



## Nothing but the Facts!

Nutrition Facts	
Serving Size 2 tortillas (51g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 110	<b>Calories from Fat</b> 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Know What You Eat!

Knowing exactly what you are eating can keep you fit and healthy.

You'll find a label just like the one shown here on most food items. It contains important information that will help you make an informed nutrition choice that is good for you and your family.

Make it your habit to study the Nutrition Facts. You'll be glad you did.

Greetings!

Most of us are keenly aware that choices we make as we go through life directly affect our economic, social, physical and mental health in ways that can have long term consequences both positive and negative. While these areas are often interrelated, our focus today is an exploration of diet and exercise and the consequences of the choices we make about what we eat and our level of physical activity. Poor food choices and lack of exercise can set us up for a host of health problems that are easily avoidable.

With the availability of fast food, family and upscale restaurants, magnificently stocked grocery and food specialty stores along with on-line food item shopping, we are presented with an overwhelming variety of food choices. In this land of plenty, too many of these gastronomic delights are simply not good for us.

High-cholesterol, high blood pressure, obesity and diabetes are some of the major health concerns that have reached epidemic proportions largely due to our eating habits and lack of exercise. Moreover, it is becoming increasingly clear that these health issues not infrequently begin in childhood.

A good number of you reading this newsletter are affected either directly or indirectly by these health issues. So what can be done?

Overcoming the health consequences of poor nutrition and lifestyle choices boils down to one simple phrase... Make appropriate choices! When you like to eat, and your senses scream at you... "this stuff is incredibly delicious, I want more," your ability to resist takes flight. All too many of us happily watch it disappear over the horizon. Add to this behavior a couch potato lifestyle and you have a recipe guaranteed to put you on the path to very serious health problems.

Let's face it, making healthy choices is difficult if you don't have the knowledge and the will to guide you in your pursuit of achieving and maintaining a healthy and vibrant lifestyle. So, we are going to give you some tips on how to make it easier. We'll show you how to get started with choices that are right for you. You'll enjoy truly delicious and healthy foods and have fun with exercise.

Thank you to all for your encouragement and compliments about our bi-monthly newsletters. We enjoy writing them and we're glad that you find them informative and useful. We sincerely appreciate your input.

Sincerely,

*Sharon Gwozdek*

Sharon Gwozdek, RN, BSN  
Editor

# Diet and Nutrition

## Pollen Count

You can check the pollen count for your location by simply going to...

<http://www.pollen.com>

Most packaged foods display a label that clearly lists the Nutrition Facts from which you can easily determine the good, the bad and the ugly of the food you are contemplating for inclusion in your weekly meal plan.

A recent study led by a Princeton University research team suggests that high fructose corn syrup may be at least partially responsible for the increase in the obesity rate in the United States.

## What is a Healthy Diet?

A healthy diet is one that helps maintain or improve health. It is important for the prevention of many chronic health risks such as obesity, heart disease, diabetes, and cancer.

It is a diet that emphasizes a variety of fruits, vegetables, whole grains, lean meats, poultry, fish, beans, eggs, and nuts; is low in saturated and trans fats, cholesterol, salt (sodium), and added sugars; and stays within your daily caloric needs for your recommended weight.

As straightforward and simple as this sounds, it does require that you be able to identify and avoid foods that do not contribute to a healthy diet. Fortunately, most packaged foods display a label that clearly lists the Nutrition Facts from which you can easily determine the good, the bad and the ugly of the food you are contemplating for inclusion in your weekly meal plan. Serving Size and Caloric intake are very important in that they help you serve an optimal amount of food. And don't forget the fine print. Ingredients and Vitamins and Minerals. The fine print reveals critical information about ingredients that are potentially harmful such as those that can trigger allergy symptoms, contribute to weight gain and other health issues. High-fructose Corn Syrup (HFCS) and dairy products are two examples of food additives that are disclosed. Master this label, and you have taken a giant step forward in achieving a healthy diet. Ignore it at your peril.

Now, you already knew all of this important information. So what's the point? It takes discipline and perseverance to act on what the label is telling you and make it a part of your daily life.

## High-fructose Corn Syrup (HFCS)

### What is High-Fructose Corn Syrup (HFCS)?

High-fructose Corn Syrup (HFCS) is a sweetener made from corn and can be found in numerous foods and beverages on grocery store shelves in the United States. High fructose corn syrup is composed of either 42 percent or 55 percent fructose, with the remaining sugars being primarily glucose and higher sugars.

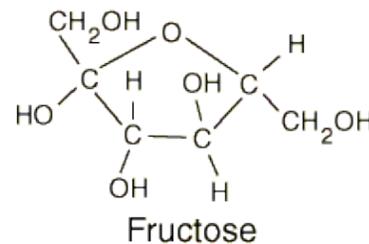
High fructose corn syrup is used in foods and beverages because of the many benefits it offers. In addition to providing sweetness at a level equivalent to sugar, high fructose corn syrup enhances fruit and spice flavors in foods such as yogurt and spaghetti sauces, gives chewy breakfast bars their soft texture and also protects freshness. High fructose corn syrup keeps products fresh by maintaining consistent moisture.

While HFCS seemingly provides these desirable benefits, many people believe that this additive/chemical in food is the cause of many health problems. It's a lab produced chemical that the body does not recognize as a food product.

While it's still arguable the level of harm this additive may cause, many people report improved health, weight loss, and a general sense of feeling better upon eliminating this substance.

A recent study led by a Princeton University research team suggests that high fructose corn syrup may be at least partially responsible for the increase in the obesity rate in the United States.

The study published online March 18, 2010 by the journal *Pharmacology, Biochemistry and Behavior* showed consumption of high fructose corn syrup caused more weight gain



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in lab animals than table sugar when both sweeteners were consumed in equal quantity. Since HFCS is found in so many foods, we hope to reward products without this chemical by promoting the companies that have had the integrity to maintain ingredients that lean to being more natural.

The research team did two experiments. In one, they tested high fructose corn syrup in two groups of male rats who were using the same standard rat diet, but received drinking water with table sugar or sucrose. The high fructose corn syrup level used in the experiment was only half as concentrated as most sodas while the sugar concentration was the same as is found in some commercial soft drinks.

What was found is that male rats drinking the high fructose corn syrup solution gained much more weight than those that drank water with table sugar.

In the second experiment, the team tested the long term effect of high fructose corn syrup on weight gain. This time, the researchers gave one group of rats only the standard rat chow and another group a high fructose corn syrup solution in addition to the same rat chow for a period of six months.

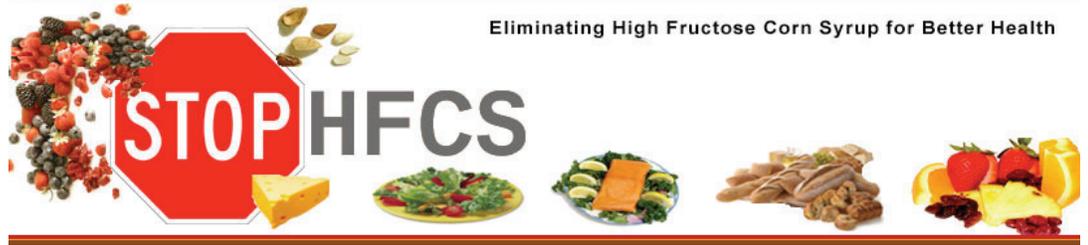
The study found that rats that had access to high fructose corn syrup showed characteristic signs of the metabolic syndrome including abnormal weight gain, significant increases in circulating triglycerides and increased fat deposition - particularly visceral fat around the belly. Male rats using high fructose corn syrup gained 48 percent more weight than those eating the normal diet.

While these results were from laboratory rats, it suggests that it might not be prudent to incorporate HFCS in our diets. The health consequences seem obvious. Obesity, diabetes and high blood pressure are but three serious health issues that in the main can trace their origin to poor food choices.

Although many of us are on the path to incorporate more natural, organic, and simple foods to our diet a good first start lies in eliminating HFCS.

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[www.stophfcs.com](http://www.stophfcs.com)



To help you choose HFCS foods, an HFCS Free Food List can be found at <http://www.stophfcs.com/list.html>

Bon Appétite!

## Exercise

### What is healthy exercise?

Exercise is an essential activity for keeping fit. It's what the body needs to develop good muscle tone, it's what your heart needs to maintain cardiovascular fitness.

Successful exercise (exercise that is good for you), involves frequent physical activity that is rhythmic, repetitive, challenges the circulatory system, and uses large muscles. It must significantly increase the



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If you want to have a healthy heart, you need to perform aerobic exercise

## Check Out Our New Website!



Our new patient-centered website provides useful information about allergies, their causes and what can be done to effectively treat them. We invite you to pay us a visit. Go to.....

[www.allergyenvironmental.com](http://www.allergyenvironmental.com)

blood flow to your muscles for an extended time, promoting cardiovascular fitness. Such exercises are called isotonic, dynamic, or aerobic. If you want to have a healthy heart, you need to perform aerobic exercise.

These activities really "get the blood pumping." As the heart beats faster, the blood circulates more quickly, delivering extra oxygen to your muscles. This builds strength, or cardiovascular fitness. Some recommended aerobic activities are walking, hiking, jogging, bicycling, swimming, jumping rope, and roller skating. Some forms of exercise, like weightlifting, can build muscle strength without building cardiovascular fitness.

Perhaps you have heard the phrase..."What you don't use, you lose!" How true this is. Witness the "couch potatoes" in your life. For some, they can barely get around. The good news is that virtually anybody can benefit from healthy exercise and return to a healthful state. Again, we must emphasize the key phrase. "Make Appropriate Choices."

As always, we recommend that you consult your doctor for an exercise program that is right for you.

## Sharon Gwozdek, RN, BSN on Talk Radio

### Sharon Gwozdek, RN, BSN makes appearance on Healthy House Call.

Appearing recently on KFNX 'News-Talk Radio' 1100 in Phoenix and also via the World Wide Web, Sharon Gwozdek and host Dan Koontz discussed Arizona's 'over-the-top' allergy season, the importance of healthy food choices and the addition of The Allergy Environmental Treatment Center's new general medicine/primary care practice.

"Healthy House Call" is a Live Call-in Radio Show and a Public Service Program featuring the latest breakthroughs concerning international integrative medicine and wellness, allowing listeners to ask questions regarding health challenges.

World class healthcare providers, medical researchers, authors, professional athletes, Hollywood celebrities, as well as consumer testimonials of products and professional services are broadcast live 9 AM to 10 AM on KFNX 'News-Talk Radio' 1100, Phoenix and also via the World Wide Web at [www.healthyhabitthehealthfoods.com](http://www.healthyhabitthehealthfoods.com), and [www.1100KFNX.com](http://www.1100KFNX.com); click the "Listen Live" button for streaming audio. Millions from all over the world have internet access to the show.



## Featured Recipe

### Gazpacho Soup - Courtesy of Darlene Tibbets

Here is a favorite summertime recipe that is sure to please. Cool, tasty and always appreciated, this Gazpacho will have you coming back for more.



#### INGREDIENTS:

1 cup tomato, peeled and finely chopped	2 -3 tablespoons Tarragon Wine Vinegar
1/2 cup green pepper, finely chopped	2 tablespoons olive oil
1/2 cup celery, finely chopped	1 teaspoon Salt
1/2 cucumber, finely chopped	1/4 teaspoon fresh ground black pepper
1/4 cup onion, finely chopped	1/2 teaspoon Worcestershire Sauce
2 tablespoons parsley snipped	2 cans tomato juice
1 clove garlic, minced	

#### PREPARATION:

Combine all ingredients in a glass bowl. Cover and chill at least 4 hours. Serve in chilled soup cups. Serves 6.

#### Bon Appetit!

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We also offer general medicine/primary care services.

We offer state-of-the-art allergy testing and treatment. Schedule your visit with us today! Call 480-634-2985.

Sincerely,

Sharon Gwozdek, R.N., B.S.N.  
Allergy & Environmental Treatment Center

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