

## We're Going Bowling

Wednesday, January 21, 2009



It's National Oatmeal Month, so [Sharon Richter, RD](#) is showing us how to get our *bowl* on.

This is how she rolls:

### In the store:

- **Strike:** No matter the variety (old fashioned, quick-cooking, etc), just make sure you're getting 3g or more of fiber.
- **Gutter:** Try to avoid flavored varieties, especially anything with over 8g of sugar.

### For breakfast:

- **Strike:** The best thing you can add is cinnamon (for no-calorie flavor that keeps you full), but Sharon also suggests mixing in apples, peanut butter, nuts or agave. Or melt frozen berries in oatmeal to create a sugar-fr\*ee syrup.
- **Gutter:** Stay away from dried fruit with added sugar. Also, healthy additions won't do much good if your portion is greater than about 1 cup

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### vital vocab

**/Chaga/** n: Long used as a medicinal mushroom (not the "magic" kind), this fungus is considered by herbalists to be a powerful free-radical and cancer fighter. It's also known for lowering stress, slowing aging, improving digestion and boosting energy. Want to give it a try? Chug your chaga in the new natural drink [Sayan Chaga](#).



cooked.

**In other foods:**

- **Strike:** Use oatmeal instead of bread crumbs in hearty dishes like [meatloaf](#). Or bulk up healthy foods like these [high-protein pancakes](#).
- **Gutter:** Don't be fooled by baked goods (like cookies and scones) made with oatmeal -- they're often loaded with fat and sugar.

We're getting a makeover and can't wait to show you our new look! We'd hate for you to miss it, so please add [vitaljuice@vitaljuice.com](mailto:vitaljuice@vitaljuice.com) to your contacts (your inbox might not recognize us with our new look and all).

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