

Have Your Cheeseburger And
Keep Your Health Too! Update
Issue 31

Melanie Jordan, editor
Subscriber e-mail only to: healthycoach@aweber.com
Personal e-mail: healthyeatncoach@aol.com

Healthy Eating Coach's Corner Web Site
<http://www.healthyeatingcoach.com>

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The free monthly e-zine for those who favor the "NMP" healthy eating style and healthy living in general. Eat cheeseburgers and any of your favorite foods as often as you like in the healthy "NMP" way that makes it all deliciously possible!

What's "NMP"? Go to <http://www.healthyeatingcoach.com> and find out!

Also from Melanie Jordan:

Mystery Shopper Coach's Corner Web Site
<http://www.mysteryshoppercoach.com>

Welcome! In this issue you'll find:

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Love this e-zine? Please forward a copy to your friends, family and co-workers who are interested in healthy living...or should be!

New subscriptions are welcome by e-mail to: healthycoach@aweber.com

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1. Melanie's Upcoming Media Appearances & News

Here are my next appearances and the latest news always feel free to check my web site at <http://www.healthyeatingcoach.com> (click on the media room button and the link "Melanie In The Media") to see where I'll be speaking or appearing next as the list changes constantly!

--I will be part of an article on healthy eating and fast food in an upcoming issue of OC Metro.

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2. Feature Article: "So, What's All The Fuss About Oreos?"

By Melanie Jordan, e-mail healthyeatncoach@aol.com

A Bay area attorney made headlines last year when he filed a lawsuit against Kraft Foods for putting trans-fats in the form of hydrogenated oils in their Oreo cookies. I saw a lot of rolled eyes, and heard a lot of mocking of the suit in the media and on-line. But the fact remains--this lawsuit was way overdue, and it brought an important issue to the forefront. That food manufacturers should be liable for putting ingredients in their products that are known to cause harm--especially when they are widely unknown to be something dangerous to the public at large.

I remember when I was being interviewed for the "Comfort Foods, Not Calories" article that appeared in the May issue of "Women's Health & Fitness magazine (a copy of this article can be viewed in the media center of my web site at <http://www.healthyeatingcoach.com>) and I started telling the writer about partially hydrogenated oil and trans-fat, she had never heard of it before. Our conversation gave her the idea for the article which appeared in the June issue of parenting.com's Recipes Today (also in my web site's media center) as noted above. And she was someone who considered herself knowledgeable about healthy eating. But the reality is that few people up until recently knew about the danger of what I call a "freak fat" being in their food.

I go into the trans-fat issue in greater detail in my book "Have Your Cheeseburger And Keep Your Health Too!" as a hidden food danger that everyone should be aware of, but in a nutshell, trans-fats are caused by using a cooking technique that turns oils into a type of fat that is not even found in nature and the

body does not know what to do with it. It is suspected as a factor in diabetes, heart disease and certain cancers. Why is it in foods to begin with? Quite simply, Corporate America's never-ending search to maximize profits. It extends the shelf life of food found in your supermarkets, and is cheaper to use, so you will find it in many of the foods used to create your meals eaten out.

While it is in thousands of foods--full fat, as well as reduced fat and fat-free versions--it is especially common in baked goods and snack foods. As bad as trans-fats are for anyone, I especially get concerned about its prevalence in all the junk foods marketed to children. The popular kids' cartoon character snack, the new animated movie licensing agreement snack and the new blue goo snack. It just means that kids are exposed to harmful trans-fats at earlier and earlier ages, resulting in longer and longer time periods during which this freak fat can build in their bodies and do damage sooner.

My adorable niece Rianna, the star of my article "What A 6-Month Old Can Teach Us About Healthy Eating" (see the article archives on my web site at <http://www.healthyeatingcoach.com>), who is now over two years old, has developed a liking for cheese puffs. Like all mass-marketed cheese puff snacks from the major snack food manufacturers, they are heavy in food coloring and most have trans-fats.

As much as I love seeing her little face light up with a big smile, it gives me the chills when I realize that this junk is going into her body on a regular basis. So when I went out to visit her this past weekend in Las Vegas, I brought her my kind of cheese puff snack--Pirate Booty from Robert's American Gourmet which is found in the healthy food sections of most major supermarket chains and all natural foods stores. And you know what happened when she had the Pirate Booty? The exact same effect! A giant smile that lit up the room, but this time it was from a lower-fat, trans-fat free snack. One I can feel better about her having.

This goes to show you that just as I always say, you should eat what you want and never deny yourself anything. Just find healthier ways to do so. You can substantially reduce or eliminate the trans-fats in the diets of your kids, grandkids, nieces and nephews, and everyone else you care about, including yourself, just by reading labels and refusing to buy the products made by the companies who don't care about putting junk ingredients like trans-fats into our bodies. As you saw with the lawsuit, it wasn't until Kraft was sued and shamed into it with national publicity that they said "we're sorry, we'll develop a trans-fat-free Oreo". Loss of money is the only thing Corporate America understands.

For virtually every food that is out there that has trans-fat, there is a trans-fat-free equivalent out there. For example, there always were several brands of "oreo"-type cookies that were trans-fat free, they just aren't as heavily advertised with warm and fuzzy campaigns, so you may not know them as the household names that Oreos are. You just need to take a few extra minutes to go through the foods in your house and gradually replace those items you find that have partially hydrogenated oil in them, with their healthy counterparts. And one of the easiest ways to do this is to buy organic items whenever possible, and as your budget permits. Organic foods never have added trans-fats.

The government is getting involved too, as trans-fat information has to be provided on food labels by 2006. But that gives Corporate America another two years to work on clogging our arteries. Plus, it assumes the powerful lobbyists won't get the requirement deadline pushed back. Lastly, trans-fat labeling requirements can be manipulated via portion sizes and other tricks, under perfectly legal interpretations of the new requirements. So it can appear that there are no trans fats, but, in reality, they are still in there.

As of this writing, reduced fat Oreos no longer have trans-fat in them, regular Oreos still do. Of concern are the new Oreo snacks (and other Nabisco) snacks like Chips-A-Hoy that are in the 100 calorie pouches that say "zero" trans-fat", yet when you look at the ingredients, the product still includes some kind of partially-hydrogenated oil. This would appear to me to be one of those situations described above where they are legally correct, because they are getting under the wire through government definitions, but the reality is if a label says "partially-hydrogenated oil, I still don't want it in my body, when there are so many other products out there that don't have it at all period!

Want to know some brand substitutes for your favorite foods that may have trans-fat in them? E-mail me at healthyeatncoach@aol.com and I'll help you make them over. I'll share all the requests in upcoming issues of "Have Your Cheeseburger And Keep your Health Too! Update"

**LEARN HOW EASY IT IS TO MAKEOVER
ALL OF YOUR FAVORITE COMFORT FOODS!**

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3. Healthy Food Review: Amy's Toaster Pops

By Melanie Jordan, e-mail healthyeatncoach@aol.com

A notoriously trans-fat laden food that I gave up for quite awhile was Pop Tarts. But a few months ago, my husband and I discovered Amy's Toaster Pops (found in the frozen foods section of your natural foods market), and this item was now back on our menu.

Available in apple and strawberry varieties, almost all the ingredients are organic too boot. The consistency is a little more like a turnover or pie than a regular Pop Tart, but tasty nonetheless. We like the apple better than the strawberry, but both are worth a try. Each package contains six Toaster Pops. Each is 140 calories, with 3 grams of fat, none saturated, and no cholesterol. You'll probably want two as a realistic serving due to the size if this is for breakfast, although one will do for a snack.

Now if they just made a chocolate Toaster Pop the world would be a perfect place. But it's another example of healthier eating through substitution.

For more information: www.amys.com

For more healthy food reviews like this, go to my web site at
<http://www.healthyeatingcoach.com> and click on "Food News".

IT'S SUMMER...
WHAT HAVE YOU DONE TO KEEP YOUR
HEALTHY NEW YEAR'S RESOLUTIONS?
(REMEMBER THEM?)

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4. Healthy Recipe: "Veggie Mac & Cheese"

By Melanie Jordan, e-mail healthyeatncoach@aol.com

Veggie Mac & Cheese

(Excerpted from "Have Your Cheeseburger And Keep Your Health Too!"
By Melanie Jordan, Copyright 2001)

- 1 box Annie's(Organic Whole Wheat Shells & Cheddar
or Deboles(Whole Wheat Macaroni & Cheese
- 3 tbsp. fat-free or low-fat organic milk
- 1 cup of raw broccoli cut up into tiny florets
- 1 cup shredded carrots
- reduced-fat or fat-free parmesan cheese

Boil water for the pasta in a medium-size pot. Place carrots and broccoli in your steamer. When the water boils, add the pasta from the package to the pot and boil for 10 minutes over medium heat. Simultaneously, start steaming the carrots and broccoli for 15 minutes. Measure out the three tbsp. of milk out into a small cup and leave out to get to room temperature.

When the pasta is done, drain and add to a large mixing bowl. Drizzle the milk over the pasta and sprinkle the cheese from the package over the pasta and milk-break up any clumps of cheese with a spoon as you go. Now blend the pasta, milk and cheese together until the cheese is blended throughout. By this time the vegetables should be done steaming, so add them to your mixture and serve. Sprinkle with parmesan cheese to taste.

Makes 2 portions

Note--Add a whole grain dinner roll or other whole grain bread (preferably no butter) to complete the meal. If you feel like it, you can also add a can of drained albacore tuna to the mixture prior to serving for a little more protein, and to make it more of

a tuna casserole type meal.

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"HAVE YOUR CHEESEBURGER AND KEEP YOUR HEALTH TOO! UPDATE"?

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