



Stacy's DIY Veggie Wash

- Lemon juice
- Baking soda
- Water [filtered]

Combine the juice of half a lemon, 1 Tbsp baking soda, and 1 cup water; put in a [glass] spray bottle. Spray on your fruits and vegetables, and let the mixture sit for 5 minutes. Rinse with more distilled water and let dry.

Q&A Questions Explained

FORTIFIED FOODS

Fortified food means nutrients have been added to the food that don't naturally occur -- like vitamin D is added to milk, or calcium added to orange juice. It's a means for the government to enhance general health. Fortified foods aren't categorically something to avoid, it's just information to understand when choosing foods. The decision to eat or avoid any particular fortified food would be unique to the person, but not necessarily something to avoid simply because the food is fortified.

KALE CONTROVERSY

Controversy about eating kale is not news in the nutrition world but is often used as a sensational headline to get people's attention. It seems to work well! Kale is part of the Brassica genus, which includes the cruciferous vegetables (broccoli, kale, bok choy, cabbage, etc.) Brassica vegetables are good sources of calcium as they do not accumulate oxalates as do spinach, Swiss chard, etc. -- oxalates typically bind the minerals and render them unavailable for use by the body. Calcium bioavailability from the Brassica family is as good as that from milk (about 30%). Eating kale is generally not a problem for thyroid function, unless you are also iodine deficient and/or eating a large volume of raw kale regularly. Cooking deactivates the glucosinolates (which is the compound that blocks iodine uptake), as does fermentation (ex sauerkraut). If you have pre-existing thyroid conditions or concerns, speak to your provider regarding the diet that is best for you.

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