



# The moon Garden's Messenger

Cultivating creative ways to care for others, ourselves, and the environment.

## Don't be Tricked by the Treat!

From the many candy corns to the orange colored cupcakes; the food dyes are marching in full force! And they lead the holiday season parade!

This Halloween, make the choice to eat clean. By simply making the choice not to consume certain fake ingredients, you'll cut out a lot of mindless munching that takes place during the Halloween season and beyond. Yup, you can still enjoy treats and the celebration the season offers but do so by being in control of your treat choices.

### Start here:

- ◆ Say goodbye to candies that contain **artificial food dyes**.
- ◆ Don't consume foods that contain **high fructose corn syrup**.
- ◆ Steer clear of the additives **BHA** and **TBHQ**.

And the good news is, it's happening...Many food companies are cleaning up their products! In fact Hershey's Chocolate company has removed the artificial flavor, **vanillin**, from their candies and are working towards removing others! So the options are out there. Hopefully soon, there will be many more!

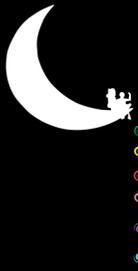
Another thing we can do alongside choosing treats made up of real ingredients, is to place sugar in its proper context. The World Health Organization recommends consuming no more than six teaspoons of added sugar a day (an equivalent of 24 grams of added sugar). Check your food labels and make the choice to stay under 24 grams of sugar per day. And the lower you stay under that amount the better.

"A balanced diet is chocolate in both hands"  
The author of this quote is unknown but many seem to agree!

## Exercising on a Time Budget

We're back in the swing of the school year, and many times life can get busy and send exercise to the back burner. Short bursts of exercise do help in giving the metabolism a boost and aiding in weight management. In addition, the short bursts help with blood sugar and pressure control as well as many other areas of health! Here are some suggestions to make regular movement a part of your typical day.

- When dinner is in the oven, put on some music and dance! It's actually quite hard not to move when music is on...
- Make it habit that before you get a shower you do some sort of strength training exercise (Ex. push-ups, sit ups).
- When you brush your teeth do squats or calf raises.
- Get off the bus a couple stops early. Make this your new stop. Or park further away in work parking lot and make this your normal parking spot.
- Try to take the stairs as much as possible. If you need to go up 14 flights, take the elevator for half and walk the rest.
- Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
- Find a buddy to take a 15 minute walk with on your work break. Holding each other accountable will help you stick with it.
- When on a phone call, if you can, stand up and do calf raises or move those hips side to side.



## Eating the Way Our Ancestors Ate

Let's think back to the way our ancestors used to eat foods. There was always a preparation process that needed to take place. Whether it was a main entrée or dessert, they had to prepare the dishes from scratch. This made it much easier to control snacking between meals as every time they wanted to eat, a cooking process had to take place.

To decrease chronic snacking habits that currently exist, let's limit bringing prepackaged treat food items that we can just open and eat into the home. Instead let's save them for special occasions. And when possible, try to make treat foods from scratch.

This will allow treat foods to be around every once in awhile instead of easily accessible all the time. No need to give them up entirely, but to create balanced eating limiting treat foods is key.

Give making homemade peanut butter cups a try!

## What is Soy Lecithin?

Lecithin, an ingredient found in many chocolate bars, is an oily substance that is found in both soybeans and egg yolks. It is often used as a food additive due to its emulsification properties. Emulsification is the process when ingredients that usually won't bind together can be held together. And lecithin can be a key component of this process. In chocolate bars, lecithin can help keep the cocoa butter and cocoa together.

Soy lecithin, is a by-product of soybean oil production. The concerns are that soy lecithin is sometimes extracted chemically, and some soybeans are genetically modified. If these are concerns for you, you may want to choose organic soy lecithin or simply limit your consumption of this product. While there are various opinions on whether this ingredient is safe to consume, a middle of the road approach seems to be limiting the amount of foods you eat that contain it. And if you are enjoying a chocolate bar that contains soy lecithin, the amount consumed in the grand scheme of things, is small. And smaller still if you are limiting consumption of other processed foods that contain this soy lecithin.

## Travel Through Taste

### Peanut Butter Cups

*Makes 8 in regular-size muffin tins or 16 mini*

#### Ingredients

- ½ cup chocolate chips (the darker the chocolate the better)
- 8 teaspoons all natural peanut butter

#### Directions

- On a stove top in a double broiler, melt the chocolate.
- Place approximately 2 teaspoons of melted chocolate in the bottom of each muffin cup.
- You do not have to be exact, but at least make sure the chocolate covers the bottom of the muffin cup. Make sure you do not make the layer too thick, because you will need enough chocolate to cover the top.
- Now freeze the muffin tin until chocolate hardens—about 5 to 7 minutes.
- Remove tray from freezer. Spread 1 teaspoon of peanut butter over hardened chocolate in each cup. Gently smooth out, trying not to get the peanut butter on the end of the muffin cups.
- Cover peanut butter with 2 tsp. chocolate. Freeze again.

When hardened, pop peanut butter cups out of muffin tins and enjoy, or place in an airtight container and refrigerate.