



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

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



Storch Medical Nutrition Center
A Fresh Start Towards Health

April 2010

Storch Medical Nutrition Center Newsletter

Bring On Good Health This Spring!

In This Issue

[Counting on Calories? Better Count Again!](#)

[Spinach Salad Recipe](#)

[Welcome To Our New Dietitian](#)

Lose Weight & Save Money!

We offer a unique series of classes for weight management.

Bargain priced at \$400 for 12 classes.

Wednesdays
6:00 pm

Call or email the office for more information.

Need To Lose Weight But No Time To Come To The Office?

CalTrack At Home will tackle both issues.

Call or email the office for more information.

[Join Our Mailing List!](#)

Dear Patient,

We hope you enjoy our newsletter. Should you have any topics you would like covered in future issues, kindly let us know, and thank you for choosing Storch Medical Nutrition Center.

Counting on Calories? Better Count Again!

Let the buyer beware when it comes to calorie counts on commercial food



In a recent article published in the Journal of the American Dietetic Association, researchers found that calorie listings for some restaurant and some frozen supermarket meals were not consistently accurate. Twenty-nine restaurants were tested and actual calories averaged 18% more than what was reported, and some even had double. Ten frozen

supermarket meals were tested, averaging 8% more calories than what was on the label. A Lean Cuisine Meal contained 319 calories while the label only stated 250 calories. Those additional hidden calories could pack on over 7 pounds in one year! Eating home cooked meals is your best bet to avoid caloric discrepancies that could sabotage your weight loss efforts.

Spinach Salad with Goat Cheese, Pine Nuts and Cranberries

Spring is here! Lighten up your meals with this entree salad.



- 2 cups baby spinach
- 1 oz goat cheese
- 1 tablespoon dried cranberries
- 2 teaspoons toasted pine nuts
- 1 tablespoon diced red onion (optional)
- 1 tablespoon lowfat dressing
-

Arrange spinach on a plate, then top with remaining ingredients and drizzle salad dressing over. Enjoy!

Counts as: 1 vegetable, 1 fruit, 1 protein, 2 fats

Welcome to our New Dietitian

Tina Marinaccio MS RD CPT has been providing nutrition counseling and personal training since 1996, and has worked in private practice, hospitals, and food service management. She received her





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

Click Here to upgrade to Unlimited Pages and Expanded Features

degree in clinical nutrition from Montclair State and her masters in clinical nutrition from New University. Tina is certified in adult weight management from the American Dietetic Association, and in Macrobiotic Studies from the Kushi Institute. Her personal training certification is from the American Counsel on Exercise, and she is also certified in post rehabilitation exercise. Please call the office to make an appointment with Tina.

Sincerely,

SMNC Staff
Storch Medical Nutrition Center

7 Columbia Turnpike Florham Park, NJ 07932 973-765-9355
www.storchnutrition.com

Forward email

SafeUnsubscribe®

This email was sent to contact@smnc.org by contact@smnc.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