

# SRQ

**BEST  
OVERALL  
MAGAZINE**  
On Florida's West Coast — 2012

VIBRANT  
LIVING ON  
FLORIDA'S  
CREATIVE  
COAST

THE EPICUREAN ISSUE

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## DELICIOUS NOSH

GINGER, CHILI, MINT,  
GOAT CHEESE AND  
OLIVES COME TO  
LIFE IN THESE  
25 DISHES



\$4.00 US \$5.00 CAN



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# The Quiz

Micronutrient sufficiency is more than just a set of scientific terms to Mira and Jayson Calton, whose new book, *Naked Calories*, helps people reconsider many aspects of life, including nutrition, activity level, medications, food shopping, preparation and cooking techniques. The couple also helped write this quiz for SRQ. You can take the Caltons' complete Micronutrient Sufficiency Quiz online at [www.caltonnutrition.com](http://www.caltonnutrition.com) or in Chapter Two of *Naked Calories*.

Test Your Knowledge

## WHAT'S IN YOUR DIET?

**1. My relationship with medications can best be described as:**

- a. a few prescription medications my doctor recommends and popping over-the-counter [OTC] meds at the first sign of discomfort from a cold or acid reflux
- b. taking prescription medications only on the rare occurrence I get sick, and avoiding aspirin and other OTC drugs
- c. only taking prescription medications from my physician
- d. not on any prescription medications, but often taking OTC medications for cold, heartburn, aches or pain
- e. not taking any prescription or OTC medications on a regular basis

**2. Shopping for produce consists of:**

- a. buying mostly from a traditional grocery store
- b. going to the Saturday farmers market religiously to buy from local farmers who only grow *locally*
- c. buying organic vegetables from the grocery
- d. downloading a copy of the "clean 15" and "dirty dozen" from the discovery center at [caltonnutrition.com](http://caltonnutrition.com)
- e. buying canned and frozen vegetables most of the time

**3. Choose the statement that best describes your drinking habits:**

- a. I am strictly a water drinker
- b. I love my wine/cocktail at the end of the day
- c. I enjoy energy drinks
- d. Coffee and/or green or black tea are faves
- e. I admit it . . . I drink soda

**4. Where working out is concerned:**

- a. I love a hard workout most days
- b. Yoga poses several times a week make me sweat and keep me strong
- c. Biking miles in the Florida sunshine makes me feel alive
- d. I don't work out
- e. I work out moderately and like the movement, but don't sweat much

**5. Looking in the mirror or trying on my clothes tells me:**

- a. My weight is perfect; I shouldn't lose or gain a pound
- b. I could probably do with a diet—it seems that the dry cleaner is shrinking my clothes

- c. I love being fashion conscious, but am pretty sure I am a bit thin
- d. I have two closets—one for each size I regularly visit
- e. I have always been too heavy and have given up on dieting

**6. In the kitchen, I like to:**

- a. sauté vegetables in a wok
- b. boil vegetables to make them soft
- c. steam vegetables only for a short time
- d. who eats vegetables?
- e. I cook vegetables, then eat them with a little butter or olive oil

**7. When choosing how to take a multi-vitamin with vitamins and minerals, I:**

- a. don't take anything. It is unnecessary
- b. take a once-a-day multivitamin
- c. take a multivitamin pill twice a day
- d. take a liquid vitamin I keep pre-made in my refrigerator
- e. take a single-serving, powdered multi vitamin delivered in liquid form

**17-21 Points**  
**Smart Cookie**  
You are making smart choices

**10-17 Points**  
**Average Eater**  
Pay more attention to your micronutrient sufficiency level

**0-10 Points**  
**Bottom Feeder**  
Start making changes. You're likely micronutrient deficient

**ANSWERS** 1. b, e) 3, great job! All medications leach vitamins and minerals, limiting their use, when your doctor allows, helps ensure sufficiency. c, d) 1, try to limit it further. a) 0, you may be stripping your body of micronutrients. 2. b) 3, buying local guarantees produce will be packed with micronutrients. c, d) 2, organic is a great step towards reducing consumption of pesticides, hormones and antibiotics, but science is still debating the extent organic produce increases micronutrient density. e) 1, canning and freezing reduces vitamin content a) 1, as food sits in a grocery, it loses vitamins and minerals. 3. a) 3, bravo! No micronutrient leaching here. b, d) 2, while there are health benefits to these, they rob your micronutrient bank account. c, e) 0, ditch these disastrous drinks! 4. d) 3, probably not smart for your overall health, but you won't deplete micronutrients. e) 2, only high-intensity workouts cause large micronutrient loss. b, c) 1, moderate. a) 0, working out that hard will likely leave you deficient. 5. a) 3, so very rare these days to have an ideal body weight—great job! b, c, d) 1, being overweight or underweight is a sign of micronutrient deficiencies. e) 0, long-term weight issues are a sign your body has been deficient for a long period, which can lead to illness. 6. c) 3, steaming keeps in the majority of micronutrients. e) 3, adding a little butter ensures absorption of fat-soluble vitamins. b, a) 1, every time you cook causes micronutrient depletion. d) 0, you won't get all your micronutrients through diet alone without eating your vegetables. 7. e) 3, you realize how important micronutrient sufficiency is to your health. b, c, d) 1, these forms of multivitamins all have limitations. a) 0, taking a supplement increases the likelihood of reaching sufficiency of essential micronutrients.