

# Food for Thought



Health Promotion Newsletter

August 2017

## One Month Sugar Detox

If you have read about the latest wellness trends, you may have entertained the idea of a diet detox. Whether you have considered juicing, fasting, or cleansing in an effort to lose weight, you are probably aware that drastically cutting out foods is an ineffective long-term approach to health.

But there is one kind of sustainable detox that is worthwhile.

Reducing sugar in your diet can help you drop pounds, improve your health and give you more radiant skin. "What we've discovered in the last couple of years is that sugar is keeping us overweight. It's also a leading cause of heart disease; it negatively affects skin, and it leads to premature aging," said Brooke Alpert, a registered dietitian.

Here's more bad news: We can't stop consuming sugar.

"People have a real dependency -- a real addiction to sugar," Alpert said. About 10% of the US population are true sugar addicts. One of the biggest concerns is the amount of added sugar in our diets, which are often hidden in foods.

Although ice cream cake is an obvious source of sugar, other foods that may not even taste sweet - such as salad dressings, tomato sauces and breads - can be loaded with sugar.

The good news is that even if you're not a true sugar "addict," by eliminating sugar from your diet, you can quickly lose unwanted pounds and feel better.

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## The Cookbook Project



The Worksite  
Wellness  
Committee

and I are collecting recipes for a GNR Cookbook. We would love for everyone to participate. Please email your favorite **healthy** recipe, including a picture to Mackenzie Crisp. Recipes can include:

- ◆ Main dishes
- ◆ Sides
- ◆ Appetizers
- ◆ Dips
- ◆ Desserts

**Email by September 1.**





## Easy Swaps You Can Make Today

**Out:** processed table salt  
**In:** mineral rich, unrefined sea salt



**Out:** refined vegetable oils, like corn, canola, and soy  
**In:** unrefined cold pressed olive oil, avocado oil, and coconut oil



**Out:** non-nutritive white sugar  
**In:** coconut sugar, maple syrup, raw honey, and stevia

**Out:** excess gluten, especially refined flours  
**In:** brown rice, millet, sorghum and sweet potatoes

**Out:** refined white flour  
**In:** almond flour, coconut flour, and brown rice flour

**Out:** imitation vanilla extract with corn syrup  
**In:** pure vanilla extract

## Did You Know?

Distracted eating tends to lead to overeating.

Turn off the TV and put your smartphone away while you eat. A recent review of studies found that people who watched television during meals tended to consume more than those who ate without any distractions. And for you office dwellers, consider taking your lunch break away from your desk.



## “Watch” What You Eat

### FED UP

Everything we’ve been told about food and exercise for the past 30 years is dead wrong. FED UP is the film the food industry doesn’t want you to see. From Katie Couric, Laurie David and director Stephanie Soechtig, FED UP will change the way you eat forever.

Afterward you may want to take the FED UP 10 Day Sugar Free Challenge, available at <http://fedupmovie.com/#/page/fedupchallenge>

FROM LAURIE DAVID PRODUCER OF AN INCONVENIENT TRUTH AND KATIE COURIC

Before you take another bite...

It's time to get real about food.

## Recipe of the Month



### Grilled Zucchini Hummus Wrap

Prep Time: 10 minutes

Cook Time: 6 minutes

Yield: Serves 2

#### Ingredients

- 1 zucchini, sliced
- 1 tomato, sliced or a handful of cherry tomatoes
- 1/8 cup sliced red onion
- 1 cup kale, ribs removed
- 2 slices cheese
- 2 wheat tortillas
- 4 tbsp. hummus
- 1 tbsp. olive oil
- Salt and pepper to taste

#### Method

1. Heat a skillet or grill to medium heat.
2. Remove the ends from the zucchini and slice lengthwise into strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper.
3. Place sliced zucchini directly on grill and let cook for 3 minutes; turn and cook for 2 more.
4. Set zucchini aside.
5. Place the tortillas on the grill for approximately one minute, or until grill marks are visible.
6. Remove tortillas from grill and assemble wraps with 2 tbsp. of hummus, one slice of cheese, zucchini, 1/2 cup kale, onion, and tomato slices.
7. Wrap tightly and enjoy!