



NUTRITION NEWSLETTER

COMPLETE HEALTH

of Lawrenceville

VITAMIN CORNER

Should you be taking a multi-vitamin? There is a good chance that you are not getting all of your daily requirements for essential micronutrients - like vitamins and minerals. A high quality multi-vitamin may help bridge the gaps in your diet to help support optimal body function. Ultra Preventive from Douglas Labs is a once-daily pill with 21 essential vitamins and minerals plus antioxidants. It is also free from preservatives, colors, sweeteners and hydrogenated oils. Talk to your provider about how to use Ultra Preventive to supplement your healthy diet and lifestyle.



DR R'S RECIPES: BERRY CRISP

With summer comes strawberries... and blueberries, blackberries and raspberries! Let's take advantage of the season and make this delicious (and healthy) berry crisp!

Ingredients

- 4 C mixed fresh berries
- 1 C rolled oats
- 1/4 C maple syrup
- 1/2 C almond flour
- 1 t vanilla
- 1/4 t cinnamon
- 1/4 t salt
- 1 C pecans, chopped
- 1/3 C coconut oil, melted
- 1/2 C unsweetened coconut flakes



Instructions

- Preheat oven to 350°.
- Combine oats, pecans, almond flour, coconut flakes, salt and cinnamon in a large bowl. Add coconut oil, vanilla and maple syrup. Stir until mixed.
- Place fresh berries in the bottom of a baking dish. Top with crisp mixture.
- Bake for 25-35 minutes or until golden brown.



USE FIBER TO FIGHT HIGH CHOLESTEROL

Fiber is a type of carbohydrate that is non-digestible. It is not able to be broken down or absorbed in the digestive tract. There are two types of fiber: soluble and insoluble

Soluble Fiber dissolves in water and can help reduce blood sugar and lower cholesterol. Sources of Soluble fiber include: oatmeal, chia seeds, nuts, beans, lentils, berries and psyllium.

Insoluble fiber does not dissolve in water and helps move food through the digestive tract, preventing constipation. Sources of Insoluble fiber include: wheat bran, quinoa, brown rice, legumes, kale, almonds, nuts, and the seeds and skin of fruits.

You should aim for approximately **30 grams of fiber a day**. To help lower cholesterol you should have at least **6 grams of soluble fiber**.

There are many popular fiber supplements which may also help to reach your fiber needs and reduce cholesterol. Fiber supplements can help boost fiber intake; however, they should not replace eating a balanced diet high in fruits, vegetables and whole grains.

Instead of using products like Metamucil (which contain artificial colors, flavors and sweeteners), try using Organic Psyllium Husk Powder. You can simply add 2 teaspoons to a smoothie or a glass of water. Remember, soluble fiber absorbs water, so be sure to hydrate appropriately.

Please email nutrition@chchiro.com with any questions or information about sources

