



Ice Cream sandwiches and lemonade are a special treat

By Sue Knorr

Does anyone remember the Disney classic movie "Pollyanna"? One of my favorite scenes was when Hayley Mills, the child heroine of the movie, ate a gigantic piece of frosted layer cake at the fair, while holding it in her hand, no fork involved. Being a child when I first saw this, it was the epitome of summer to me, a huge wedge of layer cake and no fork. There's a multitude of seasonal summertime food that's just perfect on a hot day, but how does a person eat things like ice cream and lemonade, and still benefit from all that the Zone has to offer? The good news is it's possible, and it's easy! Here are my most recent discoveries in the kitchen, new twists on some old favorites.

Remember, these are meant to be treats, not for every day. Enjoy!

Brownie Ice Cream Sandwich

I usually make one to eat right away plus few extras to have on hand in the freezer. Vanilla ice cream is a classic in cream sandwiches. You can also make it your own by experimenting with your favorite flavors. Chocolate ice cream and Ben and Jerry's "Mint Chocolate Chunk" both make delicious brownie sandwiches. For the ultimate insulin control with this snack, it's best to choose an ice cream that contains fat, and to keep it to a small amount as suggested in the ingredient list.

Ingredients:

- 1 Zone brownie or 2 Zone cookies
- 1-2 tablespoons premium ice cream

Directions:

1. Cut the brownie in half to yield 2 equal-sized squares.
2. Place the ice cream on one brownie half, spreading to cover evenly.
3. Top with the other brownie half
4. Wrap in with plastic wrap or parchment paper and store in the freezer.

Sparkling Lemonade

Fizz and lemonade are both no brainers for a refreshing cold drink on a steamy hot day. Keep the lemonade to a small amount. Its purpose is to provide flavor. The variety of lemonade in this recipe is sweetened with stevia, which cuts down on the amount of sugar in the product. One 8-ounce serving contains only 10 grams of carbohydrate, so if you use just an ounce or two at a time, you'll be home safe when it comes to the Zone and maintaining insulin control.

Ingredients:

- Ice
- 1/8 - 1/4 cup "Trader Joe's Low-Calorie Pink Lemonade"
- 6 - 8 oz. Sparkling water, plain or lemon flavored without any sweeteners added
- Lemon twist for garnish

Directions:

1. Place the ice in a tall glass.
2. Pour the lemonade and water over the ice and stir briefly to mix.
3. Garnish with a lemon twist if desired.

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tain a medical consent from their caregiver to ensure the safety of the individual. EIM would like to improve this situation by developing a better partnership between physicians and fitness professionals so that a trainer would be able to read a prescription for exercise from a doctor just as a pharmacist would with a prescription for blood pressure medication.

Prescribing exercise as medicine would benefit physicians by cutting back on the time they spend on repeat visits from patients with conditions, since many have such a high patient load that it becomes difficult to provide efficient and timely care. And, of course, the fitness provider would benefit as the proposed "Prescription for Exercise" form also includes a referral to a health and exercise professional. Gyms, private trainers, YMCAs, etc., can all market their services to be included in a referral list.

The EIM has created an action guide for health professionals to help them integrate an exercise history and a physical activity readiness questionnaire (PARQ) into the standard initial patient visit. But the EIM is not stopping there. The group is also proposing that training in physical activity prescription be part of the curriculum in medical schools so that these tools can be ingrained in the physician's standard of care from the beginning. Before they do that, they should be incorporating it into their own daily lives. Like the adage "physician heal thyself," another motto that could apply would be "practice what you preach." Doctors and caregivers should strive to get the activity they themselves need to stay healthy before prescribing it to their patients!

And finally, as we all know, not everyone is fortunate enough to have adequate health-care coverage. EIM has developed an extensive network consisting of organizations, such as the Commonwealth Fund and the National Rural Health Association, dedicated to reaching out to low-income, under-insured populations and getting the concept out to them.

You can see that the EIM team is an impressive force setting out on an ambitious task. Their mission statement/guiding principles are simple:

- * Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases.
- * More should be done to address physical activity and exercise in health-care settings.
- * Multi-organizational efforts to bring a greater focus on physical activity and exercise in health-care settings are encouraged.

And their scope is broad. I have heard people say that they wish they could put exercise in a pill, because there is nearly no condition or malady that exercise cannot make better. Maybe that pill will never be invented, but a prescription for activity is the next best thing. Visit www.exerciseismedicine.org to learn more.

Sources:

1. http://www.rasmussenreports.com/public_content/lifestyle/general_lifestyle/march_2011/75_say_exercise_isImportant_in_daily_life
2. http://www.rasmussenreports.com/public_content/politics/current_events/healthcare/october_2009/39_say_health_costs_will_go_down_only_when_americans_change_their_lifestyle

JULY/AUGUST 2011

NEW!

Zone Nougat Bars created by patented technology

By Dr. Barry Sears

Zone Labs introduces the next generation of good nutrition: The Zone Nougat Bar. Nearly 20 years ago I introduced the first Zone Bar. Although my kids wouldn't eat my first attempt at bar making, the Stanford University swimmers did and won seven Gold Medals in the 1992 Olympics. But that was in the 20th century, and we live in the 21st century now. So what is the next new thing in bar technology? Well, it is really not a bar, but more like a piece of cake made possible by our patented molecular-baking technology. The one thing that always characterized 20th-century bar technology was the very low water content to extend shelf life. Of course, low water content could also mean less good taste.

Now we can manufacture bars that have high water content with our revolutionary Zone Protein that dramatically reduces hunger. The best of all possible worlds is now available with our new Zone Nougat Bars, which are freshly baked every day.

Each bar offers a perfectly balanced Zone snack with 14 grams of Zone Protein, and they are so unique that they can only be made through our patented baking technology. The key lies in removing much of the carbohydrate and replacing it with protein while retaining great taste.

Zone Nougat Bars come in seven flavors: Blueberry, Chocolate Chip, Coconut Chocolate Chunk, Double Chocolate Fudge, Mint Chocolate Chip, Peanut Butter, and Strawberry.

For more information go to ZoneDiet.com.



2012 Zone Cruise heads for Southern Caribbean

Join Dr. Sears and his staff on a Zone Cruise to the tropical Southern Caribbean March 18-25, 2012, aboard Holland America's Ms Westerdam.

The theme of the cruise will be "Retake Control of Your Life." Besides Dr. Sears' lectures, which contain cutting edge science, cruisers will enjoy Zone Drop-in Centers, where they can ask Dr. Sears any question that's on their minds. Each meal, prepared by five-star chefs, will be perfectly in the Zone and will include gourmet classic Zone meals, plus a sampling of Dr. Sears' Zone Foods, featuring pasta, orzo, bread, croutons and other convenience foods. Dr. Sears and Dave Schreck will also join you at the ship's buffet with instructions on how to create a good Zone meal there.

Many of the people aboard have attended other Zone Cruises, allowing them to renew friendships every year. Newcomers will find a friendly atmosphere and make lasting friendships of their own.

Half Moon Cay (right) and Curacao (below) are two ports in 2012 Zone Cruise.

"I believe the 2011 Zone Cruise was undoubtedly the best overall experience we put together in the past 13 years of Zone Cruises. It consisted of just the right combination of seminars, the always-popular drop-in centers, and many more opportunities to sample the growing number of Zone Food recipes prepared by gourmet chefs," Dr. Sears said.

"I hope after viewing this video, that you join us on our 2012 Zone Cruise to Curacao," Dr. Sears said.

The ship leaves Sunday, March 18, from Fort Lauderdale, and will visit Half Moon Cay, Curacao and Bonaire. There are also three days at sea, allowing plenty of time for Zone lectures and drop-in centers.

Please don't delay. The Zone Cruise sold out in 2011, and space is limited in many categories. For more information, call Cruise Holidays, 1-800-772-0847 and ask for the Zone Desk. The email address is Joe@CruiseHolidaysUS.com. From Canada call 508-336-5566 collect.



Zone Risotto is an Alaskan favorite

By Dave Schreck

Dr. Sears has offered a yearly Zone cruise for more than a decade during which you can learn the Zone basics and the science that validate the benefits of a Zone lifestyle. There are many highlights: Educational seminars, spectacular ports of call, and a Zone menu prepared by 5-star chefs. Every year my responsibility has been to "Zone" the ship's daily menu and make sure the food that arrives at the table is balanced with lean protein and adequate portions of colorful, non-starchy vegetables to replace those "bad" carbohydrates. With the advent of Dr. Sears' new Zone Foods we now provide these items to replace the rice, potatoes and breads that are always offered on menus.

This year we were able to work closely with the talented chefs of Holland America, who provided our Zone group with delicious preparations of our Zone Orzo and Fusilli.

To speak with a Zone Professional, call **1-800-404-8171**



Lunch offered a cold pasta salad made with fusilli, and dinner featured the orzo. One recipe that was a big hit was an asparagus risotto using the Zone Orzo.

After reading Dr. Sears' first book, "The Zone," I realized my semi-vegetarian diet (Is there such a diet?) with lots of whole-grain bread, wild rice, baked potatoes, homemade pizza and pasta was affecting my health. Fortunately, I had no chronic conditions but required 12 hours weekly at the YMCA to maintain my weight along with daily naps to stay awake. I, therefore, avoided rice, pasta and pizza until the new Zone Foods were developed. The risotto on the ship brought back memories, 30 minutes of constant stirring, adding the broth, more stirring until the rice became creamy! Here's a quick recipe that's guilt free and much easier to prepare.

Serves 1 with 21 grams with addition of 1-2 ounces of lean protein.

Zone Risotto

Ingredients:

1 package Zone Orzo (14 grams of protein)
2 tablespoons white wine or dry vermouth
½ teaspoon cornstarch
1 teaspoon olive oil
1 teaspoon minced garlic
2 tablespoons diced onion
salt and pepper to taste
2 teaspoons lemon juice
1 tablespoon Parmesan cheese
6 spears asparagus – steamed al dente
2 tablespoons chopped parsley

Directions:

1. Prepare Zone Orzo according to package directions. Drain allowing for some liquid to remain. Set aside
2. Whisk wine and cornstarch in a small bowl until smooth
3. Heat olive oil in pan over medium heat, add onions and garlic and cook until softened, about 1-2 minutes. Do not toast or burn. Season with salt and pepper.
4. Add wine mixture; stir as it bubbles and thickens. Then stir in lemon juice and Parmesan cheese.
5. Add orzo and asparagus and cook gently, stirring until heated through
6. Garnish with parsley.

Recipe notes:

On the ship this was served as a side dish. However, to make this a meal, simply add in 1-2 ounces of your choice of lean protein (chicken, scallops, clams, etc.) and serve with tossed salad or side of vegetables. The orzo should be slightly creamy. Adding in a little water or broth should produce the desired results.

Exercise is the best medicine

By Lisa Zeigel

Earlier this year a national pollster conducted a phone survey of 1,000 individuals to get an idea of how this selected population viewed the importance of exercise¹. From this sampling, 75 percent stated that they agreed that exercise is "somewhat" important in daily life, inclusive of 33 percent who took the view that it is "very important." In 2009, another poll found 39 percent of respondents subscribing to the belief that Americans will need to change their lifestyles (by becoming more physically active) in order to lower health care costs².

It is no wonder that for the most part people understand the importance of exercise. There is a growing presence in our daily lives of reminders of how we need to exercise for health and to avoid disease: Through supermarkets

(the Ralph's grocery store chain's website has an entire fitness section alongside the food ads and coupons), many morning news shows with daily exercise or fitness-related segments, newspapers with fitness sections and a growing number of health and fitness magazines that seem to be exploding on the newsstands.

But -- we know that despite all of this, the majority of Americans are still not getting the minimum amount of physical activity needed to reap all of the health gains, and particularly the disease-preventative benefits. If people know and understand about its importance to their own well-being, why aren't they doing it? There is an organization within the American College of Sports Medicine (ACSM) that is making a dedicated effort to close this gap between awareness and action. This group is called "Exercise is Medicine" (EIM), and members are reaching out to a specific group of people who can help make this happen -- the medical profession. Their initiative is to educate physicians and health-care providers to make physical activity part of their standard care and to consider each patient's activity level (or lack of) as a "vital sign" just

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as they would their blood pressure, heart rate and body temperature. The hope is that once a patient is given a specific "prescription" for exercise instead of simply a suggestion this guidance will encourage participation in activity, thus increasing the chances that the need for costly medical care can be lessened or even eliminated. This alliance is led by a team of 17, which includes distinguished Fellows of the ACSM, physicians and sports medicine researchers, and leaders in the health and fitness field (including the U.S. Surgeon General). One of their goals is to partner with not only health-care providers, but to also enlist support from leaders on every continent in all settings, including government, cities and communities, recreation areas, schools and in the workplace.

The EIM team has worked hard to develop tools that can be utilized by these targeted groups to enable a better understanding of how exercise can be considered as a

powerful alternative to costly drugs or other interventions, as well as methods of relaying this to patients and helping them to understand the same. In the past as a trainer I would encounter clients who would tell me that his or her doctor had ordered them to exercise but were given very little guidance on how to get started or where to go. In addition, it was also up to me to sit down with my trainee to go over their health history, find out about any physical limitations or conditions and to learn about what medications they might be taking that might affect their exercise performance. Normally, the person would not know anything about the medications they were taking or how, if they had a condition like diabetes, arthritis, asthma, etc., this would affect them while exercising. Often, I would have to ob-

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