

▶ **CARVE OUT TIME FOR YOUR HEALTH, YOGA CLASSES OFFERED IN BITE RITE RESTO CAFÉ.....1**

○ MAIDEN ISSUE

○ VOLUME 1

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▶ **HEALTHY TIPS FOR HEALTHY LIVING.....2**

▶ **ON-GOING PROMOTIONS...2**

# Bite into Wellness

YOUR MONTHLY DOSE OF HEALTHY LIVING

*From our director's desk*  
Dear Friends & Online Patrons,

Greetings of Good Health!

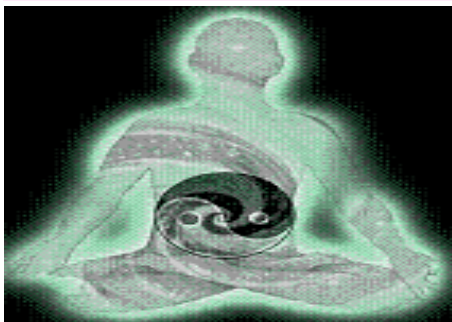
This is the newest addition to our BR Community Support. This monthly newsletter is aimed at keeping you at pace with today's health conscious population. And since **BiteRite** is the perfect solution for the people who are conscious of their health and know how to enjoy delicious food, we are tasked to also educate not only the palate but the mind as well.

Come share the excitement for what promises in August. We are looking forward welcoming you again soon.

A Healthy Lifestyle is Your Choice...Make a Healthy Decision Now!

Best Regards,

**Seema Shetty**  
Executive Director  
BiteRite



The healing aspect of yoga is one of the best tools to uproot the problems which originate in mind and manifest in the body.

At the physical level, yoga and its cleansing practices have proven to be extremely effective for various disorders. More importantly, yoga is extremely effective in:

✳ **Increasing Flexibility** – yoga has positions that act upon the various joints of the body including those joints that are never really on the 'radar screen' let alone exercised.

## Carve out time for your health!

A caveat: it is important to get clearance from your doctor BEFORE undertaking any exercise program.

✳ **Increasing lubrication of the joints, ligaments and tendons** – likewise, the well-researched yoga positions exercise the different tendons and ligaments of the body.

Surprisingly it has been found that the body which may have been quite rigid starts experiencing a remarkable flexibility in even those parts which have not been consciously work upon. Why? It is here that the remarkable research behind yoga positions proves its mettle. Seemingly unrelated "non strenuous" yoga positions act upon certain parts of the body in an interrelated manner. When done together, they work in harmony to create a situation where flexibility is attained relatively easily.

*Stability' the main stay of life, can be achieved by practicing yoga.*

*It shapes the mind and the body to attain the total health for over all personality.*

### Yoga Therapy is best for:

- Back Pain • Neck Pain• Joint Pain
- Headache-migraine• Sinusitis• Allergic Rhinitis
- Bronchial Asthma• Insomnia• Anxiety
- Irritable bowel syndrome • Hypertension
- Diabetes Mellitus• Hyperlipidemia
- Uro-genital diseases• Stress Management
- Weight reduction management

# Paint Your Plate with Color

Summer is the time to take advantage of nature's palette of color to enhance food's eye appeal and health benefits. Your eyes tell your brain that great-tasting food is on the way when a variety of colors is on your plate. Also, research is uncovering the benefits of the pigment-related phytonutrients — and the colorful fruits and vegetables that supply them.

Add these colors to your plate to get great flavor and health benefits:

- **Green:** fruit — avocado, apples, grapes, honeydew, kiwi, lime; vegetables — artichoke, asparagus, broccoli, green beans, green peppers, leafy greens. Their lutein and indoles have antioxidant potential and may help promote healthy vision and reduce cancer risks.
- **Orange and deep yellow:** fruit — apricot, cantaloupe, grapefruit, mango, papaya, peach, pineapple; vegetables — carrots, yellow pepper, yellow corn, sweet potato. Carotenoids, bioflavonoids and the antioxidant vitamin C in these foods promote a healthy heart, vision, immunity and reduced risk for some cancers. The deeper the orange/yellow color, the more carotenoids they have.
- **Purple and blue:** fruit — blackberries, blueberries, plums, raisins; vegetables — eggplant, purple cabbage, purple-fleshed potato. Anthocyanins, which give a blue-purple color and phenolics, may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- **Red:** fruit — cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, watermelon; vegetables — beets, red onions, red peppers, red potatoes, rhubarb, tomatoes. This color group delivers lycopene, a powerful carotenoid, as well as anthocyanins. They may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- **White, tan, brown:** fruit — banana, brown pear, dates, white peaches; vegetables — cauliflower, jicama, mushrooms, onions, parsnips, turnips, white-fleshed potato, white corn. Allicin in onion (and garlic) and selenium in mushrooms may promote heart health and reduce cancer risks.

A rainbow of fruits and vegetables creates a palette of nutrients and phytonutrients on your plate, each with a different bundle of potential benefits in a healthful eating plan: from oxidizing free radicals that may damage healthy cells, to having anti-inflammatory qualities, to lowering LDL cholesterol. Enjoy foods this summer that are a treat for your eyes — and your body.

## HEALTHY EATING, HEALTHY LIVING



In recent years more people have come to realize the importance of healthy eating and selecting the foods that will most benefit their health. This interest in healthy eating and the subsequent learning of the life giving values of food is great as it marks a great advance in human welfare. Below you will find 8 healthy eating tips you should know about.

1. Eat all your foods as close to their natural state as possible. Most people overcook their food, specially their vegetables. For example, most people peel their potatoes before they cook them. Potatoes in particular should never be peeled for the most valuable elements lie directly under or in the skin.

2. Get your vitamins and minerals naturally, not from "enriched" products. Nature has provided an abundant supply of vitamins and minerals in foods in their raw state. If you have not destroyed them by peeling or overcooking, you will receive an adequate supply so long as you eat a rational diet. The so called enriched foods have already been devitalized. The mere addition of a chemical equivalent of the necessary vitamins and minerals does not compensate for the loss of natural food elements.

3. Use fruits and vegetables immediately after cutting. The Vitamin C content of fruits and vegetables is lost at an extremely fast rate once the vegetables fibers have been cut or bruised.

4. Don't throw away the water used for cooking your vegetables. Drink it, or save it for tomorrow's soup. Such water is rich in the vitamins extracted from the vegetables during the cooking process.

5. Don't skip meals to reduce. Your body requires regular and frequent supplies of energy. In reducing your weight, it is not how much or how often you eat that counts, but what foods you choose and how well you chew them.

(Cont... Healthy Eating, Healthy Living)

6. Eat a good breakfast. Coming as it does at the start of a new day and after fourteen or more hours without nutrition, breakfast is a means of replenishing your energy and strength. It will help carry you through some of the busiest and most demanding hours of your day. If you want to reduce, choose a salad instead of a heavy meal at lunch time, but only after eating a nourishing, balanced breakfast.

7. Eat some organic food every day. Include at least one food that is organically grown in your daily diet. It would be ideal if all the fruits and vegetables we consumed were organically grown, but there are not enough organic farmers to supply us with all our needs. The next best thing is to include at least one food that has been organically grown. They will provide the final link with natural nutrition which each of us must maintain.

8. Cook vegetables quickly and in very little water. The value of food, which is created in the growing process, is easily destroyed in the process of cooking. All foods should be cooked far less than is the habit in most homes today. Very often the water in which they are cooked is more valuable to your health than the vegetables themselves.

For any comments or suggestions please contact

**BiteRite**  
With free hunger

P.O. Box 37005,  
Abu Dhabi, UAE  
Tel: 02 6411660  
Fax: 026411788  
Email: [info@biterite.ae](mailto:info@biterite.ae)

## On Going Promotions



Games and activities on 12<sup>th</sup> April with Easter Egg Hunt, Healthy Quiz contests, Complimentary "Easter Egg" for kids and lots of prizes to be won



Special Easter Set Menu for **AED 49.00** on 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> April 2009

Please log-on to [www.biterite.ae](http://www.biterite.ae) for more information