



Winter 2015

 Forward to a Friend

Hello, and happy 2015! I let you take the first few weeks of the New Year to settle in before emailing about ways to keep on track for your 2015 resolutions. Have you fallen off course? If so, don't worry we all have those days. Think of my 80/20 lifestyle. If 80% of the time you are following a balanced eating plan, exercising, and sleeping well then 20% it is ok if you slip up. My Sharon's Suggestions section discusses how to keep those foods we think are less healthy into our diet without feeling guilty.

One favor I ask, if you don't have the time to read this newsletter, no problem. Kindly go to the conditioning corner, or click below. It is almost impossible to say the word CANCER and not think of a loved one. They may have survived, are fighting or won the battle. I am asking that you help support my or my husband's Cycle For Survival ride on March 8th. More information on Cycle For Survival is found in the Conditioning Corner, or donate [here](#):

[Sharon's Page](#) [Craig's Page](#)

Happy winter, stay warm and keep healthy!

A large, stylized, handwritten signature in black ink, appearing to be "Sharon".

Below are some recent media links!

[30 Things Nutrition Experts Wish You Would Stop Saying About Food](#)
[US News](#)

Nutrition News

The Bulletproof Diet Review



It is difficult to open up a magazine or turn on the television without hearing about the latest celebrity diet or the newest miracle cleanse. Although the marketing may be convincing, I would caution clients to educate themselves before delving into the newest fad diets or cleanses. One of the hottest diet topics right now is fat. We are moving away from the "fat-free," "low," and "reduced" fat options and dispelling the notion that fat makes you fat. Many nutrition experts are now recommending that we incorporate more full fats into our diets for optimal satiation, nourishment, and disease prevention.

So, should we really replace non-fat lattes and egg whites with full-fat milk and whole eggs? One of the most buzzed about diets in 2015 is the Bulletproof Diet.

Sharon's Suggestions

80/20 Lifestyle



In striving for a healthy, well-balanced diet, we should avoid from thinking of foods as "good" or "bad." While it is true that there are ingredients that can be harmful to your health, this doesn't mean that you have to completely eliminate certain foods from your diet! I suggest 80% of the time eating the healthier foods and 20% allowing yourself an indulgence. Also you can modify the foods you love to ensure that they are made from the best quality ingredients.

Take pizza, for example. One of the most common questions I get from clients is whether they can keep their beloved pizza in their diet and still accomplish their weight loss goals. My answer is **ABSOLUTELY**, but not without some caveats. My first condition is moderation. This refers both to the number and size of a serving. A balanced diet is a varied one.

The creator of this diet, Dave Asprey, believes that more fat (even saturated fat) is good. He argues that it's the quality of the fat that is most important. In this diet, 50-60% of daily calories should come from "good" fats, 20% from protein, and 20-30% from vegetables. This varies from the Dietary Reference Intakes of 20-30% carbohydrates, 20-30% fat, and 10-35% protein. On the Bulletproof diet all grains, legumes, pasteurized dairy, industrially raised meats, sodas/juices, farmed seafood, dried fruit, and microwaved foods are prohibited. Everyday starts with a special coffee mixture that Asprey claims will curb hunger for several hours and program the body to burn fat right from the time you wake up. The 450+ calorie drink is comprised of low toxin coffee beans with 1-2 tablespoons unsalted, grass-fed butter and 1-2 tablespoons of MCT oil (coconut oil extract).

The Bulletproof Diet is the perfect example for when to use caution in selecting a plan to obtain those New Years Resolution's. While it may produce favorable short-term results, the concern I have is for the potential long-term nutrient imbalances. Many of the current trends in nutrition such as juicing or cleansing can lead to significant weight loss, but it is usually not sustainable and can actually do more harm than good by causing vitamin and mineral deficiencies.

However, there are some aspects of Asprey's philosophy that new research supports. Specifically, that the quality of the fat is critical. The rise of the Bulletproof diet comes after an acclaimed study published last March in the journal *Annals of Internal Medicine* found that a diet rich in saturated fat did not have a positive correlation with heart disease. In addition, those consuming more of the "good" unsaturated fat did not have less instances of the disease. Mark Bittman of the *NY Times* suggested that the recommendation to eat less saturated fat was essentially a Band-Aid for the larger problem that meat, dairy, corn and wheat products frequently contain antibiotics and chemicals. None of these foods can be deemed "good" or "bad" but it is an issue of quality and quantity. So maybe

While pizza may be a convenient option when you're too tired to cook or need to grab a quick inexpensive lunch, I would recommend limiting yourself to eating pizza one time a week maximum. A slice of pizza typically ranges from 400-600 calories, so by that third slice you are approaching upwards of 1000 calories - and this is without those garlic knots, cheese filled crusts, or pasta sides you may have opted for! Some easy calorie-saving tips are to request a very thin crust/flatbread, light cheese (both less of it and low-fat options if available), and load up on the veggie toppings. I would also recommend pairing your pizza with a salad or vegetable side dish to help satiate you so you don't wind up reaching for that extra slice. But what if I told you there is a way to make pizza a truly guilt-free indulgence by significantly cutting calories, fat, and carbs and add more nutrients and flavor? The secret is creative pizza crusts! Foods like cauliflower, chickpea, quinoa, sweet potatoes, polenta and others are now being used as the main ingredient in pizza crusts. These crust options can be gluten-free and offer several nutritional benefits over typical pizza crust including increased protein and fiber, which will help you feel full longer. An easy vegan friendly recipe modification is to use flax or chia seeds with water to replace eggs. You might also want to consider adding nutritional yeast, tastes like cheese, to the recipe because it is full of B12, protein, folic acid and fiber.

One warning, gluten free does not always mean healthier. For example, let's take a look at Dominos gluten-free pizza. It may sound like a healthy option but it is actually made of processed ingredients and fillers that includes modified rice starch, rice flour, brown rice flour, potato starch, potato flour, honey, avicel, calcium propionate and others. Full disclosure: I had to look up what avicel even was and found out it is a cellulose product used to replace dry or fat-based ingredients in food. This is exactly my point! It's important to know what is in your food. Unfortunately many times these replacements are worse than the original ingredients.

I encourage you to try to make your own pizza with one of these creative crusts and

we should all heed Asprey's advice and opt for the unsalted grass-fed butter ... although I think I'll stick with milk in my coffee!

add healthy toppings! They are easy to make and a great way to get your children involved in the kitchen. For you trendy food eaters, try using cauliflower crust that I included in my [Richter's Recipe section](#).

Conditioning Corner Cycle for Survival



I'm riding in Cycle for Survival to raise money to fund lifesaving rare cancer research at Memorial Sloan Kettering Cancer Center. Together we can ensure tangible progress and give real hope to patients and their loved ones worldwide. This incredible fundraiser was started in one spin room at Equinox Columbus Circle by Jennifer and David Linn I in 2007 to raise crucial funds for rare cancer research. Jenn and I had taken several spin classes together and she asked if I could form a team of my clients to ride. Since that first year, I have participated riding and donating for this fantastic event.

In 2009, Cycle For Survival became an official Memorial Sloan Kettering Cancer Center event, and Equinox became the founding partner. It is now one of the fastest-growing fundraising events; more than \$64.2 million has been raised to date, directly funding clinical trials and research studies that bring new hope to countless lives touched by rare cancers.

Richter's Recipe

Cauliflower Pizza Crust



Ingredients

- 1 head cauliflower 7 - 8" wide
- 1 egg, large
- 1/2 cup Parmesan grated but not packed
- 1 tsp. basil
- 1/4 tsp. freshly ground black pepper

1. Preheat oven to 375 degrees F and line baking sheet with parchment paper.
2. Rinse cauliflower, remove the outer leaves and separate into florets.
3. Place cauliflower florets in food processor

Here are two important facts you should know:

100% of every dollar you give will go directly to pioneering research within six months of the events.

Cycle for Survival has contributed to more than 100 clinical trials and research studies, and also to major research initiatives that will change the way cancer is diagnosed and treated.

Why do I ride?

BECAUSE RARE CANCERS ARE MORE COMMON THAN YOU THINK. When you add all of the rare cancers together, approximately 50% of all cancer patients are fighting a rare cancer. And these are familiar diseases: pediatric cancers, leukemia, lymphoma, and thyroid, ovarian and pancreatic cancers are all classified as rare.

BECAUSE THERE AREN'T ENOUGH TREATMENT OPTIONS FOR PATIENTS. There is a critical funding gap in rare cancer research, but we can change that. In the first eight years of events, Cycle for Survival already had raised more than \$51 million, arming doctors and researchers with funding to discover new and better treatment options.

BECAUSE I WANT TO HONOR FAMILY AND FRIENDS TOUCHED BY CANCER. Cycle for Survival is my way of fighting back and making a difference.

What can you do today?

Donate to me or my husband Craig's ride to support lifesaving research! Remember, every dollar helps cancer patients around the world.

Together, we can truly make an impact. Thank you for your support!

JOIN THE BATTLE!

Sharon Richter
Craig Nassi

and process until "rice" texture. Some coarse chunks are fine.

4. Spread onto baking sheet, bake for 15 minutes.

5. Remove baked cauliflower and put into a bowl that is lined with cheesecloth.

6. Pull the outer ends of the cheesecloth together, having the cauliflower form into a ball and squeeze all of the liquid out. Do this a few times.

7. Raise oven temperature to 450.

8. In a mixing bowl add cauliflower, cheese, egg, basil, and pepper. Blend until all is mixed.

9. Place cauliflower mixture on the same baking sheet and bake for 15-20 minutes.

10. Add your favorite toppings. Kids love when the crust is various colors using different cauliflower such as those in the image above.

Servings Per Recipe: 8

Amount Per Serving = 1 slice

Calories: 65

Total Fat: 3g g

Cholesterol: 28 mg

Total Carbs: 6 g

Dietary Fiber: 3 g

Why Sharon?

I am a Registered Dietitian and for the past ten years have based my private practice in New York City. My main objective is to help others achieve a healthier lifestyle by incrementally creating attainable mental and physical goals. [Click here](#) to learn more!

Let's Get Started!

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Richter Reco Blog

Read about Sharon's most recent projects, nutrition advice, and media appearances!

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