

## VEGETARIAN EDUCATION FOR HEALTH PROFESSIONALS

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### Nutrition Notes

BY: SHARON RICHTER, MS, RD, CDN

As a registered dietitian with a private practice in New York City, my schedule is very hectic, but I can't use this as an excuse to compromise my health. As I schedule appointments with clients, I make a point to set aside time to exercise. The second piece to the great health puzzle is diet. With a busy day, preparing healthy meals is challenging. I look for quick, easy options that are balanced and taste good. Gardenburgers are the perfect solution. They offer a range of varieties and flavors, from Chik'n to Riblets, which satisfy many of my cravings. I've even been known to crumble up a veggie burger and add it to an egg white omelet for a delicious breakfast.

Although I'm not a vegetarian, I believe that fruits, vegetables and whole grains are an essential part of a well balanced diet. They are an excellent source of vitamins, minerals and fiber. I look for foods that are high in fiber and contain protein to complete my meals. I avoid high sodium, fat and simple carbohydrates that just weigh me down. Gardenburgers help me avoid these dietary pitfalls. Whether you are a meat eater or not, Gardenburgers can easily be incorporated into a well-balanced diet.

Sincerely,  
Sharon Richter

### What's Cooking?

FEATURED ARTICLE



What has the power to lower your blood pressure and cholesterol levels while reducing your risk of heart disease, stroke, cancer, diabetes and obesity? Is it some new magic pill? The answer is much simpler: Fruits, vegetables, and whole grains.

With heart disease on the rise in America and the number one killer among women, keeping your cholesterol and blood pressure in check is more important than ever.

Eating a diet of whole-grain, fiber rich foods, as well as

plenty of fruits and vegetables, helps lower blood pressure and make you feel full longer – which helps you avoid overeating.

The U.S. Department of Agriculture recommends also eating at least four cups of veggies and fruits every day, and it only takes 25-35 grams of fiber-rich whole grains a day to help lower cholesterol. Plus, whole grain foods are rich with phytochemicals and antioxidants, which are good for overall heart health.

Luckily, eating a heart-healthy diet can be easy and flavorful. Start slowly, adding in veggies and whole grains one meal at a time. Pass on the white bread at the grocery store this week and grab a 12-grain variety made with whole wheat (make sure the package ingredients list whole grain flours), or grab a baggie of baby carrots to eat with your lunch.

You can also add an extra serving of whole grains by cooking up some Gardenburgers for dinner one night a week. That's right, Gardenburgers are a great source of whole grains and vitamin-rich vegetables, including mouthwatering mushrooms, chewy sun-dried tomatoes and aromatic onions. You'll be able to satisfy any palate with varieties like Black Bean Chipotle and Sun-Dried Tomato Veggie burgers or Chick'n Grill patties.

And remember, eating is only one part of getting heart healthy. Don't forget to get out and go. Walk, bike, breathe, laugh—whatever gets your blood flowing.

## From the Grapevine



Mary Kate Leahy had struggled with stomach issues for years before she was finally diagnosed as having Irritable Bowel Syndrome.

"An important part of treating IBS is figuring out what foods cause a reaction," Leahy said. "I kept a food diary and found that meat was a big trigger for me."

She began adding more vegetables, fruits and whole grains to her diet and replaced many of the meats she used to eat with vegetarian choices, such as soy-based products and Gardenburgers. While Leahy hasn't totally eliminated meat from her diet, she's found that eating more veggies and grains has made a big difference.

"I've struggled with the pain and discomfort of IBS my whole life," she says. "It's been so much better since I changed my diet, and I feel healthier overall."

### ***"It's hard to get enough protein with a vegetarian diet."***

Going veg doesn't mean shortchanging yourself nutritionally. It's easy to get the 45-65 daily grams of protein a healthy adult needs. Reduced-fat cheeses, steamed vegetables, brown rice and vegetarian products like Gardenburgers, all pack protein points to help you reach your daily requirement. In fact, Gardenburger's Garden Vegan veggie patty packs 10 grams of protein into a savory blend of whole grains, fresh mushrooms, garlic and spices. Add some more whole grains and fresh veggies and you're halfway to your goal—not to mention you've made your taste buds happy, too.

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## From the Founder

It's impossible to conceive that what began as one man selling a single product out of a van in Oregon has since evolved into an internationally-recognized brand that has significantly changed the way we eat and live.

I have always firmly believed that, if given choices, people will usually make the right decision. Gardenburger's success story proves that consumers will naturally gravitate towards foods that are healthy, flavorful, convenient and economical. Therefore, the goal of this newsletter is not to convince you to make healthy choices – you already know the myriad benefits of adopting a healthy lifestyle. Rather, our intention is to guide you toward life-enriching alternatives that will allow you to eat to your heart's content – and to your heart's health.

In this premiere issue of our newsletter, we invite you to learn more about the common myths surrounding vegetarianism and how you can make informed choices about the foods you consume.

We look forward to many more newsletters in the future that will inspire you to "eat positive!"

Sincerely,

Paul Wenner  
Founder, Wholesome & Hearty Foods Co. and the creator of the original "Gardenburger"

