



Your complimentary use period has ended.  
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



## Wishing Everyone Best Health For 2009!

February 2009

2009 is off to an exciting start. We're looking forward to another year of improving nutrition and health services for our patients. We're planning new tools and events for the coming year. So far, Dr. Storch presented a free lecture on "Weight Management for Kids (& Parents)". Our free lecture series will continue throughout the year by our Registered Dietitians and Dr. Storch.

Be on the lookout for more information about the new programs in our office and by email announcements.

Best Health,

Storch Medical Nutrition Center



## Seasonal Eating

In the times before refrigeration we were forced to eat with the seasons. As technology and transportation have advanced all types of foods are now available throughout the year. Since foods are distributed worldwide the produce aisle remains virtually unchanged from summer to winter.

But, think about the comparison of a tomato picked off the vine in July to one from the supermarket in January. Foods are at their peak for taste and nutrition when grown and used in season. In addition, by focusing on seasonal eating you can take advantage of farmers markets and supermarket sales. Your wallet and your body get a boost! Below are some guidelines from The World's Healthiest Foods website ([www.whfoods.com](http://www.whfoods.com)). Check out their website for more information.

### Guides for Eating Seasonally

**Spring.** Focus on tender, leafy vegetables that represent the fresh new growth of this season. The greening that occurs in springtime should be represented by greens on your plate, including Swiss chard, spinach, Romaine lettuce, fresh parsley, and basil.

**Summer.** Stick with light, cooling foods in the tradition of traditional Chinese medicine. These foods include fruits like strawberries, apple, pear, and plum; vegetables like summer squash, broccoli, cauliflower, and corn; and spices and seasonings like peppermint and cilantro.

**Fall.** Turn toward the more warming, autumn harvest foods, including carrot, sweet potato, onions, and garlic. Also emphasize the more warming spices and seasonings including ginger, peppercorns, and mustard seeds.

**Winter.** Turn even more exclusively toward warming foods. Remember the principle that foods taking longer to grow are generally more warming than foods that grow quickly. All of the animal foods fall into the warming category including fish, chicken, beef, lamb, and venison. So do most of the root vegetables, including carrot, potato, onions and garlic. Eggs also fit in here, as do corn and nuts.

## Recipe Of The Month - Organic Carrot Soup With Ginger Essence

### Ingredients

- 1 1/2 tablespoon olive oil
- 1 cup thinly sliced leeks (white part only)
- 1/2 large white onion, diced (about 1 cup)
- 2 1/2 pounds organic carrots, chopped
- 2 cups vegetable stock



### In This Issue

[Seasonal Eating](#)

[Recipe Of The Month](#)

[Class Schedule](#)

### Featured Website

The **National Weight Control Registry** is a research study that seeks to gather information from people who have successfully lost weight and kept it off. The registry would like to hear from anyone 18 years of age or older who has:

- Lost at least 30 pounds, and
- Maintained a weight loss of at least 30 pounds for one year or more

[www.nwcr.ws/NWCRjoin.htm](http://www.nwcr.ws/NWCRjoin.htm)



**PDF Complete**

Your complimentary use period has ended.  
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2 teaspoons dried, tied in a piece of cheesecloth)

ish

- 1 tablespoon chopped chives

#### Preparation

Heat oil in a heavy-bottomed large stockpot on high heat until hot. Cook leeks and onion 2 to 3 minutes. Add carrots and 2 tbsp water. Cook, covered, 10 minutes, stirring occasionally. Add stock, lemongrass and 1 1/2 teaspoons ginger. Simmer about 30 minutes. Let mixture cool for 10 minutes, then pour into a food processor and purée. Add carrot juice and strain through a fine-mesh sieve. Discard pulp. (If not serving immediately, cool and refrigerate liquid.) Add yogurt and remaining 2 teaspoons ginger to strained liquid. Stir until completely incorporated. Heat 3 or 4 minutes over medium-low heat or serve cold. Season with pepper. Divide among 4 bowls. Garnish with chives and 1 tsp of yogurt for each .

Makes 4 Servings

#### Nutrition Information

Calories: 210 Protein: 2 Carbohydrate: 40 Fat: 4

Source: [www.epicurious.com](http://www.epicurious.com)

## Tabula Rasa Nutrition Program

### Class Schedule

#### CalTrack

- Every other Monday 6:00 pm (3/2, 3/16, 3/30)
- Every other Tuesday 1:00 pm (3/3, 3/17, 3/31)

#### HMR Program for Weight Management

- Every Wednesday 6:00 pm (3/4, 3/11, 3/18, 3/25)
- Every Thursday 11:00 am (3/5, 3/12, 3/19, 3/26)

#### Loss And Maintenance Program

- Third Tuesday of The Month 5:45 pm (3/17)

#### Life After Bariatric Surgery

- Third Thursday of the Month 6:00 pm (3/19)

#### Storch Medical Nutrition Center

7 Columbia Turnpike  
Florham Park, New Jersey 07932  
973-765-9355  
[www.storchnutrition.com](http://www.storchnutrition.com)



Your complimentary use period has ended.  
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Start Towards Health

# Storch Medical Nutrition Center

[Forward email](#)

 [SafeUnsubscribe®](#)

This email was sent to malone@stmnc.org by [malone@stmnc.org](mailto:malone@stmnc.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Storch Medical Nutrition Center | 7 Columbia Turnpike | Florham Park | NJ | 07932