



## Newsletter – April 2015

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### Products

I've been missing Trader Joes Parsnip Chips but now Hardbite (known for their delicious potato chips) has come out with parsnip chips! They are elimination diet approved!

**Ingredients:** Parsnips, non-hydrogenated sunflower oil and/or non-hydrogenated canola oil, sea salt.

### Hardbite Chips

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### Recipe of the Month

Low Amine/Salicylate/Benzoate This is a great summer salad. Add other veggies (there are so many this time of year) that you can eat and enjoy!

### Quinoa Salad

Serves 4

- 1 cup quinoa, rinsed
- 2 cups water
- pinch of salt
- 2/3 cup chopped carrots
- 1/4 cup chopped green onions
- 1/3 cup chopped parsley or cilantro
- 1/4 cup sunflower seeds
- 3 cloves garlic, minced
- 3 Tbs. lime juice
- 2 Tbs. oil

Combine quinoa, water and salt in a medium saucepan. Bring to a boil. Cover, reduce heat to low and cook for 15-20 minutes. Let sit uncovered for 5 minutes. Fluff with fork and let cool. Add

carrots, green onions, parsley, seeds and garlic to quinoa. Combine lime juice and oil add to salad and toss well.



## Thoughts

I have had a private practice specializing in food sensitivities for over 25 years. It is about time I wrote a newsletter! I am excited to communicate with my former and current clients in a more effective way. I love finding new products – I spend a lot

of time in the grocery store! I also love to cook and try new recipes. Now I can tell you all what I am learning and share the great recipes and products I find.

Please let me know what you think and what information would be most helpful to you.

**With your permission I would love to share your comments and feedback in the Elimination Diet Newsletter.**

## Client's Corner

A client passed on an interesting website where women and men can see what they would look like at different weights.

View the website [here](#).

## Research Corner

**Miscarriages and stillbirths might be a marker for women at higher risk of developing heart disease later in life, an observational study suggested. And it may be because of inflammation. Women should figure out their food sensitivities because food sensitivities can lead to inflammation.**

Primary source: Annals of Family Medicine Source Reference: Parker DR, et al "Risk of cardiovascular disease among postmenopausal women with prior pregnancy loss: The Women's Health Initiative" Ann Fam Med 2014; 302-309