



Newsletter 4

WellPath's Daily Dozen Challenge

If I blend my fruits and vegetables am I processing out the fiber and nutrients?

Let's first distinguish between "juicing" and "blending." Juicing is a process by which the juice of a plant is extracted leaving the solids behind. Blending is the process I did this morning where I just threw a bunch of ripe fresh fruit in a blender with some OJ concentrate, ground flaxseed, vanilla-flavored, sweetened, almond milk and some vanilla extract (I like vanilla).

Juicing produces a drink that has the vitamins and minerals, + calories (more calorie-dense than eating the fruit you just juiced). Also, there are some studies that hint that humans don't feel satiated and don't mentally-account for liquid calories as we do calories eaten in foods (I like to write "satiated" instead of full because it makes me look smarter).

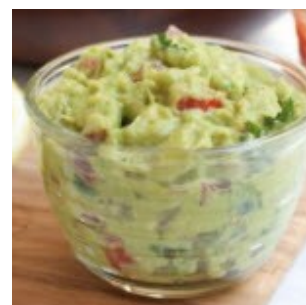
Juicing can include some solids and fibers depending on the processing, but most often removes the solids. Commercially prepared juice can really vary in the source and content, ranging from "Fruit juice" that has almost no juice extracted from fruit at all and "fruit juice that contains none of the juice from the fruit named (for example apple juice that is almost all white grape juice). Simply, reading the label can help you buy nutritious fruit juice from the fruit named. Also drinking the naturally occurring sugars in juice without the fiber may raise blood sugar in those who have trouble controlling blood sugar.

But when we eat fruit, with the high water content, the fiber, and the slew of associated vitamins and minerals it is digested differently and well. This is especially true when the fruit is part of a meal instead of eaten alone. This is also true of blended fruit. When blending, the fiber is not lost.

Have you ever looked at a fiber supplement? It is finely ground to almost a powder and in liquid can turn into a gel-like substance. This grinding process doesn't eliminate the fiber or the effect of the fiber on digestion.

Lastly, let's all agree on the definition of fiber. Fiber is non-digestible carbohydrate. So Fiber is found in carbohydrates.

For more information see <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/juicing/faq-20058020>



WellPath's
Daily Activity
BREAK
2:00PM
DAILY

GETTING MORE GREENS SALAD FREE!

Add these to soups (chopped):

- Broccoli
- Zucchini
- Asparagus
- Collard Greens
- Kale (de-stemmed)
- Chard (de-stemmed)
- Spinach

Add a handful of these to your smoothies:

- Spinach
- Kale
- Swiss chard

Sautee these in your stir fry with other veggies:

- Broccoli
- Zucchini
- Bok choy
- Spinach
- Green beans
- Brussels sprouts
- Snap peas

Use these as wraps for your favorite ingredients:

- Romaine
- Bibb lettuce
- De-stemmed collard or Swiss chard leaves
- Belgian endive
- Cabbage leaves

Add these to eggs/egg substitutes:

- Spinach
- Swiss chard
- Zucchini
- Broccoli
- Asparagus

Steam:

- Collard greens
- Mustard greens
- Kale
- Spinach

KALE CHIPS RECIPE HERE

Monday	Tuesday	Wednesday	Thursday
No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise	No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise	No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise	No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise
Friday	Saturday	Sunday	Daily Dozen Checklist
No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise	No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise	No. of servings ✓ Beans ✓ Berries ✓ Other Fruits ✓ Cruciferous Veg ✓ Greens ✓ Other Vegetables ✓ Ground Flax Seeds ✓ Nuts & Seeds ✓ Herbs & Spices ✓ Whole Grains ✓ Beverages ✓ Exercise	For serving sizes, books, recipes, and other info, go to: NeuLyt.com/DailyDozen "Daily Dozen" used by permission: Dr. Michael Greger, "How Not to Die" (Macmillan, 2017)

WEEKLY RECIPE: Baked Purple Sweet Potato Fries

Fun and colorful way to eat your antioxidants, purple sweet potatoes tossed in the Savory Spice Blend.

Ingredients (4 servings):

- 2 large purple sweet potatoes
- 2-3 tablespoons apple cider vinegar
- 1-2 tablespoons Savory Spice Blend



Instructions:

1. Preheat the oven to 425F.
2. Wash the sweet potatoes well. Carefully cut the potatoes into wedges.
3. Line a baking sheet with parchment paper or a silicone mat. Place the wedges on the sheet. Drizzle the apple cider vinegar over the potatoes and sprinkle on the Savory Spice Blend. Stir the potatoes with a spatula until all the potatoes are coated with the vinegar and spices.
4. Bake the sweet potatoes for about 20-25 minutes. Turning them 1/2 way through.

DAILY DOZEN FACT:

If you eat blueberries week after week, you get [chronic benefits](#), in terms of reduced artery stiffness, and a boost in your natural killer cells, which are one of your body's natural first lines of defense against viral infections and cancer.



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