WHAT'S ON YOUR PLATE



A SIMPLE GUIDE TO HEALTHY COOKING 2ND EDITION

CINDY COHEN RN

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Cindy Cohen RN

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DEDICATION

This book is dedicated to my husband Rich, and children Aaron and Rachel, who supported me during all of our food experiments and the many attempts at making healthier food choices and healthy cooking as they were growing up.

To my clients who continue to teach me it's harder each day to make the choice to follow a healthy lifestyle and make healthy food choices in an ever confusing world.

What's on Your Plate A Simple Guide to Healthy Cooking

CONTENTS

	Forward	vi
	Introduction	8
1	Cooking at Home	12
2	Easy Low Fat Cooking Tips	18
3	Get the Kids Eating Healthier	28
4	Healthy Cooking Equipment	34
5	Healthy on a Food Budget	40
6	Super Foods to Eat	46
7	A Well-Stocked Pantry	50
8	Super - Market Strategy	54
9	Food Preparation	66
10	Recession Proof Cooking	70
11	Making the Transition to Health Cooking	74
12	Be Organized - Plan Ahead	78
13	Supermarket Scavenger Hunt Buyer Beware	
14	Cooking for a Better You	
15	Recipes: Salads, Soups, Smoothie Mix N Match	
	Endnotes	
	About the Author	

FORWARD



Everyone has a doctor in him or her; we just have to help it in its work.

The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick is to feed your sickness.

Hippocrates

You might be asking "Why write a book about healthy cooking that's not a cookbook and why is a nurse writing it?" The answer is your health and wellness is connected to the foods you eat or do not eat. Food is so closely connected; it is safe to say food is the new medicine. So the question becomes, "Are you using good medicine (healthy foods) or bad medicine (unhealthy foods) to sustain your body; and where do we find the difference?" First, we find it in the way we feel and think about food; then we make the changes in our kitchen.

How we feel about food has changed. Food is something we feel needs to be ready for consumption, somewhat tasty and does not necessarily need to be 100% nutritious. In other words, food needs to stop the hunger. This need to stop the hunger, do it fast and with little effort makes eating processed foods, fast foods and restaurant foods look like the answer. This has been going on for so long we either never learned or forgot how to prepare a healthy home cooked meal.

Our perception of food has changed too. The fast foods and ready-made industry has grown along with our need for speed. They have become sophisticated in their marketing techniques implanting in our minds the idea that food with designer-infused vitamins and minerals are as good for us as "whole foods". Manufacturers are not held accountable, resulting in irresponsible nutritional claims and food packaging misinformation which is changing our perception of what is healthy and causes confusion in which foods are healthy for us and which are not.

We no longer eat to nourish our bodies. We eat to stop being hungry, fill an emotional need and because we can. These eating habits are killing us. We are being led down a path filled with preventable chronic illness and disease epidemics, sadly bringing adult diseases to our children. In April 2010, Richard Bilton wrote in the BBC Panorama the article "Preventable Child Illness Reaches 'Epidemic' Levels". In the article there is this quote by Steve Ryan, Medical Director at Alder Hey Hospital "Preventable diseases in children are reaching epidemic proportions that could see a generation dying before their parents, doctors at a leading children's hospital have warned."

Now is the time to take your health back. You are responsible for your health and future wellness. You are the place to start. Start in your home, your kitchen and your food market. Teach yourself, and then teach those you care about how to get back to the basics of healthy cooking.

This book is designed to help you get started in healthy cooking. Some of you have never cooked a meal in your life. That's ok; this book will help you get started down the path of home meal preparation. For others, maybe you have been preparing meals for many years but now are venturing into the new world of healthy cooking. This book is for you too. It will serve as a reminder of what you already know and give you new ideas to help you down the road to better health.

There's no need to start at the beginning; just pick a spot that interests you and start reading. Make notes in the margins and start making a plan to implement one or two new healthy habits each day. Be sure to include your family and friends they need to get healthy too.

The road to better health is not complicated; however; it does begin with that first step and a good one is in your kitchen.

Your partner in health,



INTRODUCTION



The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.

Thomas A Edison

If you would have told me 35 years ago that in the future you would see children diagnosed with adult diseases such as Heart Disease, High Blood Pressure, High Cholesterol, Type 2 Diabetes, Arthritis, and Obesity I would not have believed you. The idea that children would be sick with adult diseases would have been incomprehensible!

If, in the same conversation, you had told me that in the next 35 years adults would be diagnosed at alarming rates with Multiple Sclerosis, Lupus, Fibromyalgia, and even Attention Deficit Disorder, that would have been equally as shocking. At the time, Multiple Sclerosis and Lupus were so rare that I can remember our nursing instructor saying we did not even really need to know much about them. Fibromyalgia and Attention Deficit Disorder were not even identified as disorders. And now, they are so common that almosteveryone knows someone with one of these conditions.

In the beginning of my nursing career in the 1970's, the only modern epidemics I remember were the annual winter out breaks of Influenza. Today Diabetes, Obesity, and Alzheimer's are said to be present in our population in epidemic proportions (reference?).

What is going on here? Experts agree our lifestyle is causing chronic illness at an accelerated rate and killing us just a little every day. And we are to blame.

Our bodies are like cars. When you buy a new car; you regularly change the oil, rotate the tires and perform general maintenance. In fact, the car manufacturers have a suggested schedule to follow in order to insure good performance over the life of the car. Our bodies are much the same. If you provide good nutrition, include activity, and give it plenty of rest, your body will perform at its best, free of chronic disease. However, over a lifetime, if you do not treat your body just like a well maintained car, it will break down. Over time your body will develop heart disease, cancer, diabetes, or any number of chronic conditions. Just like a poorly maintained car, when you don't take care of yourself, over time you will stop running.

Let's take a look at what's happening to us.

Food is making us sick.

There are hundreds of studies by leading government organizations outlining how food makes us sick. The American Heart Association advises us to reduce our cardiovascular risks, and to avoid the "bad fats" (trans-fats, hydrogenated oils), foods with cholesterol (beef, dairy products, Hawaiian oils) and add "healthy fats" (omega 3 fats) to our daily diet.

The American Cancer Society tells us to reduce cancer risks, and improve health. They tell us to limit the intake of sugary drinks (soda, sports drinks), high fat foods (fast foods), and processed meats (sausage, bacon, lunch meat) and red meat (beef). And that's just the beginning. There are hundreds of organizations funded by our government to help us see what foods are dangerous to our health. (This is redundant; not needed.)

Food sustains you.

Your health depends on the foods you eat to fuel, replenish and balance all the systems of your body. Food is responsible for supporting your immune system, repairing your DNA and providing energy stores for all cell functions in your body. Some experts believe our bodies can live up to 2 months without food, however, after just 1-2 days the body begins the process of breaking down disrupting the body's physiological functions. Food is your life source.

Foods keep you healthy and can prevent disease.

The same organizations that tell you what not to eat also give you the recipe for better health too. On the American Heart Association's webpage, there is a section titled "Diet and Lifestyle Recommendations." It states that to reduce your risk of cardiovascular disease you must eat a diet with lots of fruits, vegetables, whole grains, fish (2 times per week), nuts and beans. Reduce sodium (salt) to less than 1,500 milligrams (less than 1 teaspoon per day). (1) This recommendation limits the consumption of prepared foods (boxed, packaged and freezer foods). www.heart.org (2)

The American Cancer Society in the white paper "Guidelines for Cancer Prevention" (3) recommends how to reduce your risks of developing cancer: include fruits and vegetables in every meal (3.5 cups), choose whole grains instead of white, limit refined carbohydrates (cakes, cookies, breakfast cereal). www.cancer.org (4)

In 2010 the USDA published their guidelines to reduce all forms of chronic disease using a plate as their model to healthy eating. Along with recommending portion sizes and servings, they had this to say:

"The Dietary Guidelines for Americans are jointly issued and updated every 5 years by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). They provide authoritative advice about consuming fewer calories, making informed food choices, and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health." (5) To learn more go to www.choosemyplate.gov.(6)

You are the solution.

Take charge of your food. Control how your food is prepared, what's in it, when you eat, how much you eat, and how you eat it. You can control the quality and quantity of the food you eat. You are in control and you are the solution. You are the key to better health for you and those around you. Enough discussion. Let's get started.

CHAPTER 1

COOKING AT HOME



Even with our busy lifestyle, as a society we are returning to our home stoves and cookware for meal preparation rather than calling out for take-out or delivery, or heading to a restaurant. We are choosing to eat at home because it saves money, is a healthier decision, and in some cases is lifesaving. You may be surprised to know that, with a little planning, eating healthy food prepared in your kitchen is fast, convenient, and simple. Eating at home is relaxing, brings families closer together and creates those "warm and fuzzy" feelings that last a lifetime. Take a minute to think back to your mom or grandma in the kitchen leaning over a big pot of hot vegetable soup or the smell of fresh baked cookies just out the oven. Cooking in your kitchen impacts what food you eat, when you eat, where you eat, and how you feel about eating. Examining what's on your plate will make a big difference in your life and here's how.

Let's take a look at the benefits of good old fashioned home cooking just like your Granny used to prepare (almost).

The Shared Family Table

Start by thinking about what happens around the family table. This is a time for face to face conversation. The family table is a time when all the family members are together sharing life experiences, happenings of the day, identify problems or challenges the family members are experiencing, and discuss possible solutions. The family table is a great place to share positive experiences, accomplishments, and praise each other for a job well done!

Eating a meal around the family table isn't just about the food. It's about so much more. When a family has made the commitment to share a meal together, they bring to the table a set of expectations for mealtime behaviors. In other words, a family expects each other to act in a certain way around the table. Families who eat together around the family table at home feel more loved, connected and supported because they have the opportunity to have meaningful conversation. Studies show that children who eat

with their families are better students, more socially appropriate, and demonstrate better social manners. When meals are conducted in an organized positive manner children are better adjusted and overall healthier.

In 2008 Yale published the Social Policy Report *Reclaiming the Family Table: Mealtimes and Child Health and Wellbeing* by Barbara H. Fiese, Ph.D. & Marlene Schwartz, Ph.D. (www.srcd.org/spr.html).(1)

This report stated that Shared family mealtimes have been associated with such diverse outcomes as reduced risk for substance abuse, promotion of language development, academic achievement, and reduced risk for pediatric obesity.(2)

Getting ready for a shared family meal includes preparing those meals too (This sentence doesn't make sense to me...). Preparing meals in your kitchen helps to develop organizational skills too. Organizing a meal so all the dishes are ready at the same time is more complex than it seems on the surface. Creating family meals develops skills in goal setting, planning, organizing, and time management. When you and your children accomplish these skills around meal planning, they will become self-sufficient and confident. The skills they learn in the kitchen will be skills they employ everywhere else in their life. Your kitchen is the heart of your home.

Know What is in Your Food

When you prepare and cook your own meals, you know what's going into your food. Even if you don't crunch the numbers, you can control the sodium, sugar, fat, fiber, protein and caloric content when you cook your own food. Restaurant food is really "mystery" food. Why is it a mystery? Often it has all sorts of additives, not to mention astronomical amounts of sodium and fat. Restaurants are not regulated by any agency or required to tell you what's in the food they serve. Restaurants have no motivation to be honest or forthcoming about the ingredients or food preparation of the foods they serve; so they tell you what they think you want to hear to help you buy their food. Telling you what you want to hear is not the same as the truth.

At home you know what is in the food because you combine the ingredients. You are in control. By controlling your food, you are now in control of your health too. Remember the saying "knowledge is power?" In this case it's true! There are powerful health benefits of knowing what's in your food and how to prepare it yourself.

Eating at Home is Fast and Convenient

You are busy, over worked, and tired from the activities of living. You may think it's overwhelming to even

consider the prospect of cooking at home.

You may be asking: "Who has the time?"

Consider this: maybe fast food really isn't as fast as you think. How much time does it really take to get everyone into the car, wait in line at the drive through, wait for the food to be made, and then drive home with this "fast food"? When eating at a sit-down restaurant; consider the drive, parking, waiting for the server to take your order, waiting some more for your order to be delivered to your table, then driving home. How long does all this take you? It doesn't sound fast to me. Does it to you?

With a little planning ahead, you can have your meals on the table in 5-30 minutes with no stress and very little work. The key is to plan ahead and have the food ready to go when you arrive home. It makes eating from your kitchen so much easier. Just take the food you have prepared ahead out of the refrigerator, out of the oven or the slow cooker, and serve. Easy, simple, and fast!

Clean up can be fast as well, if you use paper plates, glasses, plastic forks, spoons and knives. Lining the baking dishes with aluminum foil or parchment paper reduces scrubbing. Or if you like, cook your meal in an aluminum foil type pan then just throw it away when you are done! To reduce your burden even further, share these tasks with other family members. When everyone pitches in, cleanup is done in minutes. Having the right cleaners helps to speed things along too. My favorite is liquid *Castile Peppermint Soap*. Most health food stores carry *Castile Peppermint Soap*. It is a multipurpose cleaner that's organic, a natural pesticide, not harmful, and smells fresh. Here's a big plus -- insects don't like the smell, so they stay away!

Once you've recognized that eating away from your kitchen isn't necessarily a time saver, you can begin to plan your at-home meals. If you've been just "winging it" every night for dinner, these last minute meals can be exhausting. Just think: the process of what you're eating, who wants what, and how to get it can be overwhelming! In contrast to this, spending a couple of hours per week planning meals and shopping for them sounds easy.

Following the process above and then pre-preparing your meals is a great way to take control of your home cooking efforts. Once you establish a routine it will be simple to fit your home-cooked meals into your everyday life..

Whole Foods are Always Healthier

You might be asking "What are whole foods?" On the surface this may seem like a funny question. Sixty

years ago that's pretty much all we ate. All our food came from the local farmer which was grown in field. Everyone knew then whole food is food from the garden. However, over the years the way food is created and distributed has changed in order to meet the food faster, more convenient and cheaper craze. What food is has become quite confusing.

When I was growing up I lived in the city. I knew where my food came from, the supermarket. I did not live near where food grew on farms, or even a city garden. The idea of growing my own food did not cross my mind. Like many city dwellers I was separated from how food arrived on my plate. Back then it was easy, food was food. These days the definition of what food is and is not is blurry.

So let's take a minute to examine the topic of whole foods. Wikipedia describes whole foods as:

"Foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods typically do not contain added ingredients, such as salt, carbohydrates, or fat. Examples of whole foods include unpolished grains, beans, fruits, vegetables and non-homogenized dairy products. The term is often confused with organic food, but whole foods are not necessarily organic, nor are organic foods necessarily whole." (3)

Some examples of food are whole apples instead of apple sauce or juice; whole tomatoes instead of canned, sauces, pureed or catsup.

About Organic Foods

In this book we are just going to discuss the supermarket classification of organic food. Farming practices, sustainability of the environment, and all other related issues are another discussion which could fill many books. In this book, we will simply focus on making healthy choices at the supermarket. Organic foods are becoming very popular, and this is a good thing. However, in the supermarket, the term organic can be misleading. The food manufacturing companies see a great marketing opportunity here, and so they are taking full advantage of the opportunity and therefore the consumers.

Contrary to popular belief, organic does not necessarily mean healthier when found on a box, can or package. On one of many visits to the supermarket I saw a box of organic cake and it got me to thinking "What could be healthy about organic cake?"

The FDA has specific guidelines as to what can be labeled organic and what cannot. This will help you in making your decisions when at the supermarket. Medical research now supports the theory that people make organic produce part of their diet have fewer colds and flu as well as experiencing other health benefits. This sentence needs to be rewritten. I'm not even sure what you mean here. We'll talk more about this later.

One thing is for sure, organic fruits and vegetables are always fresher. And the fresher your food is, the better it is for you, the healthier you will be. Local farmers markets are popping up all over the country where small farmers and gardeners can sell their fresh produce. These foods will always be healthier than the big factory farms most supermarkets use. It's a good feeling to support your small local farming communities, especially when doing so nourishes your body well. (This sentence belongs in the previous paragraph.)

Let's not forget, however, that it is still important to eat fruits and vegetables as a significant part of your diet. If non-organic canned is the only choice, then choose that. Better to eat fruits and vegetables with chemicals than not at all.

Organic or Natural

What is the difference between organic and natural foods? Just to keep it confusing when reading food labels, it's important to know not all "natural" foods are healthy or organic. And as you now know not all foods labeled organic are healthy. Remember "organic" is regulated by the FDA. It is unclear what "natural" means when it appears on a food label. The government does not regulate the use of the word "natural" on products, except for poultry and other meats. So it's hard to know what this means. For example, lead is "natural" (ie it occurs naturally in the world and does not have to be manufactured), but I would not eat it. So this is a case of "buyers beware'!

Processed Food Products

Let's take a look at the definition of processed food, just so we are all on the same page. Wikipedia defines processed food as "commercially prepared food designed for ease of consumption. Products designated as convenience foods are often prepared food stuffs that can be sold as hot, ready-to-eat dishes; as room-temperature, shelf-stable products; or as refrigerated or frozen products that require minimal preparation (typically just heating)." (4)

As you can see, even Wikipedia uses the words "food stuffs" implying that these items are not really food. Some nutrition experts say processed foods are not food at all. It is "stuff" we eat that appears to be food but is not because it has no nutritional properties.

When I worked in Cardiac Rehab we simpy told our patients "If you buy it in a package, box, or bag it's most likely processed." Some nutritionists tell their clients if it has a long ingredient list, then it's processed. For example, the ingredient list for a protein bar may be as long as 25 ingredients; the ingredient list for an apple is 1 ingredient. Most experts will agree the closer to nature the food comes the

healthier it is.

To insure the best possible health for you and your family, eat as many fresh raw fruits and vegetables as you can every day. An easy way to accomplish this is to add fresh produce to all your breakfast, lunch, snacks, and dinner meals.

Over and over, it's been shown that eating home-cooked meals made from whole ingredients is healthier. As noted above, you control what goes into your food when you cook it at home. If you use healthy, whole-food ingredients, your food is going to be nutritionally superior to the mass-produced stuff in restaurants.

8 REASONS TO NEVER EAT PROCESSED FOOD

- 1. It's bad for your health. Period.
- 2. It's high in sodium, sodium nitrates, sodium phosphates which cause cancer and high blood pressure.
- 3. It contains high fructose corn syrup a factor in diabetes development.
- 4. It has trans-fats, hydrogenated oils, hidden fats, increasing the risk of heart disease.
- 5. It causes damage body organs by producing systemic inflammation, resulting in contributing to a host of chronic illnesses.
- 6. It deprives the body of nutrients by filling you up on low nutrient foods.
- 7. It's addicting; the more you eat the more you want.
- 8. It ruins the digestion due to lack of fiber and food enzymes that keep you healthy.

CHAPTER 2

EASY LOW FAT COOKING TIPS



Low fat diets have been the craze over the last few years. At the same time that we were eating all those

tempting low fat foods, we also developed disease and diabetes in epidemic proportions. This is no coincidence. Food manufacturers have responded to our wishes with a plethora of foods that are now low fat. However, there are a couple of things they did not tell you.

1. Low fat can mean high sugar and salt. Many low fat products contain a higher amount of sugar and salt than the full fat version. The reasons and increase of sugar and salt are added to the lower fat foods is to help them taste better. After all, if the food tastes better you want more of it. In fact, research demonstrates when the combination of sugar and salt are together in food the reaction in your brain is this combination "turns off" the "I'm full" feeling so you want to eat more. Clever of those food companies, wouldn't you say?

Sugar appears in many forms in food; the most harmful is high fructose corn syrup (HFCS). Despite what that nice commercial advertisement produced by the National Corn Growers says which is "high fructose corn syrup is just like any other sugar"; medical researchers believe that HFCS is the leading cause of the diabetic epidemic in the US.

- 2. "No fat" does not mean the absence of fat. The FDA food labeling laws provide manufacturing leeway in reporting food contents. When there is less than 1 teaspoon per serving of fat in food the label does not need to reflect the fat content. This is deceptive because if the food labels say no fat then you might think "this is ok to eat because there is no fat" when in fact there is. There just isn't in 1 serving. However, if you eat 2 servings, you are now eating 2 teaspoons of fat. For example, let's just say you enjoy the whole bag of those delicious no fat cookies, you could potentially be eating ¼ cup or more of fat. Surprised?
- **3. Not all fats are equal.** Pay special attention where the fat in your diet comes from. Fats from meat, dairy products and Hawaiian oils are not very healthy (Omega 6 and 9). Plant oils such as Grape, walnut, olive, and almond oils are all high in nutritional content. Oils from seeds such as flax, hemp and chia are also good for you. You may not know this, but plant oils will help you to lose and maintain a healthy weight along with the additional healing properties of the Omega 3 fats. (Might be worth defining what "good for you" means how does eating those things benefit us?)

You may think of changing your meal plan to lower fat but you don't think you can exclude the whole family of fats; in fact you may picture yourself eating cardboard-like food by yourself while the rest of the family eats those tasty fatty foods. Does this sound familiar? "I want to lose weight and eat healthier but I don't want to deprive my family of eating the foods they love!" My thought is if you love your family you would want them to be as healthy as they can be and you can't be healthy with a nutrient poor diet. No two ways about it.

So think again - you can implement a few strategies to produce low-fat food for the whole family that tastes good. Here are some tips.

Fat is Healthy

Some low-fat diet enthusiasts make this mistake - they simply decide to eat no fat whatsoever. There's a problem with this approach - it fails to take into account your body's need for fat. Every cell of your body needs fat to promote cell communication. Depression and other brain issues have been linked to low consumption of healthy fats. Soft hair, wrinkleless skin and beautiful nails are all products of a diet filled with healthy fats. That is just the tip of the iceberg. Even some vitamins, such as the very important Vitamin D, are fat soluble, which means you won't absorb them without the presence of fat.

Replace High-Fat Foods with Low Fat Options

Look in your fridge and food storage areas to what high-fat foods you can replace. You may have more than you thought. The worst culprits are buttery spread, milk products, cheese, mayonnaise, ice cream, commercially prepared creamy salad dressing,

Dairy products are especially easy to find in low to no-fat versions. Some health experts recommend low-fat dairy products; others recommend not eating dairy products at all. Research shows some people with diets high in dairy tend to have more cancer than others. So if you just can't say goodbye to dairy products reduce them to a minimum. If you choose to remove dairy products from your kitchen you can substitute soy products such as soy milk, yogurt and cheese.

Now look in your food storage area to see what high fat foods are lurking on the shelves. Soup can be loaded with fat. Chicken, beef, and vegetable stock come in fat-free versions, which are convenient to have on hand for all sorts of dishes. (Note: Be careful here because broth can be loaded with sodium. Be sure to read the labels.) You can also use the broth to substitute for oil when sauté foods in a skillet. Other foods in your food storage area that are high in fat can be snack cakes, cookies, chips, crackers, and protein bars.

Check the food labels carefully. It's good to stock up on the low fat and healthier fat versions of these foods to have on hand ready for cooking.

Choose Beef Less, Chicken, Fish, Beans & Soy Products More Often

Due to ongoing research, the question of whether to include beef in your diet, and it what quantities, is currently under scrutiny by many of the world's health organizations. The best bet is to do your own

research to make the decision that is best for your family. An organization I consult often about food research is Physicians for Responsible Medicine (www.PCRM.org).(1)

The research from the American Heart Association (www.heart.org) (2) supports eating less red meats (beef, pork and lamb) because they have more fat than chicken, fish, bean and soy products. This is important, because one of the ways to lower your risk of heart disease is to eat a diet lower in unhealthy fats. They go on to suggest that, if you are going to eat beef, use the tips below to lower the amount of saturated fat and cholesterol:

- One portion of meat is about the size of a deck of cards or three ounces.
- Choose lean cuts of meat. Lean cuts usually contain the words "round," "loin" or "sirloin" on the package.
- Trim off as much fat as you can before cooking, and pour off the melted fat after cooking.
- Use healthier cooking methods: bake, broil, stew and grill.

There is a large body of research that suggests there is a strong connection between the amounts of beef you consume with the amount of cancer you will develop. If you would like to learn more about this topic, check out *The China Study* by Colin Campbell.(3) Based on these studies you may want to limit or remove beef and beef products from your kitchen. Instead of beef, choose chicken, fish, beans or soy options.

Chicken, turkey, and other birds are best when they're organic, free range, hormone free, and contain no antibiotics. The white meat is usually less fatty than the dark meat and most of the fat is in the skin. So remove the skin before cooking if possible; definitely before eating.

Choose fish that is fatty and wild-raised; they are considered the healthiest choices:

- Atlantic Sturgeon
- Anchovies
- Arctic Char

- Herring
- Mackerel
- Sardines (canned)
- Trout (lake)
- Tuna (Bluefin & Albacore)
- Wild Salmon

Beans are fat free and loaded with good healthy for you fiber. Here is a list of my favorites of course there are many more types to try:

- Pinto
- Kidney
- Garbanzo (chick peas),
- Soybeans

- Black
- Black Eyed Peas
- Split Peas
- Lentils

Soy products are also a great addition to a low fat cooking. Soy is a great substitute for beef, chicken, and fish in meal preparation. Soy seems to be a little scary for some people. I think this is because soy poorly understood in the Standard American Diet (4), especially tofu. Tofu alone really does not have much of a taste. It's very bland with a mild flavor. When mixed in a food it takes on the flavor palate of the food the tofu is mixed in.

For example, when tofu is mixed in smoothies the smoothie becomes creamier and when fried in Chinese dishes it tastes like the soy sauce. Once you get used to the texture and flavor you will find it to be a great addition to your menu plan. Tofu is not the only soy product that is low fat here are more foods rich in soy:

Edamame

Soymilk

- Soy Sauce
- Textured Soy Protein

Miso

- Soy nuts
- Tempeh

• Tofu

To learn more about the health benefits, locating soy products and valuable resources related to soy foods go to the Soy Foods Association of North America www.soyfoods.org_(5)

Remember that plant foods are the lowest in fat and healthiest for you. Eat more of them and more often. When planning your menu alternate beef, and chicken most days of the week with healthier more vegetarian selections. This will save you money on your food bill too.

Non-Stick Cookware

Just because my Granny cooked in cast iron cookware in the good ole days doesn't mean it's the best choice for you or me. Let's face it - cast iron cookware may be durable, but it does require more "grease" than non-stick cookware. In fact, you need to keep cast iron oiled for it to perform well. Using non-stick cookware enables you to cook foods without a lot of added fat to prevent sticking. Make sure your cookware is in mint condition. If the surface is chipped or scratched throw it away and get new. More about cookware in *Chapter 4: Healthy Cooking Equipment*.

Low-Fat Baking - Substitutes

Did you know you can substitute healthy ingredients for unhealthy ones in almost any recipe? Before you

start changing up recipes you have never made before, start with your favorites. The reason for starting with your favorites is you already know how they are supposed to taste and like how it does taste. When trying new recipes prepare them just the way the original cook intended so you have an idea of what the recipe tastes like. Then make it again but with healthy substitutions.

There are lots of websites that help with food preparation and food substitutions to help you make your food recipes healthier. Here are just a few that I use most often:

- plain yogurt for sour cream
- apple sauce, prune puree, mashed bananas for butter, lard or shortening
- olive, flax, grape oils for canola or corn oils
- Fat-free milk, 1% milk instead of whole or reduced-fat (2%) milk, fat-free half-and-half, evaporated skim milk for whole milk. For dairy free options try soy, almond or coconut milk.
- whole-wheat flour, oatmeal and whole cornmeal for all purpose white flour

Note: When substituting whole-wheat flour for all-purpose flour depending on the recipe you need to consider the density. Whole wheat flour is denser. For this reason if the recipe calls for 2 cups of flour, try 1 cup all-purpose flour and 1 cup minus (minus what?) whole-wheat flour. This will keep the integrity while providing a healthier option.

Cooking with Herbs

Sometimes when preparing lower fat recipes the flavor seems to go out the window with the fat. This is because fat and salt are flavor enhancers. To compensate for the reduced flavor experiment with herbs and spices. I find doubling the amount of dried herbs and spices give the flavor just the "kick" it needs. Fresh herbs are great, too. Just add a bunch right at the end of the cooking process. We'll discuss this in Chapter 7: A Well-Stocked Pantry.

Bad Fats, Good Fats: ACooking Lesson

An easy way to remember where to find the "bad fats" is they are found in animals that roam the earth and the "Hawaiian" oils. This includes all "meats" and poultry. Also any food that comes from or is produced by an animal falls into the bad fat category. These foods include milk, ice cream, yogurt, cheese, eggs etc.

Hydrogenated oils (also known as trans-fats) fall into this group. A food becomes a trans-fat when liquid

oil is transformed to solid oil such as corn oil to margarine. Trans-fats give food that nice crunchy flavor you love and improve the shelf-life

Unhealthy "Bad Fats"	Trans-fats	
Beef, chicken, lamb, pork	Store bought pastries, cookies, doughnuts,	
Butter	muffins, cakes, pizza dough	
Cheese	, , , , ,	
Ice cream	Frozen foods	
Palm kernel oil	Snack Foods	
Coconut oil	Potato chips	
Lard	Crackers	
Yogurt	Microwave popcorn	
Milk	Margarine	
Coca butter	Vegetable shortening	
Cream	French fries	
	Candy bars	

An easy way to remember what "good fats" or healthy fats are is to remember that these oils mostly come from the sea and plants. The American Heart Association has the education program "Bad Fat Brothers" (6) found at www.heart.org. Here is a short list of good fat and bad fat foods. (Where are the "Bad Fat" foods?)

,				
HEALTHY "GOOD" FATS				
Olive oil	Nuts (almonds, peanuts,	Sunflower, sesame, and		
Canola oil	macadamia nuts, hazelnuts,	pumpkin seeds		
Sunflower oil	pecans, cashews)	Flaxseed		
Peanut oil	Nut butters	Fatty fish (salmon, tuna,		
Sesame oil	Soybean oil	mackerel, herring, trout,		
Avocados	Safflower oil	sardines)		
Olives	Walnuts	Soymilk		

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What's Good About Good Fats

Essential fats are considered to be "good fats" and non - essential fats are the "bad fats". These good fats are not just good for you, but ESSENTIAL for your body. Once again, your body cannot make these fats by itself so you have to eat them to "stock" your body with what it needs. They are referred to as essential because your body "must have" this food to keep disease and sickness away. Not consuming enough essential fats will result in a cascade of inflammatory and immune system health issues.

Essential fats known as Omega 3 oils are the "good fats" and are so important to healthy brain and retina development. Pre-natal vitamins (7) and baby formula (8) now contain essential fats.

There are many references to Omega 3 Fats and their positive impact on cardiovascular disease on the American Heart Association (AHA) website www.heart.org (9) In the AHA Scientific Position statement Vitamin and Mineral Supplements, which recommends the following:

"Patients with documented heart disease are advised to consume about 1 gram of EPA + DHA (types of omega-3 fatty acids), preferably from fish, although EPA+DHA supplements could be considered, but consult with a physician first.

For people with high triglycerides (blood fats), 2 to 4 grams of EPA + DHA per day, in the form of capsules and under a physician's care, are recommended." (10)

What else is good?

"Deficiencies are responsible for a host of symptoms and disorders including abnormalities in the liver and kidney, changes in the blood, reduced growth rates, decreased immune function, depression, and skin changes, including dryness and scaliness. Adequate intake of the essential fatty acids results in numerous health benefits. Prevention of atherosclerosis, reduced incidence of heart disease and stroke, and relief from the symptoms associated with ulcerative colitis, menstrual pain, and joint pain have also been documented." (11)(12)(13)

ESSENTIAL FATS: EAT MORE OF THESE "GOOD FATS"

The Big Fat Brothers AHA Campaign (14)

Omega 3	Omega 6	Omega 9	
Atlantic Salmon Bluefin Tuna	Whole Grains Poultry, Organic	Olive Oil	
Atlantic Mackerel Anchovies	Eggs, Organic Avocado		
Eggs Omega 3 Enriched Fish oil, Sea Vegetables	Flax seed Flax oil		
Flax oil, Flax seeds Edamame (soy beans)	Cashews, Raw Pecans, Raw		
Walnuts, Raw Brussels sprouts Kale, Mint, Parsley, Spinach	Pine nuts Coconut		
Watercress			

What's Bad About Bad Fats

Non – essential fats are known as the "bad fats". The reason they are "bad" is when eaten over a lifetime in large quantities which causes harmful "systemic inflammation" resulting in chronic disease. In the American diet the experts report the ratio of good fats to bad fats is good fats 1: bad fats 6. An ideal healthy eating plan has more good fats than bad fats which is just the opposite of what is happening now.

Saturated fats, Trans-fats and some Omega 6 fats are known as the "bad fats" because over a lifetime they contribute to heart disease, stroke, diabetes, diabetes, arthritis and all immune dysfunction diseases.

When cooking in your kitchens stick to using whole food ingredients, healthy fats and lower fat healthier food substitutions. Whole foods are automatically low fat therefore automatically reduces the fat content. The more the manufacturing process is used to create your food the more likely there is to be lots of the unhealthy fats. Remember fats are used as a preservative, so watch out for those foods in the freezer case they last forever.

What's on Your Plate A Simple Guide to Healthy Cooking

CHAPTER 3

GET THE KIDS EATING HEALTHIER



You may be having trouble getting your kids to eat healthy foods. For some kids, just the phrase "healthy food" brings on the "yucky" face. This happens because our tastes are designed to eat foods we are familiar with. So when a new food is introduced most of the time it doesn't taste that great. If you keep eating it over time your body will decide to accept the new food as "tasty". Dr. William Sears, a world famous pediatrician who has published over 50 books on how to raise kids, states that it "takes 10 introductions of a new food"(1) before your tastes change to accept it. The trouble is, most kids stop after the first few bites.

Remember this: You are the parent. Ultimately, you are responsible for your children's healthy food choices or lack of them. Depending on the age of your child, you will be the one making the food purchases and serving up the food. It's not always easy; however, you can do it with a few helpful tips. Here are some tricks and tips for getting your kids to eat healthy and love it.

Healthy Eating Schools of Thought

There are two schools of thought to helping your kids eat healthy. I will refer to them as Plan A and Plan B. Each school is effective; one is more direct, the other a little more covert. You can determine which one works for your family. Just remember, the goal is to help your kids eat healthier. If you never lose sight of your goal, in the long run, your kids will thank you.

Plan A is to Educate

Plan A is to become educated about eating healthy foods, including why each one is important. For example, eating ½ cup of fresh spinach is good for the development of the eyes. Remember the cartoon where Popeye slammed down a can of spinach to give him muscles? That was based in medical fact. How about "an apple a day keeps the doctor away?" In truth, eating an apple every day is good for the digestion; it helps the food go down better and come out faster! I have a friend who eats 4 apples a day, this way the doctor will stay 4 times as far away! Cute. Principles that go along with Plan A:

- Involve your kids in deciding what new foods to try
- Introduce the new food in small amounts

- Discuss the new food and why it's important to eat
- Try the new food prepared in a variety of ways
- Eat the new food 10 times or until you like it

As a health educator, I prefer Plan A. The decisions we learn to make when we are as kids have a significant impact on the way we make decisions as adults. While this may not be uppermost in your mind when you're scrambling to decide what's for dinner, it's important to remember that you are the role model for your kids' future decision making around food. We all learn by example, especially kids, so teaching the benefits of healthy foods in relation to overall health, learning how to make healthy food choices, and being adventurous with food is important to your kid's future health and vitality. Teaching your kids poor eating habits now directly impacts their health each and every day and their decisions in the future. The best advice I can give you is to get the healthy food in your kids by whatever means possible; then worry about the rest later.

Planning an Education & Changing Tastes

Begin by discussing the plan to try new foods with your children. It's important to get them on board with the program. Include them in planning on the kinds of foods to try, when they want to try them, and how they would like to add them. Think of fun ways to include the new foods, perhaps discussing the history of the food and/or how it helps your body get healthy. You can adjust the plan to the age of your kids using some of these ideas:

- Try one new food every two weeks.
- Eat the new food as many times as possible over two weeks. Remember it generally takes 10 introductions for your body to "get used' to the new food.
- Encourage small bites, just a little to start and building up to a portion over the two weeks. In the beginning they (and you) may not like it, but stick with it.
- Mix the new food with foods you already eat. For example, mix whole wheat pasta with white flour pasta until you get aquatinted with the flavor of whole wheat pasta then change over perminately.

It's understandable for kids not to want to eat healthy food if they suddenly go from frozen chicken nuggets to something totally new like quinoa. Instead, try making the transition slowly, replacing one food at a time. Here are some additional tips.

Replace white flour with whole wheat.. You can do this in all sorts of ways - replace your pasta
with whole wheat pasta, for instance, and your bread with whole wheat bread. Even better, start
making your own bread instead of buying it at the store. Slowly replace store-bought refined grain

items with whole grain options, from cereal to bread to crackers.

- Make your own fish and chicken nuggets from whole meat or fish that's been cut into bite-sized pieces. Coat them with (whole wheat!) bread crumbs and bake them in the oven. These healthy versions are just as tasty as the store bought ones.
- Mix less healthy food with healthy food to make the transition easier. For instance, begin by replacing 1/3 or so of white rice with brown or wild rice. Then gradually increase the brown rice.

Plan B - Veggies in Disguise

Plan B is to disguise the new foods by mixing them into foods the child already likes. Using this method, you sneak it in and hope that maybe they will not notice. Each parent – child – family relationship is different, so you will need to decide which method is best for your situation.

There are all sorts of ways to sneak vegetables into everyday foods. Try some of these:

- Steam and puree carrots, winter squash, or sweet potatoes and stir them into a cheese or spaghetti sauce
- Steam spinach and mix in to pasta or rice
- Mince broccoli or brussels sprouts use in place of rice or pasta
- Chop veggies add them to the toppings on homemade pizza
- Mix the darker greens such as kale, spinach in with the lettuce they already like

The Kitchen is a Kids Learning Lab

The kitchen is a learning laboratory filled with mystery and fun. In the kitchen you can learn math, biology, chemistry, nutrition, health, and economics. For example, math is in measurement: you can teach kids about how many measuring cups add up to 1 cup. Nutrition is in label reading and counting serving sizes. Chemistry is in baking using ingredients and temperature.

Allowing kids to help in the kitchen will help them become familiar and adventurous with food. When they "own" a food or dish they prepared they may be more likely to eat it. As you prepare food in the kitchen, talk to your kids about the important nutrients within the foods you're preparing. it's also important to

keep the experience positive. Kitchens are not the place for arguing or fighting. Kitchens are for learning, sharing, caring for each other, and having fun around the foods that sustains us.

Enroll Your Kids in Healthy Cooking

It's important to note that eating healthy really needs to be a family decision. If everyone is on different "pages" with their eating plan (ie, mom's a vegetarian and dad lives on pizza and junk food), you're sending mixed messages to your kids, which confuses them and makes it much more difficult for them to make healthy choices.

If this is a new concept in your home, then how you talk about getting healthy is just as important as making healthy lifestyle changes. Take small steps; don't make too many changes at once or none of them will stick. Always provide a positive message such as "I am so happy to be living a healthy life" or "Congratulations on making a healthy choice."

If your children are not on board with the healthy lifestyle change then it's your job as a parent to teach them the consequences of eating in an unhealthy fashion. A good place to start is education and information shared during a meal eaten together at your kitchen table.

Share stories from your family history or people they know that are sick due to lifestyle choices. Discuss commercials on television that are advertising unhealthy foods but calling them healthy. Integrate healthy living into every aspect of your life.

No matter how old your kids are, you can begin to provide healthy living messages to them in your home. There are great children's educational television programs and videos for small children that encourage being active and eating healthy. A great resource for videos and educational tools like these is www.sprout.com, (2)

For yourself and your older children there are great documentaries such as *Supersize Me* (3), *Forks Over Knives* (4), *Food, Inc.*(5), *and Food Matters* (6) . Most of these videos will be available at your local library, on Netflix, or as a cable movie option.

Occasionally it's fun to host movie night focus groups with teens and young adults. Invite your friends over for some old fashioned popcorn to watch one of these movies and discuss how making these changes will impact your lives.

One of the more inspiring movies I've seen, which is a good resource for a focus group, is *Fat, Sick and Nearly Dead.*(7) After I watched this movie, I wanted to go make a big glass of fresh vegetable juice! The website related to this resource is www.fatsickandnearlydead.com. There is also a great recipe site called Reboot with Joe (www.rebootwithjoe.com) (which is where I got the *Morning Green Glory Juice Recipe*

(8) in Chapter 14).

What's on Your Plate A Simple Guide to Healthy Cooking

CHAPTER 4

HEALTHY COOKING EQUIPTMENT



If you want to cook healthy foods, then it stands to reason that you need some healthy kitchen implements to help you. For some, this is like starting from the ground up - maybe you're new to the whole cooking-at-home thing to begin with, let alone to the knowledge of the right tools. For others, it may be simply a matter of improving the nature of your cooking to make it more healthy. Regardless, it can help to have a list of healthy cooking equipment basics. Here are some suggestions.

Aluminum Foil

Aluminum foil is sold next to the plastic wrap and parchment paper in the baking section of the food market. It is used to line baking dishes, substitute as a lid, and food storage. When lining your baking dishes it makes for a speedy cleanup. Almost every time I use the oven I line my pan with aluminum foil or parchment paper.

Bullet Type Blender

This similar to a countertop blender except it's a lightweight handy tool, no mess, easy cleanup, and is all you need to chop, whip, and blend and more

Coffee Grinder

A coffee grinder can be used to grind seeds (flax), chop nuts, chop fresh herbs and , yes, grind coffee.

Counter Top Blender

Eating healthy is a lot easier with a blender. You can become the smoothie master if you have a good

blender in your kitchen, and it does not have to be expensive. They are not just good for smoothies, either; blenders can be used to make creamy mashed sweet or white potatoes, to grind up grains, crush ice, and add "hidden" vegetables to sauces and soups. You can use them to make fruit purees to freeze into popsicles, too. A blender really helps with healthy food preparation. The best blender I have found is Vitamix, which carries a lifetime guarantee.

Food Processor

A food processor uses repetitive action for chopping, shredding, pureeing, and slicing. Some food processors even knead for making bread. Deciding on the size of food processor you need will be impacted on how much you plan to use it. However, in my experience it's better to have one that is too big then wish you would have gotten a bigger one.

Glass Cookware with Glass Lids

There are several brands of glass cookware. Pick one that goes from refrigerator, to the oven, and to the microwave. I like the Pyrex brand because it's reliable and durable however there are others that do the same job. Other baking dishes I use most often are the 2 ½ quart oval roasters and 4 quart oblong baking dish. If you are using this cookware in the microwave be sure to get the dishes that fit inside your microwave.

Hand Blender

Also known as a stick blender, this is great for smoothies, making sauces, and pureeing soups.

Kitchen Scale

This is not a waste of counter space. A good kitchen scale can really help you with healthy cooking. Nothing beats it for portion control, calorie counting, and precise measuring in the kitchen.

Knives

You really don't need a full set of knives. Two or three really good ones will do, along with a sharpener. A good knife can last a lifetime, and can make a world of difference in food preparation. If you have a good knife, you can tackle whole foods like winter squash, and you can produce healthy chopped veggies in record time. A paring knife, bread knife, and large chopping knife are a good place to start. The knives I like best are paring knives. They are small and easy to use.

Liquid Measuring Cup

I like the 2 cup liquid glass measuring cup size and the 8 cup glass size.

The 8 cup size doubles as a mixing bowl, and works well for microwave cooking.

Measuring Spoons

The teaspoon you use to stir your coffee and the tablespoon you serve up your peas are not the same

as the teaspoon and tablespoon that you use for measuring. . For accurate measurement and portion control, it's important to have a good set of measuring spoons.

Microwave Dish Cover

This is the cover you put over your dinner dish when warming your food. Your food will warm faster and keep the mess to a minimum.

Microwave Oven

There is a lot of discussion about microwaves in the nutrition community, especially regardingthe safety of foods prepared in them and the potential ionizing radiation exposure to you. However, in my opinion, it is a well-documented fact that microwave ovens are safe if used as directed. If you are concerned about ionizing radiation, you can follow the guideline recommended by some experts that you stay about 8 feet away from the running oven.

Some nutritional experts believe the nutrients in food that is microwaved are changed and become unrecognizable to our bodies. Others connect eating foods prepared in the microwave oven to cancer and other disease. As I state above, I trust the extensive research I've read about microwave ovens but suggest that you do your own so you can decide what's best for you.

Mixing Bowls

These come in metal, glass, and wood. I recommend glass because glass is versatile, they make nice serving dishes, are microwave safe and, as an added bonus, they double as mixing bowls

Plastic Storage Containers

There are many brands of storage containers. There are glass, plastic, and throw-away brands. Use the kind that suites your lifestyle and budget best. The sized I use most often are the 1 cup and 2 cup size. ++

Parchment Paper

Parchment paper is a heavy-duty paper sold on rolls in boxes, like aluminum foil. It is moisture-resistant and grease-resistant, and has several uses in the kitchen. Parchment is used for lining baking pans. It eliminates the need for greasing baking pans, so there is virtually no clean-up. And parchment-lined baking pans practically guarantee that food won't stick, which is especially helpful when baking cakes and sticky cookies; they practically slide out of the pans.

Pots and Pans

You really don't need anything fancy in the way of pots and pans, but many sources will tell you that a

few durable pieces are superior to buying cheaper, more delicate ones that need to be replaced every year or so.

For durability, it's hard to beat cast iron. Families have been known to pass down cast iron skillets for generations, because they are practically indestructible! Also, it's been shown that cooking in cast iron imparts iron into the food, which boosts its nutritive value. So for healthy cooking, you may want to invest in some cast iron cookware. Other materials with a healthy, durable reputation include enamelware and copper-bottom stainless steel.

Cooking Light (2011) (I'd suggest a specific reference) has a list of recommend best pots and pans that I will reproduce here:: All Clad, Calphalon Contemporary, Cuisinart Green Gourmet, and T-Fal Professional. Cooking Light also recommends sticking with a known brand with a warranty. Warranties range from a few years to a lifetime, but most don't cover normal wear and tear. Stick with a known brand if you want the guarantee; store brands may not be made by the same company every year.

Metal baking sheets and oven pans are great for roastingand broiling in the oven when glass is not recommended.

Resalable Plastic Bags

I use these for food storage, and they are very convenient, especially the 1 quart and 1 gallon sizes. They are very durable and can be washed out with soap and water, air dried and reused. ++

Standard Measuring Cups

Guess – estimating might have worked for your Grandmother when she was cooking but with today's cooking science the best results are achieved with the right equipment. Use these cups to measure dry ingredients and portion sizes.

Slow Cooker

In one word, convenience! A slow cooker can be left unattended all day for many recipes. I get all my ingredients together the day before; put the crock pot in the refrigerator. Then in the morning before work, I take it out, plug it in, set the temperature, and when I come home, voila! Dinner..No cooking or preparation to do, and my home already smells amazing. There are great slow cooker recipes on the internet and some great cookbooks too.

++ Microwaving Plastic

In an article published in July 2006 "*Is Microwaving in Plastic Safe or Not?*" Here's what Harvard Medical School Family Health Guide had to say about this. <u>www.health.harvard.edu</u> (1)

What about containers without a microwave-safe label? Only those containers labeled "microwave safe"

have been tested and found safe for that purpose. A container that's not labeled safe for microwave use isn't necessarily unsafe; the FDA simply hasn't determined whether it is or not.

Here are some more recommendations to keep in mind when using the microwave (2)

- Most takeout containers, water bottles, and plastic tubs or jars made to hold margarine, yogurt, whipped topping, and foods such as cream cheese, mayonnaise, and mustard are <u>not</u> microwavesafe.
- Unless the plastic storage container says "microwave safe" it is not.
- Microwavable takeout dinner trays are formulated for one-time use only and will say so on the package are <u>not</u> microwave safe including Styrofoam.
- Plastic storage bags, plastic freezer bags the food comes in or plastic bags from the supermarket are <u>not</u> microwave safe.
- Don't allow plastic wrap to touch food during microwaving because it may melt. Wax paper, kitchen parchment paper, or white paper towels are alternatives.
- If you're concerned about plastic wraps or containers in the microwave, transfer food to glass or ceramic containers labeled for microwave oven use (glass dishes).

CHAPTER 5

HEALTHY FOOD ON A BUDGET



Saving money is a strong driving force towards cooking at home. The American Restaurant Association reported (citation? Reference? When did they report this?) that 50% of all meals were eaten away from home in a restaurant. This means that, on a monthly basis, 60+ meals per person are from a restaurant.

One of my coaching clients, a 27-year-old woman reported that every meal she and her family ate was from a restaurant. They skipped breakfast every day, and ate every lunch and dinner in a restaurant. She told me that her food pantry was only stocked solely with snacks and peanut butter for "emergencies". My client reported that this was how her mother fed them (at restaurants), so my client never learned how to shop, prepare, cook, or identify healthy foods growing up. Sadly, this is a familiar story.

Think eating healthy is just as expensive as eating at a restaurant? Think again. With careful planning, shopping for specials, and budgeting, healthy foods will fit right into your food budget. Need some help? The USDA has a *Low Cost Food Plan* right on their website. You can see it at www.choosemyplate.gov. (1)

Organic is another story. If you've bought organic food at the supermarket lately you might have been put off by the price. After all, organic apples are so much more expensive than conventionally grown ones, and organic whole grain snack crackers cost more than white soda crackers.

But organic price comparisons are not the whole story, and there are healthier options for you to choose from that are not organic. Maybe organic whole grain snack crackers cost more, but whole wheat crackers cost about the same as white ones. Another consideration is this: the less healthy you eat, the more likely you are to develop colds, flu and other sickness. Sometimes you have to rethink the way you view food

prices and look at the big picture.

Here are some tips on how you can buy and eat healthy food even on a modest budget.

Avoid "Cheap" Processed Food Isn't as Cheap as You Think

So your favorite brand of potato chips is on sale for \$2 a bag, and you have a coupon! But before you gloat about your good deal, have you checked the price of a 3-lb bag of organic potatoes? They may be on sale for \$2, too - and guess how many more potato dishes you can make from that bag than you can from a bag of potato chips.

The same goes for nearly all processed foods (bagged, boxed and frozen prepared foods) - they may seem cheap, but buying the whole, healthy version is often cheaper. Think of it this way: instead of buying completed, processed foods, buy ingredients instead. Rather than buying two loaves of bread, buy a bag of whole wheat flour for the same price (or less) and make far more than two loaves.

Shop the Outside Lanes

Overall, whole foods are cheaper than processed, prepackaged ones, and the whole foods are generally sold along the outside edges of the average grocery store. In the center of the store, you'll find cereal, candy, bread, canned foods, and so forth; along the edges you'll find produce, meat, and dairy. The exception to this might be whole grains and dried beans - many stores stock their whole grain flours and dried beans in the center aisles. More about this later.

Cut Back on Meat

When it comes to your food budget you may find that "meat" takes up a big chunk of the budget. However, replacing meat with processed meat substitutes (such as tofu burgers) is not particularly cost-effective. Instead, consider replacing meat with other protein sources, such as brown rice and beans. Blocks of tofu tend to be very inexpensive as well, and are considered healthful meat substitutes. Many dishes can be made with vegetable substitutions for the meat such as spaghetti, chili and soup. Take the meat out and add more vegetables and beans. You'll find you won't even miss the meat.

Buy in Season

Buying foods in season can save a lot of money, and some health experts claim your body processes seasonal foods better. One way to do this is to shop your local farmers market. The food is generally less expensive, fresher, and by shopping there, you are supporting your local economy. Buying ahead and stocking up on favorites when they are in season and preserving them yourself can save a lot. Canning, freezing, and drying seasonal fruits and vegetables helps boost your diet in the winter months, and it's

easier on your budget.

Look for the "mark down" shelf

Many food markets have an area for quick sale and clearance. This is a great place to find fruits and vegetables that are past their peak but still good to use in soup. Take it home, chop it up, put in resalable bags and freeze to use later in soup.

Shop the Sales

Each week your local grocery market has sales published on their website. Look for coupons in the newspaper, or use coupon websites. Make your weekly food list from what's on sale and stock up when you can. This creates a big savings.

Buy in Bulk

Bulk purchases can save you money and time. Get to know stores such as Cosco or Sam's Club. Many of these stores now carryorganic foods. Stock your freezer with fish (be sure to buy wild, not farm raised), chicken (organic, hormone free, and free range), vegetables, and fruits. When you are ready to cook in your kitchen you will instantly have access to everything you need.

Stick to Serving Sizes

There is a big difference between eating ½ of a chicken and eating the recommend 3 oz. portion. If cookies are on the menu, then eating the correct serving size of 3 will save you money over eating the whole package. Sticking to the recommended portions sizes is healthy for your wallet and your waistline!

A good discussion on what is the difference between portions and servings is found on this website (what's the actual URL?)

Mullen Foundation for Childhood Obesity in the article Serving Size vs. Portion Size: What's the Difference? Reference?

"Serving sizes are defined by the USDA Food Guide Pyramid as a standard amount used to help give advice about how much food to eat. It also helps us identify how many calories and nutrients are in a food. A portion is the amount of food that you choose to eat." (2)

When you stick to the recommended portion sizes and servings per day, you will save money because

you will be eating less of the expensive foods like beef and more of the lower cost foods like whole grains and vegetables.

Food Categories	Serving Portions	Servings per Day
Fruit	½ cup or 1 medium	4 servings*
Vegetable	½ cup	5 servings*
Beans	1 cup	1 serving
Fish	3 ounces	2 -3 servings / week
Beef, Chicken, Pork	3 ounces	1 – 2 servings / week
Milk / Juice	½ cup or 4 ounces	2 servings
Whole Grains	½ cup cooked or 4 ounces	4 servings

^{*}NOTE: The latest recommendation from the new dietary guidelines released by the departments of Agriculture and Health and Human Services is 9 servings of fruits and vegetables every day translate to about 2 cups of fruit and 2 1/2 cups of vegetables every day. (3)

See Your Portions		
Portion Sizes	Visually Similar to	
1 ounce	2 Dominos	
3 ounces	Palm of a woman's hand	
4 ounces	Deck of Cards	
1 teaspoon	Olice Dice	
1 tablespoon 2 tablespoons	½ Walnut shell 1 Walnut shell	
1/2 cup	Ught bulb	
1 cup	Base Ball	

CHAPTER 6

SUPER FOODS TO EAT



Every other week there is a new "super food" boasting its miracle nutrient blend with healing powers, above and beyond the last week's super food. It's true every now and then; established "super foods" have to move over a bit for the next set of nutritional powerhouses. But why worry about the super foods when we are not even eating the recommend 9 – 13 servings of fruits and vegetables to start with?

Eat from the Rainbow

Like any good house, our bodies need a strong nutritional foundation. Good foods provide the foundation to good health just as a strong slab provides the foundation to a well-built house. Our body's foundation needs to be built from foods that are nutrient dense, loaded with vitamins, minerals, and phytonutrients (which are the ones with the most color). Think of a rainbow when making your daily selections for menu planning.

Green Foods

Kale, spinach and other leafy greens, Green apples, Artichokes, Sea vegetables, Asparagus, Avocados, Green beans, Broccoli, Brussels sprouts, Green cabbage, Cucumbers, Green grapes, Kiwi fruit, Dark Green Lettuce, Limes, Green onions, Peas, Zucchini

Red Foods

Tomatoes, Beets, Radishes, Red cabbage, Cherries, Cranberries, Pink grapefruit, Red grapes, Red peppers, Pomegranates, Red potatoes, Watermelon, Raspberries, Red apples, Rhubarb

Blue and Purple Foods

Blueberries, Blackberries, Purple grapes, Figs, Raisins, Plums, fresh and dried (prunes), Eggplant

Orange and Yellow Foods

Yams and sweet potatoes, Carrots, Yellow apples, Apricots, Butternut squash, Cantaloupe, Grapefruit, Lemons, Mangoes, Nectarines, Oranges, Tangerines, Papayas, Peaches, Pears, Yellow peppers, Persimmons, Pineapple, Pumpkin, Yellow summer or winter squash, Sweet corn and Yellow tomatoes

White Foods

Bananas, Onions, Cauliflower, Garlic, Ginger, Jicama, Mushrooms, Parsnips, Turnips

Super Foods

A recent WebMD article "Super foods' Everyone Needs" stated "Experts say dozens of easy-to-find 'super foods' can help ward off heart disease, cancer, cholesterol, and more they suggest these super foods: Beans, Blueberries, Broccoli, Oats, Oranges, Pumpkin, Salmon, Soy, Spinach, Tea (green or black), Tomatoes, Turkey, Walnuts, and Yogurt."

The book *Skinny Ms. Superfoods* by Tiffany McCauley and Gale Capmton (1) suggests you add these 50 super foods to your shopping list:

Artichokes, Asparagus, Avocados, Bananas, Beans, Lentils, Beets, Bell peppers, Berries, Broccoli, Brussel sprouts, Cabbage, Cantaloupe, Carrots, Cauliflower, Cherries, Chia Seeds, Dark Chocolate, Organic Eggs, Fish (not farm raised), Flax seeds, Garlic, Grapes, Green Tea, Hot peppers, Kale, Kiwi, Lemon/Lime, Kefir, Mango, Mushrooms, Nuts, Olive oil, Oranges, Papaya, Peaches, Pineapple, Pumpkin, Pomegranates, Quinoa, Rice-Brown, Spinach, Spirulina, Sprouts, Sweet Potatoes, Swiss Chard, Tomatoes, Water. Watermelon, Wheat germ, and Winter Squash.

To this list, you can add the most recent stars of the health world are coming to light: maqui berry, acerola, baobab fruit, and cloves. While no food is a magic bullet, foods that have earned super foods status are worth looking into, and may well be worth including in your diet.

So there you have it. If it's a dark colored fruit or vegetable then it's a super food!

These foods are low in nutritional content and should be avoided

- White rice, white potatoes, white flour, white rice, sugar In your body these foods "act" like sugar causing your blood sugar to increase.
- Processed foods, cured meats such as bacon, sausage, luncheon meats These foods have high amounts of salt (sodium) used as a preservative and have been linked to certain kinds of cancer.
- Artificial sweeteners such as sucralose, aspartame These products have been linked to weight gain (just the opposite of what is advertise)

Whole Food Nutrition in a Capsule

Now that you realize what a portion size is and how many servings are required in each food group to be healthy, you may be saying "WOW, there is no way I can eat all that!" The food group that seems to be the most challenging is the fruit and vegetable group; that comes with the recommendation of 9-13 servings or 6 cups each day. A solution many look towards is the addition of vitamin and mineral supplements.

Supplements are a slippery slope. Right now, the supplement industry is completely unregulated, which means there is no agency overseeing the production; keeping us safe or regulating truthfulness of label reporting. To add to this, there is a lot of controversy as to whether supplements are causing more harm than good, so buyers beware. To a good resource to learn more about supplement recalls and regulation is www.consumerlab.com. (2)

Since there is very little supplement regulation and you may be taking vitamins right now we recommend you look for supplements that are:

- 1. Bioavailable
- 2. Pesticide and herbaside free
- 3. Clinically researched
- 4. Inspected for safety

The only supplement that meets this criterion is the whole food nutrition of Juice Plus+®. Juice Plus+® is the solution to those who don't, won't or don't know how to eat the recommendation. Juice Plus® is juice powder concentrates from 17 different fruits, vegetables and grains. Each ingredient is specially selected to provide a broad range of nutritional benefits.

Juice Plus+® is supported by clinical research conducted by researchers at leading hospitals and universities around the world and published in peer-reviewed scientific journals. Juice Plus+® production meets the safety standards of NSF International and is Kosher Certified. Juice Plus+® was designated as a food by the FDA with the addition of the Nutrition Fact label. Juice Plus+® is recommended by thousands of doctors and health professionals around the world.

Learn more and order here www.YourJuicePlus.com (3)

CHAPTER 7

A WELL - STOCKED PANTRY



It's important to have your food pantry ready to prepare those healthy meals. There are not dairy products listed as we already have established these are not the healthiest food choices. However, if you choose dairy always pick organic, lower fat versions and watch out for added sugars. This is a list of what I most often have in my kitchen.

Refrigerator

- Barbeque sauce
- Butter
- Capers
- Dijon mustard
- Eggs, Organic
- Fruit precut
- Greek yogurt, plain
- Kalamata olives, green olives, dill pickles
- Lemon juice
- Pickles, Dill
- Reduced-fat mayonnaise
- Tofu, water packed
- Vegetables, pre-cut

Freezer

- Bell pepper, chopped
- · Berries, Organic
- Chicken, Organic, Hormone Free, Kosher and wild not farm raised fish
- Edamame (soybeans)
- Fish, Ocean, Wild not farm raised
- Onions, small whole onions
- Peaches
- Peas

Oils, Vinegars & Condiments

- Oils: Flax, olive, walnut, and toasted sesame
- Vinegars: balsamic, red-wine, white-wine, rice, cider

Flavorings

- Agave nectar
- Course Sea Salt (grinder)
- Black peppercorns
- Cocoa Powder, Natural, Unsweetened
- Dried herbs: bay leaves, dill, crumbled dried sage, thyme, oregano, tarragon, Italian seasoning blend
- · Garlic, chopped
- Ginger root, powder
- Honey, Regional
- Maple Syrup
- Onions
- Spices: chili powder, cinnamon sticks, ground cinnamon, ground coriander, ground cumin, curry powder, ground ginger, dry mustard, nutmeg, paprika, cayenne pepper, crushed red pepper
- Stevia
- Sugar, Organic
- Sugar, Brown Organic

Canned Goods & Bottled Items

- Chicken Broth, Beef Broth and/or Vegetable Broth, reduced-sodium
- Canned beans: cannellini, great northern beans, chickpeas, black, red kidney, pinto
- Canned lentils
- · Chunk light tuna, salmon and sardines
- Tomatoes, Tomato paste
- · Salsa, Tomato Based
- Salsa, Fruit

Grains & Beans

- · Barley, Pearly and Quick Cooking
- Bread Crumbs, Whole Wheat
- Brown Rice, Assorted Blends, Wild
- Bulgur
- · Cornmeal, Yellow, White
- · Couscous, Whole Wheat
- Flour, Whole Wheat, Soy, Rice
- · Lentils, Dried
- Oats, Rolled, Steel Cut
- Pastas, Assorted Whole Wheat, Ubon, Chinese Rice

Nuts, Seeds & Fruits

- Almonds
- Dried fruits: apricots, prunes, cherries, cranberries, dates, figs, raisins
- Nut Butters, Almond, Cashew, Macadamia, Peanut
- Pecans
- Pine nuts
- Sesame seeds
- Walnuts

CHAPTER 8

SUPERMARKET STRATEGY



Make a Smart Plan

If you are not much of a shopper, you are going to want to see how fast you can get the food shopping done. To me, the food market is like a race. You want to get finished as fast as you can (time management); with very few casualties (sticking to your budget).

When planning to run a race, you plan how you are going to train, prepare to train and follow a training schedule before the race. Shopping is much the same. You plan what you are going to purchase, looking for sales, coupons, weekly specials, and using them to develop menus for the week. You prepare for the shopping trip by making a list from your menu, taking into consideration the floor plan of your local food market. Most importantly, you follow your plan of keeping to the list and your food budget.

The more planning you do before you hit the food market, the more efficient you are able to be. Even for "quick trips" be sure to have a complete list of foods before you enter the store. This reduces impulse shopping, helps you stay to your preset budget and reduces shopping time.

When making your list, decide which products you will be organic, canned, and frozen. This will help you decide how to organize your list. Here are a few tips to help you with deciding which ones should fall into each category.

Consider Quality

When making your list, consider the quality of your food before you leave your house. Think about it for a few minutes and shop according to your values. The best statement you can make about any product or service is with your wallet.

For example, Wal-Mart's hiring practices have been under scrutiny for years. Law suit after law suit has been brought, with employees complaining about unfair labor practices. In a press release dated May 23, 2013 the headlines (of which newspaper?) read *Our Wal-Mart Files Over 30 New Counts of Unfair Labor Practices Against Wal-Mart For Attempts to Silence Associates*(Is that what the title really said?).(1) As I mentioned earlier, you can make a statement on your opinions of their labor practices by choosing not to shop there. (Is this paragraph really necessary? It detracts from the point of your section. It's not as though your readers don't understand the concept of making a statement with their wallet.)

Another example of how to shop according to your values is to make a statement about genetically modified foods. If you disagree with the practice of adding GMO's to our food, then don't buy those foods.

So when making your list, consider your options and shop accordingly. We'll help you explore some of those shopping options here. However, this is not a complete list. It seems that new information on the harmful or healthful nature of foods is being discovered on a daily basis, so it's your responsibility to keep yourself informed and current on the latest research.

How to Choose Organic



The USDA National Organic Program (NOP) defines organic as follows:

"Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.

Before a product can be labeled "organic," a Government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to your local supermarket or restaurant must be certified, too" (2)

The USDA has identified for three categories of labeling organic products:

100% Organic: Made with 100% organic ingredients

- Organic: Made with at least 95% organic ingredients
- Made With Organic Ingredients: Made with a minimum of 70% organic ingredients with strict
 restrictions on the remaining 30% including no GMOs (genetically modified organisms)
 Products with less than 70% organic ingredients may list organically produced ingredients on
 the side panel of the package, but may not make any organic claims on the front of the
 package.

Choosing Non-Genetically Modified Organisms (GMOs)

There are many issues around GMO foods of which we are not addressed in this book. If you would like to learn more, there is plenty of information on both sides of the issue. Keep your eyes on the news as well, as I am sure we will be hearing more about this as time goes by.

Choices about GMO foods are personal, and this section is intended simply as a guideline for those who make the choice to avoid them.

The general definition GMOs is plants or animals whose DNA has been changed in some way. These foods have undergone only short-term testing to determine their ill effects on humans and the environment. So the long and short of it is, when you eat foods that have been genetically altered, you are risking harm to your body. Research on the effects of these foods is inconclusive.

As of 2013 the Food and Drug Administration (FDA) has not approved specific food labeling so you will see labeling in a variety of ways. (3) All GMO labeling is voluntary at this time. More information about this can be found on the FDA website (www.fda.gov). (4)

The easiest way to avoid GMO's is to shop organic. When shopping for fruit and vegetable know the label numbers. This is the description WikiHow uses in the article *Avoid-Genetically-Modified-Th* (Is this really the title of the article? Seems incomplete)

- If it is a 4-digit number, the food is conventionally produced.
- If it is a 5-digit number beginning with an 8, it is GM.
- If it is a 5-digit number beginning with a 9, it is organic

Choose BPA Free

If you have not been following all the news about Bisphenol A (BPA), now might be a good time to do

your research.

BPA is an industrial chemical that has been linked to heart disease, diabetes, and other chronic diseases in adults and kids. BPA is most commonly found in the supermarket in plastic water bottles, plastic containers, baby bottles, the lining of food cans, and bottle tops. To reduce your exposure, choose glass containers over plastic or metal. (6)

Choosing Canned and Frozen

The Academy on Nutrition and Dietetics weighs in on how to pick your fruits vegetables when choosing between canned, frozen, and dried. On the www.eatright.org (7) website in a press release dated Monday, February 01, 2010 entitled Fresh, Canned or Frozen? During National Nutrition Month, American Dietetic Association Reminds Consumers All Produce Can Be Enjoyed Anytime, ADA spokesperson Xamena Jimenez offers these suggestions: (8)

For canned fruits and vegetables:

- Get the juice. For canned fruit, look for descriptions on the label like 'packed in its own juices,' 'packed in fruit juice,' 'unsweetened' or 'in syrup.' Fruits packed in juices contain less added sugar and fewer calories than fruits packed in syrup,
- Pinch the salt. If you are cutting back on sodium, look for descriptions such as "no salt added" and "reduced sodium" on the labels of canned vegetables.
- Savor the flavor. Use canned fruits and vegetables immediately after opening for maximum flavor and nutritional value. Handle leftovers as you would any perishable food. Remove them from the can, place in an airtight container and store in the refrigerator or freezer to retain taste and nutritional quality.

For frozen varieties:

- **Forgo the fat.** When buying frozen vegetables, control fat and calories by choosing plain vegetables or those made with low-fat sauces.
- Check the label. Frozen fruits come in both sweetened and unsweetened varieties, so make sure to check the label and choose unsweetened if you are limiting your sugar intake. Frozen fruit bars also make a nutritious snack, but read the label to learn if they're made with real fruit juice.

Make a Supermarket Master Shopping List

Now that you have a strategy, it's time to create a Supermarket Master List and have copies for each shopping trip. Most people eat the same foods over and over. For our family it was pretty much the same 50 foods every month. If this is true for you, make a list including the foods you eat most frequently and list them by the brand name. This will reduce the time spent on label reading in the supermarket.

For example, on your Supermarket Master List put Natural Foods Whole Wheat Bread instead of listing just whole wheat bread. Do this with each food item. If you are not sure what your healthiest choices are, you may need to spend extra time at the supermarket one trip in order to make your Master List.

A Supermarket Master List that matches the layout of the store you food shop is extremely helpful. It streamlines shopping and speeds up the process because you spend less time searching for food items.

Use the Shopping List

From now on, use your Supermarket Shopping Master List is for all shopping expeditions. Take some time and do the research to determine which foods you shop for most often and where to shop for the best prices. If you shop at more than one store then you might want to make your Master List store specific.

For example, on the Farmers Market Master List we have produce listed. On Cosco Master List are paper goods. And on our Supermarket Shopping Master List is everything else. If you shop at one supermarket then you only need one list.

Then list the items on this list by <u>brand name</u>. This is very important. This speeds up the shopping by reducing the amount of time you spend researching each brand at the supermarket each time you shop. Another big plus is that anyone can do your food shopping. Using the Master List will reduce conflicts over food in the future.

Your list might be organized like this:

- Dairy items: Stoneyfield Greek Yogurt, Smart Balance Buttery Spread, Eastsoy Soy Milk
- Canned foods: Eden Garbanzo Beans, Great Value Low Salt Diced Tomatoes

Now that you have the items listed on the Master List:

- 1. Make copies of the master list
- 2. Hang them on the refrigerator
- 3. Circle the foods you will be shopping for4. Take the list with you to the supermarket

Here is a sample supermarket shopping list:

Produce Department	Delry Case	Cenned Foods
	III	Committee State Co.
	3	
	1	
	59 20	
		3
	(2)	
Whole Grains/Bread	Frozen Foods	Meat/ Rsh Counter
	7	
	46	10
Beverages / Snacks	Mill scalaneous Specialty Items	Paper Goods
	10	
	9	9
<u> </u>	7 7	(*) (*)
	1	
	2	La 0

Shop the Perimeter of the Market

As we've said previously, if you shop the outside perimeter of the store, you will likely be picking the more healthy options. On the inside isles are the frozen, boxed, and jarred foods, which are the less healthy options. Remember you want most of your foods choices to be proteins, fruits, veggies and whole grains.

Pick an Ideal Time

Check with your market to see when their busiest time is. Usually it's Friday evening, Saturday during the day, and Sunday afternoons. I recommend you shop at a time of low traffic. This decreases the amount of time you will be spending on making food selections and standing in line. Be sure to have a snack before you shop. Studies show if you are hungry you will buy more food **(Which studies? I would provide a reference.**

Investigate and Read Labels and Packaging Carefully

6 FOOD LABEL SHOPPING RULES

- 1. Look for legitimate food certifications.
- 2. Food claims are deceiving.
- 3. Choose foods high in fiber.
- 4. If it has trans-fats put it back.
- 5. Avoid high fructose corn syrup and artificial sweeteners.
- 6. Hold the sodium to below 1,500 mg per day.

Rule 1. Look for Legitimate Food Certifications

Food labeling is loosely regulated. Each manufacturer decides what labels they want to use and what they mean is pretty much up to them. So it's a good idea to become familiar with legitimate organizations. A few legitimate certification examples are: American Heart Association Certified Heart Check, USDA Organic, Certified Gluten Free, and NSF International Food Safety

Rule 2. Food Claims are Deceiving

The manufacturers' goal is to sell as much food as possible. They know consumers are becoming more savvy and interested in making better food choices. So be aware of what is on the FRONT of the packages. The food claim is put there to catch your eye! There is a new food marketing technique called the "halo" effect. Food marketers know when consumers see something listed on front of the package that's good for them; they might think ALL the food is good skipping further investigation into the ingredients.

For example, if you see on the package front "high in fiber" you might overlook the high fructose corn syrup that is listed on the ingredients list. So don't be fooled. You are smarter than that. Be sure to look on the side of the package for the INGREDIENTS in the package. This is closer to what is really inside the package.

Rule 3. Choose Foods High in Fiber

The national recommendation for fiber is 25 - 35 Grams of fiber per day to have a healthy digestive system. Any less and your system is compromised. So be sure to pick foods with at least 1 gm. of fiber per day. If it has 0 grams, put it back.

Foods highest in fiber are high fiber whole grains: brown rice, buckwheat, bulgur, millet, wild rice, popcorn, quinoa, triticale, whole grain barley, whole grain corn, whole oats/Oatmeal, and whole rye..

Rule 4. If It Has Trans Fats, Put it Back

The USDA says no amounts of trans-fats are suitable for daily consumption. The average person consumes 5 – 10 grams if you make any trips to the fast food joint. It is common for the front of food packaging to say NO TRANSFATS, and then on the INGREDIENT see hydrogenated oils which is another name for trans-fats. So if you see hydrogenated oil on the package put it back.

Rule 5. Avoid High Fructose Corn Syrup and Artificial Sweeteners

High Fructose Corn Syrup is a misunderstood sweetener. On the surface it appears to be made from fruit (fructose) and corn. However, the manufacturers take a natural sugar and change it to make it 100 times sweeter. High fructose corn syrup is good for manufacturers of food because a little goes a long way. However, it is not good for us. High fructose corn syrup and artificial sweeteners trick our bodies and cause us to gain weight. Some food researchers believe the Diabetes Epidemic is due to these two foods.

If you see high fructose corn syrup or any artificial sweetener such as sucralose on a package, put it back.

Rule 6. Keep Your Sodium to Below 1,500 mg.

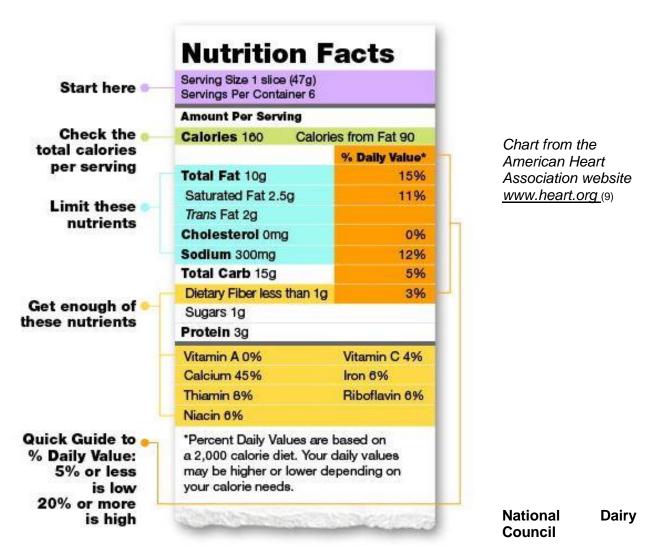
Sodium is prevalent in all frozen, canned, jarred, and boxed foods, cured meats and cheese, and soft drinks. In fact, the easier the food is to prepare the more processed it is likely to be. Read the food labels carefully, especially canned soups, frozen foods, cheese, lunch meat, bacon, sausage, and spaghetti sauce. The only way to avoid added sodium in your foods is to buy them the closest to nature as possible. Preparing the food yourself helps as well. The reason all that sodium is in the food is to increase the shelf life. But if you make it yourself no shelf life is required. The worst culprit in this category is soup. Some varieties have 1,000 - 2,000 milligrams per $\frac{1}{2}$ cup serving.

Food Label Formulas

There are several great formulas to learn your way around reading food labels, all of which depend on serving size. So let's learn what a serving size is before moving forward. The ones I recommend are the American Heart Association guidelines, National Dairy Council hand calculator or the USDA Choose My Plate.

American Heart Association Formula (9)

- 1. Check serving size.
- 2. Total calories per serving.
- 3. Limit these fats, cholesterol, and sodium.
- 4. Get enough of fiber and vitamins.



In 1997 the National Dairy Council came up with this game (formula) to finding healthy foods through food labels. This is a great game to play with your kids when you go food shopping. To practice use the foods in your food cupboard at home.

Use your hand as a calculator (10)

Label-Ease® A Guide to Using Food Labels

RAISE a finger if the food has:

10% or more VITAMIN A

10% or more VITAMIN C

10% or more CALCIUM

10% or more IRON

10% (5g) or more PROTEIN

10% or more FIBER

LOWER a finger if the food has either: 10% or more TOTAL FAT or 200 CALORIES or more



If any fingers remain up, the food is nutritious.

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CHAPTER 9

FOOD PREPARATION



Food Storage

Keeping your food as fresh as possible locks in the most flavors. My favorite way to store food is to use square resalable boxes. The boxes are nice for stacking in your refrigerator in an organized manner. Resalable plastic bags are great for keeping foods fresh when space is a premium in your refrigerator.

Sometimes it's confusion to know who to prepare foods for them to be the healthiest.

Food Preparation Guidelines

Boil: This involves heating a liquid the stove top to its "boiling point." You know the liquid is boiling when there are bubbles in the liquid and vapor is rising from the pan. In cooking most often water is boiled to prepare for cooking.

Broil: This method uses high heat and a short oven cooking time.

Chop: This is cutting food into smaller pieces for easier and faster cooking is known as chopping. The smaller the piece the faster it cooks. When chopping food makes sure the pieces are about the same size so they have they share the same cook time.

Fresh: Almost all fruits and vegetables can be eaten fresh. It's important to wash them with soap and water, then air dry. Store is a cool dry place. I store mine on the counter top. They look beautiful, and are an easy reminder of what to eat. If you notice the veggies are getting a little too ripe for your liking, cut them up then put them in resalable bags and place in the freezer to be used in soup later. Fruit can be chopped up, frozen and used in smoothies.

Fry: Frying adds a tasty, crispy coating to many foods as well as an attractive dark brown color. However, it is the least healthy method of food preparation. When frying your food, the oil soaks into the food and you too! If you do choose to fry your foods, do it in a healthy oil. Be sure to do your research; each oil has a different burning point.

Measure: When baking, it is important to measure wet and dry ingredients in the exact proportions . This

allows the appropriate chemical reaction to occur. This reaction is what causes cakes and breads to rise. All other cooking methods have a bit of leeway in the exact measurements required to make a tasty dish.

Sauté: This method of cooking is best for vegetables that are of a 'watery' consistency such as onions, tomatoes, mushrooms, leafy vegetables. The 'watery' vegetables cook faster than firmer ones, so keep this in mind when preparing foods using this method. On the stovetop use a nonstick skillet, with a little broth or olive oil to prevent the food from sticking to the pan.

Steam: This method of cooking uses a little water to cook the food. Steaming is best for firmer vegetables such as broccoli, cauliflower, brussels sprouts. This is a stove top method of cooking using a lidded pan.

Stir Fry: This method is widely used in Chinese cooking. Oil is poured into a large skillet or wok then heated to a high temperature. When the oil is hot the food is put in the hot oil and stirred until done (about 5-10 minutes)..

Roast: This method of cooking is best for root vegetables such as potatoes, squash, onions, and carrots. This method uses a cookie sheet or jelly roll pan and a high-temperature oven.

Stove Top Grill: If you like the grilled flavor without the mess of grilling, use a a pan that allows you to grill on your stove top. Vegetables are great grilled and so are fish and chicken. It is not healthful to char or burn your food when grilling.

Food Presentation

They say we "eat with our eyes first". Restaurants know that presentation is imporatnat. When the plate comes down in front of us, they want our first words to be "that looks good", so we dig in. Here are some tips:

Use color: When deciding the menu, consider filling your plate with the bright colors of fresh fruits, vegetables, and whole grains. Looking at a plate of white food on a white plate just isn't appealing. The more colorful the food the more beautiful the presentation.

Tableware: Saving those nice dishes for a special occasion? How about getting them out once per week and inviting your family to enjoy the tableware with you? Live alone? Then serve yourself, you're special too. Don't have special dishes just for company? That's ok. Make every day special by adding cloth napkins to your table.

Be a plate artist: Arrange the food on the plate to be more appealing. Serve different brightly colored foods on the plate at the same time.

Mix textures: Crunchy foods, smooth foods, and chewy foods all taste good when served during the same meal. For example, soup and salad is hot, cold, smooth and crunchy all at the same time.

Portion size: Put on the plate one portion of each food to be served. This way you know when you are eating more than one portion at a time.

Plate Size: Use a smaller plate - 7 inches in diameter. This encourages smaller portion sizes because there is less room on the plate.

What's on Your Plate A Simple Guide to Healthy Cooking

CHAPTER 10

RECESSION PROOF COOKING



These days, people are looking for ways to save money with their food budgets. There are strategies you can employ to reduce the cost of everyday eating, and these choices are often healthier ones that come right from your kitchen. Your health is a pay now or pay later program. Eating healthier foods now will mean lower or no health care bills later. Here are some tips for recession-proof eating.

Cook at Home

You may have heard this one before, but you might not have been able to implement it all the way. Cooking at home doesn't just mean family dinners, although that's a significant part of it.

Cooking at home also means bringing your own lunch to work or school instead of buying it, eating breakfast at home rather than going through the drive-in on the way to work, and bringing your own coffee and tea with you instead of buying a \$4 beverage at a local retailer. It also means bringing your own snacks with you to avoid pricey vending machines and \$3 energy bars. So rethink some of the ways you spend money for food, and see where you can make your own.

Fast Food Is Not Necessarily Cheap Food

Okay, so you think you got a deal because you bought dinner for two people for less than \$10. But did you know you can cook a meal at home for four people for less than \$10? There are resources online to help you plan meals that are healthy, inexpensive, and feed a whole family.

Fast food is not as cheap as it seems at first. Consider even the "dollar menu" at some fast food restaurants - you can buy yourself lunch for less than \$5, but you can make yourself a lovely sandwich lunch for pennies (think slices of homemade bread, cheese, mustard, and veggies).

Beverages

An easy place to spend a lot of money without thinking about it is in drinks. Restaurants typically charge anywhere from \$1.50 to \$3 for a standard-size soft drink or tea, but you can buy a 2-liter soft drink for a dollar or even less, and make your own iced tea for mere pennies using large, "family-sized" tea bags. Bottles of water can cost anywhere from \$1 to \$4, but bringing your own water in a reusable container is

an easy way to avoid that cost. With a little planning ahead, you can always have drinks available for your family while running errands or hanging out at home.

Stock Up

When something is on sale that you can preserve, it may pay to stock up. It's not necessarily a good idea to stock up on highly-perishable foods that don't keep well, such as bananas; but seasonal favorites like green beans can be frozen, and sales on non-perishable foods like dried beans, rice, and flour can be very cost-effective.

Also, check your store for damaged items. If packaging is damaged in transport, the item will often be greatly reduced, even when the quality of the contents is unaffected. Ask your grocer where these flawed items are displayed for sale.

Supermarket Services

The *Food Marketing Institute (FMI) Study* (1) suggested grocery stores are adding services to help you get healthy some are free others for a small fee.

56% wellness calls
46% cooking class and demonstrations
28% weight loss and management programs
33% dietitian services

Deals, Coupons and Reward Programs

Supermarket ready-to-go menus and meals are not always the healthiest choices, so be sure to check with your supermarket. Most stores provide nutrition facts for these items.

Many supermarkets keep track of your shopping history and send coupons to your email that fit your shopping preferences. So be sure to find out which of your local supermarkets have initiatives like this and provide them with your email address. Some grocery stores will allow you to access your grocery shopping history on their store websites. Look on the website for coupons, and shop for the "deal" this week.

Also, rewards programs often come with benefits. These programs often offer discounts for gas, groceries, and event tickets.

Also, there are many phone apps (applications) are now available on iPhone, Android phones, and tablets which allow you to access these programs.

More money saving tips

Shop for store brands. Store brands always cost less and most of the time are the same quality as name brand products. After all, the store brands are prepared and produced by name brand companies.

Don't go to the store hungry. Studies show that, if you shop when you are hungry, you buy more. So be sure to eat before you enter the grocery store.

Stick to the list. Grocery stores are literally going to the bank with impulse shopping. There is a whole industry based on making foods appear more appealing and strategies to draw you in. So stick to the list.

Take a calculator. Calculate cost per serving by taking the serving size divided by the cost of the product. Determining to cost of each serving will help you decide which brand to by.

Shop late in the day. Extra produce and items that did not sale quickly will be placed "on sale" later in the day. Be sure to shop the clearance rack at your grocery store.

What's on Your Plate A Simple Guide to Healthy Cooking

CHAPTER 11

MAKING THE TRANSITION TO HEALTHY EATING



So you want to make the transition to eating healthier, "real" food ? First of all, good for you! This is a very important decision, and you've made the right one.

It can be hard to know where to start, though. You might be concerned about how you're going to feed your family this way, and what they will think about it. You might have budgetary concerns, or children who are picky eaters. Furthermore, you may not be sure what foods to even begin with - do you throw everything out and start over?

Here are some tips to help you with all that, and you're well on your way to transitioning into a healthful diet.

Do the Research

First, it pays to take a little time to research. Look for consistencies in food information - this will help you avoid "fad diets." Find out what really makes a food healthy, and decide what food groups you are going to keep or discard (some people decide not to include dairy in their diets, for example, or they will lean toward a primitive diet that does not include grains).

Replacements Chart

Once you are comfortable with what constitutes a healthy food, you can make a chart. This can be so helpful in making grocery lists, planning meals, and in making the transition in general. To make the chart, you will need two basic columns (if you are into the details of nutrition, such as glycemic index and nutritive value, then you might want more columns).

On one side of the chart are the foods you normally eat. On the other side, put a replacement. For instance, you might have doughnuts on one side; you can put whole wheat cinnamon toast on the other side as a replacement.

If you aren't sure what to replace with what, a good rule of thumb is: replace white with brown, artificial with natural, and processed with whole. For instance, traditional pasta can be replaced with whole grain pasta; fruit snacks can be replaced with natural dried fruit; and potato chips with a sack of organic

potatoes.

You'll want to make the transition gradually; health experts agree that this is less shocking to your system. This is where the chart comes in handy - you can choose one replacement a week or even month.

Increase How Much You Eat

That sounds ironic, doesn't it? But sources say that the "crowding out" theory can really work for some. If you load up on healthy food, you may simply not want the unhealthy stuff. Making a point of eating lots of high-quality, whole foods will theoretically leave less room for the bad stuff - and this is true for your grocery budget as well. Your goal is to add nutrient dense low calorie foods and lots of them.

For example, one quarter pound hamburger from your local fast food eatery is about 750 calories which equals in calories to approx.7 apples plus the health benefits. As you can see, with a nutrient dense healthy diet, you will never go hungry and you will be much healthier for it. Foods that are the most nutrient dense and lowest in calories are all the foods you have been reading about throughout this book; fruits, vegetables, and whole grains. It's really that easy and pretty simple too. When making big lifestyle changes, it's easier to add the new healthy habits then it is to stop those bad habits. Get started by adding in healthy foods. Just leave those bad eating habits alone and pretty soon you will be eating so many new healthier foods there will not be much room for the not-so-healthy ones.

Transition with Small Changes

It's a big mistake to plan to overhaul your diet in one day, or even to try to make too many little changes at once going for the big weight loss. This plan creates disappointment, failure, undermines your success, and results in gaining the weight back and then some. The goal is to develop a healthy life plan; one free of chronic illness and disease. This takes time and long-term commitment.

An example of one small change is to plan to eat a healthy breakfast every day. Sounds easy enough, but if you are a 'breakfast skipper' or a 'grab-n-go' person, then this may be harder than it seems at first. Planning for breakfast takes a few minutes of brainstorming, and strategy developing but once you have a plan, stick to it. Eat breakfast every day without fail, then select your next healthy lifestyle modification maybe add one fruit to your lunch menu.

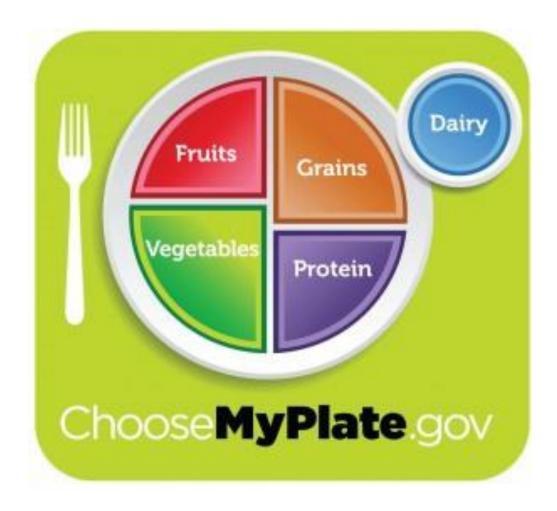
What's important is not what you change, but how you make the changes: one step at a time. Once you have mastered one healthy lifestyle habit you are ready to take the next small step with confidence, building on your successes and insuring your health. You're not in a race, you are creating a life!

Focus on Plate Management

About 10 years ago, the American Diabetes Association (ADA)(www.diabetes.org) created and taught a "plate management" program now called Create Your Plate® (1). The idea is to educate people on what healthy eating looks like on their plate. During seminars I would ask the participants to divide a paper plate into servings of fruits, vegetables, starches, and protein. Just as you would suspect, the largest portion of the plate was filled with protein such as beef or chicken. Even then the ADA recommended ½ of your plate be vegetables. The ADA still recommends this method on their website.

In 2010 the Department of Agriculture (USDA) replaced the food pyramid (2) with the "healthy plate" (www.choosemyplate.gov)(3). The hope is if you focus your eating away from servings on the food pyramid to servings on your plate it will be easier.

Here is how it appears on the USDA website. It is important to notice 75% of your plate is filled with vegetables, fruits, and grains (all foods that come from plants).



The USDA's current recommendation is to have $\frac{1}{2}$ of your plate of vegetables (9 – 13 servings per day), $\frac{1}{4}$ whole grains (26 – 36 Grams of Fiber per day), and $\frac{1}{4}$ proteins. A team of researchers are currently underway developing the guidelines for 2017. I don't think the new guidelines will say eat less fruits and vegetables considering each year our food supply becomes more diluted of nutrients due to over farming, manufacturing and processing. www.choosemyplate.gov (4)

CHAPTER 12

BE ORGANIZED - PLAN AHEAD



There is always a plan. There is either the plan you make intentionally or the default plan.

The default plan your "go to" plan. This plan generally includes what you normally do. If you're not sure what your default plan is, it is the one you are most likely doing right now. It may sound something like "What's for dinner?" or stopping by the fast food restaurant for lunch. As you can tell this plan is not the healthiest but it gets the job done. Let's get started making a plan that will help you access healthy food all week.

Menu Planning

Menu planning saves you time, money, helps you eat healthy, reduces food waste, and you use less gas. You don't have to plan every meal, but be sure to plan the meals you will be eating at home, such as breakfast, lunch if you take it to work or school and 3-4 days of dinner. This gives you some flexibility. Plan your menu around what's on special this week at the market.

Plan Food Shopping

Do the majority of your shopping once per week, leaving flexibility for a quick stop during the week. Schedule in a specific day and time you are planning on shopping. Studies show that the less shopping trips you make to the supermarket the less likely you are to impulse shop. To shorten the amount of time you will be spending at the supermarket, plan to go during slow times for the supermarket which is usually

between 10am – 11am, 2pm - 4pm and after 8 pm. Go with your food shopping list and a pen to mark off the items as you buy them. Don't forget those coupons, store deals, and steals!

Prepare the Food Before You Need It

Now that you're home from food shopping, it is the time to prepare the food. This is a critical step in creating "fast" healthy food. The goal is to remove all obstacles to eating healthy snacks and meals. To do this, the food must be ready to go when you are ready to eat it.

For example, if you are using vegetables this week, wash, dry, cut, and store them in either a plastic storage bag or container. If you are planning to eat fruit and whole fruit seems to be a problem, peel, cut, and store it as well. What you should see when you open your refrigerator is a stack of containers with food in them ready to eat and prepare. This way when you are hungry, there is no obstacle between you and eating healthy. It's so easy when your food is ready when you are.

I do the same for foods that are stored on the self. For example, trail mix, dried fruit, and nuts can be stored in snack-sizeresealable bags or small plastic containers head of time in serving sizes to prevent eating more than one serving at one time.

Cooking Ahead

Some people like to prepare food ahead of the week and store it in the refrigerator or freezer.. Others like to put the meal together on the day it's to be eaten. Either way works; it just depends on your schedule. Whichever method you use, store in portion sizes. This way when you are choosing to eat more than one portion you will know it.

For example, when the menu plan is to have broiled salmon on a bed of greens and chopped vegetables. I would broil wild salmon enough to eat for 3 days and store each serving (4 oz.) in a separate containers, next to the already chopped spinach or lettuce, chopped carrots, tomatoes, cucumbers etc. When I ready to eat, I just take the containers out of the refrigerator and stack it on a plate with the salmon on top. This takes all of 5 minutes -- no real time at all.

Restaurant Plan

The National Restaurant Association reports as a nation we are eating over 50% of our meals away from our kitchens and plan to spend \$660.5 billion at restaurants in 2013. (1)

It may be unrealistic to think all of your meals will be coming from your kitchen. However, there are some

steps you can take to insure when eating out you are able to identify the healthiest food choices.

Eat locally. The foods from mom and pop shops where they make all the food from "scratch" will generally be healthier.

Read the signs. Look for signs that describe the food preparations such as "fresh fruits and vegetables, no frozen, all organic, farm raised, no added oils".

Read the menu carefully. If you can get the menu ahead of your stop and plan, you are eating before you are starving. Ask how the food is prepared and with what type of ingredients. Look for nutrition facts.

Share meals. Restaurants serve too much food for one person. The portions are huge. Studies show you eat what's in front of you no matter how large or small the portion of food is. It's better to divide those portions in half.

Don't take it home. Now that you agree no matter what restaurant it is the food is never as healthy as the food you eat at home, let's keep that food away from your home. If you are going to make unhealthy food selections why would you want to make them twice by bringing home that food? Keep the restaurant food at the restaurant.

What's on Your Plate A Simple Guide to Healthy Cooking

CHAPTER 13

SUPERMARKET SCAVENGER HUNT: BUYER BEWARE



One of the fun and interesting ways to learn to identify healthy foods in the supermarket is with a Scavenger Hunt. This is a great family activity, classroom project, or youth group activity. I started supermarket scavenger hunts with my own family. The kids had so much fun they wanted to invite their friends to come along. I then realized what a great teaching this would be for anyone old enough to read food labels.

I have been teaching Healthy Supermarket Scavenger Hunts for several years and I continue to be surprised at how much deception, misinformation, and false advertising is happening as well as how amazingly clever the food advertisers are becoming.

In this chapter, you will find the results of the Supermarket Scavenger Hunt completed by the 2013 American Heart Association Go Red for Women Michiana BetterU Challengers. Each year, our company, C2 Your Health LLC (www.CindyCohenRN.com) (1) sponsors this event and provides the health coaching and 12-week wellness program of which includes a cooking class and Supermarket Scavenger Hunt class.

Some of the things the BetterU Challengers learned from the Scavenger Hunt Class (2) are:

• It's easy to be fooled by the advertisements on the front of the food packaging. Some manufacturers claim something entirely different on the package than what is on the ingredient list. For example, the package may say "No Trans Fats" on the front ,and "hydrogenated oils" on the ingredient list.

- Fiber is our friend and does not always occur where you think it will. Foods containing at least 1g of fiber are the best choices.
- It's hard to find flavored drinks that don't contain additives (unhealthy); most contain artificial sweeteners and high fructose corn syrup. Water is always the better choice.
- Many foods are loaded with more than 1 day's serving of salt (sodium) in one serving. For example, you'll find extremely high sodium levels in many soups and spaghetti sauces.
- How to make sense of food certifying organizations such as organic, gluten free, and Heart Check
 American Heart Association approved.

The Supermarket Scavenger Hunt Class demonstrated that the road to better health is not always clear. They learned that it's important to be aware of the potholes (TV ads) and warning signs (misleading labels) along the way.

You can have your own Supermarket Scavenger Hunt to teach yourself and your family where the healthy foods are located within the supermarket and what they look like. Healthy foods are not easy to find, so you must be diligent. You can use your food search to create the Supermarket Shopping Master List which we addressed in Chapter 8.

Directions for the Healthy Supermarket Scavenger Hunt:

- 1. **Make time.** Remember a scavenger hunt is about learning. Set aside a couple of hours to complete your scavenger hunt.
- 2. **Take a buddy.** It's more fun to bring some friends to make an outing of it. Get your family involved, or bring the kids for a fun rainy day activity.
- 3. **Make a list.** Think about the foods you eat most often and put them on the list. The food categories that have the most deception on the labels are the ones we use for the American Heart Association class are cereal, pasta sauce, nuts, chips, beverages, whole grains, snack bars and soups.
- 4. Read the package labeling carefully. When selecting healthy foods, remember to avoid transfats, hydrogenated oils, and high fructose corn syrup (HFCS). Observe the amount of sodium; remember your total servings for a day should be 1,500 mg. Look for foods with the highest fiber content available; more than 3 grams per serving is best. Most importantly, don't be fooled by the fancy labeling on the front of the packages. Many interesting claims are made here, and many are not true.

- 5. **Record the price**. This is a great time to monitor your food budget. As you are looking over the food labels, be sure to make note of the price.
- 6. **Rally the troops.** After you have collected all this good information be sure to share it with those you care about.

WHAT TO LOOK FOR ON FOOD PACKAGING

- Trans Fats
- Hydrogenated Oils
- High Fructose Corn Syrup
- Number of Serving Sizes

Per serving:

- Low Fiber (less than 1 Gram)
- High Sodium (more than 300 mg)
- High Sugar (1 tsp. = 4 Grams)
- High Fat (more than 3 Grams)
- High Cholesterol (more than 200 mg)



Healthy Supermarket Scavenger Hunt - Shopping List This is the list of foods by brand name that were identified at our local supermarket during the AHA BetterU Scavenger Hunt.



Whole Grains - Breads

Pepperidge Farm Whole Grain Bread Pepperidge Farm 15 Grain Bread Aunt Millie's Whole Wheat Bread Aunt Millie's Slim Sandwich Brown berry Extra Fiber Mission Corn Tortillas

Whole Grains – By Brand

Orville Redenbacher's Smart Pop Popcorn Brown Rice - all brands Shredded Wheat Breakfast Cereal Spartans Apple Cinnamon Oatmeal Quaker Oats Original Oatmeal Irish Steel Cut Oats Dr. Kracker Classic 3 Seed Crackers

Breakfast Cereal – High Fiber

All Bran Buds Breakfast Cereal Shredded Wheat Breakfast Cereal Fiber 1 Breakfast Cereal

Barbeque Sauce

Weber Barbeque Sauce Stubb's Barbeque Sauce

Whole Wheat Grains

Buckwheat
Bulgur
Millet
Wild Rice
Whole grain barley
Whole rye

Soy Products

Silk Heart Healthy Soy Milk Stoney Field Farm Yogurt Organic Westsoy

Soup - Low Sodium

Campbell's Home-style Chicken Noodle Soup Campbell's Healthy Request Classic Tomato Soup Progresso Garden Vegetable Soup

Amy's Organic Tomato Bisque Soup

Snacks - Healthy

Blue Diamond Almonds
Blue Diamond Walnuts

Healthy Supermarket Scavenger Hunt Shopping List - Continued

Yogurt (with live bacteria)

Deli Meat – Sodium Nitrate Free

Applegate Organic & Natural Meats Hormel Natural Choice Deli Meats Boar's Head Deli Meats

Spaghetti Sauce

Lucini Hearty Tomato Spaghetti Sauce Bella Nico Spaghetti Sauce

Cheese - Lower Sodium (Boar's Head)

String Cheese Brick Cheese Goat Cheese Mozzarella Cheese Swiss Cheese Cream Cheese

Vegetables - highest nutrient value (adults 3 cuns, children 2 cups / day)

Carrots Kale
Cabbage Spinach
Broccoli Tomatoes
Cauliflower Beets
Brussels sprouts Beans

Fruit – highest nutrient value (2.5 cups adults, 1.5 cups children / day)

Apple Pear Apricot

Cherry Peach Pomegranate

Orange Pineapple Mango Cranberry Blackberry

Papaya Raspberry Concord grape Blueberry

What's on Your Plate A Simple Guide to Healthy Cooking

CHAPTER 14

COOKING FOR A BETTER YOU



Many of you have been raised on processed foods, designer foods, fast foods, and restaurant foods, up to the point that you either never learned or forgot how to prepare a home cooked meal. For this reason, I think healthy food and home cooking is generally misunderstood.

The misunderstanding is somewhere between healthy food and home cooking.

Some of you think cooking at home is more expensive, takes too much time and has the same level of nutrition as foods you eat out at restaurants. Here are some common misconceptions about home cooking and some reasons why they are just that: misconceptions.

Home Cooking at Home is Too Expensive

While fast food is "cheap", what you save in your food bill now you will likely end up paying in medical bills later. Eating is really a pay now or pay later program.

Home Cooking Takes Too Much Time

Not true. Healthy home cooking can require very little actual cooking. The USDA recommendation is to eat 7 servings of fresh vegetables and 6 servings of fruits every day. In many food markets these foods come chopped so really all you need to do is open the package and dump the food on a plate. Examples of fast home cooking food are apples, bananas, peaches, pears, carrots, celery, and cucumbers, which take no cooking at all. Grab them out of the refrigerator and take a bitelt takes a minute or two to prepare an entrée salad, loaded with fruits, vegetables, nuts, and healthy cheese. Similarly, if you put those same

ingredients in a pot with vegetable broth and a few spices, in 15 minutes it's soup.

And there you have it. Economical and healthy "fast food"! The fact is, any food you prepare from home, which does not come out of a bag, box, or freezer are always going to be healthier than any food you get anywhere else.

Home Cooking Has the Same Level of Nutrition as Restaurants

We really don't know what they put in food at restaurants. Restaurant food can be expensive and may seem healthy according to the menu, but the fact is many restaurant chains load their food up with hidden salt, sugar, and fat so it "tastes better" and lasts longer on the shelf. In January 2013 *Nutrition Action Newsletter* (1) reported in the article *Extreme Eating 2013* (2) just how far restaurants will go to boost their bottom line. For example, if you prepare Spaghetti with Marinara Sauce in your home depending on the portion size the calories will be somewhere around 500 calories if you have 2 cups of spaghetti noodles. In a restaurant depending where you go the calories are typically between 1000 – 2000 calories. That's a pretty big difference.

The Skinny of Cookbooks

A few years back I loved watching the television program *Anna and Kristina's Grocery Bag* (3). This was a Canadian television series that aired on the W Network and OWN Network in Canada, as well as here in the U.S. The program was produced and hosted by Anna Wallner and Kristina Matisic, and it focuses on the kitchen, putting cookbooks, kitchen products, and cooking ingredients to the test.

What I loved about the program was that Anna and Kristina reviewed cookbooks for what I refer to as "truthfulness". The review included an evaluation of the overall cookbook, the accuracy of ingredients lists, whether the directions are accurate, and the tastiness of the end result.

Anna and Kristina Taught Us

I have learned that recipes are not always as accurate as I thought. I never realized some of the cookbooks or recipes that advertise "meals in 30 minutes" sometimes require 60+ minutes or more to prepare. In some cookbooks, the directions are incorrect as well as the ingredient lists. Surprisingly, Anna and Kristina found many of the cookbooks they reviewed were not completely correct which demonstrates not all the recipes have been tried in advance. Of course, this is not true of every cookbook, however it seemed to be common enough to get me to thinking maybe the reason the recipe did not work out was not me, but the makers of the cookbook. Thank you *Anna and Kristina's Grocery Bag!*

Recipe Selection

Which bring us to the question, "How do I pick a good tasting, healthy recipe?" Even though I love cookbooks (especially the ones with beautiful pictures); I mostly choose recipes from the internet.

The criteria for choosing a recipe are:

- picture appears to be taken of the actual food
- comments by others
- ingredient list
- nutrition facts

The websites I most often use as recipe and cooking resources:

Food Pair www.foodpair.com (4)

Food Pair looks at what's in your kitchen and pairs those items with recipes.

Spark People www.sparkpeople.com (5)

This is a health, health eating, and weight loss and fitness site. Great information on healthy eating with healthy recipe options.

Dr. Gourmet www.drgourmet.com (6)

A good resource for medically necessary diets such as cardiovascular, diabetes and weight loss. The newsletter sends you new recipes each month.

Cooklet <u>www.cooklet.com</u> (7)

Cooklet helps you find and organize recipes. Through there international community they support dialogue and sharing of cuisine among users from all over the world.

American Heart Association Cooking Class Lesson

For the last 4 years, I have taught a Healthy Cooking Class and Supermarket Scavenger Hunt for the American Heart Association Go Red for Women BetterU Makeover Challenge as part of the C2 Your Health LLC (www.CindyCohenRN.com)(8) worksite wellness program. The goals of the Healthy Cooking Class and Supermarket Scavenger Hunt are to answer the following questions:

- 1. What are processed foods?
- 2. What is unhealthy about prepared and processed foods?

- 3. What processed foods are common to family menus? 4. What are some healthier food substitutions?
 - 5. How can you prepare healthier food substitutions in your kitchen?

In class, we examined food for heart healthy labeling, looking for sodium, cholesterol, fat, fiber, and sugar. We compared these "ready to go foods" with foods requiring some simple preparation. We prepared a full meal containing USDA recommendations for a healthy diet and reviewed healthy plate management strategies.

Some of the things we learned...

- Food is always healthier when prepared from home.
- Healthy food can be prepared "fast".
- Salt you add to your food will always be less than what comes from processed food.
- Sugar you add to your drinks will always be less then drinks that come with sugar.
- The amount of fruits and vegetables for a healthy diet are more than you think.
- The serving size for meat, chicken, and fish is less than you think.

It's not the calories, fats, carbs, or any other individual item that are important. What's important is that you eat high quality, whole food with all natural ingredients. If you stick to the portion sizes of healthy foods you can eat your fill, never be hungry or overweight and you will enjoy the benefits of good health.

The Healthy Cooking Class demonstrates that, with an organized plan, knowledge, and strategy, cooking from home is nutritious, easy to do, economica, I and takes very little time.

The American Heart Association has two great websites worth investigating if you are looking for more ideas. www.heart.org (9)(You mention two websites but only indicate the URL for one here.)

- 1. American Heart Association Nutrition Center Healthy Cooking (10)
- 2. American Heart Association Simple Cooking with Heart (11)

For class we learn about the health benefits and how to prepare Vegetable Soup, Green Leafy Vegetable Salad and Fruit Smoothies. I consider these the 3 stables of any healthy food plan. With vegetable soup, salad and fruit smoothies you will consistently be eating closer to the recommended 10 servings for fruits and vegetables every day. A big bonus is you will be eating most of them in their natural form, fresh!

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CHAPTER 15 RECIPES SALADS, SOUPS AND SMOOTIES

MIX N MATCH HEALTHY RECIPES



Cooking for a Better You Recipes

To help our family to make healthy choices, we enjoy a delicious Fruit or Vegetable Smoothie for breakfast, and a bowl of hot or cold Vegetable Soup and a big Leafy Green Salad loaded with fruits and vegetables from our local farmers market for either lunch or dinner. This is our routine most days of the week.

Here are some the recipes our family appreciates...

Bon Appetit!

Mix N Match Salad - Basic Recipe

The amount will vary on how many people you are serving.

1 cup of greens = 1 serving ½ cup fruit = 1 serving ½ cup vegetables =1 serving, 2 ounces nuts = 1 serving, 1 ounce of cheese = 1 serving

Ingredients:

Leafy green vegetables **Assorted Vegetables** Assorted Fruit Nuts Cheese

Salad Directions:

Mix the greens mixing bowl with fruit, vegetables and nuts. The key to a great salad is to prepare it with fresh cold greens, when you are close to ready to serve it. Add the salad dressing at the very last minute, and toss.

To serve:

With tongs or slotted spoon lift fruit with dressing out of the container and place on salad greens. When finished you will have extra liquid in the container where the salad dressing was. Save this for later in the refrigerator. Then stir up the salad with toppings. Serve. 1 cup = 1 serving.

Mix N Match Salad Ingredient Variations

It's ok to mix fruit and vegetables in the same leafy green salad however; I personally prefer to have them separated. For example, tomatoes, cucumbers and onions together. Peaches, Cranraisins together. This is not a list of all the fruits, vegetables and nuts I use, so use your imagination! As they say, "the sky's the limit'!

Leafy Greens	Fruits	Vegetables	Nuts	Healthiest Cheese
Romaine Mixed Greens Kale Swiss Chard Spinach	Apples Peaches Pears Grapes Apricots Dried Fruit	Tomatoes Cucumbers Red Onions Carrots Bell Peppers Cruciferous Vegetables	Walnuts Pistachios Almonds Cashews Macadamia	Goat Sheep Feta Soy Gouda

Mix N Match Salad Dressing - Basic Recipe

This is the basic recipe for making a nice light dressing for a salad of greens.

Ingredients:

- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 1/4 cup vinegar
- 4 chopped cloves of garlic
- 2 tablespoons of dried seasoning
- 4 tablespoon honey or agave nectar

Directions:

Measure the above ingredients, pour into a jar and shake. Store on the counter top for a few days or in the refrigerator for 1 week. In the refrigerator, the oil will become hard. To thaw, hold the jar under hot running water until the oil is at room temperature.

Mix N Match Salad Dressing Ingredient Variations

Substitute any of the vinegars, oils, herbs for the ones in the Basic Salad Dressing.

Vinegars	Oils	Herbs and Spices	
White	Extra virgin olive	Oregano	
Cider	Flavor infused	Basil	
Rice	Grape seed	Tarragon	
Balsamic	Walnut	Italian Blend	
Tarragon	Flax	Greek Blend	
Raspberry		Bay leaf	

Mix N Match Soup

I always start with the same basic stock, add vegetables to a big soup pot, and simmer until the vegetables are done the way you like them. The cooking time varies on the type of vegetables you choose and what size you chop them into. I recommend using firmer more dense vegetables so they all cook around the same amount of time. Of course, this is a very small list of vegetables, herbs and legumes. These are just the ones I use the most often. Remember to use your imagination. After all, what could be bad about soup?

Mix N Match Soup - Basic Recipe

Ingredients:

6 cups organic broth

2 cups of water

2 -3 fresh herbs or 1 - 2 tablespoons, dried

8 cups of vegetables

2 cans beans, rinsed

4 tablespoons dried seasoning

3 bay leafs

Ground pepper to taste

Directions:

Chop all the vegetables. Put them in a big soup pot. Pour in liquid broth. Add spices and cook until done. The calories will vary based on the vegetables use. Cooking time varies depending on how done you like your vegetables.

Depending on how many servings you are looking for will depend on the amount of soup you prepare. If you like more "soup" liquid add more broth, if you like a more "vegetablely" soup reduce the broth. I prefer to make a big pot; it's more efficient, divide into serving sized and store in the freezer. ½ cup vegetables =1 serving, 1 cup of broth = 1 serving

Broth	Vegetables	Herbs	Legumes
Vegetable Chicken	Turnips Sweet Potatoes	Basil Italian Mixed Blend	Black Beans White Beans
Beef Tomato	Acorn Squash Onion	Pepper Salt	Garbanzo Beans Navy Beans
	Celery Bell Pepper	Parsley Cumin	Lentil Beans
	Tomatoes	Cilantro Rosemary	

My Favorite Root Vegetable Soup Recipe

If you are looking for a time-saver, buy these ingredients already chopped. It is more expensive but it does save you time. Or you can save money and chop them yourself.

Ingredients:

- 6 cups of organic, vegetable broth
- 2 cups of water
- 1 can tomato paste
- 2 3 Rosemary Sprigs (fresh) or 1 2 tablespoons, dried
- 1 cup onion, chopped (1 onion = 1 cup)
- 1 cup celery, chopped
- 1 cup yellow, orange, red or green pepper, chopped (1 pepper = 1 cup)
- 2 cups butternut squash, pealed chopped (or sweet potatoes pealed)
- 2 cups carrots
- 1 cup turnips
- 2 cans of white beans, rinsed
- 2 bay leafs
- 4 tablespoons dried seasoning
- Ground pepper to taste

Directions:

Dump all the ingredients in a big soup pot at one time. Over high flame bring to a boil. Turn down heat to simmer. Cook about 30 minutes until the vegetables are done the way you like them so they may need to cook longer. They are healthiest if you cook the less rather than more. This makes about 8 servings. 1 serving = 2 cups

SMOOTHIES

Morning Glory Green Juice

This is recipe is from the movie Fat, Sick and Nearly Dead. There are other great healthy recipes here too. (www.rebootjoe.com) (12)

Ingredients:

- 4 5 large kale leaves
- 1 large handful of spinach
- 3 romaine leaves
- 1 cucumber
- 3 celery stalks
- 1 green apple
- 1 lemon, juice

Directions:

- 1.) Wash the ingredients well.
- 2.) Dump in a blender or juicer

You can juice this mixture, or use a blender. I juice them in my "bullet blender, this way I keep the fiber in the smoothie just instead of extracting it from the fruit and veggies. Makes 2 servings or 1 big drink. Recipe yields about 500 calories (really? There are 500 calories in this smoothie? That's a lot of calories for all those veggies.).

My Favorite Green Drink

Ingredients:

- 1 cup kale
- 1 cup spinach
- 1 cup romaine lettuce
- ½ cup frozen pineapple
- ½ cup frozen peaches
- ½ cup apple cider
- ½ cup ice

Directions:

Put in a blender, mix, and pour. Make 1 serving. About 350 calories.

Pineapple Lime Coconut Smoothie

Ingredients:

- 1 scoop Vanilla Juice Plus+ Complete Smoothie Mix
- ½ cup coconut milk
- 3/4 cup frozen pineapple chunks

½ cup water½ lime juice 1 lime6 drops of coconut stevia liquid

Directions:

Put in a blender, mix and pour. Makes 1 serving. About 350 calories per serving. Juice Plus+ Complete is available online www.YourJuicePlus.com.

Strawberry Mango Smoothie

Ingredients:

1 scoop Vanilla Juice Plus+ Complete Smoothie Mix

½ cup almond milk

1/4 cup water

½ cup frozen strawberries

½ cup frozen mango

6 drops vanilla stevia liquid

Directions:

Put in a blender, mix, and pour. Make 1 serving. About 350 calories per serving.

Super Food Smoothie

Ingredients:

4 oz fresh kale

4 oz fresh spinach green

8 oz carrot juice

8 oz pomegranate or cherry juice

2 cup unsweetened organic Greek-style yogurt or kefir

½ cup frozen, such as strawberries

½ cup frozen papaya

1 cup frozen kiwi

3 oz tofu

1 – 4 tablespoons of flax oil

6 drops of flavored stevia liquid

Directions:

Mix all ingredients together in a blender. Tastes best when it's fresh and still has that bubbly milkshake consistency. Makes 8 cups. About 250 calories per serving.

Mix N Match Smoothie

You can mix any combination of fruits, vegetables, seeds and nuts create a smoothie drink mix. What's great about smoothies is they include the whole food as opposed to juicing which extracts the all-important fiber and you can drink more of them easier than you can eat them.

Smoothie - Basic Recipe

Ingredients:

1 cup fruit

1 vegetable

1 cup liquid

2 tablespoons nuts, seeds or both

ice

Directions:

Put the ingredients in a blender, mix. Calories and servings vary.

Mix N Match Smoothie Ingredient Variations

There are hundreds of combinations to create the perfect smoothie. Tastes vary, so mix it up until you find the combination you like best. These are a few of my favorite food ingredients to whip up smoothies.

Fruits	Vegetables	Seeds/Nuts	Liquid

Peach	Spinach	Flax Seeds/Oil	Greek Yogurt
Berry	Romaine Lettuce	Chia	Soy Milk
Grape	Kale	Hemp Seeds/Oil	Tofu
Banana	Swiss Chard	Cashews	Kefir
Apple			Coconut Milk

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Cindy Cohen is a registered nurse with 35 years of experience from the bedside to CEO of a hospital. Cohen is recognized as an accomplished author, wellness expert, and corporate wellness leader. As a health coach, Cohen is the guiding force behind the C2 Your Health team in helping others find their way to improved

personal and business wellness. C2 Your Health LLC, through the corporate wellness division Health-E 4 Life Worksite Wellness, assisted industry leaders with certification and was awarded the 2009 - 11 Indiana Small Business Wellness Tax Credit. In 2012 Cohen was awarded Faculty Status with WELCOA (Wellness Council of America) only 1 in 483 nationally along with wellness certification. C2 Your Health LLC also promotes the annual Expo for Women Healthy. Wealthy. Wise. This event has received national recognition; delivering wellness education, information and services to the community for the last 6 years.

Cohen speaks on a local and national level about personal health, business wellness, and business leadership. Her expertise helped build an award winning franchise as a Qualified National Marketing Director for the Juice Plus+ Corporation winning the Top 10 in the category for developing new business. Other awards include the 2000 Temple Beth El Woman of the Year, the 2009 nomination for WSBT & Enrichment Strategies "Success Story of the Year", the 2010 -11 Annual Social Media Summit nomination for the Up and Coming Business Award, and the 2012 Wellness Council of America Faculty Status.

Cohen is an accomplished author of Noodles to Strudels Cookbook, Generation to Generation Cookbook,

	What's on Your Plate A Simple Guide to Healthy Cooking
Expert Guide to Small Business Success, Chapter 9 Business Success, Chapter 9 Business, 7 Tools for Your Networking Tool Box, Self-Mark Online and Offline and Prevention Benefits Healthy Em Nutrition and Prevention Benefits a worksite wellness business business business business business of the San	keting Handbook a Woman's Guide to Marketing aployees Cost Less. Cohen also blogs on Nutz 4