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MARCH 2012 | HEALTH REVOLUTION

A lot happened during this quick month of February. We lost legends including Whitney Houston and Gary Carter, watched a nail-biting Super Bowl where the superior team won (sorry it's the NY/NJ girl in me!), we have restored faith in the New York Knicks and Harvard with Lin fever, Lance Armstrong finished second in the Panama triathlon and one of my personal favorite charities, Cycle For Survival, raised over \$8 million this year. It was a lot to digest in just 29 days!

I didn't sit still either! I had a blast on [NY1 with Kefi Drexel](#) talking about snacking, and on [PIX 11 with Lisa Mateo](#) reviewing healthy eating for kids. I teamed up with [Corazonas Heart Healthy Snacks](#) for their "Flavor Revolution" promotion. On the 16th, I did a segment on [Pal Talk with Dorothy Lauren Cascerceri](#), Senior Editor of InTouch Weekly. As she was talking about the death of Whitney, my tagline came to mind: "You Only Have One Body. Treat It With Respect." So many of us abuse our bodies with extreme diets, over training, under-training, lack of sleep, over/under medicating, overeating and much more. We think we are invincible. Well, reality check, we aren't. So I challenge you to make some healthy changes this month. Maybe it is to follow my blog and add a new recipe weekly, go to the gym, perhaps take a day off from working out, or come up with some hysterical April Fools jokes. Whatever you decide, make it a realistic goal and stick with it. For insight and inspiration, check out my March articles in [Weight Watchers](#) magazine about crunchy snack ideas, my listing "In The KnOw" section of [Oprah Magazine](#), my snack bar experiment with [Men's Fitness](#), read how I shared KIND healthy grains "Chip Off Another Block" in [Specialty Food Online](#), and learn what I say about demystifying food labels in [Mint.com](#). Also, have you ever thought about becoming a dietitian or learning more about the field? Check out my professional profile, "A day in the

life of a Dietitian" on [About.com](#)! If you need any help along your way to better nutrition, shoot me an email or post on my blog. See you in April!



Sharon's Suggestions

Finding food with Plant Sterols

Two buzzwords you might have heard lately are plant sterols and plant stanols. They are both naturally occurring substances found in plants and are present in small quantities in many fruits, vegetables, vegetable oils, nuts, seeds, cereals and legumes. Research had shown that plant sterols and plant stanols have the ability to help lower cholesterol. Food manufacturers have taken these phytoosterols from their naturally occurring sources, concentrated them, and added them to foods that wouldn't normally contain them. Thinking of adding them to your diet? What I recommend is the following: If you currently use margarine or butter replace them with ones that contain the sterols just make sure they are prepared with fatty acids. I also recently learned about snacks from Corazonas. They include plant sterols in their tortilla and potato chips as well as their oatmeal squares. I am not suggesting you start adding chips to your diet, but if you are going to have some-why not ones that have some health benefits!

[Learn more about plant sterols and stanols!](#)



Nutrition News

My Plate



In June 2010, the U.S. government did away with the archaic and impractical food pyramid and implemented a more useful "My Plate" icon to guide Americans toward consuming a balanced diet. The plate is a wonderful tool that provides an actual visual of what your plate should look like as opposed to interpreting a food pyramid. The idea behind "My Plate" was based on the 2010 Dietary Guidelines for Americans. Some of the suggestions were:

- *Enjoy your food, but eat less.
- *Avoid oversized portions.
- *Make half of your plate fruits and vegetables.
- *Make at least half of your grains whole grains.
- *Switch to fat-free or low-fat (1%) milk.
- *Compare sodium in foods like soup, bread and frozen meals and choose the foods with lower numbers.
- *Drink water instead of sugary drinks.

[Find out more about My Plate!](#)

Richter's Recipes

Stuffed Cabbage



Ingredients

8 cabbage leaves
12 ozs lean ground beef (can use turkey)
1/3 cup chopped onion (I prefer Vidalia)
1 clove minced garlic
1 ¼ cups water
7 ½ ozs diced tomatoes (I use Muir Glen Fire flavor- do not drain)
½ cup quinoa
1 tbsp Worcestershire sauce
1 tsp dried oregano
1/4 tsp pepper
15 ozs tomato sauce (I use Muir Glen in the can)
1 tsp sugar
½ tsp dried basil
Salt to taste

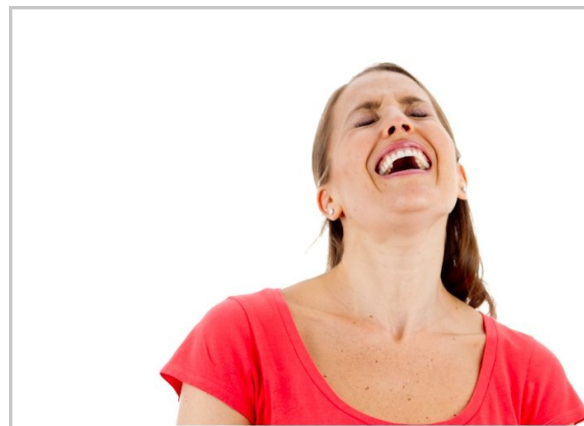
[Click here for printable recipe and directions!](#)

Conditioning Corner

Laughter to Lose Weight!

Reports indicate that Americans are turning to humor for relief from stress and as an escape from reality. According to Charles Darwin the sounds of laughter are short, spasmodic and broken, and as different as possible from screams or cries. And yours is as unique as your voice. Basically laughter makes the heart beat faster, works many different muscles and produces happy chemicals in the brain called endorphins. And get this- a big belly laugh uses about the same energy as walking more than half a mile, according to a study in The International Journal of Obesity. The researchers calculate that just 15 minutes of laughter a day will burn 10 to 40 calories, depending on a person's weight and the intensity of the laughter. That could drop between 1 and 4lb a year. So maybe it isn't so bad to be a couch potato sometimes?

[More about laughing off your calories!](#)



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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