

Spry Kitchen

Addicted to Sugar?

WHETHER YOU BELIEVE SUGAR ADDICTION IS REAL OR NOT, YOU MAY HAVE CRAVINGS THAT ARE HARD TO OVERCOME. HERE'S HELP. *By Gale Maleskey, MS, RD*

IF YOU'RE LIKE MOST AMERICANS, YOU'RE EATING A LOT OF SUGAR—ABOUT 150 POUNDS A YEAR, or 22 teaspoons a day—well over the recommended limits of 6 teaspoons for women and 9 teaspoons for men. About 120 pounds of that is from processed foods, says Dr. Jacob Teitelbaum, author of *The Beat Sugar Addiction Now Cookbook*. The type of sugar—high-fructose corn syrup or cane sugar, for instance—isn't as important as the amount, Teitelbaum says. "People are getting up to one-third of their daily calories from sugar and white flour, and it's creating an epidemic in Type 2 diabetes and obesity." If you're wondering whether you're addicted to sugar, you probably are, Teitelbaum says. His suggestions for cutting back on the sweet stuff:

* **Go cold turkey on the worst offenders:** sodas, sweet tea, energy drinks and some sports drinks and juices.

* **Satisfy your sweet tooth with stevia**, a natural, no-calorie sweetener available in products like Truvia and Stevia in the Raw.



For sugar-busting recipes from Teitelbaum's book, go to Spryliving.com/sugarfree

* **Read labels to figure out which foods you eat have the most sugar.** Divide the sugar grams per serving by 4 to convert to teaspoons. "If it's 1 or 2 teaspoons per serving, you might be OK with that," Teitelbaum says. "If it's 7 teaspoons per serving, you might say 'No way.'"

* **Include protein in meals and snacks** to keep your blood sugar stable.

FIVE SURPRISING SUGAR SOURCES

- spaghetti sauces
- white hamburger and hotdog buns
- deli meats
- canned corn and peas
- canned soups
- low-fat salad dressings



The Recipe for Healthy Bones

CHEF CAT CORA, CO-HOST OF THE NEW BRAVO TV SHOW *AROUND THE WORLD IN 80 PLATES*, DISHES UP GOOD-FOR-YOU CUISINE.

WHEN YOU THINK OF BONE-BUILDING FOODS, YOUR MIND PROBABLY GOES STRAIGHT TO THE DAIRY CASE. And for good reason: Dairy foods are among the top sources of calcium, the building block of healthier bones. But a growing body of research supports the importance of other nutrients in helping the body absorb and process calcium, including vitamins D and K. We tapped Cat Cora, *Iron Chef America* star and cohost with chef Curtis Stone of Bravo's *Around the World in 80 Plates*, for two delicious ways to boost your intake of these key bone-boosters.



Bone-Builder: Salmon

Salmon is one of the best food sources of vitamin D, which helps your body absorb calcium.

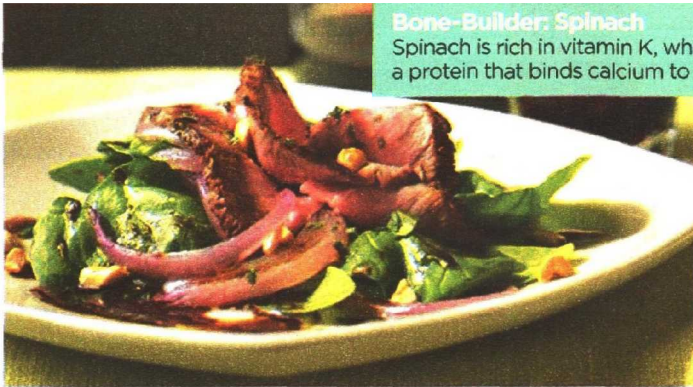
Salmon-Topped Hash

A perfect use for leftover baked or roasted salmon.

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| 4 medium Yukon Gold potatoes | 2 teaspoons drained capers |
| 1 red bell pepper, cut into squares | 1 teaspoon kosher salt |
| 2 tablespoons extra-virgin olive oil | 1/4 teaspoon freshly ground black pepper |
| 1 tablespoon unsalted butter | 1 cup cubed, cooked skinned salmon |
| 1 medium red onion, chopped | 2 tablespoons crème fraiche or low-fat sour cream |
| 1 teaspoon minced fresh tarragon | 1 scallion, chopped, for garnish |

1. Parboil potatoes: Place whole potatoes in boiling water for 6-8 minutes. Cool; slip off skins, grate and set aside.
2. In a large cast-iron skillet, heat the oil and butter on medium-high heat. Add bell pepper and cook until tender and lightly browned, stirring frequently, 5 to 6 minutes. Add onion and cook, stirring occasionally, until lightly browned, 3 to 4 minutes. Add the potatoes, tarragon, capers, salt and pepper. Using a spatula, press down on the mixture to crisp the potatoes and cook for about 4 minutes, then flip the hash over to cook the other side.
3. Slide onto a serving platter and spoon on the cubed salmon. Top with the crème fraiche or sour cream and scallion. Serve immediately. **Serves 4**

PER SERVING: 318 cal., 18g fat, 13g prot., 27g carbs., 5g fiber, 44mg chol., 575mg sodium



Bone-Builder: Spinach

Spinach is rich in vitamin K, which activates osteocalcin, a protein that binds calcium to bones.

Asian Steak and Spinach Salad

- 1/2 pound baby spinach
- 4 tablespoons extra-virgin olive oil, divided
- 2 garlic cloves, minced
- 2 tablespoons fresh lime juice
- 1 teaspoon brown sugar
- 1 tablespoon soy sauce
- 1 sweet red onion, cut into 1/4-inch-thick half-moons
- 1/2 pound sirloin steak
- 1 tablespoon chopped fresh cilantro
- 1-2 tablespoons chopped unsalted peanuts, for garnish

1. Wash and dry spinach. Place in large bowl and set aside.

2. In a small bowl, mix 2 tablespoons of olive oil, garlic, lime juice, brown sugar and soy sauce; set aside.

3. In a large cast-iron skillet, heat 1 tablespoon olive oil over medium-high heat.


Add onion and sauté for 2 minutes, stirring constantly. Place hot onions on top of spinach.

4. Add remaining 1 tablespoon of olive oil to the pan. Sear the steak until medium-rare, about 3 minutes per side. Remove the pan from the heat, transfer steak to a cutting board, and let it rest.

5. Let the skillet cool for a few minutes. Add the soy-lime mixture to the pan and turn the heat to medium-high. Deglaze the pan by stirring constantly and loosening any bits of steak that cling to the bottom. Reduce the heat to low to keep sauce warm.

6. Slice the meat as thin as possible, cutting against the grain. Arrange meat slices over onion and spinach. Drizzle with the warm sauce and sprinkle with cilantro and peanuts. Serve immediately. **Serves 4**

PER SERVING: 242 cal., 17g fat, 15g prot., 8g carbs., 2g fiber, 24mg chol., 332mg sodium

 For 3 more healthy recipes from chef Cat Cora, go to Spryliving.com/catcora