

# THE PLAYGROUND

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## SHARON RICHTER, RD; NYC

Posted on [September 11, 2012](#)

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**Hometown:** New York, NY

**Background:** Sharon Richter is a Registered Dietitian who has established [a private nutrition practice](#) in Manhattan over the past ten years. Her objective is to help others achieve a healthier lifestyle by creating incremental goals that are both physically and mentally challenging and most importantly, achievable. Prior to her private practice, Sharon was the Director of Nutrition for The Tiger Schulmann Karate (TSK) organization. Sharon holds both Masters and Bachelors of Science degrees in Clinical Nutrition from New York University. While obtaining her Masters, Sharon worked with Dr. Howard Shapiro where she counseled and conducted nutritional research for his best-selling diet books.

A frequent contributor to various media venues, Sharon has provided dietetic expertise on [The Today Show](#), [Queer Eye](#), FoxNews, CNN, [NBC Local News](#), [NY1](#), NBC TheChannel 10 Show, [WPIX Channel 11 News](#), Dr. Steve Show, Healthination, Neutrogena Online, Living, Today on Martha Stewart Radio, and The Good Life Show. She has been cited in several publications including: O The Oprah Magazine, Health, Women's Health, Shape, Fitness, OK, Cosmopolitan, Golf, Men's Vogue, Seventeen, Kiwi, Runners World, and The NY Post. Sharon has also written articles for [Shape.com](#), [iVillage](#), and [ESPN W](#). As a lecturer, Sharon has spoken for large events for McDonald's, Nike Running Club, Kiehls, Booty Camp and Team Lipstick. In addition to her private practice, Sharon is an in-demand consultant for restaurants and nutritional products.

## SHARON'S VIEWS ON HEALTHY EATING AND NUTRITION:

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**What inspired you to become a nutritionist?** I was pre-med and took a nutrition class and knew it was my calling. I want to prevent the problems instead of fixing them after they hinder one's health.

**Low Fat, High Protein, Low Carb, Clean Eating, etc, etc...there are so many diet recommendations out there, it's overwhelming. What's your philosophy on healthy eating?** No food is forbidden. If you like red wine, like myself, then have it but perhaps skip the bread or dessert. Depriving oneself leads to overeating. Think of food as fuel.

**What do you find to be your clients' biggest challenges when it comes to healthy eating and how do you help them address these challenges?** Many use food as an emotional tool. They are angry with someone and eat. Bored? Eat. Happy? Eat...you get the picture. I suggest being a conscious eater. Think, "is eating a pint of really going to make the boy like me, or will finishing the bag of chips really punish my boss?" Find other activities to fill these times such as reading trashy magazines or boxing.

**Any tips for healthy staples to stock your fridge and pantry?** I always say nutrition is a bag of tricks so stock your kitchen with these tools to make healthy eating easier:

Breakfast: always a protein and fiber rich carbohydrates

- Refrigerator: low fat cheese, low fat/non fat yogurt/cottage cheese, eggs, fruit, low fat milk
- Freezer: frozen berries, whole grain waffles
- Cabinet/drawer: raw nuts, nut butters, high fiber/low sugar cereals and snack bars (<10g sugar >3g fiber), whole grain or sprouted bread, English muffins



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- Ballerinas that have traded in their tutus for tank tops [bit.ly/OgxGkB](http://bit.ly/OgxGkB) via @WellandGoodNYC @RefineMethod 1 hour ago

Lunch/Dinner: always a protein, vegetable and fiber-rich carbohydrates – can be decreased at dinner and double veggies



- Refrigerator: fresh or deli sliced turkey/chicken, grilled meats (chicken, turkey, lean beef), low fat salad dressings, mustard, cut up vegetables and/or salad, fruit
- Cabinet/drawers: non-cream soups, tuna, nut butters, whole grain or sprouted bread, crackers, whole grains (quinoa, couscous), spices/herbs
- Freezer: frozen veggies, low fat burritos and entrees/veggie burgers (about 5g or less of fat, 3g or more fiber), soups

Snacks: ideally protein, can also include vegetable and high fiber carbohydrate

- Refrigerator: cut up veggies, salsa, hummus, fruit, yogurt, cottage cheese
- Cabinet: raw nuts, nut butters, air popped popcorn, high fiber/low sugar cereals and snack bars (<10g sugar >3g fiber)

**Foods to avoid?** Butter, mayo, lots of packaged items especially if you cannot pronounce the ingredients, anything with MSG, hydrogenated oil, high fructose corn syrup

**Any suggested healthy recipes?** I love this one for Mustard Halibut

Ingredients:

- 1 pound of halibut
- 1 Tablespoon dried mustard



- @erinjacquesyoga  
@therichterreo @sltnyc  
@aligreen23 was amazing!! I get the obsession! Thx Erin!  
17 hours ago

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- 1 Tablespoon Dijon mustard
- 1 Tablespoon whole grain mustard
- 3 Tablespoon dry sherry wine
- 1 Tablespoon whole grain bread crumbs
  
- Cooking spray



Directions:

1. Preheat oven to broil.
2. Lightly coat bottom of roasting pan with cooking spray
3. Mix mustards, wine and bread crumbs.
4. Place halibut in roasting pan.
5. Evenly coat fish with mustard mixture.
6. Broil 3-5 minutes until brown.
7. Bake at 450 for another 4-6 minutes.

Nutritional Info:

- Serves 3
- Calories: 227

- Fat: 4g
- Carbohydrates: 4.5g
- Protein: 33g

**What diet tips do you have for people who don't have time to cook healthy meals and frequently eat out?** Order two appetizers or one and a vegetable or a lean protein and vegetables, but be mindful of calorie/fat-dense sauces. When dining out most restaurants serve huge portions, especially multiple servings of carbohydrates. I love getting the seafood towers!

**How often do you recommend your clients exercise?** I suggest getting in five days of exercise each week. I recommend mixing it up between cardio, strength training and stretching.

**Recommended pre-workout snack? Post-workout snack?** It depends on when one exercises, but some simple pre-workout snacks are a handful of cereal or a banana. For post-workout, yogurt, nuts and fruit, or cottage cheese.

**If you could give GoRecess users one piece of nutrition advice what would it be?** You only have one body. Treat it with respect.™

## **GETTING TO KNOW SHARON:**

**Your personal eating style?** I cook most of my food consisting of eggs, fish, fruit and vegetables. I try to avoid most dairy (it doesn't like my stomach so much), a lot of grains or any fried foods.

**Your guilty pleasure?** Red wine and peanut butter

**Your personal fitness routine?** I am addicted to [SLT](#), spinning, working out in the park with a trainer and walking the loop of Central Park.

**Favorite workout brand?** [lululemon](#)

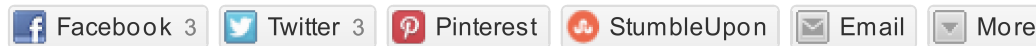
**Your “go-to” workout song?** “Not Afraid” by Eminem

**Tell us about your work with [CYC Fitness](#) and what inspired you to get involved with them.**

CYC is an indoor group cycling concept that is an intense, fun, full-body workout that will be opening on college campuses. I love the idea of getting college students to love fitness as I do. I was not athletic growing up and joke I have “adult onset athleticism.” I will be helping creating nutrition education for the instructors, participate on the website and blog and provide lots of tips for these students.

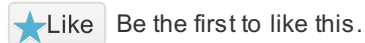
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