



The Daily Apple

TOUGH-LOVE DIET BOOK TELLS ALL
page 2

THE BIG O- WHY GO ORGANIC?
page 4

SERVING THE TWIN PORTS COMMUNITY SINCE JANUARY 2008

www.dailyapple.com

Wednesday, May 14, 2008

Volume 8, Issue 12



Photo by FreeFoto.com

Customers browse this local farmer's market for fresh fruits and vegetables on a daily basis.

How green is your dinner?

ASSOCIATED PRESS

More and more people are cooking and eating vegetarian food without becoming fully fledged vegetarians.

In the past 10 years or so, there has been a huge growth of interest in eating and cooking vegetarian foods and some people are now becoming vegetarian for the benefit of their individual health as well as the environment at large.

"It's so easy to be a vegetarian nowadays as almost every restaurant and cafe has vegetarian options and there is a

large choice of frozen and dried vegetarian foods in supermarkets and health food stores," said Ita West.

University students still represent the largest group of people who are actively becoming vegetarian. "Many students are concerned about issue".

However, there is a much wider group of people who have simply turned to vegetarian cuisine in search of better physical health and tasty food. The question is are they really vegetarian?

"It has become culturally accept-

able to not eat meat all of the time and people who come here don't miss anything from their plate by eating vegetarian food," says Denis Cotter. "The vegetarians who come are very glad to see an entire menu dedicated to vegetarian food but there are fewer of them."

Lia de Lancey is a nutritional therapist who is also a vegan.

"I was a vegetarian first and then became a vegan about six years ago. I've better energy and a better sense of well-being."

Is it backward to be forward?

BY DAYNA D. LANDGREBE



In a society saturated with fast food, convenience, nutrition, and diets, we the people are subjected to the everyday ploys of the “next big thing”.

Here, in this country, everybody is jumping on

the good ol’ green bandwagon. That goes for green toilet bowl cleaners to organic food at Wal-mart.

We are bombarded with advertisements to look a certain way, to eat this but run from that. How is the average Jane to know the difference from her Probiotics to her Omega 3s to her antioxidants?

Why, all of a sudden, is organic all the rage and when did eating actual food even go out of style? How did the sludge substance that passes for a double cheeseburger sneak in the side door?

In Michael Pollan’s, *In Defense of Food: An Omnivores Dilemma* he makes the statement that if your great grandmother wouldn’t know what the food was, chances are you shouldn’t eat it. Take for example, Go-GURT. Liquid yogurt with live and active cultures that doesn’t need to be refrigerated. Living chemicals in a tube!

How the hell did we, the smartest breed on the planet, get suckered into this? These days, your average banana at the supermarket will cost you around \$.69 a pound. Want that banana and your body pesticide-free? Try \$.90 a pound. Now, in order to eat food that skips the steroids, hormones, and chemicals, a consumer must pay the price elsewhere. Straight from the purse a la a burning hole in it.

So, why is it so backward to be forward? How can we be conscious consumers for our bodies and environment if the options or too expensive or nonexistent?

Perhaps the hope of this publication is not to change our backward system in a day, but to help our readers to think for themselves. We ask you to please, put down the Go-GURT, read the ingredients and wonder, “What exactly is carrageenan?” (Which, by the way, is a gel to increase viscosity in dairy products. Funnily enough, lab studies have also suggested that carrageenans might function as topical microbicides, blocking sexually transmitted viruses such as HPV and herpes. Yummy.)

So dear readers, this is not an attempt to make you stop eating meat, eat only organic products, or even to skip the french fries . We can’t and won’t do that for you.

Our mission is only to arm you with the information to go out into that big world and know just a little bit more than you did before about how to live a healthful, vital life and maybe... just maybe, walk right on by those golden arches this time. Oh, and please... Listen to your great grandmother, damn it!

Diet book dishes the *skinny*

BY JOHN ROGERS
ASSOCIATED PRESS

Don’t worry about calling Rory Freedman and Kim Barnouin a pair of skinny bitches. Just don’t try to get them back on the double-bacon-and-cheeseburger diets of their youth.

“We’ve been called a lot worse,” giggles Freedman, who with her best friend Barnouin is co-author of “Skinny Bitch,” the snappiest-titled diet book on the market.

Subtitled, “A no-nonsense, tough-love guide

Barnouin, who had been converted by Freedman to a vegan diet, began insisting the two had to “change the world” and get people to eat better.

Freedman’s initial reaction: “What can we do?”

“And then one day I called her and I said we’re going to write a book, that’s what were going to do,” she recalled.

Perhaps more than the pejorative title, though, the book has raised objections from some readers who complained they thought they were getting a diet guide and wound up with something closer to an anti-meat treatise. The group People for the Ethical Treatment of Animals, for example, is praised in the book and cited as one of its sources.

Barnouin and Freedman make no apologies.

Not just vegetarians, they are vegans, a subset that not only eschews eating meat but won’t touch any fish or dairy products either, meaning no eggs or cheese. They complain that the animals used in the food industry are not treated humanely and such food is not safely prepared.

One critic, registered dietitian Dawn Jackson Blatner, doesn’t object that the book promotes a vegan lifestyle but that it doesn’t include information on things such as serving sizes, calories, protein, fat and vitamins that are needed to ensure that people are eating right.

“A vegan lifestyle can be healthy, but it takes more planning than most other types of diets to ensure no deficiencies, especially of protein, iron, zinc, calcium, Vitamin-D,

B12 and omega-three fatty acids,” said Blatner, who is also a spokeswoman for the American Dietetic Association.

But she added that there is a place in the world of diet books for “Skinny Bitch.”

“If you’re looking for an introduction to a couple of women who are following a vegan lifestyle, some humor throughout and maybe a couple meal ideas, this is a good read,” she said. “But if you’re really trying to do vegan lifestyles in a healthy way, there are other sources from the American Dietetic Association that you could feel more confident about.”



#1
New York
Times
Bestseller

*A no-nonsense,
tough-love guide
for savvy girls
who want to
stop eating crap
and start looking
fabulous!*

Skinny Bitch

by Rory Freedman and Kim Barnouin

Photo by skinnybitch.net

Freedman and Barnouin’s “Skinny Bitch” hit the shelves in 2005

for savvy girls who want to stop eating crap and start looking fabulous,” it features a drawing of a skinny young woman on the cover and a picture of the two skinny authors on the back.

Written in a flip, “hey girlfriend” style in which expletives are not spared and eating meat is denounced as the “dead, rotting, decomposing flesh diet,” “Skinny Bitch” quickly became a word-of-mouth hit upon publication in December 2005. More than 200,000 copies are currently in print, according to its publisher, Running Press of Philadelphia.

It all began, she said, four years ago when



Photo by freefoto.com

Greens, whole grains, and fresh fruits and vegetables are suppliers of proteins and nutrients

Sun.

John Papazoglou of Washington, D.C., is one of them. He made a special stop at the cafe while in town on business.

A vegetarian for 15 years, he eats no meat, fish or eggs. He finds it difficult to maintain a healthy, satisfying diet while traveling.

“Actually being a vegetarian doesn’t guarantee good nutrition,” he says. “You still have to have a balanced diet.”

Papazoglou is among a growing number of people in the United States who’ve eliminated meat from their menus. The Vegetarian Resource Group estimates that 4.7 million adults are vegetarians.

Katherine Tallmadge of the American Dietetic Association says to stay healthy, a vegetarian needs to eat a diet full of variety.

Getting enough protein is one of the biggest concerns. “Protein is important for our immune system, our muscle mass and our bone mass,” she says.

Ovo lacto vegetarians can get protein from eating eggs and dairy products such as cheese. Other protein-rich foods include legumes (beans, peas, lentils), nuts, seeds, whole grains and soy products.

Tallmadge also notes that a vegetarian can risk deficiencies in certain dietary minerals and vitamins, such as iron, calcium, vitamin D and vitamin B12, which is found only in animal products.

Vitamin B is found in green leafy vegetables, fortified cereals, grains and soy milk. Some experts recommend that vegetarians take a multivitamin to get enough B vitamins. Calcium can come through green leafy vegetables, including mustard and collard greens and broccoli. It’s also found in soy milk and soy products. Iron-rich foods include dark green vegetables, dried fruits, nuts, seeds, whole grain and fortified breads, and cereals.

Registered dietitian Molly Paulson knows all about meeting daily nutritional requirements. “I think it gives you a good, healthy feeling on the inside, a cleansing feeling because you’re not weighed down with the saturated fats, the high-fat meals that make you feel fatigued,” she says.

To satisfy a growing family, she shops for foods that are nutrient dense. “We do a lot of beans and brown rice,” Paulson says. “I only give my family whole grains.”

Paulson sees many new vegetarians gain weight because they make mistakes during meal planning. In an effort to feel full, she says, they “overconsume simple carbohydrates like white pasta and white bread.”

She recommends that people do their homework before giving up meat. Taking a class, talking with a dietitian and collecting a few vegetarian cookbooks may be a good way to start. that. It’s a full-balanced approach.”

Protein a concern for vegetarians?

BY JUDY FORTIN
ASSOCIATED PRESS

It’s lunchtime at Caf© Sunflower in Atlanta, Georgia. The kitchen is humming as the chef prepares the most pop-

ular item on the menu: sesame chicken. That’s not what you’d expect at a vegetarian restaurant. But the so-called chicken is actually a seasoned soy product made to taste like the real thing.

“It’s a treat for vegetarians who miss meat,” says restaurant owner Edward

THE BIG 'O'- WHY GO ORGANIC?

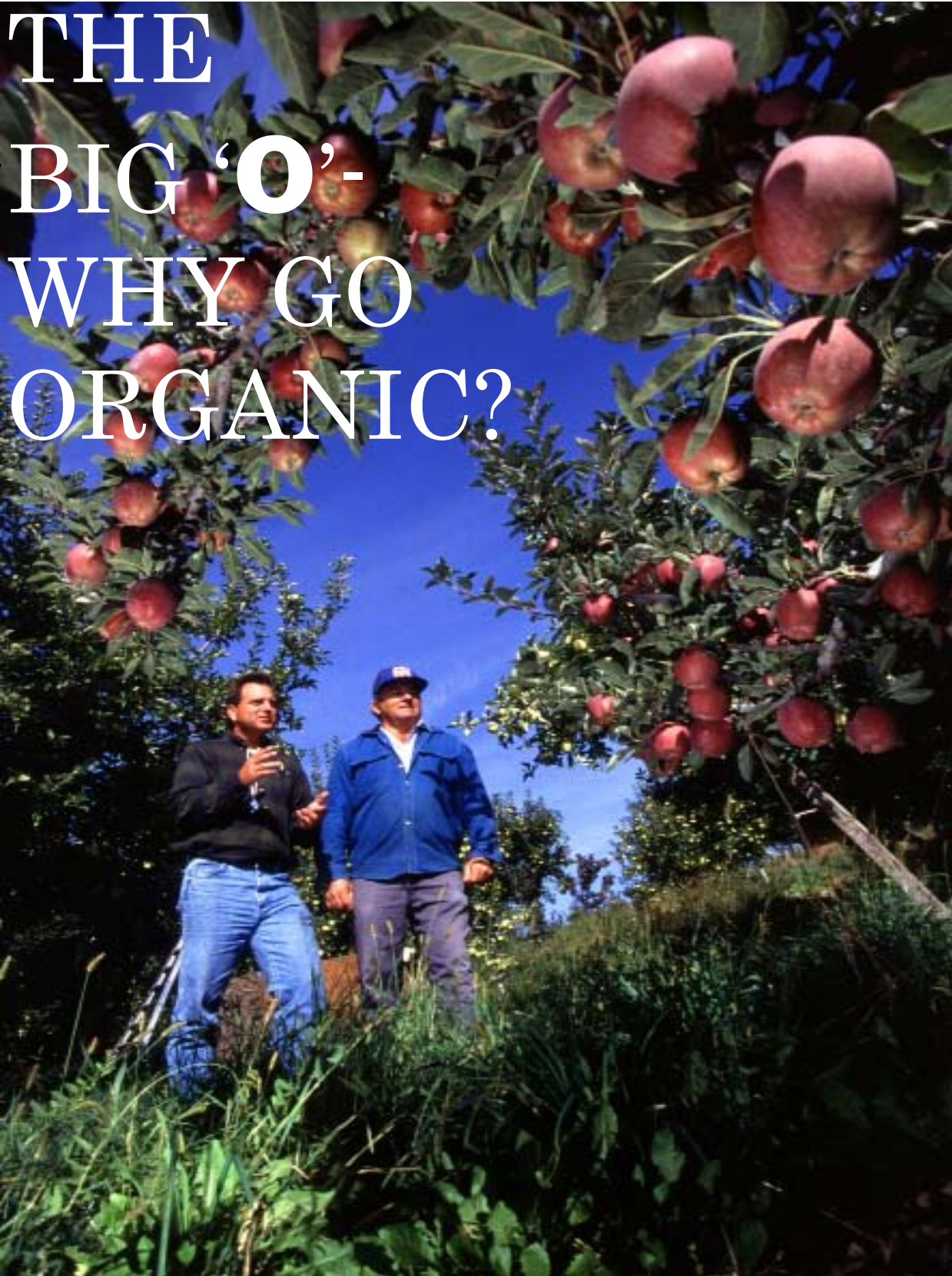


Photo by freefoto.com

Once the domain of hippies and yuppies, organic produce is now turning up on the dinner tables of your average Aussie.

BY MONICA VIDENIEKS
ASSOCIATED PRESS

Be it because of a fear of pesticides used on food, hormones and genetically modified grains fed to livestock or environmental concerns, more people are turning to organics. Certified organic products are grown and processed without the use of synthetic chemicals, fertilisers or genetically modified organisms. But selecting “real” organic food is somewhat of a minefield for consumers.

In order to be sold under the “certified organic” label, the products are assessed against a strict set of organic standards. Only genuine organic products can be sold under the “certified organic” label and this is monitored by the Australian Quarantine and Inspection Service.

But imported organic products and even some domestically produced products do not have to undergo such rigorous testing and can still claim to be organic.

To ensure you are buying authentic organic products, always look for the “certified organic” label.

The Organic Federation of Australia (OFA), the peak industry body, along with the Organic Growers Association of WA, is pushing the Federal Government for uniform labelling laws to prevent consumer confusion.

Annie Dunn, who runs Absolutely Organic in Gwelup, said customers should question their shop owner about the organic origins of the products they buy. If they are not satisfied with the response, they should shop elsewhere.

Devotees of organic food insist the flavour is better and OFA chairman Andre Leu, a tropical fruits organic farmer in Queensland, points to international studies which suggest organic vegetables and fruit contain up to 30 per cent more nutrients and anti-oxidant properties than their conventional cousins.

As the industry grows, he said many of the criticisms of organic foods - mainly that they cost too much and have a shorter shelf life - were beginning to be dismissed.

“I’ve heard people say they are more expensive but the real issue is the lack of supply, and this will sort itself out as the industry becomes more mature,” Mr Leu said.

Organic farming is becoming more prevalent, especially with crops of soy beans and whole grains.

Organic wholesaler John Evans said organic produce was competitive. As a general rule of thumb, organic produce costs about 30 to 50 per cent more than conventional foods.

But it seems customers are prepared to overlook the additional cost. “Organic products are one of the fastest-growing food sectors in the world,” Mr Leu said. “It is in so much demand that often we can’t keep up with demand, so it’s no longer the domain of hippies and yuppies - everyone is into it.”