



Where Food Nourishes Body, Mind & Spirit!

April 2016

Joanne Irwin, M.Ed. 239-784-0854, 508-258-0822

joanneirwin72@gmail.com

www.plantbasednana.com

Food for Life Instructor, Certified Plant Based Educator, Physicians Committee for Responsible Medicine (PCRM)

"Darkness deserves gratitude. It is the alleluia point at which we learn to understand that all growth does not take place in the sunlight." Joan Chittester



NEWS YOU CAN USE

*Exciting Happenings
Food for Life Classes,
Cape Cod Hospital*

Green Nosh Gathering

*News You Can Use
Fun Website*

*Spotlight
"Cowspiracy Showing"
A Request*



As the song goes, "Everything is coming up roses", and I hope that wherever you are, you are feeling renewed, refreshed, and awakened by the lovely Spring flowers and greenery beginning to color the landscape. Time to celebrate and revel in the wondrous stirrings of creation! Shall we dance??

On the plant based home front much is blooming, as well. (You all knew I'd get there somehow!!) Thus, the reason for this lengthy newsletter.

Meat consumption is fast on the decline, and plant based protein consumption is increasing. How's that for encouraging news? And, hear this - something beyond belief is happening in the halls of Washington, D.C. (A miracle in itself!) A new trade group is taking shape. Read on.....

"Trade Group Lobbying for Plant Based Foods Takes a Seat in Washington"

(Thanks to my friend, Vivi, in western MA for sending *NY Times* article by Stephanie Strom, 3/7/16)

Michele Simon, a public health lawyer and food policy advocate, has founded a new trade group titled "The Plant Based Foods Association" which is starting out with 23 companies. Two of the involved companies are Tofurky and New Wave Foods, names familiar to us plant based advocates.

Till now, the most powerful lobbies in D.C. represent the beef, pork, poultry and dairy industries. Never before has a group formed to advocate for plant based foods. This new group "has been established to represent makers of proteins derived from peas, soybeans, and other non-meat sources."

This is big and an indication that the plant based movement has not only expanded, but is here to stay!

According to the article, "sales of plant protein products grew 8.7% over 2014 and 2015 through retailers not including Whole Foods, while overall sales of food products grew 3.7%."

Just walk the aisles of grocery store. Plant based foods are ever increasing on shelves. Jeff Dunn, president of the fresh division of Campbell's Soup states, "At the highest level, we're seeing a pretty substantial shift in consumer interest in plant based diets. That's manifesting itself in lots of interest in plant based protein among companies like us and how it can be used in production." According to Dunn, consumer interest in plant proteins is driven by many factors - the belief that they're healthier and, also, that plant proteins have less of a negative impact on the environment than animal protein.

Elizabeth Kucinich, the wife of former presidential candidate, Dennis Kucinich, will represent the Plant Based Foods Association in D.C. Ms. Kucinich has been actively involved in discussions about food policy in Congress. She said her goal was to "level the playing field so that plant based foods got the same consideration as meat in debates about school lunch programs, dietary recommendations and even environmental issues." "It's to make sure we have a seat at the table", she stated.

In addition to advocating for policy changes regarding food and labeling, the group will lobby to have plant based milks included in school lunch programs.

The formation of this trade group gives me hope not only for the health of our nation, but for the sustainability of our planet. When major companies like Campbell Soup recognize the shift consumers are making toward plant based foods, it's clear that the paradigm shift toward health and wellness is quickly eradicating the once held stronghold of fast food establishments and the powerful meat lobbies that have been marketing and pushing foods that impair health and wellness. Plant based nutrition heals!





Food for Life Classes Cape Cod, 2016

“4-Week Series on Cancer Prevention/Survival/Overall Health & Wellness”

The following is class schedule at Cape Cod Hospital. Others private classes will be announced later on.

June 2016

Fridays from 11 am – 1 pm
June 3rd, 10th, 17th and July 1st (skipping June 24th)

August 2016

Fridays from 11 am – 1 pm
August 5th, 12th, 19th and 26th

All classes will be held at Cape Cod Hospital’s Mugar Cancer Center. Registration is necessary. Classes will be limited to 20 participants.

To register contact Joanne Irwin.

Joanneirwin72@gmail.com

Call: 239-784-0854

After March 29th, can call 508-258-0822

These series are FREE to the public.

Thanks to the Community Benefits Committee, CCH, for funding these programs.





April's Green Nosh Gathering

Fellowship, Fun, Healthy Food & Learning



*April 28th, Thursday
5 PM*

*At Joanne's in South Yarmouth
72 Keel Cape Drive*

*Pot Luck - Bring a Favorite Plant Based Dish for folks to
enjoy!*

*Tom Monte was a keynote at the 2015 Holistic Health
Cruise. We'll watch his DVD on:
"The 4 Secrets to Reversing Major Disease"
RSVP to Joanne - call or email!!*



Spring is synonymous with 'spring clean-up' both inside and out.

Working up a sweat on those warm April days often makes one eager for a quick pick me up snack. Be aware of those fast food snackeroos that pack a wallop. Most are chock full of extra fat calories and sugars.

Instead, prepare some healthy hummus to keep on hand with sliced veggies. Prepare a bowl of air popped popcorn, sprinkled with Braggs Liquid Aminos and Nutritional Yeast. Some Wasa crips with peanut or almond butter satisfy. Have sliced orange and kiwis on hand.

Hungry before dinner? Have an apple, some sliced berries, carrots, celery or cucumbers. That will hold you over nicely, and safeguard your health.



Check these Fast Food snacks. You'll be surprised that some pack a full day's caloric content. Have you ever indulged in.....?

Starbucks Tiramisu Latte	390 calories (20 oz)
Auntie Anne's Sweet Almond Soft Pretzel	390 calories
Starbucks Banana Nut Bread	420 calories in just 1 slice
Panera Bread's Pumpkin Muffin	590 whopping calories
Jamba Juice Amazing Green Smoothie	610 calories (28 oz)
Five Guys Fries (Danger - avoid)	1,310 calories
Cold Stone Creamery, Very Vanilla Shake	1,210 calories (20 oz)

Source: Nutrition Action Newsletter



Dining Out

Many of us know what Dr. Michael Klaper says about eating in restaurants.....Eat before you go, bring your own salad dressing, and get in and out as fast as you can. And avoid alcohol; it's poison!!

Susan Roberts, Director of the Energy Metabolism Laboratory at the USDA Human Nutrition Research Center on Aging at Tufts University reports that main dishes from various ethnic restaurants were analyzed at independent and small chain Boston Restaurants. Their findings showed that each dish had "roughly 1300 calories", and "that's with no drink, appetizer, or dessert." For many, that's a day's worth of calories, not to mention the added fats, sugars and salt.

Some of their findings (which included animal protein)

Greek Dishes:

Greek Salad (960 cal)

Moussaka (1440 cal)

Indian Dishes:

Palak Paner (1410 cal)

Mexican Dishes:

Bean Burrito (1190 cal)

Thai Dishes:

Vegetable Red Curry (870 cal)

Japanese Dishes:

Vegetable Tempura (1180 cal)

Chinese Dishes:

AWARE!!!

Pork Fried Rice (1670 cal)

Italian Dishes:

Eggplant Parmesan (1950 cal)



BE



Sugary Drinks and Alcohol

Most people, I assume, are aware of the dangers of sugary drinks. However, a week's cruise shows me I'm 100% incorrect! Folks slurp down those sugar drinks with complete abandon!

Some think 'sugar' drinks are only associated with the old stand-bys - Coke, Pepsi, Dr. Pepper, et al. Sugar can be in your iced tea, smoothies, VitaminWater, Frappucino, Pina Colada's and Margarita's, just to name a few.

Sugar drinks are associated with weight gain, type 2 diabetes, and heart disease. A 2012 study called the 'Double-blind, Randomized Intervention Study in Kids (DRINK)' included 641 Dutch children. Those children who were given just one 8 oz. sugar drink a day gained more weight and body fat over 1 ½ years than those who got a diet drink. (Not saying diet drinks are better by any means. Sodas - regular or diet - are toxic.)

In 2014 researchers reported that people who consume more added sugar have a higher risk of dying of heart attacks, strokes, and other CV events. Other studies show that sugary drinks raise LDL cholesterol and triglycerides.

Framingham Heart Study researchers reported that people who drank at least one sugar beverage a day had a higher risk of fatty liver disease.

To quench thirst, drink water flavored with some fresh lemon or lime wedges. Brew herbal tea and keep it chilled in the frig. Stay hydrated with liquids that do no harm. My favorite, hibiscus tea, is known to increase immune function.

And regarding our children, let's teach them early on why sugary drinks should be avoided. My little 5 year old grandson checks out food with a thumbs up or thumbs down. His OJ got a thumbs down but his ice water a thumbs up. He's learning!

While we're talking 'beverages', here's the data on:



ALCOHOL

One drink per day may increase breast cancer risk by 50% compared to non-drinkers. Breast cancer survivors are told to drink **NO MORE THAN ONE DRINK PER WEEK!!**

Many of my breast cancer survivors who come to Food for Life classes receive this warning from their oncologists. And it's not just wine; it's any kind of alcohol. The truth is out. Alcohol is not your best friend

Alcohol destroys and strips the immune system. It depletes the antioxidants in your body, particularly vitamin E, selenium, beta-carotene, and glutathione, making you vulnerable to illness.

Alcohol-related free radicals attack the liver, heart, stomach, testes and other organs.

Alcohol is acidic. Acid increases inflammation in the body.

Alcohol increases skin wrinkling which means premature aging.

Some of the free radicals produced by alcohol kill brain cells, and these cells are not replaceable!

As Dr. Klaper might say, Alcohol is not your friend; it is poison, plain and simple.





Let's go to some foods that are friendly and healthy - the much adored **MUSHROOM**. Dr. Joel Fuhrman rightly dubs them "the Queen of Immunity". Here's why.....

Mushrooms have what's called anti-aromatase effects. Frequent consumption, just one mushroom daily, has been linked to a 64% decrease in the risk of breast cancer.

These darlings protect against breast cancer because they inhibit an enzyme called aromatase which produces estrogen. Mushrooms are one of the very few foods that inhibit aromatase (pomegranate is another), and several varieties of mushrooms, even the common white button, have strong **anti-aromatase activity**.

Mushrooms also contain **lectins** that recognize cancer cells, and prevent them from growing and dividing. Mushrooms are our friends. We should not only hug them, but enjoy them on a daily basis - in soups, salads, stir fries, in sauces, on top of veggie burgers, stuffed.

Stock up on these Queens of Immunity!!

Get to know your Mushrooms, and when you eye them in the grocery store, whisper a silent thank for their gifts! Blow them a kiss when no one's looking!



Crimini Brown button mushrooms, with an earthy flavor. Supplies a rich blend of vitamins and minerals; supports Cardio health & immune function.



Portabella Meaty texture; a great burger substitute. Holds up when broiling, grilling and roasting. Supplies copper, selenium and vitamin B6; may provide vitamin D if exposed to ultraviolet light.



Enoki Mild flavor, has a crunch that's nice in salads; trim the base and separate strands first. Supplies antioxidants; enoki consumption has been linked to reductions in cancer occurrence.



Maitake Rich, woody taste. Can be used in soups. Helps the body to adapt to stress; valued for its immune-stimulating and antiviral properties.

Shitake Deep flavor, works well in grain dishes, soups and stir-fires. Modulates immune response; provides antioxidants and helps lower cholesterol levels



Oyster Has a velvety texture. Pairs well with onions, can be used in pasta dishes, and makes a great 'faux' crab cake! Contains a variety of minerals as well as vitamins B and C; has antimicrobial properties.

Fennel and Mushroom Soup Makes 4 servings

- 2 T water
- 1 medium onion, chopped
- 1 medium red pepper, diced
- 2 small white potatoes, peeled and cubed
- 1 medium celery stalk, split and thinly sliced
- 4 cloves fresh garlic, thinly sliced
- 1 medium fennel bulb, chopped
- 2 cups crimini mushrooms, including stems
- 1 tsp dried basil
- 1 tsp lemon pepper seasoning
- 4 cups low sodium chicken broth
- 1 T apple cider vinegar
- Salt to taste
- 2 T finely chopped fresh parsley

In pot, heat a little water and saute the onion, red pepper, potatoes, celery and garlic. Saute 5 minutes, stirring often. Add the fennel and saute 6 minutes more. Add the mushrooms and saute 5 minutes more, stirring occasionally. Add the basil and lemon pepper. Stir. Add the broth, vinegar and salt to taste. Reduce heat and simmer for about 25-30 minutes, stirring occasionally. Garnish with fresh parsley and enjoy!

Another Nation Trims Meat From Diet Advice

by Georgina Gustin

This profound article proves that international nations are awakening to the scientific data that food not only impacts one's health and wellness, but what we choose to eat also has overwhelming implications for the sustainability of our planet.

Nutrition advisers in the Netherlands took a progressive step this week, one that will likely further stoke conversations about the relationship between a healthy diet and a healthy planet. And their sights are set squarely on meat.

The Netherlands Nutrition Centre says it is recommending people eat just **two servings of meat a week**, setting an explicit limit on meat consumption for the first time. The recommendations come five years after a government panel weighed the ecological impact of the average Dutch person's diet, concluding last year that eating less meat is better for human and environmental health.

The Nutrition Centre, a government-funded program responsible for making food-based dietary guidelines, took those conclusions and presented them on Tuesday in its "Wheel of Five"—a graphic distributed to the public, along the lines of the U.S. government's "[MyPlate](#)."

"The new dietary guidelines are implemented in our new education model ... in a way that the total environmental impact of the diet is lower than the current consumption," explains [Corné van Dooren](#), a sustainable food expert at the center.

"We focus on eating a less animal-based and more plant-based diet by the unique advice to consume not more than 500 grams of meat a week."

Of that 500 grams, or about one pound, only 300 grams should be red, or "high-carbon" meat, van Dooren noted, explaining that the guidelines suggest getting protein from other sources, like one 25-gram portion of unsalted nuts a day and one 135-gram portion of pulses a week. Seafood recommendations also get an update.

"The advice for fish is changed from two portions to one portion a week, due to sustainability issues," van Dooren adds. "One portion is enough to reach the benefits for coronary heart diseases."

Over the past decade, a handful of countries have started to more seriously consider environmental factors in their official nutrition advice, including the U.S. That's out of the more than 60 countries that maintain and update nutrition advice, according to the FAO.

"There are just a very few countries that have taken this issue on," says [Kathleen Merrigan](#), former deputy secretary at the U.S. Department of Agriculture, now the executive director of sustainability at George Washington University. "It's a moving target."

In 2014, Merrigan helped convene a conference on food sustainability, inviting government nutrition advisers from the Netherlands and Brazil, two of the countries that have worked most intensively on the issue. (In 2012, Brazil set new recommendations that factored in “environmental integrity,” fair trade principles and the eating patterns of indigenous food cultures.) **Other countries that have included sustainability into their nutrition advice, or have seriously contemplated doing so, include Germany, Australia, Sweden, and the U.K.**

Many in the U.S., too, embraced the conversation around sustainability when the 15-member Dietary Guidelines Advisory Committee announced in its 2015 report that sustainable diets, lower in meat intake, are also more healthful (see [New U.S. Dietary Recommendations First to Consider Environmental Impact](#).)

But not everyone went for it. **The idea that environmental considerations should make their way into nutrition advice has been especially controversial with the livestock industry, which fought against their inclusion.** The American livestock industry, for one, successfully argued that sustainability—or specific recommendations to limit [meat consumption](#) because of the environmental toll of meat production—get knocked out of the final Dietary Guidelines. The final guidelines were issued in January (see [What’s In America’s New Dietary Guidelines—and What’s Not](#)).

Just last week, the U.K. issued its latest nutrition advice, recommending a diet lower in red and processed meat. The move was hailed by nutrition groups, even as they sought more explicit reductions.

“We welcome the steps [Public Health England] has taken to reduce greenhouse gas emissions from diets in its revision of the Eatwell Guide and its recommendation to reduce processed and red meat consumption and eat more beans & pulses,” says Clare Oxborrow, chair of the nutrition advocacy group, Eating Better. “More could be done to fully integrate sustainability into the U.K.’s dietary guidelines, but this is a good start.”

The new advice, though, was immediately blasted by the livestock industry.

“Blanket messages to reduce red meat consumption could be very detrimental to the diets of consumers who already eat low to moderate amounts of red meat, for example women and young people,” says [Emma Derbyshire](#), a member of the Meat Advisory Panel, in British media reports last week. “Lean red meat is rich in protein, iron, zinc, B vitamins and selenium and makes an important contribution to daily vitamin and mineral intakes.”

The industry pushback will likely get stronger as more governments turn their attentions to the issue of sustainability in the diet. “There’s just a lot of political pressure, everywhere,” says [Kate Clancy](#), a sustainability expert and visiting scholar at the Center for a Livable Future at the Johns Hopkins University School of Public Health. “Some of it is direct political pressure, but some of it is a feeling that there just isn’t enough research out there yet.”

Sustainability advocates, including Merrigan, say that environmental considerations in nutrition advice are, increasingly, getting the attention of environmental groups, adding a new dimension to the debate. In Brazil, for example, Merrigan said, the traditional coalition of farmers and agribusiness broke down as environmental groups entered the conversation. “The farmers grouped with consumers and environmentalists against agribusiness, and that’s how they succeeded in

getting their guidelines through,” she explained. Still, Merrigan says, the conversation has a long way to go. “We didn’t see agriculture as a main-stage topic in Paris at the climate talks, and yet the estimates are that agriculture contributes 22 percent of the human-created greenhouse gasses,” she notes. “We know that’s all around diet, and we know there’s a dietary transition across the globe as more countries consume more meat. That puts us on an unsustainable track.”

Georgina Gustin is a longtime food policy and farming reporter, and currently an editor at Timeline.com. You can follow her on [Twitter](https://twitter.com).



Check out this fun New Website:

Want to introduce you to a fabulous website I recently discovered.....www.cookingwithplants.com by Anja Cass from Australia.



As noted on her site:

“Anja Cass is a popular vegan cook with a passion for creating healthy plant based recipes that taste amazing! Having lost over 50 pounds, beating early onset heart disease and having more energy than when she was 20, she is motivated to share her new lifestyle with you. Enjoy her delicious recipes to get you, your family and your friends on the path to healthy living!”

Her personal transformation to plant based nutrition is awe-inspiring. Anja’s site is filled with video recipes, and she has a page with 30 days-worth of video recipes on eating plant based. When she began embracing plant based foods for health reasons in 2012, her friends kept asking what she was eating. She decided to show them by videoing her meals over 30 days.

For folks who ask, “What should we eat? check out her site. You’ll come away with confidence, inspiration, and motivation to get cooking.

A few nights ago I prepared her was a big hit. So easy and quick. to cook, but took my time relishing



“Chocolate Cake in a Mug” recipe and it Two minutes to prepare, a couple minutes the tasty treat.

SPOTLIGHT - MEET DHARSHINI JOSEPH



Dharshini, who resides in Falmouth, is a recent member of our Green Nosh Group. When she relocated to Cape Cod over a year ago, she began searching for a plant based community that would complement her beliefs, values, and interest in health, nutrition and sustainability issues. We're thrilled that she found us!

Dharshini recently began her own landscape architecture business....."Dharshini Joseph Landscape Architecture, Inc. (DJLA), located in Falmouth. Her experience is extensive. She holds a Masters of Landscape Architecture from Harvard's Graduate School of Design and a B.A. in Anthropology from Washington University. Check out her website to see her beautiful landscape designs: www.dharshinijoseph.com

With a passion for sustainability of our planet, Dharshini has joined the Sustainability Club at Cape Cod Community College and is organizing a showing of the documentary, "**Cowspiracy**". We're hoping our Green Nosh members and other Plant Based foodies on Cape Cod will come out to support the showing of this documentary. There will be a Q&A following the film. Here's the skinny.....

"Cowspiracy"

April 22nd, Earth Day
Cape Cod Community College
Science Building, Lecture Hall A
6 PM

There is no charge, but donations will be kindly accepted.

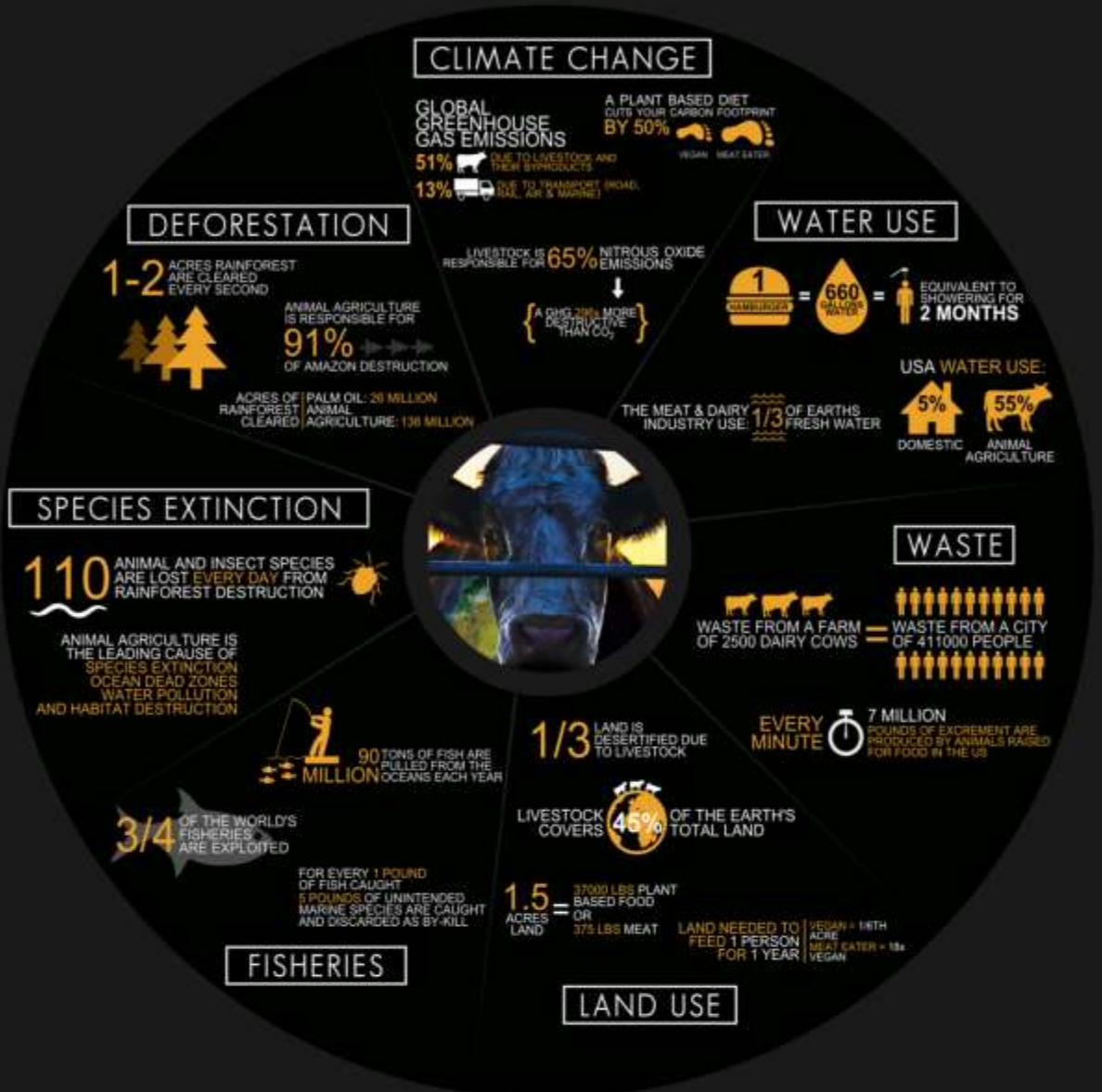
Check out the info from "Cowspiracy" website -

COWSPIRACY

THE SUSTAINABILITY SECRET

THE FACTS

ANIMAL AGRICULTURE IS THE MOST DESTRUCTIVE INDUSTRY FACING THE PLANET TODAY. **HERE'S WHY:**



WHAT CAN WE DO ABOUT IT?

A Request from Me to You!!



If you have experienced a health transformation from embracing a plant based lifestyle, or at least including more of the food that heals in your diet – fruits, veggies, beans, and grains - and are willing to share, please send me a brief paragraph about how your health has changed.

I am hoping to compile testimonials for an upcoming newsletter. I hear so many stories from folks who've gotten off meds, lost weight, reversed their heart disease, and some in total remission from serious cancers. How nice to inspire others with these health and wellness stories!

All of us need support as we trek along the yellow brick road to health and wellness. Your openness, curiosity, and enthusiasm keep me going. Let's spread the word and share the good news!



Blessings to All and Happy Spring!

With Love, Joanne - Plant Based Nana