



Kathy Willow

is a Board Certified Nutritional
Consultant.

Did you make a New Years Reso-
lution to lose weight this year? I
can help you succeed! Call now
to get started on the road to
optimum health. (561)212-8392.

Kathy Willow is available for
group nutrition workshops in
your home, workplace or club,
as well as for private consulta-
tions. You can reach her at
(561)212- 8392 or email at
kathywillow@comcast.net

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please email me at
kathywillow@comcast.net

Back to Basics

Lots of exciting things are happening this new year, so I'd like to begin this issue with a few announcements. First of all, beginning with this issue, the Willow Wellness Report will come out monthly. We're excited about bringing you even more great information about health and nutrition.

Secondly, I'm thrilled to announce that I'll be teaming up with the Soma Center in Lake Worth, FL to offer a wellness package, incorporating diet, exercise and lifestyle. Together with Scott Brown, personal trainer and Lisa Steinborn, raw food chef, we will work together to design a personalized plan for you. Send me an email (kathywillow@comcast.net) with your address asking to receive a brochure for details.

Lastly, I'd like you to know that I am offering a free nutrition analysis when you sign up to receive the Willow Wellness Report through my website www.kathywillow.com. This is a great opportunity for you to start the New Year on the right foot. Tell your family and friends!

The rest of this issue gets back to the basics of exactly what makes up the optimum diet. Many people are not quite sure what terms like whole foods, whole grains, or unprocessed means. In order to eat a healthy diet, we have to know what one is. Let's start out the new year armed with information that will help us make good choices, and create great habits, all year long.

HAPPY NEW YEAR!!

The Most Important Meal...

I'm often asked for ideas for quick, healthy breakfasts. We're all in a hurry in the morning, getting ready for work, rushing the kids off to school; but we want to send everybody off with a nutritious breakfast. I often suggest a smoothie, a quick way to get lots of great nutrition into your body, and perfect for those who have trouble eating solid foods early in the morning.

What are your favorite quick-and-healthy breakfasts? Send your ideas to me at kathywillow@comcast.net, and I'll share them in a future issue.

"There is a growing belief that food is more than just a sum of its nutrient parts. Dr. David Jacobs from the University of Minn, believes that nutrition science needs to consider the effects of food synergy-the notion that the health benefits of certain foods aren't likely to come from a single nutrient, but rather combinations of compounds that work better together than apart." NY Times, 11/05/07



What Exactly Are Whole Foods?

We're hearing it on the evening news, and reading it in our magazines and newspapers: Eat a diet rich in whole foods to get healthy, lose weight, prevent disease. It's true - when we give our bodies the kind of nutrition that whole foods offer, we are arming ourselves against diseases, strengthening our immune systems, and even fighting the signs of aging. But what exactly are whole foods, and how can you include more of them in your diet? To me, whole food means eating as close to nature as possible. It means flooding our bodies with good nutrition so it can take care of itself, as it is so well equipped to do.

A whole foods diet is generously filled with a wide variety of fruits, vegetables and grains; raw seeds and nuts and their butters; beans, fermented milk products like yogurt and kefir; fish and organic poultry.

Balance is important -if the majority of your meals are made up of whole foods, then a bit of dessert or alcohol won't hurt. You may have to rethink the geography of your plate, but that doesn't mean you won't get plenty of enjoyment from your food. In fact, you may discover that the variety of fruits and vegetables available are full of flavor and texture... it's an adventure finding a new food to love! Instead of meat -starch -veggie on your plate, allow fruits and veggies to take up half your plate. The other half can hold proteins like beans, soy, fish and lean meat, and whole grains.

Be patient when changing your eating habits. It is a long term commitment of learning new habits, but the rewards are priceless. According to the book *Alternative Medicine*, the benefits of a whole food diet include:

1. More fiber (moving food wastes out of the body quickly, before they have time to do harm.)
2. Less fat -plant foods have considerably less fat than animal foods.
3. Decreased sugar consumption - from eating a less -processed diet
4. More nutrients -plant foods are richer sources of nutrients than their animal counterparts.
5. Increased variation -variation in colors are due to various minerals, vitamins, and other nutrients that perform important health promoting functions in the body.
6. More satisfaction, less overeating - whole foods require more chewing time(satisfaction) and result in consuming less calories.

In the end, if you're not sure about a food choice, take the advice of Michael Pollan, author of *In Defense of Food*, who advises, "Don't consume anything your great -grandmother wouldn't recognize as food".

Whole Foods:

All Fruits, including frozen & dried
All Vegetables, including frozen (without sauce)

Grains: Brown Rice Quinoa ,Barley Buckwheat(Kasha) Spelt , Oats, Millet Beans, canned & dry Lentils Nuts, and their butters Seeds (sesame, pumpkin, sunflower) Yogurt , Kefir Fish Organic poultry

Check out Kashi brand products -granola bars, cereal, even frozen dinners

Check out Ezekiel bread (in the frozen aisle)

NOT Whole Food:

Anything made with white flour (enriched wheat flour) -NO nutrition (white bread, cakes, muffins, cookies)

Anything processed -has gone through a factory, comes in a box or can. (Canned soups, frozen dinners, spaghetti)

Anything containing high fructose corn syrup or hydrogenated oils. (most commercial baked goods, cookies, juices, some cereals)

Anything containing long ingredient lists with words you can't pronounce . (check ingredient panel)