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## JWG News & Views - May 2009

Spring has arrived and everyone seems to be getting outside more often to walk, bike, garden or just soak up the sun. The warmer weather brings about thoughts of shaking off the winter doldrums and looking to our well being. May is Women's Health Month and we're going to talk about the special nutritional needs women have throughout their lifecycle. In addition, we are going to address and demystify food sensitivities and explain the difference between food intolerance and true allergies.



### Health Information & Resources

During 2008 at St. Johns Hospital, 2976 mammograms were performed, 81 breast biopsies were taken and 19 patients were diagnosed with Breast Cancer. The American Cancer Society states that all women are at risk for breast cancer. Known risk factors like having a family history of breast cancer, starting menopause after age 55 or never having children account for only a small number of new breast cancer cases every year. That means that most women (or men) who get breast cancer have no known risk factors except being a woman and getting older. If cancer is diagnosed, a person's chances of surviving are better if the cancer is detected early, before it spreads to other parts of your body. In fact, when breast cancer is found early and confined to the breast, the 5-year survival rate is 98%. That is why it is so important to take steps to detect breast cancer in its earliest stages.

The great news is that in Teton County there are many ways to ensure that all women (and men) get the necessary preventative care and testing they need. St. John's Medical Center implemented Full Field Digital Mammography offering lower radiation levels and better diagnostics in August 2008. For those without insurance or for insurance policies that don't cover wellness care, there is The Caring for Women Program, the Wyoming Breast & Cervical Cancer Early Detection Program and the Colorectal Cancer Early Detection Program. In addition, the Teton Free Clinic provides health care to medically underserved people who live or work in the Jackson Hole area. Teton County Public Health sponsors a variety of children & family health programs and is an excellent resource for more information on any of the programs listed. They can be reached at 733-6401 or online at [tetoncountywyo.org/phn](http://tetoncountywyo.org/phn)

### May Events Calendar

**May 4** - Cooking demo with Mary Ryan from Beyond Broccoli from 12-2pm in the deli. Healthy and easy meals for kids.

**May 10** - Happy Mother's Day!

**May 15** - Wine Tasting in the liquor store from 4:30-6pm with Tim McNichols.

**May 18** - Cooking demo with Mary Ryan from 12-2pm in the deli. Back to basics for food allergy and intolerance – ideas for keeping meals simple, nutritious and free of what ails you.

**May 25** - Happy Memorial Day!

### Three Cheers for ECO Fair!!!

**80 vendors and over 2,000 Fair participants celebrated sustainability and our community with food, kid's activities, music, and camaraderie.**

**Many thanks to all vendors, volunteers, sponsors & participants!!**

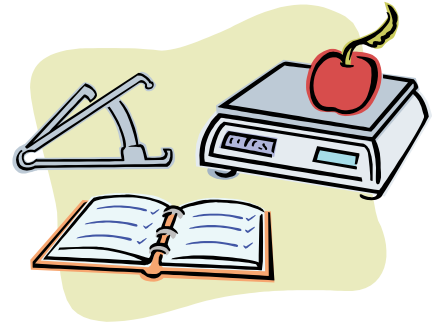


# Women's Health

by Mary Ryan MS, RD from Beyond Broccoli

**Women have special nutrition needs throughout their life cycle.**

There are also conditions unique to or more prevalent among women such as breast cancer, pregnancy, breast feeding, iron deficiency, osteoporosis, and menopause. Each of these situations may increase the need for certain nutrients. Here are some key nutrients important for girls and women.



## Calcium

Calcium is important for building bones and preventing osteoporosis. Getting enough calcium (and other bone building nutrients) is especially important throughout the first 2-3 decades of life. By the time we reach our mid-thirties we are no longer building bone and transition to maintaining bone mass to prevent problems later in life. The recommended dietary allowance (RDA) for calcium for women 19-50 years is 1000 mg/day and 1200 mg/day for women 51-70 years.

## Iron

For women, the RDA for iron is 15 milligrams per day, 5 milligrams more than the RDA for men. Women need more of this mineral because they lose an average of 15 to 20 milligrams of iron each month during menstruation. Without enough iron, iron deficiency anemia can develop and cause symptoms that include pallor, fatigue and headaches.

## Folate and folic acid

Folate is a B vitamin that is especially important for pregnant women, or those who may become pregnant. Folate helps prevent neural tube defects, serious abnormalities of the brain and spinal cord. Lack of folate also may increase the risk of preterm delivery, low birth weight and poor fetal growth. The synthetic form of folate found in supplements and fortified foods is known as folic acid. You need 1 milligram (1,000 micrograms) of folate or folic acid a day before conception and during pregnancy. Good sources: Fortified cereals are great sources of folic acid. Leafy green vegetables, citrus fruits, and dried beans and peas are good sources of naturally occurring folate.

## Vitamin D and Omega-3 Fatty Acids

Current vitamin D recommendations are thought to be low for all ages and both sexes. The amount of D required varies individually but its importance to calcium absorption for bone health and its emerging links to a number of other chronic diseases and conditions that affect women's health suggests levels of this vitamin should be monitored. Omega-3 fatty acids are special fats that our bodies cannot make so we must get them from food. Studies show that a diet rich in omega 3 fatty acids may help lower triglycerides and increase HDL cholesterol (the good cholesterol), act as an anticoagulant to prevent blood from clotting, lower high blood pressure, and are important for pregnant women to support a healthy fetus.



## Featured smoothie this month in the JWG Tonic Bar...

### "My Fair Smoothie"

**Raspberries** have been shown in some cases to have positive effects on hormone levels and uterine health. It is a good source of vitamin K and dietary fiber.

**Pineapple** is loaded with the enzyme bromelain which is helpful in digestion, aiding in the absorption of nutrients. It is a very good source of vitamin C and manganese.

**Orange Juice** is a good source of thiamin and potassium and a very good source of vitamin C and folate.

**Yogurt** has many benefits to the digestive tract because it contains live culture. It is a good source of vitamin B12, calcium and phosphorus.

**Rice Protein** is a good low allergen protein source.

**Omega's with D** This *Nordic Natural's* supplement combines two important nutrients.



### Great Gift Ideas in Natural Care for Mom, Wife, Sister, Daughter or Girlfriend

- \* Weleda Face Products including their wonderful Rose Hip Oil
- \* Nummies Heat Packs for all those aches and pains
- \* Noli and Nali line drive this includes their creamy belly butter
- \* Salt and Sugar Scrubs
- \* All Natural Bubble Bath
- \* Natural Fragrance Oils by Kuumba Made and Nemat
- \* Nail Polish in new spring colors - formaldehyde and toluene free
- \* MyChelle All natural Mineral Make-up
- \* Lotions from Kaycee's Naturals and Neighbor Creations
- \* Hand cut soaps
- \* Gift Certificates
- \* Also, ask us about our Mother's Day Gift Baskets

## Reusable Bag Challenge Update...

Since starting the Colorado Area Ski Town (CAST) Reusable Bag Challenge our customers have tallied a total of **13,239 bags reused!!** We want to say thank you for choosing reusable and keep up the good work!





## Food Sensitivity - Allergy & Intolerance by Mary Ryan MS, RD

Much of the current confusion about allergies exists because various types of food sensitivities are called “allergies.” There are significant differences between “true” food allergies and food intolerance. The main difference is that with a food intolerance there may be some amount of the food that is tolerated and symptoms may not be immediate whereas with a “true” food allergy even a small amount of the allergen can be fatal upon ingestion.

Celiac Disease (CD) is a severe intolerance to gluten, a protein in wheat, rye and barley, caused by an autoimmune system response. With CD gluten destroys the villi that line the intestines and decrease the body’s ability to absorb various nutrients from foods. The range of symptoms of Celiac varies widely and unless “traditional” digestive symptoms occur early in life many people have Celiac for several years before a proper diagnosis is made. There are also people who experience negative effects from gluten and do not have CD but in these cases gluten may contribute to chronic inflammation internally and outward symptoms may not be immediate.

### *Food Intolerance*

There are several reasons food intolerance develops but the main characteristic that distinguishes intolerance from allergy is that intolerance does not involve an immune response. One example is lactose intolerance that develops when the body does not produce enough of the enzyme lactase needed to properly digest lactose (milk sugar). Sufferers may produce some lactase and may tolerate some amount of dairy without symptoms.

### *Food Allergy*

A food allergy is the result of an abnormal immune response after eating a food (all other non-immunological responses to foods are intolerance). Basically, with a food allergy your body sees a food as harmful and treats it like a dangerous invader. The allergic response occurs within several minutes to two hours after eating the offending food. These reactions include typical allergy symptoms such as hives, rashes, stuffy or runny nose, itching, swelling, or difficulty breathing. The most severe reaction is anaphylaxis when the entire body shuts down and epinephrine is required to reverse the reaction. The incidence of what some call “true” food allergy is only 1.5-2% of the general population and slightly higher among children (5-7%).

**The most common food allergies include milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat.**

### Living With Food Sensitivities

Living with a food allergy or severe intolerance such as Celiac Disease can be challenging. Although the most common food allergens must now be labeled there still exists the possibility for cross-contamination with some foods. One of the simplest - and most nutritious ways to address life with a food allergy is to eat a diet based on whole foods. When you eat whole foods you know what you are getting. When you rely on processed foods you must often examine a long list of ingredients making it more difficult to determine if the food is safe to eat. Packaged and processed foods that are made for specific food sensitivities such as gluten-free are convenient but also tend to be more expensive than their gluten-containing counterparts.

- Focus on whole foods you can have that don’t have labels such as fresh vegetables, fruit, whole grains, nuts, seeds, fish, lean meat/poultry, plain yogurt, low or nonfat milk, eggs
- Include an abundance of plant foods and small portions of animal foods
- Think about getting a variety of color when choosing veggies and fruit

