



Healthy Dining Chicago



The monthly newsletter for organic-friendly flexitarians

April 2006

Words of Wisdom

*"Our personal
consumer choices
have ecological,
social, and
spiritual
consequences.*

*It is time to
re-examine
some of our
deeply held
notions that
underlie
our
lifestyles."*

*David Suzuki,
author of
The Sacred Balance:
Rediscovering Our
Place in Nature*

It's as Simple as ABC

A ccording to a survey by Glad and Whirlpool, 60 percent of us feel fridge frustration and are in need of help. Half of us have difficulty finding items in our fridge because of overcrowding. And to make matters worse, a new study from the University of Arizona found that the average family of four in the U.S. tosses out \$590 a year in spoiled or uneaten food. Enough already!

April 5th-9th is National Clean Out Your Fridge Week—the perfect time to kick off your spring cleaning efforts and get that fridge (and the pantry while you're at it) in tip-top shape once and for all.

The following smart tips come from Stacy deBroff, president and founder of Mom Central, Inc. (www.MomCentral.com), a company dedicated to providing pragmatic tips and advice to strengthen busy families and enhance the home environment.

A = ASSESS THE SITUATION

Analyze your fridge bad habits:

- Are you constantly throwing away spoiled food and leftovers?
- Do you have a hard time finding space to unload new groceries?

B = BANISH PROBLEMS

Can't find what you're looking for?

- Use see-through containers that show you at a glance what's inside.
- Place tall items toward the back of the fridge and small ones in the front.
- In the freezer, group similar items, like ice cream or frozen vegetables, near each other so you don't have a vast frozen wasteland.

Lots of wasted or spoiled food?

- Repackage your food to keep items protected and fresh.
- Visit www.foodsafety.gov to learn how to store food properly if you're uncertain.
- Check the expiration dates on all the jars and containers in your fridge—you'll be amazed at the number of condiments and dressings that have been in the fridge door for over a year.

- Start a tradition of Sunday dinner leftover parties with a couple of friends or other families.
- Inventory what you've got before you go shopping!
- Remember to date whatever you purchase if it does not have a date stamped on it!

C = CREATE MORE SPACE

- Create space by using square storage containers instead of round ones.
- Stack items and repackage bulk items.
- When getting a new fridge, take advantage of new space-saving features, such as freezer door ice storage.
- Lastly, "When in doubt, throw it out." It's a good idea to do this the night before garbage pick-up.

Tips on Selecting a Refrigerator

The refrigerator is not only the most used kitchen appliance, it is also the most energy-consuming.

You can reduce your annual fridge-freezer energy costs by as much as 15 percent by simply selecting one with a top or bottom freezer design instead of the popular side-by-side model. Want to save even more? Then skip the ice makers and water dispensers in the door. They increase energy use by almost 20 percent.



Source: National Geographic Magazine

And last but not least . . .

Refrigerator humidity hastens the spoiling of your fruits and vegetables. Solution: pick up a natural cellulose sponge for under a buck. It helps absorb the moisture in your refrigerator so your produce stays fresh longer.



Coming Next Month...

- *Local caterers that serve up healthy fare*
 - *Tips on growing herbs*
 - *Take the fiber challenge*
 - *And much more*

From the Editor

Dear HDC readers,
Well, we did it! After more than three years without one, we will have a web site in April thanks to team members Joanne Berridge, Brian Rodriguez and Dan Watters from Professor Rachel Powers's HCI 470 Digital Design class at DePaul University Graduate School of Computer Science, Telecommunications and Information Systems.



I can't tell you how exciting this is for us! The next time you're online, please visit us. You'll find us at www.healthydining.org. And while you're there, please take a minute to let us know what you think—what you like about our site and what needs a bit more work.

Laura

From the Mailbag



Laura,
Are you aware of any macrobiotic and/or whole foods groups, classes, or counselors in the Chicago area? I have Googled and come up with very little. Thanks, Suzanne

Suzanne,
As a subscriber, you received a copy of our March issue, which included a list of ten local instructors and locations for cooking classes specializing in whole foods. The instructors listed, some of whom are registered dietitians and nutritionists, would be able to provide you with more information about their knowledge of this very structured diet as well as the best approach to take if you decide to adopt it.

You might want to contact Elsa M. Jacobson (773.255.5858/elsa_jacobson@hotmail.com) to gain some practical insight into this dietary lifestyle, as both of Elsa's parents embraced macrobiotics and for six years she worked for a local talent who followed this dietary regimen.

I also found an article that you may want to read at <http://www.thepulsemag.com/Entertainment/macrobiotic.html> and 11 Chicagoans looking to start a macrobiotic group through www.meetup.com. To connect with them, go to <http://macrobiotic.meetup.com/lists/us/il/chicago/>

First though, I would connect with Bonnie C. Minsky, who is a well-respected licensed and certified nutrition specialist, public health educator, and certified menopause educator. Bonnie has a private practice and can be reached via e-mail at nutritionalconcepts.com.

♥♥♥

Hi, I wanted to let you know that the **May Street Market Restaurant** is a new restaurant in the city that supports local organic farmers. They are located at 1132 West Grand Avenue. Their phone number is 312-421-5547.

All the best, Beth Aldrich
Publisher/Founder
for her information: Chicago Magazine
www.ForHerInformation.com

In the March issue, HDC named the **Best Places to Eat in the Chicago Area** for those seeking veg-friendly spots that use high-quality ingredients; serve whole-grain breads, pastas, and rice; are committed to using locally grown organic ingredients when possible, and are 100 percent smoke-free. Beth Aldrich read our list and wanted to add one more spot (see below). We checked them out and they passed muster. They're now on the list. Thanks, Beth, for the heads-up! Ib

♥♥♥

Laura, Read your list of **Best Places to Eat in the Chicago Area** and noticed a place or two missing that I was sure you would include, as they're included on so many other lists. What's up? *Jim*

Jim, I base my list on information I gather from a variety of sources, including people who have actually worked in the kitchens of the places that I consider listing, as well as my own personal visits to these kitchens. If I'm not allowed or invited in the kitchen to poke around or find things I don't approve of when I do—they're simply not included. Ib

Subscribers are invited to e-mail their questions or comments to HealthyDining@aol.com.

The Earth Salad

A few years ago there was a wonderful restaurant on Wells Street called **Earth**. Whenever I would lunch there I would order their Earth Salad. One day I jotted down all the ingredients that made up this wonderful salad so that I could prepare it at home. As April is Earth Month, I thought it was time I shared it with you:

Organic baby greens Radish—thinly sliced
Organic spinach Sunflower sprouts
Cucumbers Garbanzo beans
Cherry tomatoes

The salad was kissed with a honey mustard dressing. HDC likes Annie's Naturals Low-Fat Honey Mustard Vinaigrette because it's low in fat and sugar and tastes great.

Did You Know?

Macular degeneration is a progressive eye condition that attacks the macula, where your sharpest central vision occurs. The condition affects 15 million people in the United States and is the most common cause of irreversible blindness in developed countries. The incidence of macular degeneration increases sharply with age, and its prevalence is expected to rise.

Eating carrots and other foods rich in the nutrient beta carotene, as well as foods containing the antioxidant vitamins C and E and zinc, results in a significantly reduced risk of age-related macular degeneration, a Dutch study has found.

Source: Journal of the American Medical Association



According to registered dietitian Suzanne Havala Hobbs, "Whether they're made of beef, pork, turkey, or chicken, hot dogs have too much saturated fat, cholesterol, and sodium, which promote heart disease and high blood pressure. Many also have nitrites, which have been linked to cancer."

The World Champion **Chicago White Sox's** U.S. Cellular Field (formerly Comiskey Park) was the first Major League Baseball stadium to add soy hot dogs and veggie burgers to their menu boards in 2000 thanks to Soy Happy®. And they are selling well. In the 2005 season, the stadium sold 2,864 veggie dogs and 4,781 Gardenburgers.

For more tips and suggestions from Suzanne, go to www.onthetable.net.

For more information on Soy Happy®, visit www.SoyHappy.org.



GO SOX GO!

Upcoming Local Events

"BioETHICS 2006: The Voice of Reason"
April 8-12

In a recent article in the *Christian Science Monitor*, fewer than 1 percent of Americans see genetically modified foods as a safety concern, but 54 percent of people in the 25-nation EU do. Who's right? I'm not 100 percent sure, but my gut is telling me it's the 25-nation EU. To learn more about this important issue and upcoming local event, visit www.bioethics2006.

"Leonardo da Vinci:
Man, Inventor, Genius" Exhibit:
Museum of Science and Industry
5700 South Lakeshore Drive
April 14-September 4
www.msichicago.org

Food for Life Nutrition and Cooking Class
Series for Cancer Prevention and Survival
Mercy Hospital and Medical Center
2525 South Michigan Avenue
Saturday, April 15: 11 a.m.-1 p.m.
Topic: Immune Boosting Foods
<http://www.cancerproject.org/resources/classes/chicago.php>

Healthy Living Spring Festival
Lake Street Church
607 Lake Street in Evanston
Saturday, April 22: 10 a.m.-6 p.m.
Awaken your senses with natural foods, cruelty-free items, energy healers, chair massage, intuitive readings, organic skin care, cool music, books, demos, raffles, and much more! Free. www.healthylivingfestival.com

EarthSave Chicago April Potluck
Know Your Food, Know Your Farmer
Resurrection Lutheran School
1050 West School in Chicago
Sunday, April 23: 5 p.m.
Carolyn Zezima of [Green City Market](http://www.greencitymarket.com) will discuss how farmers' markets support small family farms and promote a healthier society. www.earthsavechicago.org

Eat Well Be Well for Less
Gilda's Club Chicago
537 North Wells Street
Thursday, April 27: 6-7:30 p.m.
Healthy refreshments will be provided and participants will receive a complimentary copy of *Eat Well Be Well for Less*, the handy 32-page booklet chock-full of practical information and local resources. While this program is free, space is limited and advance reservations are required. Please call 312.464.9900 x19.

Go Veggie Hors d'Oeuvre Dine Out
Riques
5004 North Sheridan Road in Chicago
Sunday, April 30: 3 p.m.
Speaker: Laura Bruzas, editor of HDC
Topic: Good Eating Tips that Save Time, Money
\$16 members; \$20 nonmembers—includes a complimentary copy of *Eat Well Be Well for Less—50 Simple Ways to Cut Your Food Bill in Half*. RSVP required. www.go-veggie.org

Announcements

The Dill Pickle Food Co-op is building their membership base to reach the goal of opening an affordable health food market in the Logan Square area. Visit them on the web at www.thedillpicklefoodcoop.com



The freshest, healthiest, most flavorful [organic food](http://www.localharvest.org) is what's grown [closest to you](http://www.localharvest.org). Visit www.localharvest.org to find farmers' markets, family farms, and other sources of sustainably grown food in your area, where you can buy produce and many other goodies.

LocalHarvest was founded in 1998 by [Guillermo Payet](http://www.localharvest.org), a software engineer and activist dedicated to generating positive social change through the Internet. It is now the number one informational resource for the Buy Local movement and the top place on the Internet where people find information on direct marketing family farms.



Sur La Table, located at both 52-54 East Walton Street and 755 West North Avenue, offers free knife sharpening for customers in April.



Subscribers are invited to e-mail their announcements and/or upcoming healthy lifestyle event/program notices (50 words or less) to HealthyDining@aol.com for consideration. Space is limited and available on a first-come, first-served basis.



Test Your Knowledge

Be the first HDC subscriber to e-mail HealthyDining@aol.com with the correct answers to the following questions and receive a copy of the *Reader's Digest* book *1,120 Money-Saving Secrets: Extraordinary Uses for Ordinary Things* (\$10 value).

1. Restaurant tortilla chips contain 1,067 calories and 55 grams of fat per basket. T or F *Source: Men's Health*
2. The herbs bay leaves, coriander, dill, oregano, and savory are all loaded with antioxidants, but it's oregano that has the highest antioxidant content of them all. T or F *Source: Agriculture Research Service Laboratory*
3. Americans generate trash at an astonishing rate of 3.5 lbs/day/person—a total of 210 million tons per year. Almost one-third of all of the waste generated in America is packaging. T or F *Source: www.cqc.com/~ccswmd/trivia.htm*

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HDC is an all-volunteer-produced newsletter published ten times a year. Subscriber receive:

- Monthly issues delivered to your door or e-box
- E-mail alerts about upcoming local events including healthy cooking classes, nutrition lectures and more
- Subscriber-only invitations and special offers
- Access to a registered dietitian and other local experts who will research and answer your questions free of charge

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- .Catching Life, 4054 N. Lincoln Avenue
- .The Celtic Knot, 626 Church Street, Evanston
- .Gourmet Foods, Michigan Ave & Lake St
- .Heartland Café, 7000 N. Glenwood
- .Logos Book Store, 101 N. Oak Park Blvd., Oak Park
- .Maestro Gerhard, 69 W. Washington Blvd.
- .New Leaf Grocery, 1261 W. Loyola
- .Rain Dog Books and Cafe, 408 S. Michigan
- .Soul Cafe, 1301 W. Hollywood
- .True Nature Food, 6034 N. Broadway
- .Uncle Joe's Cafe, University of Chicago

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