

Vegetables are key to the Zone Diet

By DAVE SCHRECK

Back in the '80s and early '90s I was a faithful follower the USDA food pyramid guidelines, later to be proven wrong by Walter Willett, M.D., from the Harvard School of Public Health.

It was easy consuming 60% of my carbohydrates as complex starches: Muffins and cereal for breakfast, homemade corn tortillas with black beans and salsa for lunch and pasta for dinner. Appetizers consisted of chips and dips. Good thing I worked out about two hours a day as I barely maintained my weight and had to take daily naps.



Then in 1995 I changed my diet based on the Zone principles recommending 8-12 servings of vegetables daily. Translated: Consume two pounds of colorful non-starchy vegetables per day. Seriously, how would I prepare and eat all these vegetables? Here are a few tips on vegetable preparation and ways to prevent vegetable overload.

Preparation methods:

Prepare fresh salads, such as broccoli salad, Greek salad, tomato salad, and cucumber salad. Recipes at www.zoneliving.com

Grilled vegetables. On a medium-hot fire, cut large vegetables to increase surface area, toss in olive oil, salt and pepper, and grill al dente. Suggestions: Peppers, scallions, eggplant, mushrooms, asparagus, red onion, zucchini, cherry tomatoes and summer squash. Use these in a grilled ratatouille.

Sautéed: Slice, chop or dice according to your preference. In a 12-inch, non-stick skillet heat 1 tablespoon of high-oleic safflower oil (very low in omega-6s and high smoke point). Add vegetables, stirring frequently, until crisp and brightly colored. Toss with olive oil, salt and pepper and spices that you desire.

Do you consider consuming two pounds of vegetables as overload? How can you reduce the volume? Consider using those favorable carbohydrates that are more carbohydrate dense, such as black beans, kidney beans, chickpeas (used in hummus) and lentils. One-fourth cup of lentils equals 9 grams of carbohydrate; 4 cups of broccoli equal 9 grams of carbohydrate. If you loved broccoli, you could eat 12 cups, however, a combination would prevent vegetable overload.

Here's to a summer of fresh local vegetables!

5
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Foundation conducts extensive research

By MARY PERRY

In the last edition of Zone Living we talked about Dr. Sears' passion for clinical research in anti-inflammatory nutrition extending to the creation of his non-profit foundation, the Inflammation Research Foundation (IRF). Just to recap, the IRF is dedicated and committed to provide resources and grants for both educational and medical research projects pertaining to anti-inflammatory nutrition. In this edition we want to highlight the published scientific papers of the clinical research trials that the IRF has funded as well as some of the projects that are presently underway.

Published Papers on Completed Research Projects

Johnston, C.S., Tjonn, S., Swan, P.D., White A., Hutchins H., and Sears B. "Ketogenic low-carbohydrate diets have no metabolic advantage over nonketogenic low-carbohydrate diets." *Am J Clin Nutr* 83: 1055-1061 (2006)

Sorgi PJ, Hallsworth EM, Hutchins HL, and Sears B. "Effects of an open-label pilot study with high-dose EPA/DHA concentrates on plasma phospholipids and behavior in children with attention deficit hyperactivity disorder." *Nutr J* 13:16 (2007)

White AM, Johnston CS, Swan PD, Tjonn SL, and Sears B. "Blood ketones are directly related to fatigue and perceived effort during exercise in overweight adults adhering to low-carbohydrate diets for weight loss: A pilot study." *J Am Diet Assoc* 107: 1792-1796 (2007)

Sears B. "Anti-inflammatory diets for obesity and diabetes." *J Coll Amer Nutr* 28: 482S-491S (2009)

Mills JD, Bailes JE, Sedney CL, Hutchins H, and Sears B. "Omega-3 dietary supplementation reduces traumatic axonal injury in a rodent head injury model". *J Neurosurgery* 114: 77-84 (2011)

Sears B and Ricordi C. "Anti-inflammatory nutrition as a pharmacological approach to treat obesity." *J Obesity* 2011: 431985 (2011)

Sears B and Ricordi C. "Role of fatty acids and polyphenols in inflammatory gene expression and their impact on obesity, metabolic syndrome, and diabetes." *Eur Rev Med Pharm Sci* (in press)

Current Projects: The following projects are ongoing research projects on the role of anti-inflammatory nutrition in the management of chronic disease conditions.

Omega-3 fatty acids in head and neck cancer

Omega-3 fatty acids and prostate cancer

Omega-3 fatty acids and purified polyphenol extracts in age-related cognitive decline

Omega-3 fatty acids and bipolar depression in adolescents

Relationship of plasma fatty acids and development of depression in Interferon-treated patients

Anti-inflammatory nutrition intervention in type 2 diabetics



Barry Sears, PhD Carol Johnston, PhD Don Layman, PhD Robert McNamara, PhD Camilo Ricordi, MD

6

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Impromptu Seafood Stew becomes a hit

By SUE KNORR

Remember the tongue twister "She sells sea shells by the seashore?" A meal that highlights shellfish doesn't have to be dripping in butter or covered with a layer of thick batter to be irresistible. For a change of pace, try this simple seafood stew. I threw it together recently out of necessity. Guests were coming at the last minute, and the only substantial amount of protein I had in the house was a one-pound bag of mixed shellfish. I combined it with my basic ratatouille recipe and voila, a delicious one-bowl meal! It was a big hit with my guests, and it has quickly become a family favorite.

A few tips, the vegetables in this recipe are loaded with flavor so keep the seasonings simple and on the light side, just a hint of additional flavor. Cutting the vegetables in larger chunks makes this dish more interesting. Also, be sure not to overcook the vegetables and the shellfish.

One of my tricks in the kitchen with dishes that contain onions as one of the main flavoring agents is to keep some powdered or granulated onion on hand. I've found the intensity of the flavor of onions varies among varieties. A little onion powder goes a long way to adjust the taste if needed. This recipe is a great way to use up some of your garden surplus or the overflow from your community-supported agriculture share. Enjoy!

Sue's Seafood Stew

SERVES 4 (APPROXIMATELY 4 BLOCKS PER SERVING)

Stew ingredients:

2 tablespoons olive oil, split into 2 equal portions
1 large sweet onion (Vidalia or similar), large diced
3 or 4 cloves of garlic, minced
1 large yellow or orange pepper, large diced
1 medium to large eggplant, cut into $\frac{1}{2}$ inch cubes
2 medium zucchini, sliced
1 14.5 oz. can diced tomatoes (or 4-5 medium tomatoes, large diced)
 $\frac{1}{4}$ cup chicken broth or water
Basil, to taste
Sea salt and ground black pepper, to taste
1/4 lbs. assorted shellfish, fresh or frozen (my preference, a mix of shrimp, bay scallops and calamari)

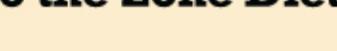
Dessert Ingredients:

4 cups blueberries

Directions:

In a large skillet over medium heat, sauté the onion in 1 tablespoon olive oil for a few minutes. Add the peppers and garlic and cook a few minutes longer. Add the zucchini and eggplant, cooking until tender. Make sure the eggplant is cooked through. Add the tomatoes, broth or water, basil, sea salt and ground pepper and bring to a simmer. Reduce heat to low, cover and let simmer for 15 minutes. In another skillet, over medium heat, sauté the shellfish in 1 tablespoon olive oil, just until translucent, taking care not to overcook. Add the shellfish mixture to the vegetable mixture, and serve. Distribute the blueberries equally among 4 bowls and serve for dessert.

The vegetable portion of this recipe can be made the day before. The following day reheat the vegetables while you quickly sauté the shellfish, and then combine the two. Shellfish is best when cooked just before serving.



2

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Special menus highlight of Fish City Grill

Sherlock Zone was visiting Texas recently and decided to try some seafood at the Fish City Grill, a restaurant chain based in the South West, with quite a few located all over Texas. (He was happy the state was not totally dedicated to barbecue.)

He was happy to see two special menus: One that was gluten-free and the other gave "Healthy Eating Suggestions." Both made it easy to stay in the Zone, our intrepid food detective found.

First the Gluten free.

Grilled Salmon Salad, Grilled Shrimp or Chicken Salad are starter suggestions.

Entrees include crab legs, shrimp, crayfish, catfish and combinations.

Zone bars are fresh mixed vegetables and broccoli.

Here is the "Healthy Eating Suggestions" menu with non-Zone items deleted:

Appetizers

- Raphael's Mexican Shrimp Cocktail – Order without the chips.
- Bucket of Peel n Eat Shrimp
- Oyster's on the Half Shell
- Side order of Crab Legs

Salads

- Cobb Salad – No bacon. Protein grilled. Oil and Vinegar Dressing.
- Grilled Salmon Salad – Dressing on the side or use Oil and Vinegar Dressing.
- Spinach Salad – Grilled shrimp or chicken with very little oil. Dressing on the side.
- House Salad – No croutons. Oil and Vinegar Dressing.

Soup

- Gumbo – No rice

Sides

- Sautéed Spinach – Ordered steamed
- Fresh Veggies – Order steamed
- Coleslaw

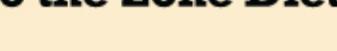
Entrées

- Catfish Dinner – Grilled with steamed veggies and salad w/out croutons.
- Shrimp Dinner – Grilled with steamed veggies and salad w/out croutons.
- Catfish Dinner – Grilled with coleslaw and steamed veggies.
- Chicken Breast Dinner – Steamed veggies and salad.
- Steamer Platters – Order without sausage

** All fish can be steamed or grilled with very little oil if requested.

Desserts – Sorry

Sherlock Zone had a great dinner and was pleased at how easy it was to keep it in the Zone.



2

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Stationary cycling and resistance training

Indoor or studio stationary cycling has been popular ever since the early '90s. In fact it is so popular in fitness clubs that participants often have to sign up well ahead of time to guarantee their spot on a bike in class. The term "cardio addict" may have resulted from the fact that many students rely on this as their sole form of exercise, leaving out another very important component of a well-rounded fitness regimen: Resistance training. Combo classes seek to rectify this problem by giving the cardio buffs what they want as well as what they need. One such studio chain that offers this in New York City (and now one in Los Angeles) outfits the cycling studio with resistance bands hanging from the ceiling so that cyclists do not even have to dismount. Other classes utilize hand weights for resistance.

Following is a list of some of the most popular trends in this relatively new movement, along with fitness benefits and my recommendations that may help you decide if this type of exercise class is right for you!

Piloxing

Boxing has, of course, been around for ages as has ballet. Pilates is only relatively newer. Combined, they blend into a fresh new workout that provides the best of all these. Boxing alone is demanding enough and provides the cardiovascular component. Pilates is great for core strengthening, and ballet can be a rigorous test of endurance, balance and postural alignment. The class moves from one to the other with an effortless flow, although the effort of the participant is bound to be much more. Classes can now be found in clubs and studios world-wide, along with several DVDs and videos online.

Is this class for you? There could be a learning curve if you are not familiar with any of the components of the movements. It would be important to learn these before jumping into high intensity as the risk for injury can be high, so if trying a class for the first time, speak to the instructor beforehand about getting started. It could be great; however, to get a combination of cardio and strength training as well as a fast-paced, fun workout!

3

AUGUST 2012

Dr. Sears ZONE Living



The Zone arrives in Israel

By Dr. Barry Sears

As I have mentioned many times, the Zone Diet is the evolution of the Mediterranean diet, providing far greater control of cellular inflammation. But what Mediterranean diet are we talking about? Is it the Italian version, the Spanish version, the Greek version or perhaps some other version from a country that borders the Mediterranean Sea? In each country, the local food ingredients are different.

The new Mediterranean country that the Zone Diet has entered is Israel. Once I visited the country, I found remaking the Israeli diet into a Zone Diet was actually far simpler than I had anticipated. First, just take all the white food ingredients off the plate. That means no bread, no rice, no pasta, and no potatoes. While most Americans would rather die than do that, people in countries that border the Mediterranean Sea find it easy because richly colored vegetables and fruits are an integral part of their diets to begin with. Interestingly, it turns out that Israel is one of the leading producers of fruits and vegetables in the Middle East due to its pioneering work in water-drip technology that allowed them to turn otherwise arid landscapes into very productive Zone gardens. As a result, the cost of colorful carbohydrates is relatively inexpensive in Israel.

In addition, we had already done research collaborations with some of Israel's leading neurologists in treating depression. Finally, our Israeli marketing partners did a superb job of organizing a network of trained nutritionists who had attended some of my prior educational conferences in Italy. I can definitely see that I will probably be spending more of my time in this area of the Middle East as the Zone continues to spread.



Dr. Sears takes a look at some of the Zone products in Israel. With him is Shiran Zimber, brand manager of EnerZona's local distributor, Devries Ltd.



The month of June was a joyous one for Dr. Sears and his wife, Lynn. Their daughter Kristin was married on Lake Como June 29. Dr. Sears also celebrated his 10th anniversary with his Italian partners, EnerZona, at a festive dinner at the fabulous Villa D'Este.



Cardioke (Cardio + Karaoke)

Another stalwart class genre that remains popular today since its inception in the '90s is Tae Bo, a fast-paced version of kickboxing created by Billy Blanks. Today with the popular "Glee" television show and the enduring karaoke craze continuing, Billy's son, Billy Blanks Jr., has created a fun spin on hip-hop dance classes that utilizes singing to emphasize the importance of breathing. If you are singing and dancing at the same time, you can't over-do and venture out of your "Cardio zone," yet you still have to breathe properly to master doing both. Billy Jr. emphasizes safety and high-energy fun for all ages. It sounds improbable, but it works.

Is this class for you? This class is suitable for all ages and all fitness levels. Of course, the usual precautions need to be addressed. If you are a first-timer, check with your doctor before starting out. Obviously, if you're a karaoke fan, you will love the combo of belting out your favorite popular tunes while exercising to the beat.

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4
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