

“Sohaila Says”

Sohaila Digsby is a local Registered Dietitian Nutritionist, Fitness Instructor and the author of the newly released Countdown to Your Best Body Success Journal. Check out bestbodyin52.com for details.

Q I wish I was a bigger fan of veggies and fruits. Which are the best ones that I should make a point to eat regularly?

A Prioritizing your vegetables is one of the best things you can commit to doing for your health's sake. These tasty “go-withs” help fill you up, are low-calorie, and contain powerful antioxidants and chronic disease-fighting potential. Everyone knows veggies are good for you. But they also protect you from the alternative: what would you be filling up on if not vegetables?

In the South, it seems we have two main vegetables: green beans (often cooked in grease) and iceberg lettuce drenched in ranch dressing. Perhaps it's time to branch out and view vegetables from a new perspective. I've learned, it's all about how they're prepared, and often when mixed into something delicious, you won't mind them one bit.

Stand in the produce section and look around at your options: perhaps there are some vegetables that deserve another chance...this time prepared a different way, and consumed with a smile. Like I tell my kids, “Of course food tastes bad if you frown while you're eating it.” Imagine steaming, roasting, grilling and stir-frying; or adding to soups, salads, sandwiches and casseroles.

Strive to fill half of your plate at two of your daily meals with fresh and in season, or frozen veggies and fruits, mentally checking off each color of the rainbow by the end of the day. The deeper and brighter the colors, the more power-packed they are. Bump chips and snack foods for veggies, and replace desserts with fruits.

If you are watching your weight,



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Strictly Flavor

where gastronomy meets your lifestyle

Gastronomic Chart



Vegan



Lacto Ovo
Vegetarian



Lacto
Vegetarian



Ovo
Vegetarian



Pescatarian



Omnivorian

For full descriptions of the gastronomic lifestyles, more recipes or to submit a recipe for consideration, visit strictlystatus.com.

Who needs a grill? *Ribs* for two

Spice Rub:

- 2 tsp Garlic Powder
- 2 tsp Dried Minced Onion
- 1 tsp Dried Oregano
- 1 tsp Ground Oregano
- 2 tsp Ground Cumin
- 2 tsp Ground Coriander
- 2 tsp Dried Thyme
- 1/2 tsp Dried Mustard

Ribs:

- 1/2 Rack Pork Ribs
- Favorite bottled BBQ Sauce



Directions:

Preheat oven to 200°.

Combine all "Rub" ingredients. Apply to ribs with hands, pressing gently to ensure seasoning sticks.

Add water to a broiler pan until almost filled, but not touching broiler top when in place.

Lay ribs,

*Ribs for Two
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