

# *Guide to a Whole Foods Plant Based Lifestyle*



*By Joanne Irwin & Karen Schwandt*

## *Food for Life Classes for Health & Wellness*



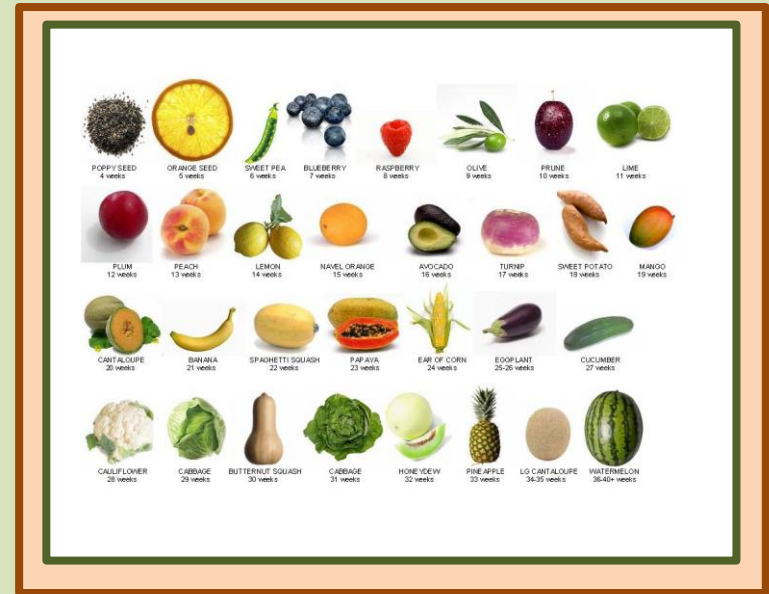
Joanne Irwin has been teaching Physician Committee's Food for Life curriculums for disease prevention and survival since her certification with PCRM in 2008. Classes are presented on Cape Cod, her home, and in Naples, FL during winter months. Karen Schwandt, a retired high school English teacher, has been assisting Joanne since 2010. Both Joanne and Karen are passionate about sharing this health enhancing information, and teaching the healing benefits of plant based foods.

## TABLE OF CONTENTS

Baking Items (for Pantry, Frig & Freezer), 28  
Bok Choy, Mushroom & Quinoa Stir-Fry, 71  
Breakfast (for Pantry, Frig & Freezer), 27  
Children & Food, 59-62  
Closing Comments, 78  
Condiments (for Pantry, Frig & Freezer), 31  
Dairy, 12, 29  
Dinner Ideas, 77  
Fats, 20  
French Toast, 67  
Fruits, 23  
Fuhrman, Dr. Joel, 34  
G-Bombs, 34  
Grains (for Pantry, Frig & Freezer), 26  
Grains (Kinds & How to Cook), 38-44  
Household Helpful Hints, 56-58  
Introduction, to Whole Foods Plant Based Lifestyle, 1-3  
Joanne's Story, 4  
Kale Smoothie, 66  
Karen's Story, 7  
Legumes (for Pantry, Frig & Freezer), 25



Legumes (Peas, Beans & Lentils), 45-54  
 Lunch Ideas, 73  
 Meat Alternatives, 32  
 Millet, Flax, Buttermilk Pancakes, 68  
 Nuts & Seeds (for Pantry, Frig & Freezer), 30  
 Oatmeal, 64  
 Olive Oil, 17  
 One Pot Pasta Dish, 76  
 Porridge, Mixed Grain, 65  
 Portabella Mushroom Stroganoff, 75  
 Protein, 15  
 Pulde, Dr. Alana, 35  
 Resources, 54  
 Salads, 71  
 Spelt Blueberry Waffles, 69  
 Spring Cleaning (Pantry, Frig, & Freezer), 22  
 Substitutions, 36-37  
 Treats (for Pantry, Frig & Freezer), 33  
 Vegetables (for Pantry, Frig & Freezer), 24  
 Whole Foods, Plant Based, What is It? 10  
 Whole foods, Plant Based, How it Helps? 11





So, you're thinking of opening the door to a 'Whole Foods, Plant Based' (WFPB) way of eating. You may have been inspired after reading the latest research on the relationship between nutrition and disease. Perhaps you've taken a cooking class or two. Maybe your friends are encouraging you to give this nutrition lifestyle a try. Whatever the incentive, the idea of transitioning from the Standard American Diet to something totally new and foreign feels daunting. Inwardly, you might be pleading, "Help, I don't know where to begin!"

Experts all agree: Change is one of the hardest tasks for us humans to embrace. It's the same with food consumption. The Standard American Diet (acronym - SAD - appropriately named) has been the way of life for 99% of the population. Who wants to buck the tide, and join the ranks of the 1% who feast on plants? That said, the tidal wave toward a whole foods, plant based way of eating is spreading across the country. People are reading the medical literature, investigating the research, and becoming informed. Politicians and noted celebrities are jumping on board. And the physical change experienced is proof positive that something good is happening.

Former President, Bill Clinton, is a perfect example. He went from one donut loving, hamburger hugging guy to someone who is now lean, energetic, and the picture of health. As one friend who returned from the "2012 Holistic Holiday at Sea" cruise commented, "It's hard to refute the science!" And during the 2014 "Holistic Holiday at Sea" cruise, my hubby admitted, "This has been an epiphany for me!"



If you're curious and eager about this nutrition lifestyle, but feel confused and overwhelmed about how to begin, then this Guide is perfect for you. This booklet is meant to hold your hand, encourage, and guide you as you begin to incorporate healing, healthy plant based foods into your diet.

For most of us who bid a fond farewell to the Standard American Diet, initial feelings of fear and confusion were experienced as we tip-toed into this new way of eating. Most of us began with similar questions, "What do I buy, where do I shop, do I have to throw all my food out, is eating out OUT, and how and what do I cook?" A common concern had to do with what our friends and family would say. The operative word was "OVERWHELMED"!

Feeling overwhelmed is a normal, initial reaction. But what about the millions of people throughout our country and world who are feeling overwhelmed with their diagnoses

of heart disease, Type 2 diabetes, cancer, obesity, and a host of auto-immune illnesses? How overwhelmed are the growing numbers of parents who are told that their children are suffering from high cholesterol and on the verge of Type 2 diabetes? What would you rather feel overwhelmed about? I think I'd choose the former!

Today's headlines are finally encouraging Americans to eat more fruits, vegetables and fiber-rich foods. That message is taking hold in the collective conscious. Folks are desperately trying to avoid becoming national statistics. What's most alarming is that chronic conditions and diseases, once the sole domain of the elderly, are impacting young children in unprecedented numbers. School age children are being diagnosed with Type 2 diabetes, and are being medicated for elevated cholesterol. When was that the norm when baby boomers were toddling about? Clinics to treat childhood obesity can be found in any city throughout the country. With leading health experts suggesting that this generation of young people will not have the longevity of their parents, bells and whistles are blaring. Change is needed.

Change begins with what parents model and serve at meal times. Change begins with restaurant offerings. Change begins with food choices in our local grocery stores and in school cafeterias. The time has come. Not only is health care at stake, but, also, the sustainability of our species.



### Joanne's Story:

In 2006 I met with my physician for my yearly physical. Blood labs had been taken a week prior to this appointment, and with the way I ate and exercised, I felt assured that I'd receive an A+ health rating. Surprise, surprise!

My cholesterol had risen to 246. My LDL's (bad cholesterol) were 179. I sat there stunned and shocked. Are statins on the horizon, I wondered? I told my wise and learned physician, who was traditionally trained but practiced lifestyle medicine as well, that I never wanted to take a drug. He quietly asked if I'd be willing to give up beef, pork, lamb and dairy. Somewhat befuddled, I agreed. Next, he took time to explain substitutions to use for dairy and, most importantly, why. He invited me to attend one of his 'free' lectures on Cape Cod. I did that and then read "The China Study" by Professor Colin T. Campbell, Ph.D., the twenty year research project recognized as the 'Grand Prix' of epidemiology. The education from each propelled me on the road less travelled. I haven't looked back.

Four months later, after embracing a plant based lifestyle, I returned for follow-up blood work. The results were astounding. All the bad numbers dropped well into the normal range. But what surprised me more than anything was that the progressive osteoarthritis in my right wrist vanished!



Since 2003 I'd been experiencing pain in that wrist. Pain would awaken me in the middle of the night, and driving long distances compounded the problem. I began to wonder how long before I could no longer pick up my little grandchildren. Would tending my flower and veggie gardens end? I felt too young for this. What was going on?

After eating plant based foods for those four months, (that means no animal protein and no dairy of any kind) I was giddy when one day, while chopping and dicing veggies in the kitchen, I realized that I no longer experienced any pain in that wrist. I stood there and shook my hand in complete abandon. "No pain", I shouted out to my hubby. "Deke, my wrist doesn't hurt any more. Check this out. I'm chopping away with ease." To say I felt ecstatic was putting it mildly. I wanted to share this with everyone I knew and loved. Let them in on this secret to good health, a secret that became easier and easier with each passing day. Though I still harbor a slight bump in my right wrist, it serves as a reminder of the effects of the SAD way of eating. That little bump is nothing compared to the pain that once sent shivers down my spine. Seeing good lab results on paper is one thing, but feeling a tangible change in my health was the icing on the cake (a plant based cake!).

I remember the day of that physical. After meeting with my doctor, I went to the bookstore. I started perusing vegetarian cookbooks. After a while I actually broke out in a cold sweat. This was all so new to me. Ingredients I had never heard of had me on the verge of a panic attack. What was I going to cook? What would my meat and potato loving hubby think? I could hear him now, "Here she is, on another bandwagon!"

Years ago during my counseling studies, I read a book by Susan Jeffers called "Feel the Fear and Do It Anyway". That became my mantra. Buy a book. Purchase some funny sounding ingredients like tempeh, and try one recipe at a time. Feel the fear and do it anyway!!

The rest is history. I felt the fear, did it anyway, and have been blessed with experiences I never dreamed of. New doors opened, a new career post retirement emerged, and I've been privy to meeting wonderful, courageous, curious and open-minded individuals.

And Karen is one of them. Here's her story.....



Joanne, a former teacher, social worker & school counselor, whose passion for health and wellness remained constant throughout her life, became certified in 2008 by Physicians Committee for Responsible Medicine to teach its Food for Life curriculums. In 2009 she received additional certification through the eCornell program as a plant based educator/consultant.

### Karen's Journey:

When I was diagnosed with breast cancer in 2001, I became very aware that my body was in dis-ease. The University of Minnesota treatment included surgery, radiation, and tamoxifen. Thankfully, healing treatments back then were just beginning to include more. Studies were being conducted on the importance of exercise. I was given acupuncture, and psychological counseling. This was helpful treatment I didn't even know to ask for. The good thing was that it made me realize healing involved the whole person. I began to explore diet and meditation. Unfortunately, there were limited resources available to me back then. I thought I was learning to eat a much healthier diet by the time I found Joanne's class in 2009. I was wrong.

The research based class sold me on the importance of the effect of certain foods on my health. With Joanne's lessons and guidance I learned how to prepare tasty foods that would also lessen the risk of cancer returning. I was motivated, and my husband, who was having trouble with the cholesterol medicine he was taking, was willing to give it a try. (Of course starting with a Kale smoothie and a chocolate mousse dessert convinced him he could do this.) We went completely plant based



for about 3 weeks, when we both noticed the difference. We became aware that we had more energy, fewer mood swings, better digestion, and were losing the cravings for sugar. The last thing we gave up was cheese and that one was hard. The reinforcement came not only with feeling better but we both lost some weight effortlessly. The best news was that Steve was able to eliminate cholesterol medicine. And both of us had improvement in our overall health in our yearly medical checkup reports.

Because I realized there was so much to learn, I offered to assist Joanne in any way possible so I could also continue to learn about great recipes and cooking techniques, and as a way to spread the word that this lifestyle change is worth the fort. In fact it is invaluable.



This "Guide" is meant to support you as you journey into the wonderful, healing world of plant based foods. So many participants in both my private cooking classes and in our Food for Life classes have expressed a strong desire for that guidance. Karen and I are continually asked, "Where should I shop; what should I start buying? How can I be sure I'm getting adequate protein and calcium? How do you prepare tofu and tempeh? What is seitan? Can I still create old favorite comfort foods with plant based ingredients? How do I use some of these funny sounding foods? Some people say you need oils and meat. I'm confused and I don't like to cook. Help!"

Hopefully, new-found confidence will be realized with these helpful hints and recipes. And, most importantly, by observing your own health transformation - be it weight loss, lowering lipid numbers, normalizing blood pressure, increasing your energy, losing weight, improving and/or reversing type 2 diabetes, and just feeling lighter and healthier, you will be well on your way to embracing a whole foods, plant based lifestyle.





### **What do we Mean by a Whole Foods, Plant Based Nutrition Lifestyle?**

Simply put - it means a nutrition lifestyle from these four food groups: fruits, vegetables, legumes (peas, beans and lentils), and grains. It means eating 'whole', unprocessed foods, small amounts of healthy fats, and avoiding all animal protein (beef, pork, chicken, lamb and seafood), and dairy products.

Keep in mind that each person has different nutrition needs based on weight, physical activity, and health. Our *Guide* presents an overall blueprint on the benefits and how-to's of plant based nutrition. It is important for anyone considering a major nutrition change to first consult with your personal physician or a medical practitioner credentialed in plant based nutrition.

Plant based foods have been scientifically proven to not only prevent disease and chronic conditions, but are known to enhance survival for those living with serious illnesses. The choice is yours. Give yourself three weeks, just twenty-one days of plant based eating, and you will find that your cravings for fatty, salty, and sugar enriched foods - the foods your neighbors down the street indulge in - will wane, and that the body fat you might be

carrying around will start to melt away. Your energy level will rise to new heights; you might notice that if you're on medication for Type 2 diabetes, your medications might need to be adjusted, and a new radiance that has your friends wondering what's happened to you will shine through every fiber of your being. So step into our world - feel the fear, do it anyway, and embrace new found health and vitality!

I encourage readers to check out our Bibliography and Web Site information for in-depth medical and scientifically researched information. Learn from the experts - those physicians and scientists who've done the clinical work, and published the research. The available books are abundant! What we share here is not some fad way of eating. Simply stated - it's the real thing; the research cannot be refuted!

### **How is Eating this Way Going to Help Me?**

How would you like lowered cholesterol, triglycerides, and blood pressure?

Do you need to lose any weight and feel more energized?

If you're experiencing joint pain, would you like to feel less discomfort and swelling?

Would you like to prevent heart disease?

If you're a cardiac patient, how about reversing your heart disease?

How would you like to prevent certain cancers?

If you're a cancer patient, this way of eating has been known to enhance survival in many instances!

Finally, plant based lifestyle is good for the sustainability of our planet!

## A Few Clinical Sound bites for Your Toolbox When Friends Wonder if You've Gone Off the Deep End!

### Why no Dairy? Don't I need Calcium to Build Strong Bones and Prevent Osteoporosis?



If you read Professor T. Colin Campbell's twenty year research on the relationship between disease and nutrition in his acclaimed "The China Study", you will come to understand how and why dairy is toxic. In a nutshell, dairy is composed of 87% casein animal protein. Casein has been proven to be one of the most toxic substances known to man. Akin to dioxins, casein has been linked to a host of illnesses and chronic conditions, from autoimmune disorders, asthma, arthritic conditions, heart disease, and allergies, to cancer. Loaded with saturated fat and artery clogging substances, dairy is no longer man's best source of protein and calcium. Professor Campbell, who was raised on a dairy farm and spent his early research years trying to improve the protein capacity in dairy, unveiled the reality of dairy's link to disease. Campbell admitted that he had to strip away his early beliefs and perceptions with each discovery.





Healthy sources of calcium include dark leafy green vegetables - kale, collards, bok choy, broccoli and calcium fortified foods such as tofu, non-dairy milks, and legumes.

Dairy is loaded with saturated fat, artery clogging compounds, growth hormones, antibiotics, and unknown pathogens. How does that sound for a refreshing drink or snack? But I can hear you whispering, "Dairy protects bones. Where else would we get our calcium?"

Truth be told - the countries that consume the most dairy - the United States, New Zealand, Australia, and Northern Europe - have the highest rates of hip fracture. Go figure! Read the science. Excess dairy can lead to calcium depletion, not to mention clogged arteries. Dairy is acidic. To counteract and balance the influx of acidity into our systems from animal protein and dairy, our bodies leach the calcium (an alkaline mineral) from bones.

The other factor relates to Vitamin D. The sun gives us Vitamin D which is absorbed through our skin. That Vitamin D is also needed to absorb calcium. However, the difficult to understand mechanism at play is that when we take in too much calcium from dairy and supplements, Vitamin D says, "Hey, there's sufficient calcium entering this gal's body; we don't have to activate." Instead, calcium isn't absorbed!! The milk-mustached ads don't tell us that!

Embracing a whole foods, plant based lifestyle, along with exercise, will give you all the calcium you need for health and bone protection. Adults, on average, require about 1000 milligrams of calcium daily. Legumes are loaded with calcium, and dark, leafy greens, the kings of immunity, are filled with absorbable calcium. (Save spinach and Swiss chard which do not have absorbable calcium. Keep that in mind when preparing foods. Those dark greens have other vitally important nutrients, not absorbable calcium!) Other good calcium sources are from figs, walnuts and other nuts, sesame and other seeds, fortified breakfast cereals and fruit juice. Non-dairy milks, such as soy, almond, rice and others are also fortified with calcium and Vitamin D, as well as many non-dairy yogurts. It's always a good idea to have your blood levels checked during yearly physicals to ensure adequate Vitamin D levels, and assess if supplementation is needed.

**Some examples of food, serving size, and calcium content in milligrams:**

Tofu fortified with calcium (1/2 cup)	253 mg
Collard greens, cooked (1 cup)	268 mg
Sesame seeds, unhulled (1 T)	88 mg
Bok choy, cooked (1 cup)	160 mg
Navy beans, cooked (1 cup)	160 mg
Almonds, (1 oz)	70 mg
White beans (1/2 cup, cooked)	81 mg
Fortified soy milk (1 cup)	299 mg
Fortified orange juice (1 cup)	349 mg
Turnip greens (1 cup, cooked)	197 mg

## What About Protein?



Whole, plant based foods provide adequate protein along with the essential amino acids needed for healthy bones, muscles, tissue repair, and to keep our immune systems in peak performance. Don't let anyone tell you otherwise. Animal protein - from beef, pork, lamb, dairy, and poultry - give nothing but hefty doses of saturated fat, carcinogens, growth hormones, antibiotics, pathogens, and elevated cholesterol. And red meat, the Darth Vader of foods, is linked to colon cancer, heart disease, Type 2 diabetes, and obesity!

If you're still feeling skeptical, check out some of the largest and strongest animals on our planet - gorillas, elephants, horses, hippos, cattle and bison. Where do they get their protein? From plants!

10 - 20% of the calories from most plant foods are from protein. Humans need only 10-15% of their calories from protein, so requirements for that macronutrient are easily met with plant based foods. To calculate the amount of protein needed on a daily basis, multiply your weight by 0.36, and you'll get an approximation of needed grams. For instance, an individual weighing 120 pounds would require 43 grams of protein on a daily basis. Protein needs also depend on your daily physical activity. The other reality is that there are no protein deficiencies among humans living in industrial nations.

A perception which began in the 1950's had people believing that in order to receive nutritional benefits from plant based foods, an individual had to combine certain plant based groups at meal times. Not true! Scientific research has dispelled that notion. Eating a variety of foods from the New Four Food Groups gives you the macro and micronutrients needed for health and wellness. Still, certain organizations continue to perpetuate that myth. The American Dietetic Association has stated, "Plant sources of protein alone can provide adequate amounts of the essential and non-essential amino acids, assuming that dietary protein sources from plants are reasonably varied and that caloric intake is sufficient to meet energy needs. Whole grains, legumes, vegetables, seeds, and nuts all contain essential and non-essential amino acids."

Beans, soy products, whole grains, and even vegetables contain protein. Quinoa, called the 'Mother Grain' contains the most protein of all the grains. Besides being a great source of protein, quinoa contains the essential amino acids. And just a  $\frac{1}{2}$  cup of beans provides 7 grams of protein - a healthy source of protein!

Remember, too, to diversity your foods. Eat a variety of different grains, beans, greens, and non-dairy milks. For instance, instead of cooking oatmeal many mornings, prepare quinoa, amaranth or rice porridge. Instead of cooking primarily with black beans, vary your legumes, using lentils, kidney beans, black eyed peas, etc.



## Olive oil is still good for us, right?



**Wrong!** This is one of the hardest realities for folks to accept. Olive oil and other oils, especially coconut oil, the dream child of Madison Avenue, contain nothing but fat. That fat goes directly from your lips to your hips, thighs, waistline, cheeks, and you can fill in the other parts, not to mention how it leads to sludgy blood! As Dr. Michael Klaper so aptly intones, "Oil is nothing but liquid fat!" Olive oil has no nutrient value. Whole olives do. One tablespoon of olive oil contains a whopping 120 calories. Drizzle a few tablespoons on your salad, dip bread in oil, and you've already exceeded your caloric intake for dinner.

Folks, again, question, "What about the, supposedly, healthy Mediterranean Diet? Isn't that filled with olive oil?" Health benefits from the so-called Mediterranean Diet come from the copious amounts of fresh fruit and vegetables consumed in that part of the world. Let's be clear, however. There is really no one set Mediterranean Diet. The countries bordering that Sea are diverse. Italians, Spaniards, Greeks, and Middle Eastern countries are diverse in their cuisine. Greece boasts the highest rate of obesity in that

part of the world. That fat doesn't come from fruits, vegetables and legumes; it comes from the oils!

You're probably wondering, "How in the world am I supposed to sauté my vegetables?" You will be wondrously thrilled at how easy it is to sauté without oil. No slithery, artery clogging oil to ruin your veggies and clog your arteries. When stir frying veggies, preheat your pan on medium heat for about 1  $\frac{1}{2}$  minutes. Then sprinkle some water in pan to make sure it sizzles and is good and hot. Add your veggies, stir constantly, and to prevent burning, add a little of these liquids - either water, soy sauce, vegetable broth, wine, whatever be your pleasure, but leave out the oil!

Both my maternal and fraternal grandparents emigrated from the same small town in Sicily called Salaparuta. My fraternal grandfather died at 75 from years living with heart disease. My obese fraternal grandmother died at 72 of congestive heart failure. (Olive oil was a mainstay in her home and ours!) My father's slim brother died at 55 of myocardial infarction, and his remaining twin brothers both suffered from ongoing heart problems. No physician ever told them to cut out the saturated fat, oils, dairy, meat, and sugars. However, they faithfully took their daily regimen of pills!

Admittedly, my father, a smoker his entire life, died at the blessed age of 93. However, when I reflect on the eating lifestyle I experienced growing up, we enjoyed salads at every meal, and ate loads of pasta with vegetables - pasta with lentils every Wednesday night, pasta with peas, pasta with broccoli, pasta with cauliflower, escarole and red kidney beans with rice. We ate meat, of course, but not at every meal, perhaps two to three times weekly. I can hear my father now, "A week without pasta is a week without sunshine!"

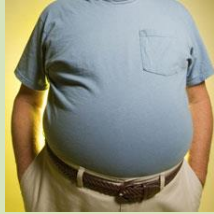
The other factors that gifted my father with long life were his active lifestyle and his zest and passion for music. Dad played violin since he was seven years old, and throughout his life, music was his first love. He was never without involvement in string quartets and local symphony orchestras. We know from the field of psychoneuroimmunology how important it is to express emotions, and to follow one's bliss, inner callings, and creativity. Combined, those factors enhance our immune functioning.

Though my father had surgery at 75 for colon cancer, he survived that disease, and continued enjoying a vibrant retirement with his musical friends until his early 90's. Each day he would awaken and sing his mantra, "It's great to be alive, thank you, God!" Gratitude, following your bliss, and expressing joy work miracles!

Before moving on, I have to say something about coconut oil which is truly the darling of modern day marketers. If you want the health benefit from coconuts, buy a whole coconut, take a hammer and crack it open. Enjoy the fruit! However, once that fruit is processed, you have nothing but dangerous, clogging saturated fat. According to a phone conversation I had with Dr. Caldwell Esselstyn, ("Prevent and Reverse Heart Disease"), there is no research, to date, that evidences any health benefits from coconut oil. Until solid, scientific, statistically significant research (that's a mouthful) proves coconut oil as beneficial, Dr. Esselstyn's recommendation is to use the oil, but only on your hair!!



## What about Fat? Don't we Require A certain Amount of Fat for Health?



Class participants commonly state, and then question, "We need fat. How do we get the necessary fat from a plant based lifestyle? Isn't salmon good for us?"

There is some truth to their statements. Our bodies require a certain amount of fat for brain function, for our hearts, and especially for infant/child development. However, we need the good kind of fat, which comes from the Omega 3 essential fatty acids. (A red flag on salmon - it has more saturated fat than beef, and farm-raised salmon is filled with toxins. Avoid it!)

There are two kinds of essential fatty acids, Omega 6's and Omega 3's. We need both, but in the right ratio. Omega 6 fatty acids can increase blood pressure, cause inflammation, allergic reactions, and cell proliferations. Omega 3's have the opposite effect and are known to be anti-inflammatory. The healthy ratio of Omega 6's to Omega 3's should be around 4:1. Our eating lifestyle should be creating an inner terrain free of inflammation! Just walk around any American Mall, and you'll see inflammation in all its glory.



The SAD ratios of Omega 6's to Omega 3's is about 16: 1. Even in oil consuming vegans, that ratio can be as high as 110:1. Those ratios cause inflammation and disease. Read the ingredients on processed food labels. Oils are common additions - safflower, peanut, soybean, sunflower, sesame, etc. Too much Omega 6 impedes the work of Omega 3's!

Sufficient amounts of Omega 3's in your diet can be obtained by sprinkling two tablespoons of ground flax seed daily, on your oatmeal, porridge, or salad. To obtain the nutritious lignans in flax seeds, they must be ground. Chia seeds, on the other hand, also high in Omega 3's, do not need to be ground for their nutritional benefits. Enjoy a handful of walnuts or almonds a few times a week, either as a snack or on your morning oatmeal, and you'll boost your Omega 3 intake.

Fat is present in plant based foods. Many find that surprising. Bell peppers are 9% fat by calories; broccoli-10%, soybeans-41%, and strawberries-8%. The plant based foods with the highest fat content are nuts, seeds, olives, avocados, and coconut meat. Those foods weight in at 70-90% fat. According to Dr. Esselstyn, individuals with cardiovascular disease need to avoid nuts, seeds, oil, and avocados because of their high fat content.

According to Dr. Joel Fuhrman, sprinkling some seeds or nuts on salads increases absorption of the nutrients in the salad. We want to make sure we take in all those disease fighting antioxidants and phytochemicals! Consuming an oil free, plant based lifestyle, and steering clear of the higher fat foods, (indulging them only on special occasions), will provide approximately 10-15% of our total calories from fat, which is the stated ideal. Eating whole, plant based foods will give you all the essential fatty acids needed, and in the right ratio of Omega 6's to Omega 3's. That's a prescription for health and wellness!

## LET'S BEGIN.....SPRING CLEANING IN YOUR PANTRY AND REFRIGERATOR!



Stock your pantry and frig with foods that are clean, green, and healthy. By that I mean check labels to ensure that foods are free of saturated fat, hydrogenated oils, tropical oils like coconut, cottonseed and palm oils, coconut water, and dairy (milk, whey, casein, and nonfat milk products), lard, and high fructose corn syrup. Now you don't have to run out and buy every product listed. Start slowly. You'll get there.

**PLANT BASED FOODS FROM THE NEW FOUR FOOD GROUPS:  
FRUITS, VEGETABLES, LEGUMES, & GRAINS  
Food for your Pantry, Refrigerator and Freezer**

**THE NEW FOUR FOOD GROUPS  
Fruits, Vegetables, Legumes and Grains**



**FRUITS**

**Pantry/Fresh**

**Refrigerator**

**Freezer**

Baby food: prunes, squash, yams  
Organic & unsweetened applesauce,  
Crushed pineapple  
Dried raisins, cranberries,  
Blueberries, other dried fruit  
Fresh fruit  
Sundried tomatoes in water

Oranges  
Lemons/Limes  
Fresh unsweetened fruit  
juice  
Apple Butter  
Medjool or Deglet dates

Blueberries  
Mixed berries  
Freeze bananas for  
smoothies

# VEGETABLES



## Pantry/Fresh

Diced chilies  
Fat free marinara sauces  
Organic stewed tomatoes  
Organic tomato puree  
Organic tomato sauce & paste  
Roasted red peppers packed in water  
Vegetable broth  
Organic soups  
Vegetarian bouillon cubes  
Sweet potatoes  
Yukon Gold potatoes  
Dried seaweed in packages:  
Wakame, dulse, nori or kombu

## Refrigerator

\*\*\*\* Dark leafy greens: kale, collards,  
Swiss Chard, spinach, beets  
Variety of lettuces  
Cauliflower, Broccoli  
Mushrooms  
Scallions  
Cucumbers  
Radishes  
Ginger  
Artichokes packed in water  
Kalamata olives  
Capers

## Freezer

Frozen veggies  
to use in stir fries  
Frozen hash browns  
Always good to have  
some packages of  
spinach, kale, peas  
broccoli, corn  
in freezer

\*\*\*\*According to Dr. Joel Fuhrman, dark, leafy greens are the King of Immunity and mushrooms are the Queen!

# LEGUMES (Beans, Peas & Lentils)



## Pantry/Fresh

Organic beans: black, red kidney, garbanzo, pinto, black-eyed peas, cannellini, great Northern, adzuki

Dried beans: lentils (red, brown and green)

Split peas

Vegetarian baked beans

Fat free refried beans

## Refrigerator

## Freezer

Cooked frozen beans can be found in health food stores.



# GRAINS



## Pantry/Fresh

Variety of whole grain pastas  
and non-wheat pastas such as  
Brown rice, spelt, artichoke or  
Quinoa pastas  
Brown rice – long and short grain  
Basmati brown rice  
Quick cooking brown rice (Success)  
Quinoa  
Farro  
Bulgur wheat  
Couscous  
Polenta  
Cornmeal  
Millet  
Pearl Barley  
Ezekiel Bread – made from sprouted grains

## Refrigerator

When choosing grains, buy 'whole' grains over refined grains. The latter are devoid of nutrients. Whole grains provide essential fiber, minerals, B vitamins, protein and anti-oxidants!

## Freezer

# BREAKFAST



## Pantry/Fresh

Whole grain cereal without added fats or sugars, such as Ezekiel sprouted whole grain cereals, or Shredded Wheat  
Steel cut oats  
Old-fashioned oats  
Whole grain pancake & waffle mix  
Grits

Note: Check: Bobs's Red Mill products

## Refrigerator

Pure maple syrup  
Firm organic tofu  
Tempeh bacon  
Plant based sausages  
Fruit sweetened jellies  
Organic peanut butter  
Organic almond butter  
(There are other nut butter choices.)  
Non-dairy milks: (Try many and keep your favorites on hand.)  
Almond, rice, soy, oat, hemp, Cashew  
Silken tofu for smoothies

## Freezer

Organic home fried potatoes

## BAKING ITEMS



### Pantry/Fresh

### Refrigerator

### Freezer

Flours: Stone ground organic whole wheat, wheat pastry,

Bread flours, non-wheat flours (spelt, kamut, etc.)

Baking powder – aluminum free

Baking soda

Cornstarch or arrowroot (thickener)

Ener-G Egg Replacer

Almond meal

Dates for baking

Semi-sweet, dairy free chocolate chips

Cocoa powder, natural, alum free

Extracts: vanilla, almond, male

Gluten free flours for folk with celiac

Baby foods for baking (prunes, sweet potatoes)

Brown rice syrup

Silken Tofu

Apple Butter





# DAIRY ALTERNATIVES



## Pantry/Fresh

## Refrigerator

## Freezer

Non-dairy milks (as above)  
Non-dairy butter substitute, such as  
Earth Balance (use minimally)  
Non-dairy cream cheese, like  
Tofutti  
Non-dairy sour cream, (Tofutti)  
Non-dairy yogurts  
Cheeses: Daiya, Follow Your Heart  
(mozzarella, cheddar and Monterey  
Jack substitutes  
Cheeses for grilled cheese – (Dairy & Casein free!)  
Vegan parmesan substitute (Casein free)

# NUTS AND SEEDS



## Pantry/Fresh

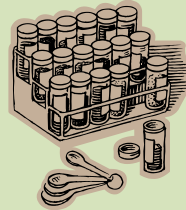
## Refrigerator

## Freezer

Flax seed (Buy whole and grind or  
buy already ground flaxmeal)  
Tahini (sesame seed paste)  
Chia seeds  
Hempseeds

Walnuts, Almonds,  
Brazil, Cashews  
(Store in freezer to  
retain freshness.)  
Sesame seeds

# CONDIMENTS, SEASONINGS, & SPICES



## Pantry/Fresh

Variety of vinegars

(Rice, balsamic, white wine, sherry)

Allspice

Chili powder, red pepper flakes

Cinnamon, nutmeg, ginger, cloves

Italian spices: basil, oregano,

Thyme, parsley, rosemary, garlic

Onion powders or flakes

Zippy spices: cumin, coriander, curry,

Cardamom

Pumpkin pie spice

Chinese Five spices

Garam Masala (for Indian cuisine)

Dried sea vegetables: wakame flakes,

Dulse, nori, kombu

## Refrigerator

Organic ketchup

Mustard (Dijon, Stone-ground)

Oil free salad dressings, such as

Maple Grove cranberry or vinaigrette

Vegannaise (dairy free mayonnaise)

Tamari (soy sauce, low sodium)

Tabasco

Vegan Worcestershire sauce

Black strap molasses, sulfur-free

Miso (various kinds to choose from: white miso,

chickpea miso, yellow miso)

Liquid smoke

Nutritional yeast

## Freezer

# MEAT ALTERNATIVES

## Pantry/Fresh

## Refrigerator

## Freezer

Tofu  
Tempeh  
\*\* Tofu hot dogs  
Tofu sausages  
Soy curls

Veggie burgers  
Gardein and Beyond Meat are  
manufacturers making meat  
substitutes

\*\* These foods are processed and helpful to use when transitioning to a plant based lifestyle. It's good to limit their use.



A Healthy and Delicious Tofu Marsala

# SPECIAL TREATS

## Pantry/Fresh

Gluten free pretzel sticks  
Organic non-GMO corn for popping  
Rice cakes  
Fat-free, whole grain crackers (Rye Crip, Finn  
Crisp, Wasa)  
Mary's organic & gluten free crackers  
Baked tortilla chips

## Refrigerator

## Freezer

Soy ice creams  
Frozen bananas





## KEEP IN MIND!!! **G-BOMBS** (From Dr. Joel Fuhrman)

**G= Greens:** The most nutrient dense of all foods. 100 calories/pound! Protect blood vessels, reduce diabetes risk, contain important anti-oxidants and phytochemicals which remove carcinogens, reduce inflammation, neutralize oxidative stress, and inhibit angiogenesis. Dark leafy greens are the King of Immunity!

**B= Beans:** Most nutrient, dense carbohydrate source. Loaded with fiber, calcium, protein, promotes satiety. Eating beans 2/week found to decrease colon cancer risk by 50%.

**O= Onions:** Allium family, along with garlic, chives, leeks, scallions. Block angiogenesis, halt cancer cell growth. Its anti-oxidant, quercetin, slows tumor development and induces apoptosis (cell death.)

**M= Mushrooms:** A Chinese study found that women who ate 1 mushroom (10 grams) daily had 64% decreased risk of breast cancer. Has anti-cancer properties. Adding green tea to the equation boosts decreased risk to the 80<sup>th</sup> percentile! Should be eaten cooked, not raw! Several mushrooms, eaten raw, contain a potentially carcinogenic substance called agaratine. Cooking mushrooms reduces agaratine.

**B= Berries:** Super foods! High in anti-oxidants; inhibit angiogenesis activity.

**S= Seeds:** Good source of healthy fats. Flax, chia & hemp seeds are high in omega 3's fatty acids. Sesame seeds have highest amount of calcium of any food in the world. Pumpkin seeds are a good source of calcium and zinc. When sprinkled on greens, the healthy fats in nuts and seeds aid in the absorption of the nutrients in the greens.



**Now that you've done your Spring cleaning, and re-fortified your frig and pantry with healthy, healing foods, let's get cooking and eating.**

- **Dr. Alana Pulde**, in a recent webinar interview, had this helpful suggestion for folks wanting to try a plant based foods. For the first week make every breakfast plant based. Just breakfast. During the second week, in addition to plant based breakfasts, add a plant based lunch to your new eating repertoire. This way two meals out of three will be plant based. At the third week, add daily plant based dinners to breakfast and lunch. At this point your cravings for fat, sugars and sweets will be on the decline. You're getting there!
- Make a list of your favorite meals. Spaghetti and meatballs, anyone? Try Gardein's meatless meatballs. You'll be surprised at how tasty they are. Buy some Boca crumbles, brown them, and add to your favorite marinara sauce and, walla, Bolognese without the meat! Instead of egg salad and chicken salad sandwiches, try some 'faux' wraps (recipes on my website). Folks love them!
- Are tacos or burritos some favorites? Ditz the meat. Prepare them with beans and veggies instead.
- Chili tastes just like chili with beans and veggies.
- For lunch try a wrap with hummus, grated carrots and greens.

## SUBSTITUTIONS AND NEW INGREDIENTS



### REPLACING EGGS

Very challenging indeed! Those little yellow eyed globs of cholesterol create heavenly baked goods and confections. When we cook it's the egg that binds, creates cohesiveness and gives oomph to a recipe. What shall we do without them? Try the following and be pleasantly surprised. Your arteries will shout, "Thank you!"

#### **Flaxseeds**

- 1 T ground flaxseeds plus 3 T warm water. Grind the seeds in coffee grinder or buy ground flaxseeds. (Store in refrigerator. Highly perishable.) When beaten with warm water, the flaxseeds become gel-like. Whisk, let them set a few minutes, they gel, and you have your egg and will be able to eat it, too!
- Works best and very well in pancakes and whole grain items.
- Flax gives us all important omega-3 fatty acids.

#### **Extra Firm Silken Tofu**

- $\frac{1}{4}$  cup silken tofu blended = 1 egg. Beat in blender till creamy. Mix wet ingredients into tofu to get it to blend just right.
- Works best in dense cakes & brownies. (If recipe calls for 3 eggs, use only 2 tofu eggs.)
- In cookie recipes, may make cookies more cake-like and fluffy, so add 1 tsp starch (arrowroot or cornstarch) to recipe.
- Not too terrific in pancakes!



**Ener-G Egg Replacer (can be purchased at health food store)**

- 1  $\frac{1}{2}$  T Ener-G + 2 T very warm water mixed well = 1 egg
- Works best in cookies or things that are supposed to be a little crispy. Resembles egg whites when beaten.

**Banana**

- $\frac{1}{2}$  banana mashed very well = 1 egg
- This works wonders as an egg replacer in baking. They hold air bubbles well, make recipes nice and moist, and give added flavor. Works best in quick breads, muffins, cakes, pancakes.
- Make sure you use ripe bananas that are just starting to turn brown.

**Soy Yogurt**

- $\frac{1}{4}$  cp soy yogurt = 1 egg
- This works a lot like beaten tofu, making recipes moist and tasty.
- Works best in breads, muffins and cakes.

**Applesauce**

- 3 T applesauce = 1 egg.



## GORGEOUS GRAINS

(Get to know them, and how to cook them!)



**Amaranth:** An ancient grain, cultivated by the Incas. Tiny grain, good protein source, high in lysine. Strong, nutty and sweet flavor. Can be used in baking or as breakfast cereal.

**Cooking:** 1 cup grain to 2  $\frac{1}{2}$  cups water. Bring to a boil, simmer 20 minutes, results in 2 cups cooked amaranth.

**Barley:** Full of flavor and chewy. Can be used in soups, stews, pilafs and salads or as a breakfast cereal. Pearl barley is less nutritious than unrefined whole barley.

**Cooking:** Bring 1 cup hulled barley and 3 cups water to a boil. Simmer for 1 hour. Drain, if necessary. It should make about 3  $\frac{1}{2}$  cups of cooked barley.

**Buckwheat:** (Also known as KASHA) A traditional ingredient in eastern Europe, buckwheat groats or kasha, as they are called when cooked, are rich in protein with a nutty, earthy flavor. Good in pilafs with nuts and raisins.

**Cooking:** To make 2 cups of cooked kasha, use 2 cups of water to 1 cup of grain. Bring to a boil, cover, and simmer for 15 to 20 minutes.



**Bulgur:** Sometimes referred to as 'cracked wheat'. Comes in small, medium or coarse grinds. Great in Mediterranean and Middle Eastern meals. Full of fiber, bulgur has a nutty flavor and fluffy texture when cooked. It is main ingredient in tabbouleh salad.

**Cooking:** Use 1 cup of grain to 2 cups of water. Boil the water. Pour boiling water over the grains. Cover grain well and let sit for 30 minutes off the heat. It's done! So easy!

**Corn:** In reality, corn is a grain, though it is more often treated as a vegetable. It can be ground into different textures - cornmeal or grits. Its uses are varied: in baked goods, to make cornbread, porridge and polenta.

**Cooking:** You know how!



**Couscous:** Though it's usually called a grain, couscous is actually a tiny pasta made from semolina wheat. A staple of Africa and used in Middle Eastern cooking, couscous has a neutral taste and fluffy texture. Goes great with stewed vegetables. Chickpeas and raisins are often added to couscous sauces. A light seasoning of ground coriander, paprika and cumin spices the couscous. In the U.S. almost all couscous is precooked.

**Cooking:** 1 cup couscous to 2 cups water. Bring couscous and water to boil, simmer for 2 minutes. Then take off heat. Let grain sit, covered, for 10 minutes. Fluff with fork before serving.

**Kamut:** This ancient member of the wheat family had its origins in Egypt. The grains are large, chewy and dense when cooked. With a long cooking time, it is best to soak overnight to reduce its cooking time.

**Cooking:** 1 cup of grain to 4 cups of water. Boil, then simmer, covered for 2 hours.





**Millet:** One of the oldest grains in existence, millet has been popular for thousands of years. It exists in some form on every continent. Millet is very nutritious; high in protein, rich in iron, calcium, B vitamins and potassium- a super, healthy food! It is highly digestible, cooks fairly quickly and works very well in stuffings, pilaf, and patties. Can also be used as a breakfast cereal, with some cinnamon and raisins. *Gluten Free!*

**Cooking:** Boil 1 cup of millet in 3 cups of boiling water. Simmer, covered, for 45 minutes. This makes 3 cups of cooked millet.

**Oats:** Steel cut (best), rolled (next), and quick cooking (least), oats are mainly used as a breakfast cereal. They can be ground into flour and used in baking or to give density to patties.

**Cooking:** Rolled: 1 cup of oats to 2 cups of water. Bring to a boil, then simmer for 5 minutes. Stir often. For steel cut: 1 cup of oats to 4 cups of water. Bring to boil and simmer for 20 minutes. Cooking steel cut in slow cooker overnight works great: 1 cup steel cut to 4 cup water. Cook on low overnight and in the morning you have a hearty breakfast.





**Polenta:** Is coarse cornmeal. Cornmeal that is organic and stone-ground can be used to make polenta. Serve polenta soft from the pot, chilled and then pan fried.

**Cooking:** 1 cup polenta to 5 cups of water and  $\frac{1}{2}$  tsp salt - Bring water and salt to a boil in pot with lid. Pour the polenta in very slowly, stirring with a whisk as you pour. Lower the heat to a simmer and cook for 12 to 15 minutes, stirring often. Turn off the heat and cover for 10 minutes, stirring occasionally.



**Quinoa:** Known as the 'mother grain', it has been cultivated in the Andes region of South America for thousands of years. It was the mainstay of the Inca civilization. It's the grain with the most protein. It has a great balance of amino acids, contains calcium, B vitamins, E, and iron. It cooks quickly, is light in texture and has a nutty flavor. Great in pilafs, salads, stuffings, puddings and even used to make burgers. Versatile is its second name!

**Cooking:** 1 cup quinoa to 2 cups of water. Boil, then simmer for 15 minutes. This makes 4 cups of cooked quinoa.

**RICE** - There are many varieties: Arborio, Brown Rice (both short and long grain varieties), Basmati (both brown and white), Jasmine, Sticky, White, Sushi, Wild.

**Cooking:** Read package directions.



**Spelt:** One of the oldest cultivated grains. It's related to wheat and often referred to as 'farro'. With a mild, nutty flavor, it is well tolerated by people with wheat allergies.

Because of its large size and long cooking time, it benefits from overnight soaking.

**Cooking:** 1 cup of spelt (farro) to 2  $\frac{3}{4}$  cups of water. Bring to boil, then simmer, covered, for 1 hour.

**Teff**: This is a very, very small grain! When cooked, it has a sweet flavor and a somewhat gelatinous consistency. Best used in puddings and baked goods. The Ethiopian flatbread called injera is made with teff.

**Cooking**: 1 cup of teff to 3 cups of water. Bring to boil, simmer, covered, for 15 minutes.

**Information from:**

“Vegan Planet” by Robin Robinson

“Veganomicon” by Isa Chandra Moskowitz & Terry Hope Romero

“Vegetarian Planet” by Didi Emmons

Internet







## LEGUMES (Peas, Beans and Lentils)

We're all familiar with the childhood rhyme, "Beans, beans, the musical fruit; the more we eat, the more we toot!" Tooting is one of the main reasons these nutrition powerhouses are avoided like the plague. The good news is that the flatulence generated by some beans can easily be alleviated by proper cooking methods, knowing which beans are easiest on our digestive systems, and then slowly added the legumes to your nutrition repertoire.

Legumes are excellent sources of protein, containing 14 grams in 1 cup, and minus the saturated fat, antibiotics, hormones, and occasional parasites in animal protein. Besides being protein packed, beans have absorbable calcium, all important fiber, complex carbohydrates that balance blood sugar levels, and a host of vitamins and minerals.

**And in addition.....**

- Beans have the potential to protect and battle against high blood pressure, cardiovascular disease, cancer, diabetes, obesity, and digestive disorders; they help to regulate blood sugar and contain a wealth of important nutrients.
- Dried peas and beans have far more phytonutrients than fresh varieties sold in grocery stores.
- Lentils are the legume superstars with more antioxidant activity than all other legumes.
- Breast cancer patients – enjoy your lentils. They’ve been shown to be the legume that is most protective against disease recurrence. Enjoy them a few times a week!
- Following lentils, the legumes, in order with the most antioxidant activity to the least, are black beans, kidney beans, yellow peas, chickpeas (also known as garbanzo beans), and green peas.
- Garbanzo beans contain the most iron of all legumes.
- Legumes contain a trace mineral called molybdenum which removes sulfites from our bodies.
- Cooking beans in a pressure cooker retains the most antioxidant activity.
- To retain the antioxidants in beans after cooking them in liquid, let them soak in the cooking liquid for about an hour. The beans will reabsorb the nutrients from the cooking liquid.

- Do not fear beans because of flatulence. There are ways to reduce that embarrassing effect. When cooking dried beans, add a two inch piece of kombu, a sea vegetable, to the cooking liquid. That helps to break down the starch that causes gas. Some people are born with a deficiency in the enzyme that breaks down those starches. Others do not have a problem.
- If you haven't been accustomed to enjoying beans, there are products, such as 'Beano' that help with digestion. Take a "Beano" before eating beans, and you'll be just fine. After a while your body will befriend the bean, and bye-bye gas!
- Some beans are harder to digest than others. The following lists the hardest to digest to the beans that produce very little gas:
  - Lima beans
  - Pigeon peas
  - Kidney beans
  - Green split peas
  - Black beans
  - Black-eyed peas
  - Pinto beans
  - Navy beans
  - Lentils
  - Great Northern beans



## Let's Get Bean Cookin'

### Cooking dried beans:

<b>Dried Beans</b>	<b>Amount when cooked</b>
½ cup dried beans	1 ½ cups cooked beans
1 cup dried beans	3 cups cooked beans
1 pound (2 cups) dried beans	6 cups cooked beans

- Before soaking dried beans, spread the beans on a cookie sheet, sort through the beans and pick out any small stones or debris.
- Rinse the beans well in cold water.
- Place beans in either a pot or good size wide mouth jar with lid, cover with enough cold water to allow for beans to expand, cover container, and let soak for 8 hours or overnight. If your kitchen is very warm, put the container in the refrigerator. That helps to avoid fermentation.
- Drain the beans well. Return beans to large pot. Cover with cold water. (For every 1 cup of dried beans, cover with 3 cups of water.) Do not add salt.
- Add two inch piece of kombu (sea vegetable) to the water. This helps to alleviate gaseous effect of beans!
- Bring to a boil. Then reduce heat to a very low simmer, cover pot, and cook beans according to following recommendations. Remember, different beans require different cooking times. So test for doneness. You'll get the feel of it after a while! To get the best results when cooking beans, remember to keep them on a simmer; that's the secret. And add a ½ tsp salt toward the end of cooking.

**Helpful hint when cooking lentils and split peas:** After rinsing, place the legume in large pot and cover with just enough cold water to cover the beans. On separate burner, bring a large pot of water to a boil. Then turn off heat, and cover pot to keep water hot. As your beans start to cook and water is absorbed, ladle the hot water over the beans, adding just enough water to cover the beans. Repeat the process until the beans are cooked. This ensures a nice consistency to the beans, not too mushy, not too firm, just right!

**Getting to Know You:** I'm including a description of the various beans you can buy and try. Be easy on yourself. Try not to feel overwhelmed with some of these new legumes. When I began eating this way, I concentrated on the beans I was friendly with – black beans, red kidney beans, cannellini beans, lentils, split peas, pinto beans, and navy beans. When you're ready, you may want to experiment with beans you've never had before. New discoveries are good for the brain! Michelangelo once said, "I am still learning!"

**Adzuki Beans.....** are little red beans that originated from East Asia. They're considered to be easily digestible, and loaded with important minerals: potassium, iron, magnesium, folic acid, zinc, and protein. Pretty good for a little bean!

**Anasazi Beans.....**are named after the extinct Anasazi Indians, and Pueblos. They are white in color with a distinguished maroon pattern on the bean. Considered a cousin to the pinto bean, anasazis are flavorful, sweet, and easier to digest than other beans. They cause less gas! They're a good substitution for pinto or red kidney beans. These nutrient packed gems go back 1500 years.

**Black Turtle Beans.....**are small, oval shaped, and you guessed it – black. Popular in South and Central American cuisines, these beans are known for their high iron content and sweet flavor. Be aware that when you cook these beans with other beans, the color from the black turtle runs through other beans, and can give the entire cooking pot a dark color. Do not presoak these beans. They tend to break up when cooked. Be vigilant when cooking them.

**Black-Eyed Peas.....**are the darlings of Southern cuisine. Black-eyed peas, often referred to as cowpeas, are small in size, almost white with a black spot. They're popular in African and Indian dishes. Requiring so soaking, black-eyed peas cook up in 30-60 minutes. On New Year's Day in the

deep South, these beans are often prepared in a recipe called 'Hoppin' John' which is supposed to bring good luck.

**Cannellini Beans**.....are known to headline many Italian dishes. Considered a white kidney bean, cannellinis have a smooth texture, and are easier to digest than most other beans. They have a delightful, tasty, nutty flavor.

**Garbanzo Beans (a.k.a. Chickpeas)**.....star in Mediterranean, Middle Eastern, and East Indian dishes. Think hummus and falafel! They're one of the oldest beans, dating as far back as 1500 BC. Firm and looking more like a nut, garbanzos take a bit longer to cook, about 1 – 1 ½ hours. Packed with protein and all the other benefits from the legume family, garbanzos are noted for their high iron content.

**Flageolet Beans**.....first and foremost, let's give this legume its rightful pronunciation - 'flah-joh-lay'. This French originating bean is considered the caviar of beans. Tiny in size, they range from creamy white to light green. If they're hard to find, navy beans are a good substitution for recipes calling for 'flageolet'.

**Great Northern Beans**..... are the largest, commonly available white bean. They make for tasty baked bean recipes, and are good additions for soups and stews. The best news is that they're the most digestible bean, producing the least amount of gas. What more could you ask for?? All is quiet on the homefront!

**Green, Brown and Red Lentils**.....are nutritional powerhouses. They are second only to soybeans in protein content. Research indicates that consuming lentils reduces the risk of breast cancer recurrence. They're packed with protein, fiber, and iron. Lentils do not require pre-soaking. Brown and green lentils cook in about 30-40 minutes, but brown lentils don't hold their shape well. They make fabulous lentil loaves and burger patties. Red lentils cook and dissolve very quickly. For added

protein, red lentils are a good addition to marinara sauces and soups. Eat lentils a few times a week for health and vitality!

**Green, or Yellow Peas, Split or Whole.....**On a cold day in Fall or Winter, there is nothing better than a bowl of hot split pea soup! These tasty peas make great soup dishes, and when ground, serve as excellent thickeners for other dishes, like faux meat loaves and burger patties. If you're using the 'whole' pea, soaking is needed, whereas the split pea requires no pre-soaking.

**Kidney Beans.....**are large, red beans packed with antioxidants. Popular in chili dishes, soups, and baked beans, it's important to cook them until tender to eliminate their gaseous effect. When cooking dry kidney beans, adding a 2-inch piece of kombu to the water helps to eliminate gas. Making beans a part of our daily nutrition will keep our cells healthy and happy.

**Lima Beans.....**were my least favorite bean in childhood. Now I love them. With their hearty taste, they're a great addition to bean and grain salads, soups, or combine with corn and green beans for traditional succotash.

**Mung Beans.....**most people hear 'mung' and they think of sprouts. Mung bean sprouts are healthy additions to salads and stir fries. They are high in zinc. Mung Beans cook very quickly and require no pre-soaking.

**Pinto Beans.....**are widely used in Mexican and Southwestern cuisine. Light brown in color, pintos make tasty and hearty refried bean dishes.



<b>Legume</b>	<b>Saucepan</b>	<b>Pressure Cooker*</b>
Black Beans	1 to 1½ Hrs.	5 to 8 Min.
Garbanzo Beans	1 to 1½ Hrs.	5 to 7 Min.
Great Northerns	1 to 1½ Hrs.	5 to 7 Min.
Lima Beans, Large	45 to 60 Min.	Not Recommended
Lima Beans, Baby	1 Hr.	Not Recommended
Navy or Small Whites	1 to 1½ Hrs	5 to 8 Min.
Pink Beans	1 to 1½ Hrs	6 to 8 Min.
Pinto Beans	1 to 1½ Hrs	5 to 7 Min.
Red Beans	1 to 1½ Hrs	6 to 8 Min.
Red Kidney Beans	1 to 1½ Hrs	5 to 8 Min.
Soybeans	3 Hours	12 to 15 Min.
<b>Beans (not soaked)</b>	<b>Saucepan</b>	<b>Pressure Cooker*</b>
Black-Eyed Peas	1 to 1½ Hrs.	Not Recommended
Lentils	30 to 45 Min.	Not Recommended

5Split Peas, Green	30 to 45 Min.	Not Recommended
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## RESOURCES



[www.pcrm.org](http://www.pcrm.org) (Physicians Committee for Responsible Medicine)

[www.21daykickstart.org](http://www.21daykickstart.org)

[www.forksoverknives.com/category/recipes](http://www.forksoverknives.com/category/recipes) (You can also purchase their app for iPad or iPhone)

[www.straightupfood.com](http://www.straightupfood.com) (Cathy Fisher's site. Cathy has taught for Dr. John McDougall and for True North.)

[www.engine2diet.com](http://www.engine2diet.com) (Rip Esselstyn, author)

[www.NutritionFacts.org](http://www.NutritionFacts.org) (Site of Dr. Michael Greger)

[www.fatfreevegan.com](http://www.fatfreevegan.com) (Site of Susan Voisin)

[www.drmcDougall.com/newsletter/recipeindex.html](http://www.drmcDougall.com/newsletter/recipeindex.html) (Site of Dr. John McDougall)

[www.drFuhrman.com](http://www.drFuhrman.com) (Site of Dr. Joel Fuhrman)

[www.delectableplanet.com](http://www.delectableplanet.com)

[www.happyherbivore.com](http://www.happyherbivore.com) (Lindsay Nixon's site)

[www.veganfeastkitchen.blogspot.com](http://www.veganfeastkitchen.blogspot.com) (Bryanna Clark Grogan)

[www.bitchindietitian.com/recipes](http://www.bitchindietitian.com/recipes) (Jennifer Reilly, RD)

[www.greenscenediet.com](http://www.greenscenediet.com) (Linda Berson's site, author of "The Green Scene Diet".)

[www.doctorklaper.com](http://www.doctorklaper.com) (Dr. Michael Klaper of True North)

[www.beatcancer.org](http://www.beatcancer.org) (Site of Susan Silberstein, Ph.D.)

[www.plantbasednana.com](http://www.plantbasednana.com) (My own website)



Over the past fifteen years, bookstores and online resources have been filled with books and cookbooks on vegan, vegetarian, and plant based eating. Everything you've ever wanted to know - the what, how, and why of plant based foods can be searched on the web. My own website includes a lengthy bibliography which is continually updated. Do some searching and you'll soon have a wealth of resources at your disposal!



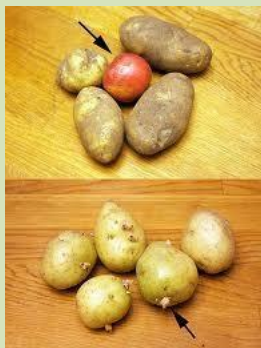
## *Some Simple Household Helps*



**To clean a cutting board, sprinkle board with kosher salt, then rub salt over board with a cut lemon. Rinse well and let dry.**



**To keep peppers upright when cooking, put each pepper in muffin tin to keep them from drooping!**



**To keep potatoes from budding, store them in paper bag with an apple.**

**To keep brown sugar from hardening, store in baggie with a couple marshmallows. Brown sugar will remain soft and squashy!**



**then cut the supposedly, will tears on your**

**Cutting onions is a sad task. Always brings me to tears. I haven't tried this, but will. Rub cutting board with white vinegar, and onions on that moistened board. The onions, not taste like vinegar, and you'll no longer be shedding cutting board!**





**Strawberries are among the 'Dirty Dozen', and stand on top of the dirt pile! Still, some folks are hard pressed to purchase 'organic' strawberries on a regular basis. A quart usually costs around \$6.99. If you're hankering for those berries, and unable to afford organic, place your berries in a bowl, pour white vinegar over the berries, and then sprinkle baking soda over the vinegar. As you can see from pics, foaming takes place. (Good science experiment for the little ones.) Swish the berries real well and then rinse thoroughly with cold water. The berries will not taste like vinegar, but will be a lot cleaner and rid of 95% of residue.**



## *Let's take a Breather and Talk about our Children and Grandchildren!*

Like many of you, I'm a parent and now a grandparent of seven! When my two adult kiddos were little, the concerns I felt for their health, safety, and well-being were many of the same worries that parents experience today. We all want the best for our children. We hope and pray they grow to understand that they are capable, that they have the ability to contribute to the family and to their world, and that they have influence over their lives by the choices they make and consequences experienced. We want them to select good friendships, do well in school, and excel in sports or other activities. Can we honestly say that as much time and attention is given to the foods we give our children, and to what we teach them and model regarding the foods that provide the fertile ground for health and wellness?

Way back when, I thought I was feeding my children well. Our dinner hour was traditional - mom, dad, kiddos and conversation. The dinner plate, though decorated with salads, veggies and healthy starches, was loaded with animal protein and dairy. Who knew the dangers that lurked in dairy in the 1970's?

Today, the family dining table has, in far too many instances, been relocated to the local fast food establishment (hard for me to say 'restaurant'). It is here that the addiction to fatty,

sugary, and salty foods has impacted our children in ways no parent could ever imagine or dream of. We've all been like sheep being led to slaughter, and it has to stop.

Read these stats from the National Center for Health Statistics, the National Institutes of Health, and the National Health Interview Survey, and Dr. Susan Silberstein.

- 20 million children are obese.
- The number of overweight children in the US has doubled in the last 20 years. 1 child in 4 is obese!
- 1 in 6 children suffer from some form of allergy.
- 40 million US children have abnormally high cholesterol levels. (Clinics are sprouting up all over the country to treat children with elevated lipids and type 2 diabetes.)
- 5 million American children have asthma. Asthma incidence in children has increased over 230% since 1970.
- 7% of school age children are diagnosed with ADHD.
- Ear infections are considered a routine part of early childhood.
- By the age of 12, 70% of American children have developed the beginning stages of artery hardening.
- 1 in 2 children born today will develop heart disease.
- 1 in 2.5 will be diagnosed with cancer.
- 1 in 2 children born in this century will be diagnosed with type 2 diabetes before their 30<sup>th</sup> birthday!

And why? Today's children feast on chips, crackers, fruit loops, cookies, white bread, sweets, and yogurt. Processed food appears to be king in the American kitchen. Between the late 70's and mid 90's the proportion of children and teens eating crackers, popcorn (not the healthy type), pretzels and corn chips has doubled!

The diets of our children are devoid of fruits and vegetables, and healthy sources of protein. Parents, check out how much fiber your children are getting on a daily basis. I venture to guess, not much. Fiber is vital to health. It does more than afford a daily constitutional; it removes excess toxins, cholesterol and hormones! At the risk of sounding hysterical, **sugar** is demonic. It's been linked to many conditions and illnesses: from anxiety, hyperactivity, and lethargy to immune deficiency, diabetes and cancer.



Before I move on to the sunny side of things, I have to say a few words about the Darth Vader of all foods, and that is **DAIRY!! NO CHILD OVER THE AGE OF TWO HAS A NEED FOR MILK!!!!** Science and research has shown that with the clarity of a clear, crystal ball.

Milk and milk products are linked with colitis, diarrhea, constipation, allergies, asthma, ear infections, eczema, type 1 diabetes (once called juvenile onset diabetes), cancers, and childhood leukemia.

In Norway, 16,000 individuals were followed for 11 years. Those who drank at least 2 glasses of milk daily had 3.5 times the incidence of lymphatic cancer as those who avoided the white stuff. (British Medical Journal, March 1990.)

Bovine leukemia virus (found in 80% of US dairy herds) correlates with human leukemia in statistically higher incidence than the US national average, also true in Russia and Sweden.

There are healthy alternatives to dairy. Non-dairy milks are taking over the grocery shelves. Ask your child to put on his detective hat for a taste testing. Which does she like and why? Teach kids how to read food labels. Start teaching them about the fat content of certain foods, and why foods filled with saturated fat are not healthy.

For children who have become addicted to the SAD, and have never tasted vegetables, beans, soups, etc., and are totally resistant, start introducing new foods NOW. Initiate a reward system for daily taste testing of a new food. It takes children about 6 times to taste a new food before it might become a member of their hit parade. Educate them without instilling fear. Have them help plan menus and prepare meals. Serve colorful foods. Make eating fun!

And most importantly, NEVER ask children, "What do you want to eat?" At times, give choices. Peanut butter or hummus? When I speak with folks from my generation, we all agree that we were never asked what we wanted for dinner. What we were asked was to sit down and join the family. We ate what was prepared. The wake-up call is blaring. Let's reverse those alarming statistics. Together, we can make it happen, one bite at a time!

**In putting to bed the topic of food and our children, listen to what Dr. Neal Barnard, founder of my organization, Physicians Committee for Responsible Medicine, has to say:**

**"We send our children to the best schools we can afford, and try to equip them with moral values that will last a lifetime, but we give them food habits that, when they grow up, will cut short two lives out of every three.....The same father who would run in front of a speeding car to push a child out of danger nods approvingly as his daughters or sons learn eating habits that will later take their lives."**



## LET'S GET COOKING!



Here are a few recipes to get you started and encouraged! Let's start with some Breakfast ideas.....

## *Fiber Rich Power Oatmeal*



### **Ingredients:**

**1 cup old-fashioned organic oats  
or gluten free oats**  
**2 cups cold water**  
**¼ cup raisins**  
**2 T ground flax meal**  
**¼ cup frozen blueberries,  
defrosted**  
**1 banana, sliced**  
**½ apple, chopped**  
**Cinnamon**

In medium saucepan, mix the oats with cold water. Add the raisins and ground flax meal, and bring to a boil, then simmer on low till creamy. This should take about 5 minutes.

When oatmeal is cooked to your preferred consistency, add the blueberries and stir well. (Blueberries will defrost in the hot oatmeal.)

Put oatmeal in cereal bowls, add the sliced banana and chopped apple. Sprinkle with cinnamon on top.



## *Mixed Grain Porridge with a side of Steamed Kale*



### **Ingredients:**

**½ cup cooked oats**  
**½ cup cooked quinoa**  
**½ cup cooked brown rice**  
**¼ cup dried raisins**  
**Non-dairy almond milk, as needed**  
**½ pear, chopped**  
**¼ cup frozen blueberries**  
**1 T chopped walnuts**  
**Cinnamon**  
**Bunch organic kale**



Put cooked grains in saucepan. Add raisins and non-dairy milk, as needed. Heat till creamy and warm. Top with the pear, blueberries and walnuts.

Wash then steam a bunch of your favorite kale. Steam till just wilted. Spritz with Braggs Liquid Aminos for flavoring. You have a power packed breakfast, loaded with fiber, vitamins, minerals, and anti-oxidants.

## *Kale Smoothie*



### Ingredients:

**1 cup fresh kale, roughly chopped**

**1 orange, peeled and quartered**

**½ pear, skin on if organic**

**1 banana**

**Handful of either red or green**

**seedless grapes**

**1 cup cold water**

**5 ice cubes**

Blend all ingredients in high speed blender or Vita Mixer.

Remember that cruciferous veggies can have negative impact on thyroid if eaten raw regularly. Steam those veggies and be sure to have adequate iodine in your diet, either in multi-vitamin or via sea veggies. Gomasio is a condiment that has sea salt, sesame seeds and kelp.



## *Best Fresh Toast Ever!*



### **Ingredients:**

**1 ½ cups non-dairy milk**  
**2 T plain or vanilla soy yogurt**  
**2 T nutritional yeast**  
**2 T ground flaxmeal**  
**1 ½ tsps cinnamon**  
**¼ tsp nutmeg**  
**1 ½ tsp pure vanilla extract**  
**Whole grain bread**

In large bowl stir the following till well blended: the non-dairy milk, soy yogurt, nutritional yeast, ground flaxmeal, spices, and vanilla.

While batter sits, toast the bread till golden. Make sure it doesn't burn or turn dark brown. Toasting keeps bread from mushing!

Heat a good quality non-stick griddle. Lightly grease griddle. When hot, dip toast into batter and brown on either side. Serve with either pure maple syrup or fruit. So good.

# Millet Flax Buttermilk Pancakes

## Ingredients:

This recipe serves 6.

**4 cups rolled oats (process in high speed blender to make oat flour or use store bought oat flour)**  
**½ cup millet (process till flour-like) or use millet flour**  
**1 tsp sea salt**  
**1 ½ tsps Baking powder**  
**½ cup ground flax**  
**½ tsp cinnamon**  
**Zest from 1 orange**  
**4 cups almond milk**  
**2 T rice vinegar**  
**1 T agave nectar or maple syrup**  
**1 T pure vanilla**  
**3 T organic unsweetened applesauce**  
**½ - 1 cup organic frozen blueberries.**

Mix the dry ingredients in large bowl. In separate bowl, mix the wet ingredients till well blended. Add the liquid into the dry ingredients and mix all well. Transfer the batter to a high speed blender, like a Vita-Mixer or other high speed blender, and mix. Let batter sit for a few minutes. Gently fold in the frozen blueberries. Walla, have your non-stick griddle heated to medium, and you're ready to go.



# Spelt Blueberry Waffles



## Ingredients:

**1 ¾ cups spelt flour (or use white-whole wheat organic flour or combination of both)**  
**½ tsp baking powder**  
**¼ cup almond meal**  
**¼ tsp cinnamon**  
**2 T grated orange zest**  
**1 T rice vinegar**  
**2 T ground flaxseed mixed with 6T warm water**  
**¼ cup organic applesauce**  
**½ cup fresh orange juice**  
**3 T brown rice syrup**  
**½ cup non-dairy almond milk**  
**Frozen, wild organic blueberries (or other berries you enjoy)**

Mix the ground flax with warm water, stir well, and set aside to gel.

In large bowl, whisk together the flour, baking powder, almond meal, cinnamon & orange zest.

In small bowl, mix the liquid ingredients: rice vinegar, applesauce, orange juice, brown rice syrup, almond milk, and the flax mixture.

After mixing well with whisk, add to dry ingredients, and stir well with wooden spoon. (If batter appears too thick, add a bit more almond milk.) Gently fold in the berries.

Have griddle heated and you're ready to go!

## *Joanne's Tofu Scramble*



### **Ingredients:**

**1 block organic firm tofu, well drained and placed  
 between paper towels for 20 minutes to drain**  
**½ package smoky tempeh bacon, browned & crumbled**  
**1 medium onion, sliced**  
**1 cup sliced mushrooms**  
**½ cup red bell pepper or use roasted kind**  
**2 cups chopped greens – Kale, Spinach or Swiss Chard**  
**½ tsp turmeric**  
**¼ tsp cumin**  
**1 tsp dried oregano**  
**1 T Braggs liquid aminos or low sodium soy sauce  
 for seasoning**  
**Salt and pepper to taste**

Brown tempeh bacon on griddle. When cool, crumble and set aside.

Saute onion, mushrooms, greens, and pepper in a little water. Add to crumbled tempeh bacon. Crumble the tofu and brown in same frying pan. Add the turmeric, cumin, oregano and either Braggs or soy sauce. Mix well. Add the sautéed veggies to the tofu. Toss well, and taste for seasoning. Serve warm.

Note: You can order a tofu press online for \$40. Draining between paper towels and putting cutting board on top with either books or cans to weigh it down works just fine. And it's free!

## What's for Lunch?

### *Bok Choy, Mushroom & Quinoa Stir-Fry*



#### **Ingredients:**

**½ head baby bok choy (slice & dice the greens, too)**

**8 oz mushrooms (button or Portobello)**

**2 green onions, sliced**

**2 large garlic cloves, minced**

**Wedge of frozen ginger**

**½ cup cooked quinoa**

**Braggs Liquid Aminos to taste**

Quinoa cooks quickly. Take ½ cup uncooked quinoa, rinse well in fine sieve, and then add to pot with 1 cup water. Bring to boil, lower heat to simmer, and cook for 10-12 minutes till water is absorbed.

In small fry pan or non-stick skillet, add 2-3 T water or veggie broth, and saute scallions till soft. Add the bok choy and mushrooms. Add a bit of Braggs so ingredients won't stick to pan. While sautéing, use a microplane or grater to grate the garlic and ginger over the veggies. When warm, add the cooked quinoa, add more Braggs to taste and enjoy!

(I've also added some baby spinach to the saute. You can add other veggies that you have on hand or like. This is a quickly put together luncheon dish, especially if you have cooked quinoa in the frig. Even my hubby loved it and asked for seconds.

## Healthy, Super-Sized Salad

### **Ingredients:**

**A variety of dark leafy salad greens**

**Sliced red onion**

**Sliced mushrooms**

**Sliced tomatoes**

**Sliced avocado**

**Sliced fennel**

**Cooked Quinoa**

**Kalamata olives**

**Artichoke hearts (packed in water)**



There is no magic to preparing a healthy green salad except for keeping your frig and pantry stocked with healthy greens, veggies, and beans. Here are two of my favorites. Cooked quinoa on one, cannellini beans on the other. I like to grate a large Brazil nut over my salad. The good fats in nuts and seeds help absorb the nutrients in the greens & veggies. Not pictured here, but diced, cooked beets are also a nice addition. And dollop with an oil-free salad dressings!!





## *Other Lunch Ideas*

*Hummus, Kale Wrap Sandwiches*

*Faux Egg Salad Sandwiches*

*Chickpea Tuna Wraps*

*Miso Soup*

*Vegetarian Portuguese Kale Soup*

*Rice, Beans & Greens*



Recipe on my website: [www.plantbasednana.com](http://www.plantbasednana.com)

*What's for Dinner? A Hefty, Hearty Plant Based Pizza!!!!*

*What else can we prepare?? A few ideas to get you started.....*

*Easy Portobella Mushroom Stroganoff from Chef AJ*  
*(From her recent cookbook, "Unprocessed")*

**Sauce Ingredients:**

**1 box Mori-Nu Silken Tofu**  
**½ cup water**  
**3 T fresh lemon juice (include the zest)**  
**3 T low sodium tamari**  
**2 T tahini**  
**2 garlic cloves**  
**1 inch piece of ginger**

**Filling Ingredients:**

**1 red onion, minced**  
**1 pound portabella mushrooms**  
**1 tsp oregano**  
**Chopped Italian parsley for garnish**

I don't think Chef AJ will mind my sharing her recipe. Google her online and you'll find a wealth of recipes and cooking hints. This stroganoff is quick, easy, and very tasty!

Water saute the red onion till translucent. Add the mushrooms and saute until they become limp, and the moisture has evaporated. Stir in the oregano.

While veggies are sautéing, mix all the sauce ingredients in high speed blender until very smooth.

Pour sauce over the veggies, mix well, and heat on very low till warm. Garnish with parsley!

## One Pot Pasta Dish

(From a friend.)

### Ingredients:

**1 can diced tomatoes, with their liquid**  
**8 oz mushrooms, sliced**  
**1 large sweet onion, sliced half moons**  
**6 garlic cloves, thinly sliced**  
**½ tsp red pepper flakes**  
**2 tsps dried oregano**  
**2 large sprigs fresh basil, chopped**  
**4 ½ cups vegetable broth**  
**12 oz linguine pasta**  
**Salt and pepper to taste**

I also added a ¼ cup dry white wine to the pot. I like to add a few handfuls of baby spinach or Swiss Chard and a cup of garbanzo beans to really make my Sicilian ancestors proud!



Place pasta, tomatoes, onion, garlic, & basil in large pot (as above). Pour in veggie broth. Sprinkle with red pepper flakes and oregano. Drizzle with 'scant' amount of olive oil (I mean a spritz!). Cover the pot and bring to boil. Reduce heat to low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so. Cook until almost all liquid has evaporated, but keep about an inch of liquid in bottom of pot. Season to taste with salt and pepper. Stir pasta several times to distribute the liquid in the bottom of the pot. Garnish with nutritional yeast or vegan parmesan to taste.







## *Other Dinner Ideas*

*Faux Meatloaf with Cauliflower Mashed Potatoes*

*Greens, Beans, Sweet Potatoes & Tofu Dogs*

*Shepherd's Pie*

*Pasta Marinara with Hearty Side Salad*

*Stir Fry with Brown Rice*

*Stuffed Acorn Squash with Quinoa and Cranberries*



*Dear Family, Friends & Readers,*

*I sincerely hope that the Guide Karen and I compiled will help you navigate your way to good health. As you begin to dabble with recipes and have fun in the kitchen, take a break, relax, put your feet up with a cup of green tea and read "The China Study". You'll see why the foods we write about are the foods our bodies are meant to consume. Also, either find or form a group with like-minded sojourners. I can't say enough how invaluable that support will be.*

*The recipes available online are numerous. Check them out. And remember the mantra, "Feel the fear and do it anyway." Give this way of eating a try. Your body will be glad you did.*

*Until, may Plant Based Foods become your new friends!*

*Joanne & Karen*