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After a long, cold, snowy winter I think it is safe to say we are all looking forward to spring. Spring - the season of new possibilities and new beginnings - is the perfect time to re-think your food and exercise plans while getting ready for the warmer days ahead. Long and warmer days provide additional opportunities for resuming outdoor physical activity. Shedding layers of clothes also inspires the desire for weight loss, looking ahead to summer and the beach. Now is the right time to transition into your "summer weight" with three months of weight loss time available. We are ready to help you here at Storch Medical Nutrition Center.

With a variety of program options available, there is a way to lose weight for everyone! Don't hesitate. Call the office today and get started. Summer is coming. The right time for change is right now!

Barbara Pieroni, RD, CLC

Living Green - Environmental Toxins

When to Choose Organic Products

The question frequently arises whether purchasing organic fruits and vegetables is advised. Organic produce is more costly and often looks less desirable than their conventionally grown counterparts in the produce section of the supermarket since pesticides are not used. While washing and rinsing may reduce levels of some pesticides it does not eliminate exposure in conventional produce. The Environmental Working Group (www.ewg.org) informs the public about the health impact of toxic contaminants. They have concluded that eating the 12 most contaminated fruits and vegetables (peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach and potatoes) exposes a person to an average of 14 pesticides a day and recommends purchasing these organically grown. The "cleanest" produce (onion, avocado, frozen sweet corn, pineapples, mango, frozen sweet peas, asparagus, kiwi, bananas, cabbage, broccoli and eggplant) results in daily exposure to less than 2 pesticides. For further information on this subject consult the Shopper's Guide at www.foodnews.org.



Barbara Pieroni, RD, CLC

Recipe of The Month -

Mandarin Yogurt Delight

- 1 package sugar-free orange gelatin
- 3/4 cup boiling water
- 8 ounces non-fat vanilla yogurt
- 1 can (11 oz.) mandarin oranges, drained

- 1) Dissolve gelatin in boiling water.
- 2) Add yogurt and stir until smooth.
- 3) Chill until the consistency of egg whites, about 20 minutes.
- 4) Add drained fruit.
- 5) Spoon into sherbet dishes and refrigerate until set.

Yield: 2 1/2 cups (5 servings)

One Serving: 1/2 cup

Per Serving: 40 calories; 0 g fat; 1 g protein; 9 g carbohydrate

Spring Into Action Jumpstart Your Weight Loss In Time For Summer

We have a wide variety of programs available to suit every person's needs. Our programs range from all food-based to partial meal





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wear a pedometer - set a goal of 10,000 steps per day.

Dive into the spring produce - increase vegetable servings to 5 or 6 per day.

Keep a food record.

Eliminate refined flour products - such as white pasta, bread, crackers, bagels.

replacement plans.

We're also happy to announce a new program - **CalTrack At Home**. It's designed to offer a fast track to weight loss for those that are unable to spare the time or expense for a full initial visit with the Registered Dietitian. The cost is \$75 - which includes a food plan, mini-consult follow-up with a Registered Dietitian, and a free CalTrack class.

Call or email our staff for more information.

Spring brings us all some wonderful benefits - warm weather, fresh produce, budding trees and flowers. Enjoy the new season in best health!

Sincerely,

SMNC Staff
Storch Medical Nutrition Center

Class Schedule

CalTrack

- Every Other Monday 6:00 pm (4/13, 4/27, 5/11)
- Every Other Tuesday 1:00 pm (4/14, 4/28, 5/12)

HMR Program For Weight Management

- Every Wednesday 6:00 pm
- Every Thursday 11:00 am

Loss And Maintenance Program (LAMP)

- Third Tuesday Of The Month 5:45 pm (4/21, 5/19, 6/16)

Save
\$25

Refer a friend, relative or colleague to Storch Medical Nutrition Center and start sharing the rewards together! You will receive a \$25 credit on your account and your referred friend will receive \$25 off any program for which they sign up.

Ask the office staff for more details.



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