

# MARTHA STEWART Living

*fresh & hearty*

healthy comfort food you'll  
want all winter long

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**MAY 2013**  
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*A new take  
on a classic  
Greek soup*



## 7 GO AGAINST THE GRAIN

In 2013, rotate the whole grains in your culinary lineup. For years, doctors have urged us to eat a variety of fruits and vegetables for optimum health. According to Cynthia Harriman, director of food and nutrition strategies for Oldways and the Whole Grains Council, "Variety is equally important when it comes to whole grains. If someone tells you to eat more vegetables, you don't just eat more carrots. Different grains are rich in different vitamins, minerals, and disease-fighting antioxidants." Need another reason to diversify? Experts believe that overexposure to particular foods may be a factor in developing food sensitivities.

So explore beyond quinoa! The Whole Grains Council predicts these two grains will move into the spotlight.

**FREEKEH** is wheat that is harvested while it's still green, so it retains maximum nutritional value. It's then sun-dried and charred for a smoky flavor. Freekeh is high in fiber and protein and has a good prebiotic effect (increasing the number of beneficial bacteria in the stomach). Try adding it to your soups and pilafs.

**SORGHUM**, an ancient grain used to make roti in India and tortillas in Central America, has not been grown widely as a human-food crop in the United States, but this is changing: It's drought tolerant and water efficient, and—the detail that just might take it mainstream—it's gluten-free. High in cancer-fighting antioxidants, sorghum is also low on the glycemic index, making it a good choice for diabetics. Sub in sorghum flour for gluten-free baking, boil it like rice, or pop it like popcorn.

**NEW TO WHOLE GRAINS?** Visit [wholegrainscouncil.org](http://wholegrainscouncil.org) for an expansive list of whole grains, and check out grain-centric cookbooks such as Maria Speck's *Ancient Grains for Modern Meals* (Ten Speed, \$30).

## MAKE SOME DATES

2 Pick up the phone this month and schedule routine doctor and dentist appointments for every member of your family. With the whole year ahead of you, you're more likely to get appointment times that work with your schedules. Visit [mayoclinic.com](http://mayoclinic.com) for an age- and gender-specific list of health-screening guidelines; you may need to schedule additional appointments with specialists if you're due for tests that are not performed during a routine visit. Make the most of face time with your physician by creating a list of questions to bring with you to your appointment. You're less likely to forget your concerns if you have a written prompt.

## EXERCISE YOUR OPTIONS

3 Cross-training is essential to improving your fitness level and can be as simple as adding a few new elements to your existing exercise routine. Anna Kaiser, trainer of the superfit Kelly Ripa and founder of the AKT studios in New York and Connecticut, advises, “If you want to keep seeing results, you need to switch up your workout and challenge your body and mind. When you do the same activity again and again, your body becomes efficient at performing certain movements, and your fitness level plateaus. Repetition also leads to overuse injury and boredom. If you’re not excited about exercising, it won’t be a priority.” Doing a variety of activities works your whole body and teaches it to move in new ways. “If the only exercise you do is walking, you’re repeating the same back and forth motion. Then you twist to pick up a bag of groceries and you get injured because you haven’t strengthened the muscles that allow you to twist,” says Kaiser.

To begin cross-training, Kaiser suggests choosing one workout from each category—cardio, strength, and flexibility—and doing it at least once a week. For example: Monday, pick one cardio activity (running, biking, jumping rope, using an elliptical machine); Wednesday, choose a strength training exercise (TRX, Pilates, sculpting class, weight lifting); Friday, focus on flexibility (yoga, qigong, stretch class); Saturday, circle back to cardio. If you don't have access to group classes, try a DVD at home such as Gaiam's *Cross Training for Fitness* (\$15, [gaiam.com](http://gaiam.com)).



*scrap your sneakers*

Exercising in worn-out shoes can lead to muscle fatigue, shin splints, and joint pain. Jean Knaack, executive director of Road Runners Club of America, suggests replacing your running shoes every 500 miles. To keep track of the miles on your shoes, go to [logyourrun.com](http://logyourrun.com).

*extend  
their life*

- 1 Rotate two pairs—shoes last longer when they dry out and decompress between uses.
- 2 If your shoes get soaked, stuff them with newspaper and let them air-dry.
- 3 Wear your running shoes only for exercising.
- 4 Use a scrub brush, mild soap, and cold water to clean sneakers.
- 5 Untie sneakers before slipping them on and off.

To donate shoes with a little life in them, visit [shoe4africa.org](http://shoe4africa.org). To repurpose beat-up kicks, go to [nikereuseashoe.com](http://nikereuseashoe.com).