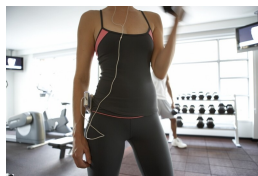


To Your Health Fitness and Nutrition
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To Your Health Tips September



- **Nutrition Tip:**
 - The American Heart Association created a new guideline in order to help decrease sugar intake. Americans currently consume an average of 22 teaspoons (or 355 calories) of sugar *everyday!* They now suggest that women consume <6 teaspoons per day (= 100 calories and 25 grams sugar); and that men aim for <9 teaspoons (= 150 calories or 37.5 grams sugar).
 - Sugar is not only found in its original form, but also is hidden in processed foods, soda, juice, milks (dairy and non-dairy), yogurt, cereal, sauces, and supplements.
 - Your best bet: *eat whole foods!*
 - Check labels for sugar grams. If the ingredient list has any of the following words towards the beginning, you can be sure it is chock-full of sugar: corn sweetener, dextrose, sucrose, glucose, maltose, lactose, high-fructose corn syrup, malt syrup, molasses
 - Whole food sources of sweeteners that make healthier options include pure maple syrup, agave nectar, brown rice syrup, and honey.



- **Fitness Tip:**
 - Squeeze mini bouts of exercise throughout the day by providing opportunities around your environment.
 - Keep dumbbells, tubing, or exercise balls in rooms where you spend the most time so you can grab them and perform a set of exercises whenever you have a second.
 - While on the phone, perform squats, lunges, plies, calf raises or other exercises that can be done hands-free.

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- **Lifestyle Tip:**

- **Invest in a reusable stainless steel water bottle.**
 - **Aluminum bottles may increase your direct exposure to aluminum which may be linked with cognitive dysfunction/Alzheimer's disease and other auto-immune diseases.**
 - **Plastic bottles have been found to leach harmful chemicals into the water, including bisphenol-A (BPA), which is currently being taken out of products in the market due to its potential toxic effects.**
 - **Stainless steel bottles are available at places like Costco and www.kleenkanteen.com (in pretty colors).**
 - **A reusable option helps save your health as well as the environment by eliminating excess waste!**



- **Recipe of the Month: Curry-Raisin Hummus**

- **2 cups cooked chickpeas (1 14 oz can will suffice)**
- **1-2 cloves minced garlic**
- **2-3 Tbsp fresh lemon juice**
- **2 Tbsp cashew butter or sunflower seed butter**
- **2 Tbsp extra virgin olive oil or flax oil**
- **1 tsp curry powder**
- **1/2 tsp sea salt**
- **1/4 tsp ground turmeric**
- **1/4 tsp pepper**
- **1/4 tsp agave nectar**
- **4-5 Tbsp water**
- **4-5 Tbsp raisins**

Combine all ingredients in the food processor except for raisins. Puree until smooth. Once it is at the desired consistency, add raisins (more or less, depending on taste) and puree again briefly to evenly distribute raisins. Enjoy with veggies, crackers, chips, pappadums or anything dip-able!