

# FT NY CITY

*Don't get tired of doing what is good.  
 Don't get discouraged and give up, for we will reap a harvest of blessing at the appropriate time.*  
**Galatians 6:9 NLT**

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## Lettuce Safety Initiative

After the recurring outbreaks of illnesses due to E. coli infection in mid-September, the Food and Drug Administration (FDA) developed the Lettuce Safety Initiative.

These outbreaks were caused by fresh and fresh-cut lettuce and spinach. The Initiative is intended to reduce illness by focusing on the product, agents, and areas of greatest concern. With the Initiative starting this fall, it will support the goals of the 2004 FDA Produce Safety Action Plan, which is intended to minimize the incidence of food borne illness associated with consumption of fresh produce.

A majority of the outbreaks traced back to California. Data has been reviewed and the FDA will continue to coordinate and closely collaborate with the State of California's Department

of Health Services and Department of Food and Agriculture.

The objectives of the Lettuce Safety Initiative are as follows:

- Assess current industry approaches and actions to address the issue of improving lettuce safety. If appropriate, stimulate segments of the industry to further advance efforts in addressing all aspects of improving lettuce safety.



- Alert consumers early and respond rapidly in the even of an outbreak
- Document observations that identify

practices that potentially lead to product contamination.

Then, develop and/or refine guidance and policy that will minimize opportunities for future outbreaks and/or identify research needs.

- Consider regulatory action, as appropriate, based on conditions and practices that could lead to, or spread contamination, or when lettuce has been adulterated.

The FDA advises consumers to not eat fresh spinach or fresh spinach-containing products until further notice. If individuals believe they may have experienced symptoms of illness after consuming fresh spinach or fresh spinach-containing products, FDA recommends that they seek medical advice.

Go to [www.fda.gov](http://www.fda.gov) for more information.

# Take a Healthy Bite

Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

## FIBER

Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

Excellent fruit and vegetable sources: navy beans, kidney beans, black beans, pinto beans, chick peas, black eyed peas, lentils and artichokes.

## FOLATE\*

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

Excellent fruit and vegetable sources: black eyed peas, cooked spinach, great northern beans and asparagus.

## POTASSIUM

Diets rich in potassium may help to maintain a healthy blood pressure.

Good fruit and vegetable sources: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice and prune juice.

## VITAMIN A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers and Chinese cabbage.

## VITAMIN C

Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy.

Excellent fruit and vegetable sources: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice and cauliflower.

\*According to the Institute of Medicine, a daily intake of 400 g/day of synthetic folic acid (from fortified foods or supplements in addition to food forms of folate from a varied diet) is recommended for women of childbearing age who may become pregnant.

[www.5ADay.gov](http://www.5ADay.gov)



## Get Active for a Healthy Heart

Physical inactivity is one of several major heart disease risk factors you can do something about. A new NIH publication called *Your Guide to Physical Activity and Your Heart* has easy-to-understand information on the power of physical activity to keep you healthy.

Experts recommend that all adults should be moderately active for at least 30 minutes per day on most days of the week. They recommend at least 60 minutes per day to help manage body weight and prevent unhealthy weight gain.

Children and adolescents also need to be active for at least 60 minutes per day. So pry the kids off the couch and help yourself stay fit by doing enjoyable activities together.

The 44-page guide is full of practical tips, including simple ways you can incorporate physical activity into your everyday life, such as:

- Use the stairs instead of the elevator. Start with one flight and gradually build up to more.
- Park a few blocks from the office or store and walk the rest of the way. If you take public transportation, get off a stop or two early and walk a few blocks.
- While working, take frequent activity breaks. Get up and stretch, walk around and give your muscles and mind a change of pace.
- Instead of eating that extra snack, take a brisk stroll around the neighborhood or your office building.
- Do housework, gardening or yard work at a more vigorous pace.
- When you travel, walk around the train station, bus station or airport rather than sitting and waiting.

Download this and other easy-to-read, science-based guides to improving your health for free at <http://hp2010.nhlbi.nih.net/yourguide>, or order them by calling 301-592-8573, 240-629-3255 (TTY).

[www.nih.gov](http://www.nih.gov)



## 1. Rise and chow

If you think skipping breakfast will help you shed a few pounds, think again. Not eating a morning meal can actually trick the body into thinking it is starving, which makes it hold on to fat or cause you to eat more during the day. To keep your metabolism revved and blood sugar levels steady, eat breakfast within 45 minutes of rising. The healthiest choices contain a balance of fat, protein and carbs, such oatmeal with a handful of nuts or vegetable omelet. Try new Omega' 3 eggs which allows you the luxury of eating the whole eggs due to the improved nutritional breakdown. .

## 2. Combine carbs

If a carbohydrate wasn't grown, picked, or harvested, don't eat it. That means shunning refined breads, pastas, cakes, and pastries, and choosing good carbs like [brown rice](#), [sweet potatoes](#), or an [apple](#). And while you're at it, try to never eat a carbohydrate by itself. Simply adding a healthy fat such as Macadamia nut oil or lean protein will slow digestion, steady blood sugar, and keep the body from storing fat.

## 3. Drink up

Even if all you did was start drinking more [water](#) you would likely lose weight. That's because the body needs to be fully hydrated in order to maintain a healthy metabolism. Try drinking about 1/2-ounce (15 ml) of water per pound of body weight every day, and see the difference. If you don't like the taste of water try adding crystal light on the go packets, fresh lemon, or make herbal iced tea.

## 4. Eat more

If eating more often in order to lose weight sounds too good to be true, listen up. Your body needs calories in order to burn fat. So, to turn your body into a fat-burning machine, eat small meals throughout the day. Ideally each mini-meal should consist of lean protein, good fats, and complex carbohydrates. For example, 4 ounces (113 grams) of [chicken](#), 1 cup (150 grams) of [brown rice](#), and a green salad.

## 5. Get pumped

You've heard that muscle weighs more than fat, but did you know that muscle burns more calories? That's right, building lean muscle through weight training causes the body to burn more calories throughout the day. When combined with regular aerobic exercise, weight training can help you lose more weight.

## 6. Cheat a little

You know what they say about all work and no play—well, that goes for weight loss too. Giving up all the foods you love can backfire and sabotage your efforts. Be sure to allow yourself a day each week when you indulge in conservative amounts of your favorite foods. Remember, a serving should be about the size of an average apple.

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## New Clients

Rachel Allgood  
 Stuart Gold  
 Dan Crowley  
 Steven Bowman

## Client Anniversaries

Claire Scanlon - one year  
 Jamie Christian - one year

### Quote of the Month

*"You've achieved success in your field when you don't know whether what you're doing is work or play."  
 -Warren Beatty*



## RECIPE

- 1/4 cup, vegetable oil
- 1-1/4 lb, stew beef, cut into 1 inch pieces
- 6 cloves garlic, minced
- 8 cups, low sodium beef stock
- 2 Tbsp, tomato paste
- 1 Tbsp, sugar
- 1 Tbsp, fresh chopped Thyme
- 1 Tbsp, Worcestershire sauce
- 2 Bay leaves
- 2 Tbsp, butter
- 3 lb (about 7 cups) potatoes, cut into 1/2 inch pieces
- 1 yellow onion, chopped
- 2 cups, carrots, peeled and diced 1/2 inch
- 2 Tbsp, Italian parsley, chopped

# Irish Stew



Heat oil in large stockpot over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add garlic and sauté 1 minute. Add beef stock, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine. Bring mixture to boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally. Meanwhile, melt butter in another large pot over medium heat. Add potatoes, onion and carrots. Sauté vegetables until golden, about 20 minutes. Add vegetables to beef stew. Simmer uncovered until vegetables and beef are very tender, about 40 minutes. Discard bay leaves. Tilt pan and spoon off fat. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before serving. Transfer stew to serving bowl. Sprinkle with parsley and

www.5aday.gov Servings: 4 Prep time: 1 hour, 20 minutes  
 Calories: 440 Fat: 15g Sodium: 220 mg Total Carbohydrate: 49g  
 Dietary Fiber: 7g Protein: 31g Sugar: 15g

