have to work to maintain them in that position!!

[Learn more tips from Zion Therapy!](#)

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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