

# The Holistic Truth

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## Dining Out - The Healthy Way

Did you know that 60% of the average American's meals are eaten outside the home? Summer is here, which means picnics, barbecues, parties, and eating out more often. For those interested in adhering to a nutritious, whole foods diet, summer can be a challenge as the food offered when eating out may not meet your standards of quality, purity, and nutrient density! Here are some tips for surviving summer food forays.

### Restaurants

First of all, people should eat out at restaurants no more than 1-2 times a week AT MOST. Restaurant food tends to be higher in saturated fat, unhealthy oils, hidden sweeteners, and preservatives. Avoid fast food and deep fried food. If you do have to eat in restaurants, select options such as a piece of fish (or chicken or meat, especially if they are free range/pastured), veggies, rice, baked potato, or stir fries and curries as long as they are MSG-free. Skipping the bread, cheese, and dessert may help keep your digestive tract and your waistline in top form! Nutrient-rich cuisines in general include Mediterranean, Middle Eastern, Indian, Japanese, and sometimes Chinese.



### Picnics & Barbecues

When heading out to an event where you are pretty sure the nutritious food choices will be limited, have a hearty snack before you go so you're less tempted to indulge in something you may regret later. In addition, if it's a potluck, bring 1 or 2 dishes that meet your criteria for health-promoting, high quality foods such as fresh fruit, bean salad, cole slaw with homemade vinaigrette (store bought dressings usually contain sugar, corn syrup, and less healthy oils), hummus, etc.

If guests can bring contributions to grill, consider grilling portabella mushrooms, corn, marinated vegetables (broccoli, mushrooms, onion, zucchini, yellow squash, cherry tomatoes), salmon, tofu, or uncured organic hot dogs/sausages (beef, chicken, or turkey). For example, Applegate Farms is an excellent brand of organic hot dogs. For marinades, it's easy to make your own using olive oil, apple cider vinegar, various dried or fresh herbs, tamari or Bragg's liquid amino's, tahini, miso paste, and more.

Safe grilling techniques are important in order to avoid creating carcinogens that occur from the high heat of grilling. Carcinogens are cancer-causing agents. Meat, poultry, and fish produce carcinogens called heterocyclic amines (HCA) when grilled at high temperatures. HCA's are produced when amino

acids and creatine react at high heat. Muscle meats produce HCA's, not organ meats or dairy. Furthermore, gravy made from fat drippings can have high HCA's.

## How to grill safely:

- Turn down the heat and turn the meat often. Don't char!
- Choose lean cuts of meat, trim off the fat.
- Remove the charred areas before eating.
- Marinate meats in antioxidants like vinegar, citrus juice, certain spices (turmeric)

Polycyclic Aromatic Hydrocarbons (PAH) are formed when animal fat drips onto hot coals, flames up, then deposits the carcinogenic PAH onto the meat. To prevent formation of PAH, use a pan to catch drippings, and use tongs to turn meat on the grill rather than a fork which spears the flesh and leads to drippings. See here for more info: <https://www.dana-farber.org/uploadedFiles/Library/adult-care/treatment-and-support/support/nutrition-services/safe-summer-grilling.pdf>

At picnics and parties, watch out for perishable foods containing meat, poultry, fish, or eggs that have sat out without refrigeration for more than two hours. They can harbor bacteria and promote food poisoning.

Beverages: Avoid soda pop, sweetened iced tea drinks (e.g., Arizona, Lipton, Snapple), sweetened fruit drinks (Ocean Spray, Lemonade, Kool-Aid, Powerade, Gatorade, Sunny Delight, Crystal Light, Hawaiian Punch, all the other sugar water products in pretty bottles!). Read the ingredients and avoid those drinks that contain high fructose corn syrup, artificial colors, sugar, and cane juice/syrup. What to drink instead: water, seltzer, club soda, freshly pressed juice, smoothies, unsweetened iced tea (green tea and herbal tea can be iced), iced coffee (watch caffeine intake), etc.



## Super Shake - A Top Nutritional Frontiers Formulation

provides a low carbohydrate meal replacement option that is free from the most common food allergens, including gluten, dairy, and soy. Many protein powders on the market contain common food allergens, making those shakes unsuitable for sensitive individuals.

Super Shake features pea, rice, and pumpkin as its protein sources, providing a delicious alternative for people on weight loss programs, detoxification diets, low carbohydrate diets, 'diabetes' diets, elimination-challenge diets, or simply those looking to add smoothies to their daily routine. Super Shake can be mixed simply with any non-dairy milk alternative such as almond milk, coconut milk, hemp milk, etc. Or it may be added to a blender with fresh or frozen fruit, milk, ice, nut butter, and/or for extra nutritional value, one of Nutritional Frontiers' Pro Colors powders such as Pro Lean Greens, Pro Oranges, Pro Purples, or Pro Reds.

Super Shake's Protein Blend includes pea, rice, and pumpkin proteins. This protein blend provides a variety of amino acids, including 9 of the 10 essential amino acids. These essential amino acids must be obtained through diet; the human body does not synthesize them.

Super Shake also contains Fibersol®-2 which is a soluble fiber comprised of a digestion-resistant maltodextrin. Fiber serves many purposes, including binding toxins in the intestines to aid in detoxification, helping glucose and lipid control, and supporting proper bowel function, regularity, fecal volume, and

beneficial intestinal micro flora. Fibersol®-2 is not only well-tolerated but also results in favorable fermentation characteristics in the large bowel, assisting production of the short chain fatty acid butyrate which is the preferred fuel source of colon cells. Please note that medications should be taken separately from high-fiber supplements like Fibersol®-2. Fiber can theoretically interfere with the absorption of medication taken at the same time. We suggest taking medications 2 hours before or after using the Fibersol®-2 in Super Shake.

Additionally, Super Shake features Medium Chain Triglycerides. MCTs are easily absorbed and easily metabolized fatty acids found in foods like coconut oil and palm oil. MCTs may assist in weight loss because they support the body's ability to process extra calories.

## Garcinia Cambogia

also called, tamarind, is a small fruit grown in southeast Asia. Several animal studies and in vitro studies have examined garcinia's effects on weight loss, fat loss, and other parameters related to metabolic syndrome. Garcinia appears to be safe and non-toxic. Garcinia contains hydroxycitric acid (HCA), an extract derived from the fruit rind, which appears to be the active component. Nutritional Frontiers Garcinia Cambogia contains 1000mg Garcinia Cambogia extract with 60% HCA, 200mcg of chromium and 50mg of potassium per two capsule serving.



## X-Flame

is a unique formula that contains patented ingredients to reduce inflammation and may help manage any discomfort caused by the extra physical activity that many people engage in during the more active summer months. Select ingredients in X-Flame have been researched for their ability to reduce pain and swelling, increase mobility, and decrease the need for over-the-counter pain medication. X-Flame contains Kre-Celazine®, DMG HCl, Turmeric Root Extract (95% Curcuminoids), Boswellia serrata extract (65% Boswellic Acid), Ginger Root Extract (5% Gingerols), quercetin, rutin, luteolin, and cayenne.

Ask how you can stay  
"on the go" with Nutritional Frontiers!



## References

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