

 The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.

the
RICHTER
reco.™



OCTOBER 2012 | FALL FIT PART 2!

Happy Fall!

I am always amazed how right after Labor Day the weather is so in sync with the calendar that we have a cool, crispness to the air. Anyone who knows me well, knows I have a difficult time letting go of the hot days of summer. But, on the other-hand, some of my favorite foods are in season. I LOVE apples, I literally have to have one every day or I feel incomplete. The Fall also brings to my kitchen roasted vegetables (fantastic recipe on my website), squashes, and ...candy corn. OK this year I am going to try and have some discipline with the candy corn, I guess they don't really count as a high fiber vegetable. I am constantly reworking my newsletter, trying to make it as useful to you as possible. Have a wonderful October, enjoy your favorite parts of the month and send me your favorite Fall recipe to share with everyone!



Sharon's Suggestions
Tricks for Halloween Treats

Nutrition News
Are eggs still healthy?

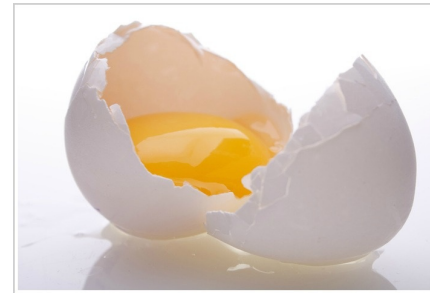


It's hard enough to turn away from the candy aisle at your supermarket checkout. Must they also display the cute pumpkin-shaped "peeps" within arm's reach? Yes, sugar mongers, it's once again "trick or treat" season. The real trick, however, seems to be figuring out how to resist the plethora of treats.

What's a pumpkin "peep" eater (or caramel candy corn craver) to do? Apart from wearing blinders at the checkout, try these healthy energy providing tips before you reach for those short-lived sugar highs and see if you can't trick those sugar-addicted taste buds into submission:

- *Have a high fiber snack: You'll feel full for longer and less likely to grab sweets
- *Don't confuse thirst with hunger: Drink a 12-ounce glass of water before you shop
- *Exercise for a natural high: Even a brisk five-minute walk can enliven you
- *De-stress and relax: Close your eyes for 10 minutes and meditate
- *Retrain your taste buds: According to the Chinese, drinking naturally bitter-tasting green tea can balance sugar cravings

[More tricks for the treats!](#)



We all know so-called "bad" cholesterol - LDL- can be a risk factor for heart disease when elevated as it can clog arteries with sticky plaque and limit healthy blood flow. (While on the other hand "good" cholesterol - HDL- can be protective if elevated.) We also know that cholesterol can come from two sources - what our genes instruct our bodies to naturally create and what foods we eat. However, the danger of consuming foods high in cholesterol including eggs and shrimp has usually taken a back seat to the danger of eating foods high in saturated fats and trans fats.

So, just when you think it's safe to crack open a couple of eggs, researchers have a way of reining us back in. Although they survived the original hoopla of early cholesterol recommendations, eggs are now back in the laboratory and being scrutinized for their heart health implications. Specifically, a Canadian study is equating high egg consumption and its damage to arteries with the effects of smoking cigarettes. Yes, you heard right. But beware - the study ain't all it's cracked up to be.

[Find out if you can still eat eggs...](#)

Richter's Recipes

Apple Butter



Ingredients

10 medium sized apples (Pick your favorite sweet variety such as: McIntosh, Pink Lady, Fuji, Gala..)

2 cups of unsweetened apple juice

1/4 cup water

1/4 cup apple cider vinegar

1 T cinnamon

1/2 t pure vanilla extract

1/4 t ground cloves

1/4 t ground nutmeg pinch of sea salt

Directions

1. Core and slice apples (keep peel on) and place in a large pot.
2. Juice apples or using unsweetened apple juice, and pour on top of sliced apples.
3. Add water, apple cider vinegar and spices. Stir all ingredients together, cover pot and let it cook for 15 hours on low.
4. Turn heat off and let the apples cool down a bit (about 30 minutes), then transfer the mixture into a blender (or use a hand/stick blender) and blend until completely smooth.
5. Let the apple butter cool and then transfer into storage containers that should last for about 3 weeks in the refrigerator

Conditioning Corner

Sweaty Saturday™



Sweaty Saturday™ is the first day New York City is devoting entirely to fitness, health and wellness. Sweaty Saturday™ on October 13, 2012 brings together New York City's finest fitness studios, health brands and wellness experts. Studios will offer special classes and amazing music, and there will be plenty of nutritional advice, limited- edition goodies, raffles and giveaways. And, while you're doing your body good, you're also doing something else equally valuable: A portion of the proceeds from Sweaty Saturday™ will go to HealthCorps, whose national wellness movement helps fight child obesity and bring awareness to schools nationwide.

The following studios are participating in Sweaty Saturday: Amanda Russell, As1, Bari Studio, Barry's Bootcamp, Body by Simone, Brooklyn Bridge Bootcamp, Chaise 23, Circuit of Change, Exhale, FlyWheel, I Am You Yoga, Kinected, Model Fit, New York Yoga, Pilates ProWorks, Pure Yoga, Real Pilates, Refine Method, SLT, SoulCycle, Uplift, Uptown Pilates, Warrior Fitness Bootcamp, Will Space, Z Club NY.

about 3 weeks in the refrigerator.

[Click here for printable recipe!](#)

Get your sweat on with Sweaty Saturday™!

[Learn how you can get involved!](#)

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!

Sharon Richter
200 West 57th Street
New York, NY 10019
212.977.7779
sharon@therichterreco.com

Richter Reco Blog

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

Stay in Touch!



[Forward email](#)



Try it FREE today.

This email was sent to info@sharonrichter.com by sharon@therichterreco.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Sharon Richter | 200 West 57th Street | Suite 1400 | New York | NY | 10019