



## Carb Imposters: Healthier Stand-ins for Starchy Favorites

Want a nearly painless way to cut out some of the carbohydrates in your diet and add more vegetables...at the same time?

Search no further. Here are some faux carb substitutions that will do the trick. A few are quite close to the real thing. (Check cooking magazines and cookbooks for precise recipes.)

<i>Instead of...</i>	<i>Try...</i>
Bread or tortillas	<b>Large lettuce or Napa cabbage leaves</b> with your favorite sandwich ingredients rolled inside. Think Jimmy John's Unwich.
Mashed potatoes	<b>Cauliflower or kohlrabi.</b> Really the texture and taste are quite passable! Boil or steam the vegetable. Throw in a blender with healthy margarine or light butter and skim milk. Blend until you get the creamy potato texture. Toss in chives or minced garlic. Salt and pepper to taste.
Spaghetti	There are actually some great high fiber, whole grain pasta choices on the market now, but the old non-pasta - pasta standby is <b>spaghetti squash</b> . Bake halves until tender. Pull out the "strands" with a fork and spoon on spaghetti sauce.
Pancakes	<b>Oatmeal (old fashioned), blended with low-fat cottage cheese and two eggs,</b> then spiced with vanilla extract, cinnamon and nutmeg. Classic South Beach Diet! When the mixture is smooth, grill it as you would a regular pancake.
Cheese chips	Bake sliced <b>low-fat string cheese wheels or shredded/grated parmesan cheese</b> on a baking sheet (about 375°) until golden brown. Cool and carefully lift from the sheet.
Pizza	Use <b>Portobello mushrooms</b> for "pizza" crust. Remove the insides from a Portobello mushroom cap. Bake the cap on a greased cookie sheet for 5 to 10 minutes; try a temperature of around 325 or 350. When it is slightly dried out, add toppings - tomato sauce, cheese, veggies and bake or broil to melt cheese.

## March is National Nutrition Month®. Bon Appetit!

### Rainbow Reminder

When it comes to fruits and vegetables, you could say life is like a box of Crayolas. To take advantage of all the phytonutrients and antioxidants produce has to offer, choose at least one item from each group every day – or at least throughout the week.

**Red:** tomatoes, watermelon and pink grapefruit for lycopene.

**Red/Purple:** beets, blueberries, blackberries, purple grapes, eggplant, cranberries, apples, strawberries, and red wine. For anthocyanins, flavonoids.

**Orange:** Carrots, mangoes, apricots, cantaloupe, pumpkin, winter squash (like Acorn of Butternut) and sweet potatoes. For alpha and beta-carotene.

**Orange/Yellow:** pineapple, oranges, tangerines, peaches, papayas and nectarines. For beta cryptoxanthin

**Yellow/Green:** avocado, collard greens, mustard greens, spinach Yellow corn and honeydew melon. For lutein, which is good for vision, and zeaxanthin

**Green:** broccoli, cabbage, bok choy, kale and brussel sprouts. For sulforaphane, isocyanate and indoles.

**White/Green:** leeks, scallions, endive, chives, garlic, celery, pears and white wine. For allicin, quercetin and kaempferol; organosulfides and flavonoids.

