



# The Pilates Connection Weight Loss Challenge

## NEWSLETTER

May 17, 2010

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### THIS WEEK'S TOPIC...

## OVER 100 SUPER FOODS FOR A SUPER YOU

*Include These Foods for Maximum Body Benefits*

- By Becky Hand, Licensed & Registered Dietitian

*Faster than a speeding bullet...*

*More powerful than a locomotive...*

*Nutrient-packed with health enhancing properties...*

Here come the **SUPER FOODS!**

These foods benefit your body in so many ways. They power your brain, and correctly and efficiently fuel your body. Super foods fight infection, enhance your immune system, and protect against diseases such as osteoporosis, heart disease, certain cancers, diabetes, and respiratory infections.

While this list of super foods may be longer than most, it shows that great things do come in small packages. These foods are not only healthy, but they're also affordable, familiar, and readily available at regular grocery stores and farmers markets. With so many choices, you'll discover just how easy it is to eat super healthy every day...even when on a tight budget.

This is an all-inclusive list, but some foods might not be right for your tastes, preferences or health goals. Remember that no single food can provide everything you need to be healthy. That's why it's important to choose a variety of super foods from each category to meet your daily nutrition needs.

Vegetables	Fruits	Proteins
Asparagus	Apples	Almonds
Avocados	Apricots	Beef, lean
Beets	Bananas	Black beans
Bell peppers	Black olives	Cashews
Broccoli	Blackberries	Chicken, skinless
Brussels sprouts	Blueberries	Chickpeas
Cabbage	Cantaloupe	Egg whites
Carrots	Cherries	Eggs
Cauliflower	Cranberries	Fish, unbreaded
Collard greens	Figs	Flaxseed

Crimini mushrooms Cucumbers Eggplant Garlic Green beans Kale Mustard greens Onions Peas Portobello mushrooms Potatoes Rainbow chard Romaine lettuce Shiitake mushrooms Spinach Summer squash Sweet potatoes Swiss chard Tomatoes Turnip greens Winter squash Yams	Grapefruit Grapes Honeydew melon Kiwifruit Lemons Limes Nectarines Oranges Papaya Peaches Pears Pineapple Plums Prunes Raisins Raspberries Strawberries Watermelon	Garbanzo beans Hemp seeds Hummus Kidney beans Lima beans Lentils Miso Navy beans Nuts Peanut butter, natural Peanuts Pinto beans Pork, lean Pumpkin seeds Salmon, canned or fresh Seafood, unbreaded Sesame seeds Soybeans Sunflower seeds Tahini Tempeh Tofu Tuna, canned or fresh Turkey, skinless Veggie burgers Walnuts Wild game, skinless
<p style="text-align: center;"><b>Calcium-Rich Foods</b></p> Almond milk Cheese, low fat Cottage cheese, low fat Milk, skim or 1% Orange juice with calcium Rice milk Soy milk Yogurt with active cultures, low fat	<p style="text-align: center;"><b>Grains</b></p> Amaranth Arborio rice Barley Brown rice Buckwheat Bulgur Corn Jasmine rice Millet Oats Quinoa Rye Spelt Triticale Wheat berries Whole grain breads, cereal, pasta Whole wheat breads, cereal, pasta Wild Rice	<p style="text-align: center;"><b>Miscellaneous</b></p> Canola oil Dark chocolate Green tea Olive oil

**Weight Loss Challenge Winner of the Week:**

Ruth Bernstein is this week's biggest loser. She lost 1.27%! Congratulations Ruth! Enjoy your two free classes.

## RECIPES

### ROAST SALMON PROVENÇAL

- 4 salmon fillets or steaks, 1/2 inch thick (1 to 1 1/4 lb)
- 3 cups refrigerated unpeeled potato wedges (from 1-lb 4-oz bag)
- 1 1/2 cups small whole fresh mushrooms
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium zucchini, cut into 1/2-inch pieces
- 1/2 cup fat-free Italian dressing
- 1/2 teaspoon dried basil leaves
- 1/4 cup pitted kalamata or ripe olives

1. Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. Place salmon, potatoes, mushrooms, bell pepper and zucchini in pan. Brush with half of the dressing; sprinkle with basil.
2. Bake 20 minutes.
3. Add olives to pan and stir vegetables slightly. Drizzle remaining dressing over salmon and vegetables.
4. Bake 5 to 10 minutes longer or until fish flakes easily with fork and potatoes are tender.

Servings 4. Calories 260, 1 Starch, 1 Vegetable, 3 oz. Protein.

Recipes from [eatbetteramerica.com](http://eatbetteramerica.com).

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