



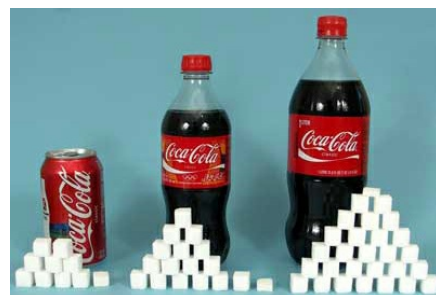
NOMC&AF to be Featured in PARADE Magazine

Parade

The NOMC&AF team is thrilled to announce that the Sunday, September 8 issue of **PARADE** will feature an article about the NOMC written by noted journalist, Linda Marsa. Marsa's insightful new book **FEVERED: Why a Hotter Planet will Hurt our Health-and How we can Save Ourselves**, Rodale Press 2013, features NOMAF's Chronic Disease nurse, Felice Guimont.

Sugar in the Mornin', Sugar in the Evenin', Sugar at Suppertime.....

If you were to add a few teaspoons of sugar to your coffee, then snack on toast with jam, and choose a coke and barbecue chips at lunch - guess what? You would have just consumed 18 teaspoons (72 grams) of sugar. In fact, the daily recommended limit of "added sugar" based on a 2,000 calorie per day diet is 32 grams (8tsp). To give you an idea, having just one can of soda pop can put you over the limit already!



Nowadays, processed foods and beverages are very much a part of the average American's diet. Unfortunately, most of these products contain "added sugar". Having too much "added sugar" in your diet along with a sedentary lifestyle can eventually lead to chronic health conditions such as diabetes, heart disease and obesity.

However, not all sugar is bad for you. Sugar that naturally occurs in fruit, vegetables and milk are not considered "added" sugars. In fact, these foods provide an abundance of vitamins and minerals and

are important dietary staples, keeping in mind portion size.

Here are some ways to cut back on your sugar intake:

- Know where sugar hides by reading Nutrition Facts tables on food packages. Choose foods that are lower in sugar.
- Switch from a flavored soda to sparkling water or just plain water. Unsweetened iced tea is a refreshing alternative too.
- Add less sugar to coffee or tea. Instead, add flavor with cinnamon, vanilla, cocoa or ginger.
- Instead of pastries or candy, snack on foods that are naturally sweet, such as fresh or dried fruit, or in-season vegetables such as tomatoes and carrots.
- Enjoy desserts with no sugar added, such as fruit.
- When you simply can't resist, enjoy smaller portions of sugary foods.

Click [here](#) to learn more about the long term effects of a regular sip of soda.

Dietary Guidelines for Americans 2005 U.S. Department of Health and Human Services U.S. Department of Agriculture www.healthierus.gov/dietaryguidelines

Get Fit for Fall!

Local Exercise at Low or No Cost

Treme Recreation Center

Check out the list of free activities, including swimming lessons, basketball, volleyball, water aerobics, yoga and casa samba and piano lessons - all recently started at **Treme Recreation Center**.



Walking Group Meets Thursdays at Mall*

The Healthy Lifestyles Walking Group meets every Thursday from 8 a.m. to 9 a.m. at Lakeside Mall. Enter any Mall entrance. Participation is free.

Yoga Class Meets at Museum of Art*

Yoga class is held the first, second and third Saturday of every month in the Besthoff Sculpture Gardens at The New Orleans Museum of Art. Class is from 8 a.m. to 9 a.m. The instructor is Addy Meisenheimer, of East Jefferson General Hospital Wellness Center. The fee is \$5 per class but is free to Wellness Center members and NOMA members.

For reservations or information call HealthFinder at (504) 456-5000.

Chi Kung classes at NOMA Galleries*

Tai Chi/Chi Kung classes are held every Monday from 6 p.m. to 7 p.m. in the NOMA Galleries in City Park.

The cost is \$5 per class but is free to Wellness Center members and NOMA members. Tai Chi participants should enter New Orleans Museum of Art by going to the rear volunteer/staff entrance as the building is closed to the general public on Mondays. Proceed up the stairs and Security will direct them either to an indoor gallery or to the garden.

To register, call HealthFinder at (504) 456-5000.

**As advertised in the Advocate Health Briefs 15-21st August 2013*



AND COMING SOON TO A PARK NEAR YOU

New Program To Offer Free Community Fitness Classes in 3 Neighborhoods

Fit NOLA Parks will soon be offering free high-quality exercise classes and healthy snacks at park concession stands through its new program.

If you live in St. Roch, Gert Town, or Hoffman Triangle/Central City, Fit NOLA Parks will soon be offering weekly recreational activities for people of all ages and skill levels. Dwayne Berry, New Orleans native, ACSM Certified Personal Trainer and Fit NOLA Parks Program Director is heading up the initiative and welcoming community ideas, questions, or feedback. Contact him at daberry@nola.gov.

The Fit NOLA Parks initiative is a partnership between the New Orleans Recreation Development Commission (NORDC), the Louisiana Public Health Institute (LPHI) and the City of New Orleans Health Department and funded by Blue Cross and Blue Shield of Louisiana Foundation and pledged matching funds from community partner organizations. For more details, please visit www.nola.gov/fitnolaparks

The New Orleans Musicians' Assistance Foundation is jumping on board to encourage as many musicians to take part as possible. We're planning a focus group to get ideas about how musicians and their families want to exercise, what might be preventing them and what kind of free classes Dwayne

can help to organize.

Email wendy@nomaf.org if you want to be a part of this focus group, provisionally planned for Thursday September 26th. We can't reimburse you for your efforts, but will provide food, drinks and much appreciation!

Rose's Corner

Stepping Out To Stop Diabetes



Keep A Healthy Beat is focusing on reducing our sugar and increasing exercise this month - 2 of the most important factors in both preventing and controlling diabetes.

Support NOMC and the American Diabetes Association - Stepping Out To Stop Diabetes this November 2nd in Audobon Park. For more information, to make a donation or sign up to join our team click on the link below:

[Sign up, make a donation, or join our team!](#)

The Gravy

Big Al Carson and his Creole Squash

From her new book, *The Gravy-In the Kitchen with New Orleans Musicians* (High ISO Music, 2013)-featuring 44 of New Orleans' finest musicians, their stories and favorite recipes- Elsa Hahne, author, photographer and also Art Director and Food Editor at *OffBeat* magazine, is selecting some of the healthier recipes from her book for us to enjoy. First up: Big Al Carson and his Creole Squash (originally published in *OffBeat* in October, 2011).



"I grew up right here in New Orleans. I'm homegrown, as I always say. I grew up in the Seventh Ward and the Lafitte projects. I'm right here in the midst of things. Homegrown.

I used to cook more than I do now, because I just can't stand up at the stove like I used to. And cooking is a hands-on thing. If you want it right, you've got to stand there, cultivate it, you know-make it what you want. But I do have some favorites I make. I love to cook cabbage. I like to smother it down with pig tails and ham hocks. I like it real smothered down, where it lays over the rice real nicely. You don't have to break it up no more, once you get it from me. And there's one dish I don't think anybody else does: it's zucchini and squash, with shrimp and smoked sausage. It don't take long. I don't have a name for it, I just do it. It always comes out right for me. Of course, I'm a hot sauce man,

so I have to throw a little hot sauce in there. I love Crystal-there's nothing else. I have nothing against the others, but Crystal's my favorite. It has a nice little tang.

Some people like tomato sauce, and some people don't. I like the tomato sauce, so I throw a can of whole tomatoes in there, with the juice. Just to get some acid in there, because zucchini is sweet, so you've got to put a little tart in there.

I'm a sea salt man now. I've been trying to lose weight, and I have, so I don't use anything but sea salt-the brown sea salt, not the white sea salt. The brown sea salt doesn't have as much sodium content to run your pressure up.

I serve my squash over noodles. I like shells, I don't know why. You can put it over fettuccine, that's good too, but my personal favorite is over shells. And don't overcook them!

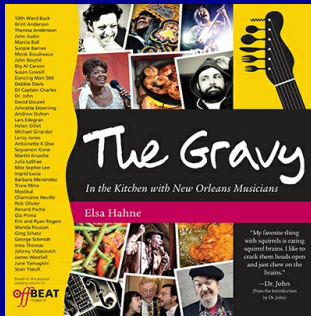
This dish is something I kind of made up trying to impress my first wife [laughs]. Did it work? Yeah, it did. So I've been using it ever since. I keep on making it. I made it for my second wife. That worked too. Even better! We've been married four years this November, but we've been together 16 years. Now, she cooks! My wife is Spanish, from Honduras. She cooks very well, and her mother, my mother-in-law, lives with us, so I ain't missing no meals. She cooks leaner than Creoles or black folks cook. The culture is different, and she sticks with her culture. We eat all fresh, and I prefer that now. We don't eat corn out the can, we don't eat peas out the can. Maybe some string beans once in a while, but most everything is fresh. That's the way we do.

When I was growing up, my younger sister did most of the cooking. She's a fantastic cook. My mom cooked a lot, but you know, mom worked a lot too, so my sister always took over. A regular Creole family; we ate red beans and rice every Monday. You knew you was going to have spaghetti on Wednesday. Friday was always fish, trying to adhere to the religious thing, but we weren't religious in that aspect, it was just a cultural thing. Seafood on Saturday, but it was all fried; fried fish, fried this, everything was fried. The smoked sausage was fried. I haven't had a hot sausage sandwich in so long, I dream about it sometime. Trying to stay away from that kind of stuff. Your body changes, and the hot sausage don't sit on you like it used to. That was one of my favorites. I used to play at a club called Fourth Edition and this little guy, Speedy, was a cook. One day I asked him, 'Make me a Big Al Special.' And he said, 'What?' I said, 'Take that hot sausage and deep-fry it, then take it out, cut it open, and put it on the grill. Put it with some grilled onions, some American cheese, and mayonnaise, mustard and ketchup, and hot sauce, and lettuce and tomatoes, and extra pickles.' That's a Big Al Special. On French. Oh, God. I can taste it now!" [laughs]

Creole Squash

- 1 pound Bryan's smoked sausage
- 1 onion
- 1 green bell pepper
- 2 tablespoons olive oil
- 2-6 yellow squash (depending on size, and how many portions you want to make)
- 2-6 zucchini (depending on size, and how many portions you want to make)
- 4 tablespoons butter (optional)
- 1 cup broth, water or white wine
- 1 (14 1/2-ounce) can whole tomatoes
- 1 pound peeled shrimp
- 1 teaspoon Tony Chachere's Creole Seasoning

Slice smoked sausage about 1-inch thick. Chop onion and bell pepper and fry, with sausage, in olive oil. Slice squash/zucchini into 1-inch thick chunks and sauté in sausage mixture (with butter, if you like) for 5 minutes. Add liquid and canned tomatoes, breaking up the tomatoes a bit with a cooking spoon. Season with Tony Chachere's and simmer, covered, for 10-15 minutes. Add shrimp and cook until they turn pink. Serve over pasta shells.



'The Gravy' is available from most local book stores, Fleurty Girl and [online](#), and also at [offbeat.com](#).

Healthcare Reforms Extra : Starting October 21st

Are you ready?

Visit healthcare.com and watch [this video](#) for more information.

New Orleans Musicians' Clinic

New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF)



Hours : Monday - Thursday : 10 AM - 4 PM

504-415-3514 : info@nomaf.org

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