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HEALTHY
KIDS
SWEEPSTAKES
(page 21)

SPECIAL

KIDS & FAMILY ISSUE

Does diet affect
ADHD and autism?

Super snacks
and drinks
for kids

Allergy relief
What the
experts say

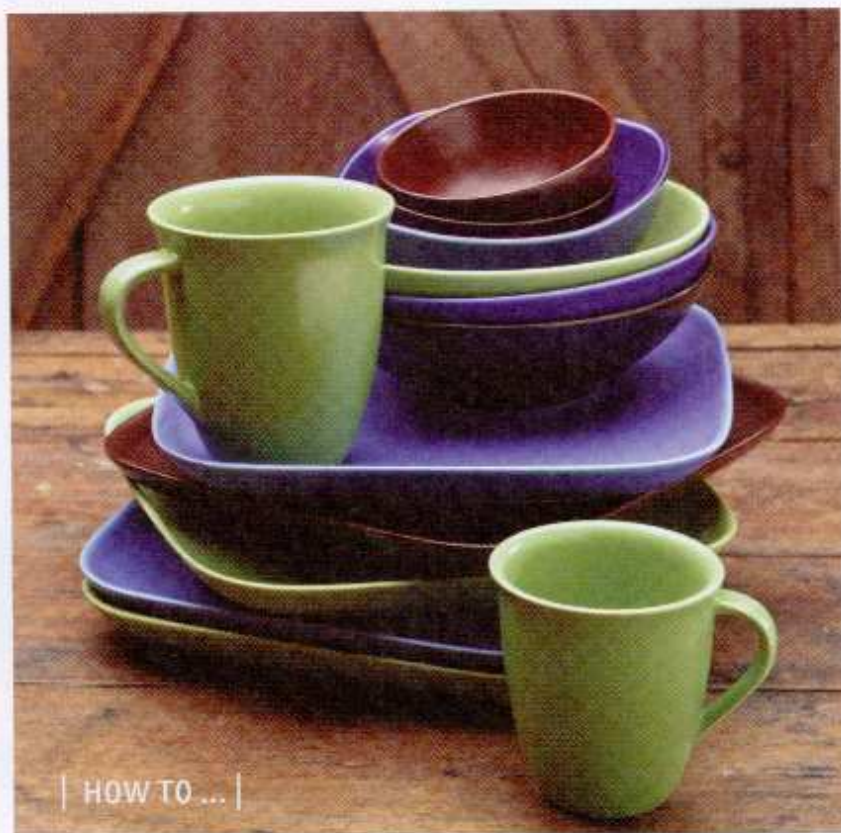
+
Good grains
for lasting
energy

Easy fiesta
recipes

MAY 2008 | deliciouslivingmag.com | A PENTON PUBLICATION

WHOLE FOODS
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| HOW TO ... |

Lead-proof your plates

You've tossed suspect toys and lunchboxes, but there's another place lead could be lurking: in your dinner plates. The FDA allows manufacturers to finish plates with glazes that contain lead at the amount of three parts per million. The resulting smooth veneer allows bright colors and decorative patterns to show through. But even small amounts of lead can add to your body's overall toxic load. Here's what you can do to minimize your risk.

- 1 | PURCHASE LEAD-FREE DINNERWARE.** It's the best way to avoid exposure altogether. If you don't want to restock your kitchen, use a heavy-metal test kit, such as LeadCheck or Lead Inspector, which detect lead-leaching potential—not just whether it exceeds FDA amounts.
- 2 | HAND-WASH PLATES YOU THINK MIGHT CONTAIN LEAD.** Dishwashers' heat and intensity can damage lead-glazed surfaces, contaminating other items in the washer. Likewise, microwaving plates can cause lead to leach into food, according to a recent report published by the Environmental Defense Fund, which recommended nuking food in glass or white bowls.
- 3 | SERVE ONLY LOW-ACID FOODS**—think vegetables, rice, milk, beans, and grains—on dishes that contain lead. A 2006 report in *California Agriculture* showed that acidic foods, such as tomato sauce, soy sauce, and salad dressing, can eat away plates' glaze.
- 4 | EAT FOODS RICH IN CALCIUM, IRON, AND VITAMIN C.** Nutrient-deficient bodies absorb lead more easily. Milk, yogurt, and green leafy vegetables provide calcium; fish and iron-fortified cereals are good sources of iron; and oranges, tomatoes, and green peppers contain vitamin C. Also avoid saturated fats, which increase lead absorption. —Debbie Lindgren

HELP FOR chip addicts

Craving something quick and crunchy? These satisfying treats have less saturated fat than conventional chips. Many are still high in sodium, though, so munch in moderation.



Arico Ginger on Fire Cassava Chips

These addictive sweet, spicy snacks are made from cassava root—a fiber-rich South American tuber. Gluten free, the chips are made in a carbon-neutral factory.



Corazonas Heart Healthy Margarita Lime Tortilla Chips

Packed with soluble fiber, this indulgent party food has added plant sterols proven to lower LDL (bad) cholesterol.



Crispy Green Pears

Just one pack of airy freeze-dried pears packs as many nutrients as one serving of the sweet fruit. Also tasty: apples, apricots, peaches, and pineapples.



Good Health Natural Foods Kettle Style Avocado Oil Potato Chips with Sea Salt

Fried in avocado oil—not safflower oil—these chips feature LDL-lowering monounsaturated fats and a smooth texture. —Tiffany Plate

HERBS & SUPPLEMENTS 101

Niacin

WHAT IT IS: Also known as vitamin B3, niacin is found in nuts, eggs, fish, dairy, poultry, legumes, and enriched cereals.

BENEFITS: Assists in converting food to energy and increases levels of HDL (good) cholesterol. Niacin also helps maintain proper functioning of the digestive system, skin, and nerves. —T.R.

*Consult your health care practitioner for a dose that's right for you.