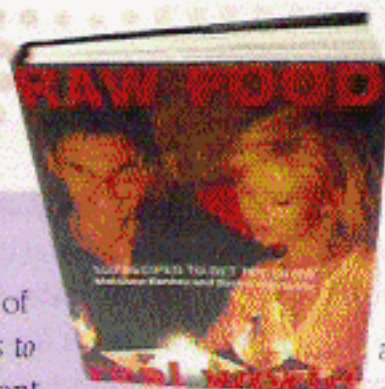


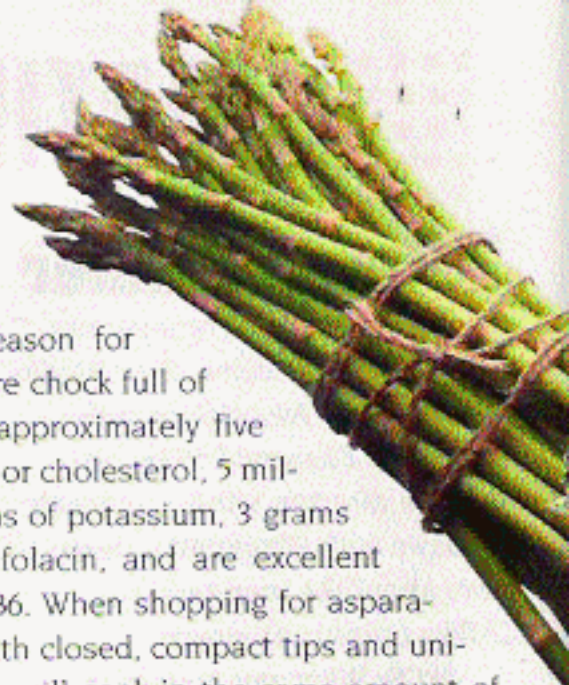
In the Raw

You no longer have to be a celebrity to enjoy the benefits of raw food. In their new book, *Raw Food/Real World: 100 Recipes to Get the Glow*, New York City chefs and owners of the restaurant Pure Food and Wine Matthew Kenney and Sarma Melngailis offer simple, yet classy recipes for shakes, salads, soups, main dishes, desserts, breakfasts, snacks and drinks. The colorful book filled with lush photographs begins with an introduction about the raw food movement and how these two ex-carnivores became fans of foods like zucchini, green zebra tomato lasagna and maple cinnamon buckwheat crispies. Interspersed through the recipes are personal quotes from the authors along with basic information about how raw food fits into regular food categories. Kenney and Melngailis don't see raw food as a trend but as a lifestyle. Their book offers practical advice to create raw meals that have made them feel cleaner, lighter and more alive. \$34.95, www.harpercollins.com. —Archana Ram



Super Spears







This is the time of the season for asparagus. These super spears are chock full of goodness: a 5.3-ounce serving (approximately five spears) has only 20 calories, 0 fat or cholesterol, 5 milligrams of sodium, 400 milligrams of potassium, 3 grams of fiber, 60% of the USRDA of folacin, and are excellent sources of thiamin and vitamin B6. When shopping for asparagus, look for firm, fresh spears with closed, compact tips and uniform diameter, so that all spears will cook in the same amount of time. Larger diameter spears are more tender. And you're probably wondering why your urine smells funny after eating asparagus, aren't you? The odor-causing compound is formed during the digestion and subsequent breakdown in your body of amino acids that occur naturally in asparagus. The best ways to prepare it are steaming or stir frying. Serve with a touch of balsamic vinegar. Mmmmm.



That Extra Oomph

When you're looking for that extra bit of energy during a workout or race, an energy gel can do the trick. But with so many to choose from, which one should you pick? Lauren Antonucci (MS, RD, CDE, CDN) helped us out with the chart below

to help you choose the gel that's best for you. Antonucci is the owner of Nutrition Energy (www.nutritionenergy.com), which provides nutrition therapy for health and wellness, and develops meal and nutritional advice for performance athletes.

Brand (Flavor to Choose)	Key Facts	Cals*	Sodium/Potassium*	Carbs/Protein*	Best For...
 CLIF SHOT (Chocolate) Similar use/composition to GU	<ul style="list-style-type: none"> Contains both Maltodextrine and fructose; 80% complex carbs, 20% simple carbs Also contains antioxidants; Vitamins C and E 2 flavors 	100	40mg sodium 60mg potassium	25g carbs 0 protein	Athletes needing sustained energy for activity lasting 60-90 minutes. Good gel for immediately before or during exercise.
 Hammer Gel (Espresso)	<ul style="list-style-type: none"> Contains Maltodextrine, fruit juice and grain dextrans Available in single-serving sachets or larger "Jugs" 9 flavors 	91	21mg sodium 0 potassium	22g carbs 0 protein	Anyone wishing to avoid (or allergic to) artificial colors or sweeteners. Mix and match flavors to create your own in large flasks. Use during training or competition time 2 hours or less.
 PowerBar Gel 4X Sodium (Plain)	<ul style="list-style-type: none"> Contains both Maltodextrine and fructose, plus an electrolyte blend Unique because of high sodium content 2 flavors 	110	200mg sodium 20mg potassium	27g carbs 0 protein	Salty sweaters and any athlete exercising for 4+ hours. This gel may eliminate need for sodium tablets or salt packet as supplement.
 Honey Stinger (Gold) Best for overall flavor	<ul style="list-style-type: none"> Contains pure natural honey; natural source of B vitamins and antioxidants Dissolves in water 5 flavors 	120	50mg sodium 85mg potassium	29g carbs 0 protein	Anyone allergic to fruit or grain sugars. This gel is a good alternative to "fake" taste of other gels.
 AcceL Gel (Chocolate)	<ul style="list-style-type: none"> Contains Maltodextrine and whey protein concentrate 4:1 ratio of carbs to protein 3 flavors 	90	95mg sodium 50mg potassium	20g carbs 5g protein	Athletes with hypoglycemia or blood sugar imbalances. Use before or during training or racing 1.5 hours or longer. Helps extend endurance capacity for endurance and ultra-endurance events (2-4 hours).
 Carb-BOOM! (Apple Cinnamon)	<ul style="list-style-type: none"> Contains Maltodextrine and fruit puree Thinner than other gels 24g complex carbs, 3g simple sugar 5 flavors 	107	50mg sodium 50mg potassium	27g carbs 0 protein	Those with grain allergies. This gel is an all-natural option and tastes "less sweet" than others. Not for athletes with fructose intolerance or easily upset stomach.

*Numbers may vary slightly by flavor.

Notes: An energy gel should be consumed along with 4-8 oz. of water. Some flavors in each brand above contain caffeine. Be sure to check each flavor label. The number of "gel packs" each athlete needs per hour during activity varies widely and is based on intensity of exercise, athlete's body weight and nutrition goals.