



JULY 2010

# health

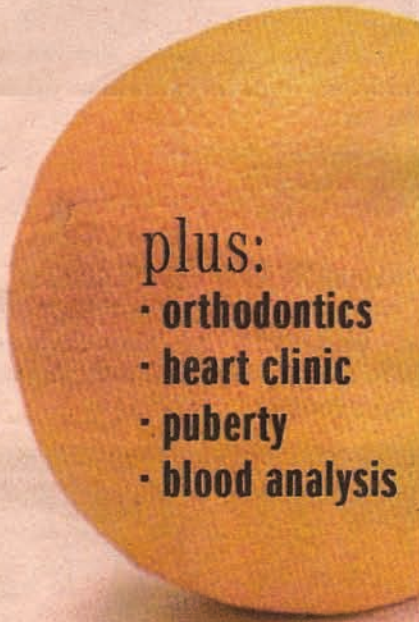
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## nutrition

• Special issue covers nutrition for seniors, vitamins, smart shopping and savvy summer snacking.

**Nutrition Facts**  
Serving Size 1/4 cup (38g / 1.3 oz)  
Servings Per Container about 6

Amount Per Serving	Mix P
Calories	150
from Fat	40
% Daily Value	



plus:

- orthodontics
- heart clinic
- puberty
- blood analysis





# Foods to cool us down

**BY ASHLEY HOYT**

Special to The Citizen

Soup is a part of every culture's diet. According to Chinese medicine, all soups have different healing properties. For example, some foods have warming properties and some have cooling properties. In our Key West climate, eating cooling foods can help us adapt to the heat of summer and nourishes the body with fluids. Examples of some cooling foods are green leafy vegetables, tofu, mushrooms, celery, asparagus, sprouts, yogurt, apples, bananas, pears and watermelon.

Below is a light, refreshing recipe for a summer soup. Enjoy!

## Jade Green Soup

1/2 C tofu

2 C leafy greens chopped

1/4 t. sea salt

1/2 t. toasted sesame oil

3 C broth

1/2 T arrowroot dissolved  
in 2 T of water

Sauté or steam tofu 5 minutes. Add salt. Add greens and sauté 2 minutes. Add broth and simmer until greens are bright-colored. Add arrowroot-and-water mixture and simmer until thickened. Serves 3-4.

*Ashley Hoyt, A.P., practices at the Clinic of Alternative Medicine in Key West. Visit [www.keywestacupuncture.com](http://www.keywestacupuncture.com) for more information.*