

## HEALTH EVENTS

### Adapted Yoga for Children With Special Needs

Yoga designed for children with special needs. Parental participation may be required. Starts at noon Saturday at Hillcrest Recreation Center, 32nd and Denver streets SE, Washington, D.C. Cost is \$25 for D.C. Residents and \$50 for nonresidents. For ages 5 to 10. Sponsored by the Department of Parks and Recreation.

### Could I Have Lupus?

Attend a campaign event from 10 a.m. to noon Tuesday at the Hubert H. Humphrey Building, Grand Hall, 200 Independence Ave. SW, Washington, D.C.

### Volunteer opportunities

#### Unity Health Care

Unity Health Care Inc. is seeking volunteer patient greeters who will assist in facilitating consumer-centered care for patients. For hours, e-mail [volunteer@unityhealthcare.org](mailto:volunteer@unityhealthcare.org) or call 202-715-7977. Unity Health Care, 1220 12th St. SE, Suite 120, Washington, D.C.

#### Hospice of the Chesapeake in Anne Arundel County

Outgoing people are needed to help staff the Hospice Information Booth at various health fairs and community events in both Anne Arundel and Prince George's counties. E-mail [kbourgard@hospicechESAPEAKE.org](mailto:kbourgard@hospicechESAPEAKE.org) or call 443-837-1549. Hospice of the Chesapeake, 8724 Jericho City Drive, Landover, MD 20785; 445 Defense Hwy, Annapolis, MD 21401

#### CONTACT

Got an event you'd like to see here? E-mail editor Sara Schwartz at [sschwartz@dceXaminer.com](mailto:sschwartz@dceXaminer.com) with the name, time, date and place of your event and whether it has an end date. Please put "Health event" in the subject line.

## COOKING with Kerry Dunnington

# Identifying nutrient-rich foods

**W**e see it every time we're in a grocery store, the endless number of food products that line store shelves. Grocery stores' meat, bakery and produce sections are burgeoning with wide varieties of food.

There are so many choices, it's difficult to know what is really beneficial or what food is best to steer clear of. In general, the good choices are the vast number of fresh fruits and vegetables as well as seafood, lean meat, dairy products, beans, whole grains, nuts and seeds.

But among the vastness within these food categories are foods that experts and food enthusiasts define as nutrient-rich. What is it that constitutes nutrient-rich food? Nutrient-rich foods are among the richest sources of essentials needed for optimum health; they provide all the nutrients needed for excellent health, including vitamins, minerals, phytonutrients, essential fatty acids and fiber. Whole foods — foods that have not been highly processed, and don't contain synthetic, artificial or irradiated ingredients are generally the most nutritious.

Listed below are some popular food categories that include health-promoting benefits. This is by no means a complete list but rather a guide to get you familiar with the bounty of wholesome foods available. I would be remiss if I didn't mention super foods like salmon, sardines and olive oil. In bold print are foods you may be unfamiliar with as well as foods you will likely see more of in 2009. Keep this list handy to remind you of the abundant number of nutrient-rich foods available.

### Beans

Azuki, black beans, black-eyed peas, broad beans, chickpeas, cranberry beans, flageolets, kidney beans, lentils, lima beans, mung beans, pinto, soybeans, split peas, white beans

### Fruits

Acai berries, apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, **huckleberries**, kiwi fruit, lemons/limes, mangoes, melons, nectarines, olives, oranges, papaya, peaches, pears, pineapple, pomegranates, plums, prunes, raspberries, strawberries, watermelon

### Nuts and seeds

Almonds, Brazil nuts, cashews, chestnuts, coconuts, filberts (aka hazelnuts), **ginkgo nuts**, macadamia nuts, flaxseeds, **hemp**, peanuts,

pecans, pine nuts, pistachio nuts, pumpkin seeds, sesame seeds (white and black), sunflower seeds, walnuts, water chestnuts

### Vegetables

Arugula, asparagus, avocados, beets, bell peppers, broccoli, broccoli raab, Brussels sprouts, cabbage (red, white and green), carrots, cauliflower, celery, celeriac root, chard, collard greens, corn, cucumbers, eggplant, endive, fennel, garlic, green beans, green peas, Jerusalem artichokes, kale, kohlrabi, leeks, lettuces, **maca**, mushrooms (especially crimini and shiitake), mustard greens, **nettles**, okra, onions, parsley, parsnips, potatoes, **purslane**, radishes, **ramps**, rhubarb, rutabaga, sea vegetables, spinach, sprouts (home-grown), squash (summer and winter), sweet potato, **sweet potato leaves**, tomatoes, turnips, watercress.

### Whole grains

Amaranth, barley, bulgur, **black quinoa**, brown rice, buckwheat, corn, faro, **fonio**, kasha, millet, oats, quinoa, rye, **salba**, spelt, **teff**, triticale,

wheat berries, whole wheat

To support your health and to help reduce the carbon footprint, follow these simple, economical guidelines:

» The freshest, most flavorful food comes from your local farmer.

» Food purchased in its growing season is at its peak flavor and nutritional performance.

» Support organic, sustainable farming practices.

» Design your meals around the colors of the rainbow; think red, pink, orange, blue, white and green.



Kerry Dunnington is a food columnist and author of "This Book Cooks." She can be reached at [thisbookcooks@verizon.net](mailto:thisbookcooks@verizon.net).

## Music may help restore eyesight after stroke

**LONDON** - Researchers say stroke patients may help restore lost vision by listening to music they like.

Researchers at the Imperial College London looked at three patients who had lost awareness of half their field of vision as a result of a stroke. All could identify shapes and lights in their depleted side of vision much more accurately while they were listening to music.

"Music appears to improve awareness because of its positive emotional effect on the patient, so similar beneficial effects may also be gained by making the patient happy in other ways," lead author Dr. David Soto said. - *UPI*

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## Alcohol 'flush' may signal cancer risk

A red flushing facial response from drinking alcohol may signal a genetic susceptibility to esophageal cancer risk, U.S. and Japanese researchers said.

"It is very important for clinicians who treat patients of East Asian descent to be aware of the risk of esophageal cancer from alcohol consumption in their patients who exhibit the alcohol flushing response, so they can counsel them about limiting their drinking," said Kenneth R. Warren, acting director of the National Institute on Alcohol Abuse and Alcoholism.

Heavy alcohol consumption greatly increases the risk for esophageal cancer among such individuals, — about 8 percent of the world's population, Warren said. - *UPI*

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ATTORNEY ADVERTISING

## REGLAN® ALERT

### Acid Reflux Medicine Linked To TARDIVE DYSKINESIA

According to the FDA, Reglan® has been linked to a condition called tardive dyskinesia which **causes involuntary movements of the mouth (tongue and lip smacking), face, neck and sometimes the arms, trunk or legs.** It can also cause Parkinson's-like symptoms, dystonia and other involuntary muscular reactions. Children and the elderly appear to be the most susceptible. **THERE IS NO KNOWN TREATMENT.**

If you or a loved one have suffered any of the serious side effects listed above after taking the acid reflux drug Reglan®,

**YOU MAY BE ENTITLED TO MONEY DAMAGES\***  
Call Oshman & Mirisola toll free at 1-800-951-7479.

## FOSAMAX® WARNING

Fosamax (generic name - Alendronate) is a drug used primarily to treat osteoporosis in post menopausal women. The FDA issued an analysis of Fosamax linking it to a serious bone disease known as **osteonecrosis of the the jaw (ONJ)** or "dead jaw."

**Symptoms of osteonecrosis of the jaw (ONJ) include:**

- **Loosening of Teeth**
- **Ulcers and Sores**
- **Tooth Extractions**
- **Severe Infections**
- **Exposed Bone**
- **Swelling**
- **Jaw Pain**

If you or a loved one has taken FOSAMAX and have any of the above symptoms, call the law firm of Oshman & Mirisola toll free at 1-800-951-7479.

## RAPTIVA® LINKED TO SERIOUS SIDE EFFECTS

Recent reports show that the psoriasis prescription drug Raptiva may be linked to several serious side effects including • **Progressive Multifocal Leukoencephalopathy (PML)** • **Pneumonia with Neutropenia** • **Hemolytic Anemia** • **Tuberculous Pneumonia** • **Brain Infection** • **Invasive Fungal Disease** • **Bacterial Sepsis** • **Necrotizing Fasciitis** • **Viral Meningitis.** If you or a loved one has taken Raptiva and have any of the above symptoms, call Oshman & Mirisola toll free at 1-800-951-7479.

Lawyers at Oshman & Mirisola are admitted to practice law in NY and NJ. In other jurisdictions, we work with local council. \*Past results do not guarantee future outcomes.

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CALL 1-800-951-7479