



Providing an optimum exercise experience for ALL members

Eating right for you!

September 2011, By: Janet Liguori P.T, C.N.P

Osteoporosis: It doesn't have to be you!

Osteoporosis is the thinning of bone density and loss of bone tissue with age. **It is estimated that 1 in 5 women in America aged over 50 have osteoporosis**. Menopause and low estrogen levels are the main cause for low bone density. Processed foods (which wreak havoc on digestion) also contain high amounts of sodium that displace calcium through urine excretion.

What are the solutions? Improve diet, supplement with bone building vitamins and minerals.

Supplement with Vitamin D

Vitamin D provides the ability to keep a balance of calcium and phosphorus in the blood.

High Calcium foods do not have to be from dairy products - These calcium packed foods are easier on our digestive systems, packed with fibre, water content, vitamins and of course, calcium. Include these food items in your diet:

Calcium Rich foods in Miligrams:

3 ounces Sardines = 371mg

½ cup rhubarb = 174mg

3 ounces salmon = 180mg

½ cup collard greens = 180mg

1 ounce sesame seeds = 280

CONTACT OUR NUTRITIONISTS TODAY:

Krista Cumming, Registered Nutritional Consulting Practitioner

Contact: 905-822-5240 ext 631 or kcumming@ontarioracquetclub.com

Gloria Atkinson, Registered Holistic Nutritionist

Contact: 905-822-5240 ext 276 or gatkinson@ontarioracquetclub.com

Janet Liguori, Certified Nutritional Practitioner

Contact: 905-822-5240 ext 667 or jliguori@ontarioracquetclub.com

NUTRITION TIPS!

#1 Avoid high sodium foods: hotdogs, condiments, commercial sauces/salsa, chips, most packaged foods

#2 Eat foods rich in Vitamin K: collard greens, spinach, broccoli, kale, brussels sprouts, lentils

#3 Avoid alcohol, cigarette smoke and fountain drinks – all displace precious calcium from our body.

Ingredients

2 1/2 pounds beets (about 8 medium), peeled and cut into wedges

1 1/2 tablespoons finely chopped peeled fresh ginger

3/4 teaspoon fine sea salt

1 tablespoon plus 2 teaspoons olive oil

1/2 teaspoon black peppercorns

1/2 teaspoon pink peppercorns

2 teaspoons coriander seeds

1/2 teaspoon dried rosemary

1/2 teaspoon coarse sea salt

1 whole side (about 3 pounds) salmon, skin on

3 tablespoons coarsely chopped chives

3 tablespoons chopped parsley leaves



Method

Preheat oven to 450°F. Place beets in on a rimmed baking sheet large enough to hold them in a single layer. Sprinkle with the ginger, fine sea salt and 1 tablespoon of the oil and toss to coat. Roast in the middle of the oven, stirring once or twice during cooking, until tender and lightly browned, 25 to 30 minutes.

Meanwhile, place black peppercorns in a spice grinder and pulse once or twice until cracked, or place them on a cutting board and crack with a rolling pin. Add pink peppercorns, coriander seeds, rosemary, and coarse sea salt; continue to pulse or crush until the mixture is very coarsely ground. Line a large rimmed baking sheet with parchment paper, grease the paper, and place salmon on top; fold the thin tail section under if the fillet is too large for the baking sheet. Brush salmon with remaining 2 teaspoons oil and sprinkle with peppercorn mixture. After beets have roasted for about 15 minutes, place salmon on the top rack of the oven and roast until just lightly pink in the center, about 15 minutes.

Loosen salmon from the parchment with a spatula, then use 2 large spatulas to transfer salmon to a platter. Spoon beets around salmon and sprinkle them with chives and parsley

Nutrition: Per serving: 280 calories (90 from fat), 11g total fat, 2g saturated fat, 80mg cholesterol, 560mg sodium, 9g total carbohydrate (3g dietary fiber, 6g sugar), 36g protein