



974 WEST BROADWAY
JACKSON, WY 83001
307-733-0450

www.jacksonwholegrocer.com

open everyday
7am - 11pm

JWG News & Views - November 2009

It is officially the off season but with the holidays around the corner everyone is sure to stay busy. November is National Diabetes Month. We have two articles on the subject, one demystifying the disease and the other showing steps to treat diabetes naturally.



Thanksgiving is a time to celebrate friends, family and the harvest. Mary from Beyond Broccoli tells us how our favorite holiday foods are actually nutritious and something to be enjoyed. During the week of the 23rd we'll be having wine tastings, cheese tastings and lots of food demos. We hope you will come in and visit! Happy Thanksgiving!

Happy Thanksgiving!

Here's a tasty recipe we love - Enjoy!

Pear, Prosciutto & Hazelnut Stuffing

Crisping the prosciutto and toasting the nuts adds a powerful punch of flavor to the stuffing without going overboard on fat.

12 servings, 2/3 cup each | Active Time: 1 hour | **Total Time:** 2 1/4 hrs

Ingredients

- 3 teaspoons extra-virgin olive oil, divided
- 4 ounces prosciutto, thinly sliced, cut into ribbons
- 2 cups onion, chopped
- 2 cups diced fennel bulb
- 1/4 cup minced shallot
- 2 teaspoons minced fresh sage
- 2 teaspoons minced fresh thyme
- 1 teaspoon minced fresh rosemary
- 8 cups stale baguette, preferably multi-grain (not sourdough), cut into 1/2 inch cubes
- 2 Bosc pears, ripe but firm, chopped
- 1/3 cup chopped flat-leaf parsley
- 1/3 cup chopped hazelnuts, toasted
- 1 14-ounce can reduced-sodium chicken broth
- 1/4 teaspoon salt

Freshly ground pepper, to taste

Preparation

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, about 5 minutes. Drain on a paper towel.
3. Wipe out the pan and heat the remaining 2 teaspoons oil over medium-high heat. Add onion, fennel and shallot and cook, stirring, until softened and beginning to brown, 6 to 8 minutes. Add sage, thyme and rosemary and cook, stirring, for 1 minute more. Transfer everything to a large bowl and gently stir in bread, pears, parsley, hazelnuts and the prosciutto. Add broth; toss to combine. Season with salt and pepper. Spoon the stuffing into the prepared baking dish; cover with foil. Bake for 40 minutes; remove the foil and bake until the top is beginning to crisp, 25 to 30 minutes more.

Nutrition

Per serving : 176 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 8 mg Cholesterol; 29 g Carbohydrates; 9 g Protein; 6 g Fiber; 489 mg Sodium; 283 mg Potassium

November Events Calendar

Nov 2 - Food demo with Cara Liberatore from 12-2pm. Foods to maintain healthy blood sugar levels.

Nov 9 - Food demo with Cara Liberatore from 12-2pm. Samples from our deli of Thanksgiving side dishes.

Nov 16 - Food Demo with Jack Goldstein from Hole Fish, 12-2pm - come sample sustainably caught, fresh fish!

Nov 21 - Nordic Naturals Omega 3-6-9 demo with Kathleen from 3 to 6 pm

Nov 23 - Food demo with Cara Liberatore from 12-2pm. Thanksgiving foods.

Nov 23 - Kate's Kitchen demo of Teton Valley Pepper Juice from 11:30a-1:30p

Nov 23 - Wine Tasting from 4-6pm

Nov 25 - Wine Tasting from 4-6pm

Nov 30 - Food demo with Cara Liberatore from 12-2pm. Simple soups.

Are You Prepared for the Holidays? We Can Help!

Our Meat Department, Deli, Bakery and Grocery have everything you need to make your holiday meal a delight! We'll have turkeys, side dishes, rolls, pies, seasoned bread crumbs, fresh herbs, artisan cheeses, wine and spirits and anything else you'd want or need. Call the store or go onto our website to ask questions and preorder turkeys, deli specialties and bakery treats.

We're happy to help!

Holiday Favorites Give Health a Boost by Mary Ryan, RD, MS



Thanksgiving is an opportunity for us to forget our narrow definitions of food as fuel or medicine and to welcome a shared meal as a symbol of gratitude, community, tradition, and humanity. We all need to eat and at some level to connect to others.

Instead of lamenting the less nutritious fare that finds its way to our holiday tables, this month we highlight some favorite holiday foods that give health a boost. Everything from the yams and mashed potatoes to the turkey and cranberry sauce provide a wide range of nutrients that support health and best of all, taste good!

The first thing to think about is color. The bright colors found in plant foods are often related to special compounds that help control both inflammation and cell-damaging free radicals associated with a number of diseases. Think deep orange yams or sweet potatoes, bright red cranberries, and dark green beans or leafy vegetables. Strong flavors in foods such as garlic and onions are another clue to find the best nutrition bets.

Despite the absence of color and strong flavors, both turkey and potatoes are also nutritious foods. The biggest nutritional challenge at the holiday meal is the size of the portions. Like most nutrition professionals I could tell you to take a little less of each dish, a strategy that works well for a lot of people. But I'd rather encourage you to focus on enjoying the foods you choose to eat. Notice the colors, textures, variety of flavors, aromas, and how you feel as you eat. Revel in the companionship of a shared meal. Thanksgiving is the perfect time to slow down and eat with awareness and gratitude.

Here's the nutritional scoop on some of our holiday favorites:

Sweet potatoes/yams – there are more than 400 varieties of this nutritional powerhouse enjoyed by our Peruvian ancestors 10,000 years ago! Most of what Americans call yams are actually a variety of sweet potato. Sweet potatoes are an excellent source of the plant form of vitamin A, with the darker flesh varieties providing more of this important antioxidant. Sweet potatoes are also a good source of fiber, vitamins C and B6, and the minerals iron, copper, manganese, and potassium. Keeping the skin on and roasting or baking rather than boiling sweet potatoes delivers the most nutrition for this holiday favorite. (And of course, if you must add marshmallows, brown sugar and butter remember that a little goes a long way to flavor this naturally sweet food!)

Cranberry – this cousin of the blueberry shares its heritage as a rich source of proanthocyanins, powerful antioxidant compounds that can prevent *E. coli* bacteria from adhering to bladder walls causing bladder infections. Newer research shows possible benefits in preventing the *H. pylori* bacteria from clinging to the stomach lining, a major cause of stomach ulcers. While more research is needed other possible benefits of these bright red berries are related to oral health, lowering “bad” cholesterol and raising “good” cholesterol, preventing kidney stone formation, as well as fighting some cancers. Enjoy fresh cranberries between September and December because after that frozen is all we get! (Dried berries and juice do offer benefits but fresh are best.)

Potatoes – this quintessential comfort food first came to the United States early in the 18th century with Irish immigrants but didn't gain popularity until the 19th century (and our consumption grew dramatically with the advent of french fries and potato chips!). Potatoes originated in the Andean mountains and have been cultivated for more than 4,000 years. A good source of vitamin C, the Spaniards sent this hearty tuber on ships to prevent scurvy during long voyages. In addition to vitamins C and B6 potatoes are a good source of potassium, manganese and fiber as well as roughly 60 different kinds of plant compounds with antioxidant activity, including quercetin and kukoamines (a rare compound found mainly in Gogi berries). Keep the skin on for the most nutrition (and fiber).

Turkey - in addition to protein, iron, and zinc turkey is a good source of potassium and several B vitamins, all good for your heart, immune system and mood. Though tryptophan, the precursor to the “feel good” brain chemical serotonin, is abundant in turkey, so are the other big amino acids that compete to get through the blood-brain barrier. If a turkey dinner does boost serotonin levels it is likely due to the carbohydrates in the meal that release insulin, a process that encourages competing amino acids into the cells and tryptophan to enter the brain. Our yearning for a post turkey dinner nap is more likely linked to the size of the meal than any particular nutrient – it takes a lot of energy to digest a big feast! Either way, turkey offers plenty of nutrition even without the serotonin boost.



Treating Diabetes Naturally by Jessa Smout

Even though Halloween is over there are still some scary things out there...

In Paul Pitchford's book *Healing with Whole Foods*, Part IV is listed as Diseases and Their Dietary Treatment. The first chapter in this section is BLOOD SUGAR IMBALANCES – DIABETES (the FIRST chapter)!!! In the second paragraph Pitchford states, "**When a low-fat diet based on complex carbohydrates such as unrefined grains, vegetables, and legumes is followed for several weeks, approximately 80% of diabetics [Type 2] can stop taking insulin and diabetic pills altogether, and the remaining 20% can reduce their intake.**" Wow, wow, and wow!!! This is stunning considering the American Diabetes Association (ADA) states that of the 18.2 million Americans that have diabetes, 90-95% have Type 2. **Diabetes is the 6th leading cause of death in Americans.**

What this means is one of the most prolific and deadly diseases in America can be controlled with some simple lifestyle changes. **When you combine the right diet with proper exercise and the correct supplements an individual can once again take control of their life.** Individuals can not only improve their blood sugar levels but decrease their chances of heart attack, stroke, kidney failure, and look better for it!

If you are trying to prevent diabetes, the place to start is with the proper management of your diet. Controlling blood sugar should be done in conjunction with focusing on healthy cholesterol and blood pressure levels as well. A few great foods to start with are berries, fish, garlic, kelp, brewers yeast, soybeans, and of course fresh vegetables and veggie juices.

There are also many supplements on the market that may help to control blood sugar levels and may help those who suffer from diabetes. There are so many in fact that it can be hard to choose the best. Everybody's needs are different but some of my favorites are:

Spirulina (aids in circulation and cleansing of cells also)

Alpha Lipoic Acid (may also help with diabetic neuropathy)

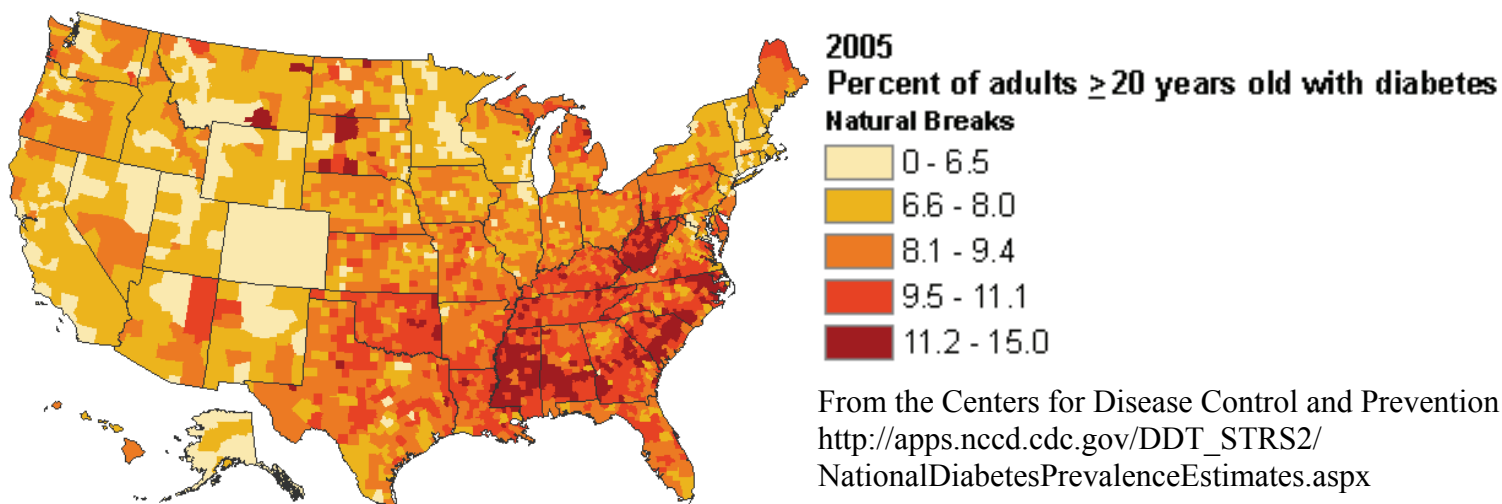
Vitamin C (slows glycosylation which is thought to be the cause of long term affects of diabetes)

Vitamin D

Magnesium

Natural Factor's PGX.

There are many great resources for people with diabetes. On the Jackson Whole Grocer website you will find a list of computer resources as well as books. In addition, I have come across a couple great starter books: *The Diabetes Food & Nutrition Bible: A Complete Guide to Planning, Shopping, Cooking, and Eating* written by Hope S. Warshaw, MMSc, RD, CDE, and Robyn Webb, MS, and *Diabetes for Dummies* by Alan L. Rubin. In addition, two books that end up on my resource list every time are *Healing with Whole Foods* written by Paul Pitchford and *Prescription for Nutritional Healing 4th Edition* by Phyllis A. Balch, CNC. These books show you how you can change your diet and change you life.



What Is Diabetes? by Maureen Molinari, R.D., Certified Diabetes Educator

November is National Diabetes Month and a great time to dispel some common myths, discuss the signs and symptoms and most importantly, what you can do to prevent developing type 2 diabetes.

What is diabetes?

Diabetes is a chronic, potentially debilitating and often fatal disease. The disease occurs as a result of problems with the production and supply of insulin in the body. Either the body produces no or insufficient insulin (type 1 diabetes), or the body cannot use the insulin it produces effectively (type 2 diabetes). Insulin is a hormone made by the pancreas that helps 'sugar' (glucose) to leave the blood and enter the cells of the body to be used as 'fuel'.

Type 1 diabetes is sometimes called insulin-dependent, immune-mediated or juvenile-onset diabetes. It is caused by an auto-immune reaction where the body's defense system attacks the insulin-producing cells. The reason why this occurs is not fully understood. People with type 1 diabetes produce very little or no insulin. The disease can affect people of any age, but usually occurs in children or young adults. People with this form of diabetes need injections of insulin every day in order to control the levels of glucose in their blood. If people with type 1 diabetes do not have access to insulin, they die.

Type 2 diabetes is sometimes called non-insulin dependent diabetes or adult-onset diabetes. People with type 2 diabetes do not usually require injections of insulin. Usually, they can control the glucose in their blood by watching their diet, getting regular exercise, oral medication, and possibly insulin.

Type 2 diabetes is most common in people older than 45 who are overweight. However, as a consequence of increased obesity among the young, it is becoming more common in children and young adults. Type 2 diabetes is the most common type of diabetes and accounts for 90-95% of all diabetes. The onset of type 2 diabetes is also linked to genetic factors but obesity, physical inactivity and unhealthy diet increase the risks.

Some women develop a third, usually temporary, type of diabetes called '**gestational diabetes**' when they are pregnant. Gestational diabetes develops in 2-5% of all pregnancies, but usually disappears when the pregnancy is over. Women who have had gestational diabetes have an increased risk of developing type 2 diabetes later on.

Impaired Glucose Tolerance (IGT)

People with impaired glucose tolerance (IGT) have glucose levels that are above normal but below the level at which diabetes is diagnosed. People with IGT have a significant risk of developing type 2 diabetes. They are thus an important target group for primary prevention. Changes in lifestyle, including diet and physical activity can greatly reduce the onset of diabetes.

Recognizing diabetes

The onset of type 1 diabetes is often sudden and dramatic and can include symptoms such as:

Abnormal thirst and a dry mouth	Constant Hunger	Recurrent infections
Frequent urination	Sudden Weight Loss	Blurred vision
Extreme tiredness/lack of energy	Slow-Healing Wounds	

The same symptoms that are listed above can also affect people with type 2 diabetes, but usually the symptoms are less obvious. The onset of type 2 diabetes is gradual and therefore difficult to detect. Some people with type 2 diabetes show no obvious symptoms early on. These people are often diagnosed several years later, when various complications are already present.

At present, type 1 diabetes cannot be prevented. The environmental triggers that are thought to generate the process that results in the destruction of the body's insulin-producing cells are still under investigation. Type 2 diabetes, however, can be prevented in many cases by maintaining a healthy weight and being physically active. Regular walking for at least 30 minutes per day, for example, has been shown to reduce the risk of type 2 diabetes by 35-40%.

Nutrition plays a key role in reducing one's risk of developing diabetes. Here are 5 simple things you can do daily to teach your children good nutrition habits... and improve your own.

- ◆ Reduce simple sugars! Kids and adults don't need soda and excess candy and sweets on a daily basis. Keep it for special occasions like birthdays, major holidays and weekends.
- ◆ Cook! You don't need to be Julia Child to make nutritious meals. Use your leftovers for lunch the following day and not only will you improve your nutrition, you may even save some money. Stop by the Juice Bar on Mondays, Wednesdays, and Thursdays and talk to either Maureen or Cara if you need some quick and easy ideas or some inspiration.
- ◆ Eat your fruits and vegetables! More is better...try roasting beets, yams, squash etc! Include veggies at breakfast. Add chopped broccoli or shredded zucchini to your breakfast eggs. Eat a salad in the morning if you feel like it.
- ◆ Improve your carbohydrates. The bulk food section is full of nutritious grains. There are wheat berries, rye flakes, red quinoa, quinoa, barley etc. Don't know how to cook them...pick up a whole grain fact sheet and cooking times.
- ◆ Enjoy your food with your family or friends. Sit down, set a table, involve your kids or friends and appreciate the wonderful gift of food!