

Nutritionist's Corner

By: Sandra Panattieri, Clinical Nutritionist & Health Coach

“Seeds and Their Need”

Seeds provide a number of health benefits including protein, fiber, iron, zinc, vitamin E, B-vitamins, and good fats (to name a few). They are small though and not that filling. But you can add seeds to foods such as oatmeal, cereal, yogurt, soup, salad, smoothies, and you can even bake with them. The following are the most eaten seeds in the U.S. and their health benefits:

Hemp: A complete protein, a good fat, and great over a salad or in a smoothie.

Pomegranate: Loaded with vitamin C, but not protein. Great as a spread on bread, in a salad, or in yogurt.

Chia: High in protein and calcium. Best in cereal, soup, smoothies, and in salads.

Pumpkin: High in protein, iron, and a wonderful energy food. Goes well in salads, soups, cereals, homemade granola bars, homemade cookies, or just eaten raw.

Sesame: Moderate in protein and high in

omega-6 fatty acids. Can be eaten raw, over a salad, or mix in a butter spread.

Flaxseed: High in fiber and omega-3 fatty acids. Flaxseed can go in any food because of its smooth texture. You can even put it in bread crumbs.

Wheat Germ: Aids in digestion. High in potassium and other minerals, and high in omega-6 fatty acids. Because of its smooth texture, you can sprinkle it on/in anything.

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The word "SEEDS" is written in a bold, sans-serif font. Each letter is filled with a different color and has a textured, grainy appearance, resembling seeds or soil.

Magnesium Facts

Magnesium helps many functions in the body, especially cell energy, protecting bone health, and assisting with sleep. A magnesium deficiency can cause other health issues since magnesium is needed in all cells. Foods medium to high in magnesium are: dark chocolate, bananas, potatoes, peanuts, salmon, pumpkin seeds, brown rice, spinach, oatmeal, tofu, quinoa, figs, black beans, avocado, coffee, squash, whole wheat, yogurt, sesame seeds, swish chard, legumes, edamame, and soy milk.

WOW 😊

GMO Companies

The following companies genetically modify their food and products, and refuse to go Non-GMO.

Chef Boyardee, Windex, Pledge, Healthy Choice, Hunts, Tyvek, Teflon, Dansico, Mycogon, Sentricon, Vikane, Lilly, Merck, NutriDense, Avebe, Asgrow, Dekalb, Golden Harvest, Kraft, DuPont, Claritan, Coppertone, Dr. Scholls, Syngenta, Truvia (just found this out!), Duncan Donuts, Folgers, JIF, Bayer, Monsanto, Coppertone, Vegeful, V8, Pepperidge Farm, General Mill, Smuckers, Campbells, CapriSun, Starbucks, Maxwell House, Kellogs, Pringles, Nestle, Pepsi, Coca-Cola, Gerber, Purina, Doritos, Dasani, minute Maid, ConAgra Foods, and Pillsbury.

Recipe – “Yogurt Raspberry Dressing”

- 1 cup of plain non-fat OR low-fat Greek yogurt
- ½ cup of raspberries
- 1 tbsp of red wine vinegar
- 1 tbsp of pure sugar OR Stevia
- Whip or blend well, store in refrigerator for up to 3 days



Tips for Acid Reflux

1. Do not fill up when eating. This increases digestive acids, which could create heartburn and reflux. Also, when you eat large meals, you increase the chances of your body storing more fat.
2. Do not bend over or lie down after a meal because these actions can cause reflux. Wait at least an hour.
3. Do not drink water with meals, this increases reflux. Drink water in between meals.
4. Avoid caffeine, alcohol, citrus fruits, chocolate, tomatoes and tomato sauce, raw vegetables, or anything that increases reflux. This may vary on an individually. Since every “body” is different, some people may tolerate certain foods more than others. For example, some people with reflux might be able to tolerate onions, some may not. So keep a diary on what aggravates/triggers it.
5. Peppermint tea or ginger tea may help. My clients benefit from Pepsid (which is an over-the-counter acid reducer). It is much less harsh on the liver than the prescribed medications.



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