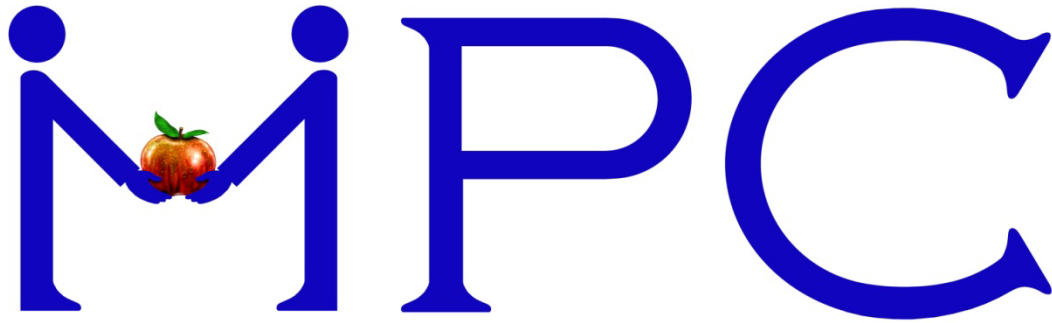


Winter Nutrition Seminar

2009



MEALS PARTNERSHIP COALITION

"WORKING TO ENSURE THAT MEALS ARE AVAILABLE FOR HUNGRY PEOPLE"

Glycemic Load: Defined

Courtesy of Wikipedia, the free encyclopedia

The **glycemic load (GL)** is a ranking system for [carbohydrate](#) content in food portions based on their [glycemic index](#) (GI) and the portion size.

The usefulness of glycemic load is based on the idea that a high glycemic index food consumed in small quantities would give the same effect as larger quantities of a low glycemic index food on [blood sugar](#). For example, white rice has a somewhat high GI, so eating 50g of white rice at one sitting would give a particular glucose curve in the blood, while 25g would give the same curve but half the height. Since the peak height is probably the most important parameter for [diabetes control](#), multiplying the amount of carbohydrates in a food serving by the glycemic index gives an idea of how much effect an actual portion of food has on blood sugar level.

Some have questioned the value of using glycemic load as a basis for weight loss programs.^[1] However, glycemic load is generally a useful concept in programs targeting health maintenance. Studies have shown that sustained spikes in blood sugar and insulin levels may lead to increased [diabetes](#) risk.^[2] The Shanghai Women's Health Study concluded that women whose diets had the highest glycemic index were 21 percent more likely to develop type 2 diabetes than women whose diets had the lowest glycemic index.^[3] Similar findings were reported in the Black Women's Health Study.^[4] A diet program that manages the glycemic load aims to avoid sustained blood sugar spikes, and can help avoid onset of type 2 [diabetes](#).^[5] For diabetics, glycemic load is a highly recommended tool for managing blood sugar.

Glycemic load for a single serving of a food can be calculated as the quantity (in grams) of its [carbohydrate](#) content, multiplied by its GI, and divided by 100. For example, a 100g slice serving of [watermelon](#) with a GI of 72 and a carbohydrate content of 5g (it contains a lot of water) makes the calculation $5 \times 0.72 = 3.6$, so the GL is 3.6. A food with a GI of 100 and a carbohydrate content of 10g has a GL of 10 ($10 \times 1 = 10$), while a food with 100g carbohydrate and a GI of just 10 also has a GL of 10 ($100 \times 0.1 = 10$).

Data on GI and GL comes from the [University of Sydney](#) (*Human Nutrition Unit*) GI database at [5] through [6].

The GI was invented in 1981 by Dr Thomas Wolever and Dr David Jenkins at the University of Toronto and is a measure of how quickly a food containing 25 or 50 grams of carbohydrate raises glycemia. Because some foods typically have a low carbohydrate content, Harvard researchers created the GL, that takes into account the amount of carbohydrates in a given serving of a food, and so provides a more useful measure. Glycemic Load also has a scale. Low is 10 or less, Medium is 11-19 and 20 or greater is considered High.

2008 Revised International Table of Glycemic Index (GI) and Glycemic Load (GL) Values

By David Mendosa

This is the definitive table for both the glycemic index and the glycemic load. I am able to reproduce it here courtesy of the author, Professor Jennie Brand-Miller of the University of Sydney. It is based on a table in different format but no more foods published December 2008 in *Diabetes Care*. However, only the [abstract](#) is free online there.

GI of 55 is low; GL of 10 is low.

This table includes the glycemic index and glycemic load of more than 2,480 individual food items. Not all of them, however, are available in the United States. They represent a true international effort of testing around the world.

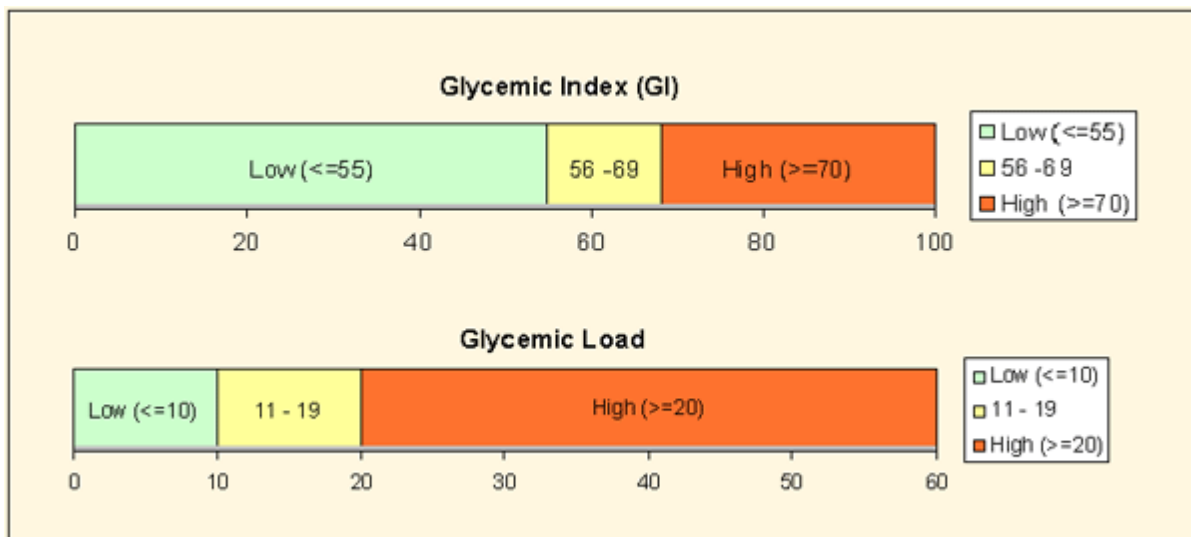
The glycemic index (GI) is a numerical system of measuring how much of a rise in circulating blood sugar a carbohydrate triggers—the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI is 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

Foods that have a low GL almost always have a low GI. Foods with an intermediate or high GL range from very low to very high GI.

Both GI and GL are listed here. The GI is of foods based on the glucose index—where glucose is set to equal 100. The other is the glycemic load, which is the glycemic index divided by 100 multiplied by its available carbohydrate content (i.e. carbohydrates minus fiber) in grams. (The "Serve size (g)" column is the serving size in grams for calculating the glycemic load; for simplicity of presentation I have left out an intermediate column that shows the available carbohydrates in the stated serving sizes.) Take, watermelon as an example of calculating glycemic load. Its glycemic index is pretty high, about 72. According to the calculations by the people at the University of Sydney's Human Nutrition Unit, in a serving of 120 grams it has 6 grams of available carbohydrate per serving, so its glycemic load is pretty low, $72/100 \times 6 = 4.32$, rounded to 4.

Glycemic Index & Glycemic Load Rating Chart



Glycemic index and glycemic load for 100+ foods

Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or glycemic load, the less it affects blood sugar and insulin levels.

FOOD	Serving size (grams)	Glycemic load per serving
BAKERY PRODUCTS AND BREADS		
Banana cake, made with sugar	80	18
Banana cake, made without sugar	80	16
Sponge cake, plain	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	111	24
Apple pie, made with sugar	60	13
Apple pie, made without sugar	60	9
Waffles, Aunt Jemima (Quaker Oats)	35	10
Bagel, white, frozen	70	25
Baguette, white, plain	30	15
Coarse barley bread, 75%-80% kernels, average	30	7
Hamburger bun	30	9
Kaiser roll	30	12
Pumpernickel bread	30	6
50% cracked wheat kernel bread	30	12
White wheat flour bread	30	10
Wonder™ bread, average	30	10

Whole-wheat bread, average	30	9
100% Whole Grain™ bread (Natural Ovens)	30	7
Pita bread, white	30	10
Corn tortilla	50	12
Wheat tortilla	50	8
BEVERAGES		
Coca Cola®, average	250	15
Fanta®, orange soft drink	250	23
Lucozade®, original (sparkling glucose drink)	250	40
Apple juice, unsweetened, average	250	12
Cranberry juice cocktail (Ocean Spray®)	250	24
Grapefruit juice, unsweetened	250	11
Orange juice, average	250	13
Tomato juice, canned	250	4
BREAKFAST CEREALS AND RELATED PRODUCTS		
All-Bran™, average	30	4
Coco Pops™, average	30	20
Cornflakes™, average	30	21
Cream of Wheat™ (Nabisco)	250	17
Cream of Wheat™, Instant (Nabisco)	250	22
Grapenuts™, average	30	15

Muesli, average	30	16
Oatmeal, average	250	13
Instant oatmeal, average	250	17
Puffed wheat, average	30	16
Raisin Bran™ (Kellogg's)	30	12
Special K™ (Kellogg's)	30	14
GRAINS		
Pearled barley, average	150	11
Sweet corn on the cob, average	150	17
Couscous, average	150	23
White rice, average	150	23
Quick cooking white basmati	150	23
Brown rice, average	150	18
White rice, converted (Uncle Ben's®)	150	14
Whole wheat kernels, average	50	14
Bulgur, average	150	12
COOKIES AND CRACKERS		
Graham crackers	25	14
Vanilla wafers	25	14
Shortbread	25	10
Rice cakes, average	25	17

Rye crisps, average	25	11
Soda crackers	25	12
DAIRY PRODUCTS AND ALTERNATIVES		
Ice cream, regular	50	8
Ice cream, premium	50	4
Milk, full fat	250	3
Milk, skim	250	4
Reduced-fat yogurt with fruit, average	200	7
FRUITS		
Apple, average	120	6
Banana, ripe	120	13
Dates, dried	60	42
Grapefruit	120	3
Grapes, average	120	8
Orange, average	120	5
Peach, average	120	5
Peach, canned in light syrup	120	9
Pear, average	120	4
Pear, canned in pear juice	120	5
Prunes, pitted	60	10
Raisins	60	28

Watermelon	120	4
BEANS AND NUTS		
Baked beans, average	150	7
Black-eyed peas, average	150	13
Black beans	150	7
Chickpeas, average	150	8
Chickpeas, canned in brine	150	9
Navy beans, average	150	12
Kidney beans, average	150	7
Lentils, average	150	5
Soy beans, average	150	1
Cashews, salted	50	3
Peanuts, average	50	1
PASTA and NOODLES		
Fettuccini, average	180	18
Macaroni, average	180	23
Macaroni and Cheese (Kraft)	180	32
Spaghetti, white, boiled 5 min, average	180	18
Spaghetti, white, boiled 20 min, average	180	27
Spaghetti, wholemeal, boiled, average	180	16
SNACK FOODS		

Corn chips, plain, salted, average	50	17
Fruit Roll-Ups®	30	24
M & M's®, peanut	30	6
Microwave popcorn, plain, average	20	8
Potato chips, average	50	11
Pretzels, oven-baked	30	16
Snickers Bar®	60	19
VEGETABLES		
Green peas, average	80	3
Carrots, average	80	3
Parsnips	80	12
Baked russet potato, average	150	26
Boiled white potato, average	150	14
Instant mashed potato, average	150	17
Sweet potato, average	150	17
Yam, average	150	13
MISCELLANEOUS		
Hummus (chickpea salad dip)	30	0
Chicken nuggets, frozen, reheated in microwave oven 5 min.	100	7
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	100	22
Pizza, Super Supreme (Pizza Hut)	100	9

Honey, average	25	10
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* Compared with pure glucose, which is assigned a glycemic index of 100

The complete list of the glycemic index and glycemic load for 750 foods can be found in the article "[International tables of glycemic index and glycemic load values: 2002](#)," by Kaye Foster-Powell, Susanna H.A. Holt, and Janette C. Brand-Miller in the July 2002 *American Journal of Clinical Nutrition*, Vol. 62, pages 5–56.

The Glycemic Load, Index and Weight Loss

1. The glycemic index (GI) measures the effect on blood glucose of a given amount of carbohydrates in a food source. Dr. Thompson formulated a list of foods to serve as a reference guide. Foods with a minimal effect on your blood sugar have low GI values, while those with the opposite effect have high GI values.

Following this logic, foods with a low GI value slowly release sugar into your blood, helping to sustain your energy levels and a feeling of fullness throughout the day. Foods with a high GI value cause a quick and temporary rise in blood sugar that leave you feeling lethargic and hungry when the sugar levels drop off. This drop will cause you to eat more and result in weight gain.

Making Low Glycemic Index Choices

2. Start by reviewing your eating preferences and consult a book or online website referenced below to choose foods and plan meals with low glycemic index values. The Glycemic Index diet advises dieters to consume no more than a 500 glycemic load daily. This means swapping high GI foods for the lower GI versions of the foods you enjoy.

Taking breakfast as an example, there is no need to cut out your standard breakfast of cereal with fruit and some juice. Instead, substitute low GI versions of these items. Cut out cantaloupe with 65 GI load in favor of grapefruit with 25. Instead of corn flakes, try All-Bran and cut your GI load by 36. [Drinking](#) orange juice instead of cranberry juice saves you over 20 points.

Dining Out with the Glycemic Load Diet

3. Although certainly more of a challenge, maintaining a low-GI diet when eating out isn't impossible and need not be confusing. Maintain your focus on two goals and you shouldn't have problems: Remember to keep both the GI rating and the saturated fat content low in foods you choose.

This means opting for veggies, fruit-based desserts, salads and lean meats, and avoiding or eating small portions of high GI foods that are often a standard side dishes, like potatoes, rice or chips. Avoid fried foods and skip [creamy](#) condiments, soups, sauces and salad dressings.

By paying attention to the glycemic load, meal providers have the ability to significantly increase health outcomes of meal program participants.

Lowest GL carb starches:

Quinoa
Cornmeal
Barley
Bulgur
Brown rice
Buckwheat
Couscous
Millet
Whole wheat
white rice, acceptable if small serving

Lowest GL starchy veggies:

Pumpkin
Carrot
Beets
Boiled potato
Sweet potato
Corn
French fries
Beans

Lowest GL beans and lentils

Peas
Pinto, garbanzo, kidney, blackeyed beans
Lentils
Split peas
Baked beans

Lowest GL fruits

Berries
Cherries
Grapefruit
Pear
Watermelon
Peach
Apricot
Orange
Plum
Apple
Kiwi
Pineapple
Grapes
Papaya

Lowest cereals

Granola
Muesli
All bran
Oat flakes

Lowest pastas:

Vermicelli
Wholewheat spaghetti
Egg fettuccine
Gluten free pasta
Rice noodles
Udon noodles
Corn pasta
Gnocchi
Brown rice pasta

Unlimited veggies

Asparagus
Bean sprouts
Broccoli
Celery
Watercress
Tomatoes
Onions
Spinach
Radish
Peppers
Kale
Garlic
Fennel
Cucumber
Brussels sprouts
cabbage

Lowest snacks

Hummus
Cottage cheese
Guacamole
Avocado and cream cheese dip
Peanut butter
Tahini dip
Egg salad
Goats cheese
Spicy Mexican di[
Red pepper hummus

LOW GLYCEMIC MEAL PLAN IDEAS

Breakfast; Spinach and feta cheese omelet; 1 cup melon

Snack; Turkey and Swiss cheese and 1 Tbsp raisins

Lunch; Tuna salad made with tuna, diced celery and may, topped with ¼ avocado and sliced tomato, carrot stix

Snack; 1-1/2 Tbsp cashew butter on celery stix

Dinner; Steak fajitas made with onion, bell peppers, grated jack cheese, tomato, lettuce and sour cream on a corn tortilla

Breakfast; Spicy chicken frittata, ½ cup grits, with butter and cream

Snack; Mozz cheese, 2 low carb crackers

Lunch Seafood salad made with shrimp crab and hard boiled eggs on bed of mixed greens, tomatoes and cucumbers tossed with olive oil and lemon or vinegar, ¾ cup cubed pineapple

Snack; Cottage cheese and carrot stix

Dinner Roast beef, ½ baked potato with butter sour cream and chives. Mixed veggies with olive oil. Green salad with tomatoes and cukes, tossed with olive oil and vinegar dressing

Breakfast; Crustless spinach and mushroom quiche, ½ cup oatmeal with whole organic milk

Snack; Cheese and ½ apple

Lunch; Turkey breast sandwich with mayonnaise on ½ whole grain bread. Lettuce, tomato salad with olive oil and vinegar.

Snack; Deviled eggs. ½ medium orange

Dinner; Broiled fish of choice. 12/ medium roast sweet potato with butter. Steamed broccoli. Mixed greens salad tossed with sesame oil and lime juice dressing. ¾ cup cubed watermelon.

Breakfast; Cream cheese, spinach and mushroom omelet. 1 slice buttered whole grain toast or 2 slices low carb toast

Snack; Ham and Swiss cheese. 1 fig.

Lunch; Chicken salad, made with diced chicken, sour cream and mayonnaise, over a bed of greens with mushrooms, cukes, tomato and sprouts tossed with olive oil and vinegar dressing. 1 medium nectarine.

Snack; ½ cup cottage cheese, ¼ cup unsweetened applesauce

Dinner; Pork chops, ¼ cup beans of choice, coleslaw, made with shredded cabbage, carrots and onions with may and vinegar dressing. ½ cup fresh strawberries

Breakfast Joes special, 1 orange

Snack; Swiss cheese, ½ small apple

Lunch; Nitrate free ham and jack or cheddar cheese sandwich on 2 slices low carb bread. Carrot stix.

Snack; ¼ cup almonds

Dinner; Broiled chicken breasts, 1/3 cup grains, steamed broccoli with parmesan cheese. Mixed greens salad tossed with olive oil and vinegar dressing.

Breakfast; Spinach and mushroom omelet, 1 cup cantelope

Snack; ½ deviled egg, carrot stix

Lunch; Chefs salad made with roast beef, Swiss cheese, hard boiled eggs, salad greens and tomatoes tossed with olive oil and vinegar dressing. ½ whole grain roll with olive oil drizzle or butter

Snack; ½ cup hummus with carrot and celery stix

Dinner; BBQ spareribs (NO sweetened bottled sauce), ½ baked potato with butter, sour cream and chives. Mixed greens with olive oil and lemon dressing.

Breakfast; Poached eggs, ½ toasted whole wheat English muffin with butter/olive oil mix. Sliced tomatoes.

Snack; cheese, ¾ cup sliced strawberries

Lunch; turkey patties, ½ cup cottage cheese,. Sliced tomatoes. ½ cup melon.

Snack; Swiss cheese, ¼ cup almonds

Dinner; Baked fish with Italian spices (oregano, rosemary, parsley, thyme), ½ cup brown rice, mixed greens tossed with olive oil and lemon dressing.

Breakfast; Scrambled eggs with ham, onions and bell pepper, ¼ cup roasted potatoes

Snack; 4 Tbsp almond butter on celery stix

Lunch; Beef stew, limit carb portion to ¼ cup carrots and ¼ cup potatoes. ¼ cup berries,

Snack; mozzarella cheese, and ½ cup cherries

Dinner; Roast turkey breast, sautéed Brussels sprouts, ½ cup squash with butter, mixed greens salad tossed with olive oil and vinegar dressing.

Breakfast Soft boiled eggs, 1 slice toast, or 2 slices buttered low carb toast, 3 oz vegetable juice

Snack; mozzarella cheese and ½ peach

Lunch; Nitrate free chicken hot dog on ½ whole grain bun with mayo and mustard. Coleslaw made with cabbage, carrots, onions and mayonnaise and vinegar dressing

Snack; 1/3 cup hummus on celery stix

Dinner; shrimp and steak kabobs, made with shrimp, steak cubes, green pepper, onion and tomato, 1/3 cup brown rice, steamed broccoli, and mixed greens salad tossed with sesame oil and lime juice dressing

Breakfast; Tofu scramble with mushrooms, ½ grapefruit

Snack; liver pate, carrot stix and small handful grapes

Lunch; Chicken fajitas, made with grilled chicken, bell peppers, tomato, cilantro, onion and sour cream and a corn tortilla

Snack; pickled herring with sour cream, 2 low carb crackers

Dinner; Pot roast, 1/3 cup mashed potatoes, collard greens sautéed in olive oil, mixed greens with gorgonzola cheese, ¼ sliced pear, and drizzled with olive oil and lemon dressing

Breakfast; Chicken and cheese omelet, 1/3 cup oatmeal with organic milk, 3 oz vegetable juice

Snack; ½ deviled egg, carrot stix

Lunch; Steak salad made with cucumber and tomato tossed with olive oil and vinegar, and 1 cup cubed melon

Snack; 1/3 cup hummus, carrot and celery stix

Dinner; Broiled fish, 1/3 cup brown rice, roast eggplant. Spinach salad tossed with olive oil and vinegar dressing

Breakfast Spinach, mushroom and brie cheese omelet, ¼ cup roast potatoes

Snack; ¼ sunflower seeds

Lunch; Cashew chicken salad with made with diced chicken and 1/8 cup cashews, celery and dill pickles, on a bed of salad greens tossed with oil and vinegar dressing. ¼ cup fresh pineapple

Snack; cheese and 1 apricot

Dinner; Classic beef stroganoff, 1/3 cup brown rice, steamed asparagus with butter. Mixed greens salad tossed with olive oil and vinegar dressing

Pumpkin Spice Muffins

100 servings

11 cups whole wheat flour
3 Tbsp and 2 tsp baking powder
1 Tbsp and 2-1/2 tsp baking soda
3 Tbsp and 2 tsp ground cinnamon
3 Tbsp and 2 tsp ground nutmeg
11 eggs, beaten
3-1/2 cups pumpkin puree
1-1/3 cups and 1 Tbsp white or brown sugar
11 cups applesauce
2/3 cup vegetable oil
1 Tbsp and 2-1/2 tsp almond extract

Preheat the oven to 350 degrees. In a medium bowl, mix together flour, baking powder, baking soda, cinnamon and nutmeg, set aside.

In a large bowl, combine eggs, pumpkin, sugar, applesauce, vegetable oil, and almond extract. Slowly add the flour mixture to the large bowl until just blended. Do not over beat. Pour the batter into 18 nonstick muffin cups. Bake for 25-30 minutes. Remove muffins from oven, let cool slightly and remove from pan.

Black Beans and Rice

100 Servings

4 Tbsp olive oil
10 onion, chopped
20 cloves garlic, chopped
7 cups uncooked brown rice
20 cups vegetable or chicken broth
5 Tbsp ground cumin
2 tsp cayenne pepper
35 cups canned black beans, drained

In a stockpot over medium heat, heat the oil. Add the onion and garlic and sauté for 5 minutes. Add the rice and sauté for 5 minutes. Add the broth, bring to a boil, cover and lower the heat and cook for 45-60 minutes, depending on doneness of rice. Add the spices and black beans.

Barley Primavera

100 servings

66 cups low fat, low sodium chicken broth

33 cloves garlic, minced

8 cups red onion, minced

8 cups diced carrots

16-1/2 cups pearl barley

8 cups diced zucchini

2 cups chopped fresh parsley, or 1-1/2 cup dried

1/3 cup olive oil

1 cup lemon juice

Salt and pepper to taste

Heat broth over high heat, add garlic and onion, carrots. When it comes to a boil, add barley. Lower heat, cover and simmer for approx 50 minutes, until absorbed. Add zucchini, parsley, oil and lemon juice....simmer for 5 minutes; season with salt and pepper.

Tuscan Style Bean Soup

100 servings

1 cup olive oil
16 onions, chopped
33 cloves garlic, chopped
16 red bell pepper, chopped
50 cups chicken or vegetable broth
16-2/3 cups cans chopped tomatoes
25 cups kidney beans, cooked
2/3 cup chopped thyme (1/2 cup dried)
8 cups chopped spinach
16 cups shell pasta
Handfuls of parsley!
Pepper and salt to taste

In a large pot over medium high heat, combine the oil, onion and garlic and sauté for 5 minutes. Add the red bell pepper and sauté for another 5 minutes. Add the broth, tomatoes and beans, bring to a boil. Reduce heat to low and simmer for 20 minutes. Add the thyme, spinach and pasta. Simmer for 5 more minutes. Season to taste.

Mexican Roll Ups

100 servings

100 (12 inch) whole wheat tortillas
100 leaves romaine lettuce
21 pounds sliced roast beef (or chicken)
17 cups chopped tomatoes
17 cups chopped red bell peppers
2 cups olive oil
3 cups red wine vinegar
2 cups and 1 Tbsp ground cumin
3 cups chopped cilantro

For each roll up, add about 3 oz of beef on top of the lettuce leaf, divide the tomatoes, red bell peppers, oil, vinegar and cumin over each tortilla. Roll the tortilla tightly. Cut in half on diagonal for presentation. Serve with sour cream or guacamole if available.

Spicy Spaghetti Squash

6 servings

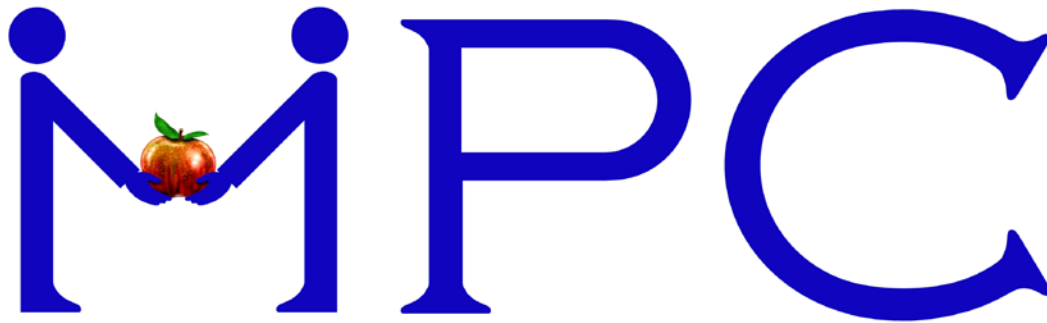
1 small spaghetti squash, halved and seeded
1 Tbsp olive oil
½ cup minced onion
3 clove garlic, minced
2 green onions, minced
12 oz favorite meat,,,chicken, fish, turkey, etc.
2 cups crushed tomatoes
2 Tbsp red wine
2 tsp capers
2 tsp dried oregano
2 tsp crushed red pepper
2 Tbsp chopped parsley

Preheat oven to 350. Place each ½ squash cut side down on a cookie sheet and bake uncovered for about 45 minutes (or until a fork goes easily into the shell) allow to cool and scoop the strands of squash with a large spoon and set aside.

Heat the oil over medium heat. Add onion, garlic, scallions and sauté for 2 minutes. Add meat and cook for another few minutes. Add tomatoes and wine and bring to a boil lower the heat and simmer for about 20 minutes. Add the capers, oregano, red pepper and parsley. Simmer for 5 minutes. Top the squash with the sauce and serve. Have some parmesan on hand if wanted.

Spring Nutrition Seminar

2009



MEALS PARTNERSHIP COALITION

"WORKING TO ENSURE THAT MEALS ARE AVAILABLE FOR HUNGRY PEOPLE"



Self Care = Food Care

When we listen real well, we can hear the echo of the food in our bodies as we eat. That is what you are creating for every- body you are cooking for. Taking care of ourselves means that we are honoring the precious resources we have been given to serve.

Creative Expression in food, soul of cooking: (we're feeding bodies, *and* nourishing souls)

Presentation: We eat with eyes first, nose second, mouth last. Yoga of eating/ Affects digestion.

What is perception of food you are cooking, does it 'speak creative' to you? Or, Does it speak that you had only 'this much time' to do 'this much work'?

Support and self care:

- Breathing is inspiring....breathe deep. When you are upset, or irritated, breathe in calm, breathe out the problem. Let it go...sometimes it isn't 'yours' meaning that another's energy is merging with yours and it feels uncomfortable. Let it go. It is a team of people, some of whom are having a stressful day. But all of you want peace. What are your ideal working conditions? Know and honor as much as possible. In doing good work in the world, we first must look at whether we are full, so we have something to give....when we are empty what can we give, and how? When stressed; stop, look and listen
- Sleeping well..... Calcium and Magnesium foods are (magnesium)peas, raisins, crab, cashew, almonds, peanuts, buckwheat flour (calcium) cheeses, parsley, corn tortillas, artichokes, prunes, pumpkin seeds, cabbage, cooked dried beans. These minerals are not only comforting but help keep strong bones and teeth health, helps maintain acid/alkaline balance, healthy nerves, promotes healthy heart and muscles.
- Drinking water/ headaches, stamina and creativity
- Shoulders against wall/relieve kitchen tension, arms behind chair to release shoulder tension
- Visualization, beginning with the end in mind of each meal project. Creating menus each day, delegating projects and tasting the end result to taste the success of each person's role in the process. Dialog about it, what to make it better next time? Which ingredients would you want on hand to achieve it?
- Fun, laughter....physiological effects.....massaging internal organs, lifting vibration, improving blood flow, improve thinking and problem solving.
- Letting go.....We all make mistakes in the preparation of food, that doesn't define what type of chef we are, nor does it define why we are here doing this work. We are constantly learning better, so we can do better.

Chef Patti's Nutritional Consulting, 2009 ©



Eating Healthy with the Seasons

Eating seasonally keeps us attuned to the Earth, our local community and the cycles of Nature. These cycles get lost in our daily voices, but affect us all the same. Here are some suggestions to help tune in your unique frequency!

Spring is the most creative and fertile time in nature...and in keeping with this rhythm for our bodies, it is a time to eliminate foods in our diets that aren't serving us any longer and planting new seeds of a healthier 'us'. Nutritionally, heavier protein and fat foods will give way to lighter and more locally available options for us.

Spring Cleaning.

This is the time of year when the liver and gall bladder are the 'organs for spring' to be built up and supported. They have endured a long winter, and are ready for 'cleansing'....which can be anywhere from drinking lemon water in the morning to a 'master cleanses' which will help eliminate toxins and, just like a tune up on your car, will help you to 'run' better.

The liver is the body's master laboratory. It stores & distributes nourishment for the whole body, involved in making blood, filters toxins from the blood and makes them ready for elimination, makes bile that helps digestion, stores the bile in the gallbladder. The liver benefits greatly from breathing deeply since it's right under the diaphragm. (Our series on organs, body systems and which foods benefit them begins next week, and we will look deeper into which foods nourish liver and gallbladder.)

So, in beginning the spring seasonal Lemon is a perfect liver food and a great body cleanser. Even if you drink lemon water in the morning instead of coffee first thing, you will feel benefits. Absolutely imperative to drink water, even when not actively cleansing, as toxins are still being released and introduced to your blood stream and it is important to flush each day. Dehydration takes form in many ways, particularly noticeable in this season as we become more active. Water is the purest way.

10 key components to healthy diet: natural foods, seasonal foods, fresh foods, nutritious foods, clean foods, tasty and appealing foods, variety and rotation, moderation, balance, awareness.

Seasonal foods to consider for homework; citrus, asparagus, beet, beet greens, broccoli, cabbage, celery, chives, cilantro, dandelion greens, nettle, kale, lettuces, mint, mushrooms, parsley, radishes, rhubarb, spinach, sprouts.



Organics: Truth or Myth

To get organic seal;

Farm did not use synthetic pesticide, herbicide or synthetic fertilizer or that fertilizer that was taken from sewage

Farm did not plant GMO seeds

Farm kept records of everything they did with crops and had available to USDA on inspection

Organic, for the most part, except for a little cheating, means organic

Organic meat protein means that the animals ate food that was not GMO and more than likely fed open range vegetarian and not fed animal by-products.

Myth, non organic gives higher yield.

Truth, organic shows to favor soil and give more consistently better crops over long term. Organic conserves natural resources, solves (rather than creates) environmental problems, reduces air, water, soil and food pollution.

Myth, non organic is just as healthy as organic.

Truth, studies show higher levels of vitamins, antioxidants and nutrients than their non organic twin.

Myth, organic is more expensive, though the cost

Truth, at the checkstand it may appear more expensive, though consider what we discuss on the cost to the earth, and potential (even likely) Dr. bills, and the initial cost is loving ourselves and our planet.

Myth, the bacteria left on organic produce is as bad for you as pesticides

Truth, it is important to wash produce before eating as it has been grown with natural fertilizer which may be contaminated. It is by no means as bad as the pesticide residue that is left in and on conventionally grown foods.

Myth, pesticides are flushed out of our body, we do not hold onto them

Truth, studies show there are much lower levels of accumulated pesticide residue in those who eat organic

Consider this:

- Conventional farmers are nervous at the hype that is being experienced by the organic push, so in this attempt to maintain control will make the process sound 'generic', and inflated. In other words, there is care taken by the industry not to sound as though organic is 'better'. Do research

yourself on which items you want to begin eating organic, and observe what you hear media saying. Politics,,,,,the more organic, the more pesticide, herbicide and chemical fertilizer companies suffer....hmmmmmm.

- To get organic certification, farmers have to follow strict rules regarding the use of manure to make sure harmful microbes are killed, conventional farmers do not have to follow the same rules.
- In the grocery store, organics start with '9' on PLU code
- Advantages of locally grown produce and meats and honey. Irradiation, flavor, freshness, community support. In supermarket jargon, fresh refers to foods that spoil faster than others, not that they were 'just picked'.

Discussion: Monsanto

Are organics better? Flavor? Taste test; Apples, strawberries, corn chips

Processed foods...70%, 80%, 100% organic?....and what this means.

Meat and milk are 100% organic or 100% non. Period.

Organic or non.....both are big business.

Handout: Pesticide residue list

Recommended reading:

www.organicconsumers.org

What to Eat, Marion Nestle

Omnivores Dilemma, Michael Pollen

Harvest for Hope, Jane Goodall

The Optimum Nutrition Bible; Patrick Holford

Various research papers I've written

"The choices you make about food are as much about the world you want to live in as about what to have for dinner" Marion Nestle

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Organic Produce Pesticide Chart

Fruit or Vegetable	Score	% with Pesticides	% with 2 or more Pesticides
Peaches	100	97%	87%
Apples	89	92%	79%
Sweet Bell Peppers	86	82%	62%
Celery	85	94%	80%
Nectarines	84	97%	85%
Strawberries	82	92%	69%
Cherries	75	91%	76%
Pears	65	87%	47%
Grapes (imported)	65	85%	53%
Spinach	60	70%	31%
Lettuce	59	59%	33%
Potatoes	58	81%	18%
Carrots	57	82%	48%
Green Beans	53	65%	39%
Hot Peppers	53	55%	28%
Cucumbers	52	73%	32%
Raspberries	47	48%	23%
Plums	45	56%	10%
Grapes	43	61%	22%
Oranges	42	83%	29%
Grapefruit	40	62%	23%
Tangerines	38	67%	33%
Mushrooms	37	60%	22%

Cantaloupe	34	55%	20%
Honeydew Melon	31	59%	14%
Tomatoes	30	47%	14%
Sweet Potatoes	30	58%	10%
Watermelon	28	29%	14%
Winter Squash	27	40%	13%
Cauliflower	27	72%	8%
Blueberries	24	28%	10%
Papaya	21	24%	5%
Broccoli	18	28%	3%
Cabbage	17	18%	5%
Bananas	16	42%	2%
Kiwi	14	15%	3%
Sweet Peas (frozen)	11	23%	2%
Asparagus	11	7%	1%
Mango	9	7%	1%
Pineapples	7	8%	1%
Sweet Corn (frozen)	2	4%	0%
Avocado	1	1%	0%
Onions	1	0%	0%
Source: Environmental Working Group			

Labels....
...and how to read them to get the most information

Excitotoxins....excites neurotransmitters in our brains to fire randomly, and killing what is in their path. Excites cells to death. Japanese scientist in 1950's injected glutamate and aspartate (normal amino acids) into dogs' brains and they immediately fell in their cages convulsing.

Aspartame is the artificial sweetener that is used in most gums, mints, pre fab drinks, etc. IS an excitotoxin. It is a very dangerous substance as it has been linked to Alzheimer's, Parkinson's, MS, autism, hormonal problems, dementia, brain lesions, endocrine disorders, hypoglycemia, hearing loss, fibromyalgia, diabetes, Lou Gehrig's disease, headaches and migraines, strokes, and the list goes on. Labels that include aspartame will also list it as:
Aspartic acid, DKP (Diketopiperazine), phenylalanine, and L-cysteine, NutraSweet.

Here is a guide the hidden sources of MSG:

Additives that **ALWAYS** contain MSG:

- Hydrolyzed protein
- Hydrolyzed plant protein
- Plant protein extract
- Sodium caseinate
- Calcium caseinate
- Yeast extract
- Textured protein
- Autolyzed yeast
- Hydrolyzed oat flour

Additives and terms that **FREQUENTLY** contain MSG:

- Malt extract
- Malt flavoring
- Bouillon
- Broth
- Stock
- Flavoring
- 'Natural flavoring'
- Natural beef or chicken flavoring
- 'Seasonings'
- 'Spices'

Additives that **MAY** contain MSG or excitotoxins:

- Carrageenan
- Enzymes
- Soy protein concentrate (these are at the very least GMO)
- Soy protein isolate (also GMO)
- Whey protein concentrate

WOW, huh? This is part of our awareness, our commitment to ourselves and those that we feed in striving to be the best we can be to help them be the best they can be.

Conversation; the addictive brain.

Recommended reading; *Eat Safe* by Bill Statham

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March 26, 2009

**An Argument for Awareness;
Genetically Modified Organisms or GMO**

A laboratory process where genes of other organisms are inserted into food crops or animals. These can be pesticides, bacteria, viruses, and insects. And this, by the way, is not even an exact science, but rather an experiment, and we are the 'rats'.

FDA has allowed large food corporations to get away with doing their own testing and supplying FDA with their findings for years, mainly since the 1960's. Wolf watching the hen house. It's all become about economics, and they are counting on the fact that we have so many choices in a shopping area, that we won't take the time to do the research. This is what we are putting in our bodies, this is what we are expecting to thrive on, this is what we are hoping to stay healthy from the diseases that plague 'other' people,,,, foods that corporations, who are driven by economics and 'the bottom line', tell us it is safe to eat. The biotech field, which is run by the pharmaceutical companies, started these experiments, and then the food companies saw how this could be to their advantage. Why? Economics. Higher yields of their crops. Longer growing seasons. More resistant crops.

Whenever we take food, which is it's own entity and *eat* it, it is transformed and we are transformed. Transformed into something completely different than before we ate it. This means that we are using our food to build ourselves into who we want to be. It isn't just a ritual that we partake in with family and friends. After all, it's one of the only precious things we really have full control of. What the effects of eating GMO foods has been determined on humans, (kids especially) are; allergies/diseases/carcinogens/toxins/antibiotic resistance (the same things that make the plant antibiotic resistant, make US antibiotic resistant as well)/nutritional and digestive disturbances/behavior problems. And that may only be the tip of the iceberg! Wow, so if we knew anything in the world was causing us these many problems, would we really continue to do it. Maybe, if we didn't love ourselves.

When GMO was introduced in England, a farmer let his sheep graze on cotton plants after harvest and watched *thousands* die soon after,,,,all so the farmer didn't have to spray his crops. Hint.

'Feeding studies in animals have resulted in pre-cancerous cell growth, damaged immune systems, smaller brains, livers and testicles, partial atrophy of liver, odd shaped cells, and higher death rates. Cows, pigs, geese, elk, deer, squirrels and rats, when given a choice, avoid eating GM foods. And many of those that were force fed developed stomach lesions and several died within two weeks.'

Scary; Tests have proven in the gut bacteria of humans, that the GM 'food' exists long after the food has been eaten, or have stopped eating GM food at all. What could that mean for our future? Sci-Fi? I don't think so.

So, what small steps can we take to protect ourselves? Here are some tips on how to avoid eating GMO:

Organics do not allow GMO. Even if it is 80% organic, 100% MUST be non GMO.

US does not require labeling for GMO, so this is 'buyer beware'!!!

Common GMO foods, non organic to avoid:

Corn, corn flour, cornmeal, oil, starch, gluten, and syrup, cornstarch, chips

Soybeans soy flour, lecithin, protein, isolate, and isoflavone. Vegetable oil

Canola, also called rapeseed oil,,,choose olive, coconut, sesame, sunflower, safflower, almond, grapeseed, and peanut oils.

Cottonseed

**sugar beets...may very soon enter food supply. Organic sweeteners, candy and chocolate products made with 100% cane sugar, evaporated cane juice or organic sugar to avoid beet sugar.*

Potatoes; chips, prepared and processed

Tomatoes, that can be pizza, or anything commercially prepared with tomatoes

Tobacco

Hawaiian papaya

Infant formula

GMO shopping list:

Fruits and veggies; very few fresh fruits and veggies for sale in US are GM. Zucchini, yellow squash and corn may be GM the only commercialized fruit is papaya from Hawaii...of which about ½ are GM.

Meat, fish, eggs; GM is not 'approved' in US,,,but plenty of these are raised on GMO grain products. Look for wild, rather than farmed fish, and 100% grass fed animals. Most alternative meat products are processed, and include ingredients that are GE.

Dairy; dairy farmers inject their cattle with hormones that increase milk production. Choose those that are free of rbGH or rbST. Many alternative dairy products are made from GMO materials like soy or corn.

Baby food; many contain soy, milk, corn syrup, corn syrup solids and soy lecithin...and this is how we are expecting them to be healthy growing beings!!

Grain, beans and pasta; other than corn, I cannot find evidence that GM grains are sold on the market. Best to stay with minimally processed and as whole grain as possible.

Breakfast bars and granola; these are highly likely to contain GMO ingredients because they are often made with corn and soy products.

Snack foods; look for snacks made from wheat, rice or oats and ones that use sunflower or safflower oils. There is not yet blue or white GM corn.

Soups, sauces and canned foods; many are highly processed so watch for ingredients.

Our conversation;

Examples of what they are doing to GE food and biotech experiments/what are participating in without knowing Antibiotic resistance; herbicide resistance; harming beneficial plants and insects (bees?)

Cross pollination of plants and effect on animals that eat GM foods, and to us who eat those animals and who eat those GM foods.

Sources;

Omnivores Dilemma, Michael Pollen

Genetic Roulette, Jeffrey Smith

www.responsibletechnology.org

Various notes and research papers done by myself

Attachment; letter to government demanding better labeling, HR2916

"A nation that destroys its soils, destroys itself" Franklin D. Roosevelt

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'Variety is the spice of life' and 'spice is the variety of life'

Herbs and Spices....Natures Healthcare System

Cumin; lowers blood sugar, great for digestion and high in potassium, calcium and magnesium which all help lower blood pressure

Turmeric; good for everything! Liver stimulant, antibacterial, antifungal, antiseptic, antioxidant, anti-inflammatory. At least 30 studies have shown that it reduces uterine tumors, skin cancers, colon cancer cells. Relieves arthritis on its own as well. Carpal Tunnel, aches and pains, etc. Turmeric powder and a little honey will soothe an oncoming soar throat. Protects liver. Mixed with veggies like broccoli, cabbage, cauliflower and Brussels sprouts has been shown to reduce prostate tumors. (see immunity spice)

Marjoram; helps relieve the symptoms of cold and flu bugs

Sage; improves weak digestion, clears up winter mucous that stops up our energy. Spring cleaning herb. Blood cleanser and muscle relaxant. Helpful for change-of-life night sweats. Improves memory!

Thyme; strengthens digestion and improves stomach acid performance. Traditional remedy for nightmares. Helps relieve headaches. Soothes sore throat and lung irritation.

Nutmeg; prevents vomiting, digestive and appetite stimulant.

Garlic; stimulates immune system, great cholesterol regulator. Garlic (and onions too!) help to reduce stomach and colon cancer. Helps fight the common cold. Great for heart health. In a study with animals...those given garlic while eating the same types of foods as those in the other control group, did not gain weight. Crushed and chopped garlic releases potential...the benefits lies in a compound that isn't even IN garlic, but rather a byproduct of what happens when garlic is crushed or chopped. This is nature's defense of the garlic plant. Eating whole has little to no medicinal benefit. Microwaving destroys completely, and cooking will minimize to some degree...so best to add in stages to your cooking so you do have most benefit from the bit you add at the end!

Curry; ingredients work together to stimulate and also protect brain by making sure that the neurotransmitters do what they're supposed to. Key to healthy brain. Also has turmeric as primary ingredient, so all those benefits as well!

Bay leaf; soothes stomach and intestinal tract, general tonic for indigestion. When I had typhoid fever, the naturopath had me drinking broth of bay leaf for 6 weeks.

Dill; chew seeds for bad breath, same with fennel seeds.

Cayenne; increases metabolism (how our body uses energy). A true natural stimulant.

Basil; antidepressant. Prevents vomiting. Rub fresh basil on insect bites. Watch the natural rhythm of it all. Ex. Nettle for allergy relief when the pollen is the worst.

Cumin; helps stabilize blood sugar, *important discussion*. Has potassium, magnesium and calcium, again, to help lower blood pressure.

Rosemary; very promising research shows that rosemary inhibits tumors, so studies are showing it to be anti-carcinogenic. Protects memory and healthy brain function. May be helpful in reducing liver and heart disease, and its calming effect on system also shows it helps asthma sufferers.

Cinnamon; increases metabolism,,,great combo with cayenne! Moderates blood sugar. Helps relieve arthritis pain. Reduces bad (LDL) cholesterol. Relieves nausea.

Oregano; power packed with antioxidants...42 times more than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than the famous blueberry!! The oil may eliminate parasites, and slows growth of yeast in the body. Studies have shown that oregano oil stops mutation of cells, slows (if not stops) cancer growth. Relieves joint pain. Aphrodisiac!

Mustard seed; protects against cancer.

Peppermint; decreases growth of bacteria.

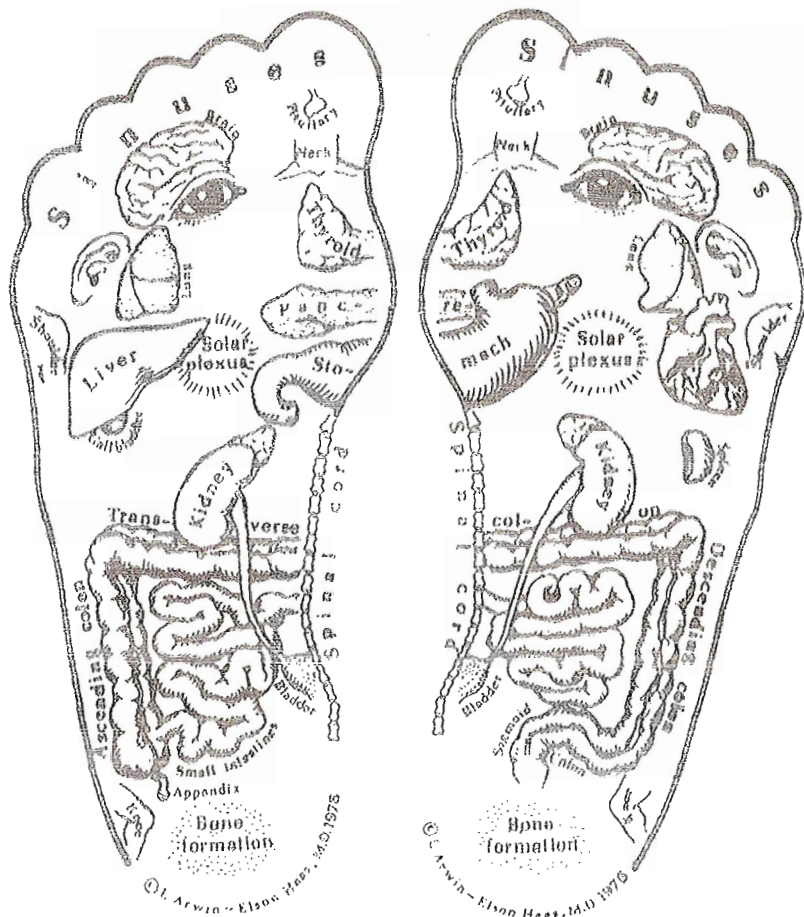
Ginger; reduces fever and chills. Boosts immunity. Works the same as aspirin for blood clotting, without the stomach lining effects of using aspirin. Stimulates circulation, so is good for cold hands and feet. Eases morning sickness and seasickness.

Cloves; immediate pain reliever for toothache. A 1999 U of W study shows that cloves help kill bacteria, viruses, as well as to have anti-carcinogenic effect on the skin.

Parsley; freshens breath...freshens the whole system. Detoxifier,,,chlorophyll purifies and rejuvenates. Has been shown to stop bacterial growth in wounds. Builds blood and renews tissues. Eye candy...helps improve eye health. Significantly reduces blood glucose in animals, so is probably an aid in diabetes. Has been shown to have anti-cancer properties.

Seasonal Dish Ideas

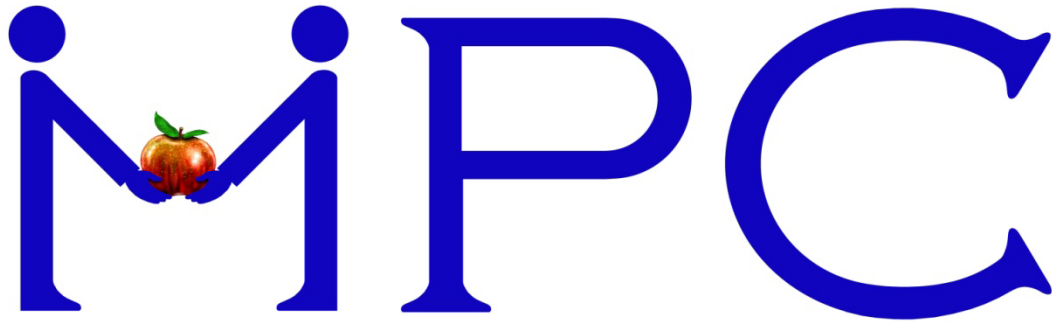
Chicken salad with grapes and celery
Joes special
Chicken with creamy mushroom grits
Beef broccoli
Grilled asparagus
Beet and apple salad
Thai beef or chicken salad
Chicken nettle soup
Sautéed kale with garlic and olive oil
Broccoli salad
Strawberry rhubarb cobbler
Roast vegetable pasta salad
Tuna sandwiches with sprouts
Spinach mushroom egg bake
Herb salad dressings, using fresh seasonal herbs
Spinach lasagna
Chicken with parsley dumplings
Bleu cheese or cheddar stuffed burgers
Polenta chicken tamale pie
Lemon chicken
Cole slaw
Steak and asparagus salad
Basil chicken curry
Lemony lentils and chicken
Dilled cucumbers
Broccoli stuffed potatoes
Warm bean salad
Penne caprese
Greek salad
Spinach pear salad
BLT salad with 1000 island dressing
Cold rice salad with crunchy veggies
Down home chicken pie
Carrot muffins
Chicken fajitas



Foot Reflexology Chart
 Each part of the foot relates to
 specific part of the body. Massage
 often for gentle cleansing.

Summer Nutrition Seminar

2009



MEALS PARTNERSHIP COALITION

"WORKING TO ENSURE THAT MEALS ARE AVAILABLE FOR HUNGRY PEOPLE"



Nutritionally balanced meals for compromised immunity

It's almost like having a part-time job, this investment in health, but the rewards are much richer than just money!

- **Optimum health:**
 - 'Whole' foods as much as possible...fresh fruits and veggies (see vitamin charts)
 - Green leafy veggies...can't stress it enough
 - Fiber, soluble/insoluble fiber,,,many say to be the cornerstone of health and blood sugar stabilizing, common link to all dis-ease soluble (fruits, beans, nuts, seeds, oats; insoluble grains, seeds, carrots, cukes, celery,, tomatoes
 - Balanced breakfasts –not only keeps you feeling full, kick-starts metabolism
 - Seasonal foods are the freshest, most nutritious foods in the market (and for donors); and they are the least expensive foods because of availability.
- **Simple modifications you can make to enhance daily nutrition:**
 - Several small meals/snack during day to maintain blood sugar balance
 - Snacks including; ground olives with feta or goat cheese on toasted whole wheat toast; mashed beans or peas on toast; leftover cooked seafood on toast; nut butter on celery or banana (unripe); apple and almonds; rye crackers with cheese and mustard; tuna and grapes
 - Fermented foods/saurerkraut, miso....helps ease digestion and absorption of nutrients
 - Occasionally substitute bean and lentils for meats, poultry
 - Stay away from packaged lunch meats as much as possible
 - Replace butter with olive oil, herbs, spices or lemon juice
 - Create meal plan/day to day or week to week, to eliminate impulsive eating
- **Avoid:**
 - Processed flours and refined sugars
 - Pesticides and herbicides, organic when possible/no GMO/ wash produce before eating
 - Aspartame
 - MSG
 - Overripe fruit or overcooked potatoes, as they are higher in glycemic load and will spike blood sugar

Recipe suggestions:

Cabbage, bean and bacon soup

Basil, onion and pea soup

Hearty lentil soup

Butternut squash soup

Carrot orange soup

Advantages of soup; ease of preparation, potful of optimal daily nutrients. Healthiest way to cook soup; Boil for 10 minutes, temp off, let set for an hour, turn back on to boil, and turn off. Soup keeps and usually freezes well (make on weekend and eat all week). If using noodles, freeze without them, and add when reheating. Ways to thicken soup; potatoes, breads, peas, rice, arrowroot, tapioca or potato flour. Great way to use leftover ingredients

Frittata (main dish)

Sweet cabbage and apples (side dish)

Roast chicken, stuffed with onions, garlic and carrots, herbs (main and side dish)

Smoothies (dessert)



**Creating an environment for healthy bodies
with vitamins and minerals**

Vitamins:

- A** *Deficiency symptoms:* dry eyes, night blindness, poor growth and development, dry/hardened skin, impaired immunity, mouth sores
Foods that heal: carrots, watercress, cabbage, squash, sweet potatoes, melon, pumpkin, mangos, tomatoes, broccoli, apricots, papayas, tangerines, oranges, dark green leafy vegetables, peaches, asparagus. Fat soluble vitamin.
Robbers of Vitamin A: heat, light, alcohol, coffee and smoking
- B1** *Deficiency symptoms:* fatigue, muscle weakness/tender muscles, nausea, eye pains, irritability, poor concentration, stomach pains, constipation, tingling hands, rapid heartbeat
Foods that heal: watercress, squash, zucchini, lamb, asparagus, mushrooms, peas, lettuce, peppers, cauliflower, cabbage, tomatoes, Brussels sprouts, dried beans, green leafy veggies
Robbers of Vitamin B1: antibiotics, tea, coffee, stress, birth control pills, alcohol, cooking/processing of food
- B2** *Deficiency symptoms:* dry, cracked skin, sensitivity to bright lights, sore tongue, cataracts, dull or oily hair, eczema/dermatitis, split nails, cracked lips, bloodshot eyes
Foods that heal: mushrooms, watercress, cabbage, asparagus, broccoli, pumpkin, bean sprouts, mackerel, milk, bamboo shoots, tomatoes, wheat germ, green leafy veggies
Robbers of Vitamin B2: antibiotics, tea, coffee, birth control pills, alcohol
- B3** *Deficiency symptoms:* depression, tiredness, lack of energy, diarrhea, insomnia, headaches, poor memory, anxiety, bleeding or tender gums, acne, dermatitis
Foods that heal: mushrooms, tuna, chicken, salmon, asparagus, cabbage, lamb, mackerel, turkey, tomatoes, zucchini, squash, cauliflower, whole wheat, green leafy veggies
Robbers of Vitamin B3: antibiotics, tea, coffee, birth control pills, alcohol
- B5** *Deficiency symptoms:* muscle tremors or cramps, poor concentration, burning feet or tender heels, nausea or vomiting, lack of energy, exhaustion after light exercise, anxiety or tension, teeth grinding
Foods that heal: mushrooms, watercress, broccoli, alfalfa sprouts, peas, lentils, tomatoes, cabbage, celery, strawberries, eggs, squash, avocados, whole wheat, green leafy veggies
Robbers of Vitamin B5: stress, alcohol, tea, coffee, and is destroyed by heat and processing
- B6** *Deficiency symptoms:* difficulty remembering dreams, water retention, tingling hands, depression, nervousness, irritability, muscle tremors or cramps, lack of energy, flaky skin
Foods that heal: watercress, cauliflower, cabbage, peppers, bananas, squash, broccoli, asparagus, lentils, kidney beans, Brussels sprouts, onions, seeds and nuts, green leafy veggies
Robbers of Vitamin B6: alcohol, smoking, birth control pills, high protein intake, processed foods

- B12** *Deficiency symptoms:* dementia, mental confusion, poor hair condition, eczema, mouth oversensitive to heat and cold, irritability, anxiety, lack of energy, constipation, tender or sore muscles, pale skin
Foods that heal: oysters, sardines, tuna, lamb, eggs, shrimp, cottage cheese, milk, turkey and chicken, cheese, green leafy veggies, beans and peas
Robbers of Vitamin B12: alcohol, smoking, lack of stomach acid
- C** *Deficiency symptoms:* frequent colds, slow wound healing, loose teeth, bleeding gums, easy bruising, recurrent infections, nosebleeds, red pimples on skin
Foods that heal: peppers, watercress, cabbage, broccoli, cauliflower, strawberries, lemons, kiwi fruit, peas, melons, citrus fruits, tomatoes, cantaloupe, tomatoes, sweet potatoes, berries
Robbers of Vitamin C: alcohol, smoking, pollution, stress, fried food
- D** *Deficiency symptoms:* joint pain or stiffness, backache, tooth decay, muscle cramps, hair loss
Foods that heal: herring, mackerel, salmon, oysters, cottage cheese, eggs, liver, cod liver oil. Fat soluble vitamin.
Robbers of Vitamin D: lack of sunlight, fried foods
- E** *Deficiency symptoms:* lack of sex drive, exhaustion after light exercise, easy bruising, slow wound healing, varicose veins, loss of muscle tone, infertility, nerve damage
Foods that heal: sunflower seeds, peanuts, sesame seeds, beans, peas, wheat germ, tuna, sardines, salmon, sweet potatoes, green leafy veggies, avocados, oats. Fat soluble vitamin.
Robbers of Vitamin E: frying or other high temp cooking, air pollution, birth control pills, processed fats and oils

Minerals:

Calcium

Deficiency symptoms: muscle cramps/tremors, insomnia, nervousness, joint pain, arthritis, tooth decay, high blood pressure
Foods that heal: Swiss and cheddar cheese, almonds, brewers yeast, parsley, corn tortillas, artichokes, prunes, pumpkin seeds, dried beans, cabbage, wheat, goats milk, watercress, figs, broccoli, oats, romaine lettuce, Bokchoy
Robbers of calcium: hormone imbalances, alcohol, lack of exercise, coffee, tea, excess fat, stress.

Chromium

Deficiency symptoms: cold sweats, dizziness, irritability after six hours without food, need for frequent meals, cold hands, need for excessive sleep, excessive thirst, addiction to sweet foods.
Foods that heal: brews yeast, whole wheat, rye, oysters, potatoes, wheat germ, green peppers, eggs, chicken, apples, butter, parsnips, cornmeal, lamb, swiss cheese
Robbers of Chromium: refined sugars and flours, obesity, additives, pesticides, petroleum products, processed foods, toxic metals.

Magnesium:

Deficiency symptoms: muscle tremors or spasms, muscle weakness, insomnia, nervousness, high blood pressure, irregular heartbeat, constipation, hyperactivity, depression, confusion, lack of appetite, kidney stones.

Foods that heal: wheat germ, almonds, cashews, peanuts, buckwheat, pecans, cooked beans, garlic, raisins, green peas, potato skins, crab, cacao, sesame seeds, kale, watercress, kelp, alfalfa sprouts, arugula

Robbers of Magnesium: milk products, proteins, fats, oxalates (spinach and rhubarb), processed flours

Manganese:

Deficiency symptoms: muscle twitches, childhood growing pains, dizziness, poor sense of balance, fits, convulsions, sore knees, joint pain

Foods that heal: watercress, pineapple, okra, endive, blackberries, raspberries, lettuce, grapes, lima beans, strawberries, oats, beets, celery

Robbers of Manganese: antibiotics, alcohol, refined foods, calcium, phosphorus

Potassium:

Deficiency symptoms: irregular heartbeat, muscle weakness, feeling of 'pins and needles' on skin, irritability, nausea, vomiting, diarrhea, swollen abdomen, cellulite, low blood pressure, confusion, mental apathy

Foods that heal: watercress, endive, cabbage, celery, parsley, zucchini, radishes, cauliflower, mushrooms, pumpkin, molasses, bananas, whole grains, apricots, nuts, avocados, brown rice

Robbers of Potassium: excess sodium, alcohol, sugar, diuretics, laxatives, stress, corticosteroid drugs.

Selenium:

Deficiency symptoms: family history of cancer, signs of premature aging, cataracts, high blood pressure, frequent infections

Foods that heal: tuna, oysters, molasses, mushrooms, herring, cottage cheese, cabbage, beef liver, zucchini, cod, chicken, broccoli, garlic, asparagus, kelp, Brazil nuts

Robbers of Selenium: refined foods, 'modern farming techniques'

Sodium:

Deficiency symptoms: dizziness, heat exhaustion, low blood pressure, rapid pulse, mental apathy, loss of appetite, muscle cramps, nausea, vomiting, reduced body weight, headaches

Foods that heal: sauerkraut, olives, shrimp, miso, beets, ham, celery, cabbage, crab, cottage cheese, kidney beans

Robbers of Sodium: potassium and chloride counteract sodium to keep balance in the body

Zinc

Deficiency symptoms: poor sense of smell or taste, white marks on fingernails, frequent infections, stretch marks, acne or greasy skin, low fertility, tendency to depression, loss of appetite

Foods that heal: oysters, gingerroot, lamb, pecans, split peas, haddock, green peas, shrimp, turnips, egg yolks, whole wheat, rye, oats, peanuts, almonds, nori seaweed, brown rice, kelp

Robbers of Zinc: oxalates, high calcium intake, copper, low protein intake, excess sugar, stress, alcohol

Gallbladder function and foods

Gallbladder stores bile between meals to be released in the small intestine as the stomach processes food. If the opening to the small intestine feels there is too much going on it shuts off access and bile backs up in gallbladder, breaking down into salts, becoming more concentrated. Eventually these salts may become gallstones. 'You have a lot of gall' is actually a compliment,,,,means you are standing up for yourself and singing your song in the world.

Discussion; Dr's now consider removal of the gall bladder, which is oftentimes an outpatient surgery, as routine as a 'teeth cleaning'. This organ has a specific job in our body, and has an important role with the liver of our daily food intake, and they consider it a 'procedure' to remove it?...not even a surgery any longer, nor is it to be missed? Hmmmmm.

- So, how is the liver expected to accommodate in the absence of gallbladder? It must begin to share the extra digestive burden with the pancreas.
- There are vitamins that are absorbed that support what the gall bladder can do with bile salts...Vitamins A, D, E, K and lipid absorption, which can create higher cholesterol levels. Bile salts keep cell walls in the condition to receive nutrients.
- Not one of my clients has been educated on the effects of a missing gall bladder,,,they were told that "everything would go back to normal after recuperating, and they could eat what they had been, and they wouldn't even miss it."
- The reality is that a failing gall bladder is a symptom of poor nutrition,,,,years of poor nutrition. Returning to old habits, we are further compromising other organs of our bodies, in the absence of the gallbladder. Supplementing Lecithin can help people with poor tolerance of fat after surgery, as it breaks down large fat particles into smaller ones for easier emulsification by other organs. In addition, taking digestive supplements may help.
- Is there a quick fix, other than surgery? Healing a nutritional life is no quick fix. HOWEVER, it has the potential of saving an organ from being thrown away. There are no advocates that are standing by your side when you are in pain in the Dr. office that can guide you away from surgery. If the gall bladder has become too inflamed, diseased or full of stones, then surgery may be your only option,,,,and the evidence shows that there are symptoms of an inflamed gall bladder in the early stages that if we are aware, have the possibility of reversal to a healthier organ once again.
- 'the early stages' of struggling gallbladder; varied aches and piercing pain right under your ribs on the right side of your body, accompanied with what's called 'referred pain' which is in between shoulder blades, particularly after eating. If these symptoms hold on, by all means get to a Dr. I am only advocating listening to your body, and the messages it is sending you.
Learn to tune in to the frequency of your body.

Foods that gall bladder love, and can help to reduce inflammation;

Apples, beets, vinegar, lemon juice, tomatoes, garlic, onion, cold water fish, avocados, sweet potatoes, okra, green beans, cucumbers, berries, papaya, pears, grapes, flax (remember not to cook with flax oil, as it oxidizes with heat), celery, carrots, dandelion greens, nettles (yes, those pesky weeds)

Avoid;

Fried foods, partially hydrogenated fats, processed goods including white flour. Do not overeat, and avoid eating while under stress.

Note: Eat organic when possible! Eat only fresh foods. And if you have gall bladder pain, try reducing everything from diet except the above 'love' foods, in which case everything *must* be organic. Pesticides further aggravate the toxic process. With any chronic pain, it is of course a good idea to see a Dr.)

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Intestinal Bacteria, the Good, the Bad and the Ugly

Poor intestinal health creates poor immunity.

How do acidic foods compromise your immune system?

When you eat simple carbs (white food), sugar, too much animal protein, and dairy (acidic foods), nutrients that are in your intestines are not absorbed, and the by-products of what these foods have left behind become 'bad bacteria'. The problem with bad bacteria is that they multiply and destroy enzymes on the cell wall. Introduce 'good bacteria' the bad bacteria are starved.....much like pacman the video game, eat up the bad bacteria and create better intestinal environment. Bottom line, organisms that eat by-products that we don't want our bodies to recirculate are 'good bacteria'.

Tips for better intestinal health;

- Research the prescription drugs you are taking, as many do disrupt intestinal balance. You may not be able to correct your condition with nutrition immediately, to wean yourself from these medications, however, you can supplement your body to maintain balance.
- Candida is yeast and fungal organism in our bodies, which is present in all our bodies, but when we are out of balance (ingesting too much sugar, antibiotics, environmental pollutants, poor diet, it grows out of control. Probiotics and fermented foods can help reverse this condition. Symptoms can be fevers, stomach upset, ear and eye problems, headaches, skin rashes, general aches and pains,,,,all that don't clear up fairly quickly.
- Probiotic (cultured 'good bacteria'),,,,between 400 and 500 beneficial bacteria live in intestinal tract. These are vital part of the body,,,almost like another organ inside the intestines. This beneficial bacteria can weigh as much as 3 pounds of your body weight. Examples of probiotic supplements are acidophilus, lactobacillus, saccharomyces boulardi. Choose one that has at least 1 billion beneficial bacteria.
- Eat fermented products of all kinds. Fermentation eases digestion, protects valuable enzymes, removes toxins from foods and preserves our food...what a gold mine of culinary magic. Tempeh, sauerkraut, kefir, amazake (fermented rice), kimche, miso
- Decrease ingredients that contain sulfur; bisulfites, sulfur dioxide, sulfites, sulfates
- Eat oatmeal, generously....enhances immune system
- Take a sugar break

'Regular' bowel movements is ideal, at least once a day. How many times can depend on your digestive 'fire' Exercise

Fiber intake, at least 30 grams per day...the average American eats approximately 14 grams, max! Good fiber foods are; *whole grains, like barley, popcorn, brown rice; Fruits like apricots, berries, apples with skin, kiwi, pear, raisins, figs; Vegetables like broccoli, green leafys, dried peas and beans like kidney, chick peas, lentils; Nuts and Seeds such as almonds, flaxseed and walnuts.*

Recommended reading; *Body Ecology*, by Donna Gates

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*"Learn the craft of knowing how to open your heart and to turn on your creativity. There's a light inside of you."
Judith Jamison*

Signs of weak heart energy are *easily troubled, out of touch, with our core 'what to make of life', chest pain, difficulty making connection with others, sleeplessness, agitation or anxiety, confusion, overexcited mind, poor circulation in hands, palpitations.* Isolation from relationships trouble our hearts, and relationships heal our hearts...with our source, other people, ritual meditation or quiet time, singing, dancing, playing cards, laughing, mingling. Be attentive to how your body feels when you have spent time doing any of these activities.

☼ **Heart nourishing foods:**

Red foods, tomatoes, cherries, red peppers, (baked tomatoes particularly, red wine, paprika, pomegranate....ghee, Reishi mushroom, corn, chicory, wheat (sprouted or wheatberry), scallion, date, garlic, apple, oats, quinoa, cinnamon, sage, rosemary, cumin, dandelion. Edible flowers nasturtiums, borage, marigolds, violets, rose. Bitter drink (like dandelion root tea) before meals will stimulate heart.

☼ Foods with **magnesium** (deficiency signs are muscle spasms, muscle weakness, insomnia, anxiety, high blood pressure, irregular heartbeat, constipation, lack of appetite, depression, bad menstrual cramps)

Wheat germ, almonds, cashews, buckwheat flour, brazil nuts, peanuts,, pecans, cooked beans, crab, potato skins, green peas, raisins, garlic. Selenium foods are tuna, oysters, molasses, mushrooms, herring, cottage cheese, cabbage, beef liver (organic and grass fed of course), zucchini, cod, chicken.

CoQ10 sardines, mackerel, pork, spinach, peanuts, sesame seeds, walnuts, soybean oil

☼ **Omega 3's:** *walnuts, salmon, mackerel, sunflower seeds, flaxseed, flax oil, pumpkin seeds, wheat germ, sardines, tuna.*

☼ **Calcium** foods are: *Swiss and cheddar cheese, almonds, parsley, corn tortillas, artichokes, prunes, pumpkin seeds, cooked dried beans, cabbage, wheat.* When calcium is taken with magnesium to help heart irregularity....helps contraction and relaxation. Also, each is needed for optimal absorption of the other. Take 2:1 calcium to magnesium. Vitamin D is also beneficial for absorption of both of them. Take at bedtime for a more restful sleep.

☼ **Homocysteine:** protein we make in our body. We need in small amounts, but when what we make does not convert to what it is supposed to, (mainly because we are eating too many acidic foods) inflammation in our body is created, and disease may happen. Normal blood ranges are counted in units, and ideal is 6 and below, most Americans levels are at 10 and above. High homocysteine levels (over 6 units) are responsible for being at risk for over 50 diseases, the top of the list including heart attacks and strokes. Studies have shown that a *lower homocysteine level can cut your chance of heart 'event' by 75 %!!* It can be reversed in just a few weeks with proper nutrition (listed below). High levels are shown to be responsible for brain damage, for cancer, and the list is as long as this class!

☼ Foods and lifestyle that can **lower** our homocysteine level:

Eat less fatty meat, and more fish-NOT FRIED- and vegetable protein (though higher risk factors are for those who are strict vegetarians and vegans). *Tofu, tempeh, beans, hummus (garbanzo beans), baked beans, pea soup, etc. at least 5 times a week.*

Eat at least 5 servings of (varied) fruit and veggies a day.

Have a clove of garlic a day....chopped or minced to release the important allicin

Limit salt intake....consider using Solo salt that has less sodium and potassium and magnesium

Cut back on tea and coffee....by limiting to just a cup a day, decreases chance of high blood pressure, leaches minerals from our bodies, depletes B vitamins, too much HCL, bladder cancer, kidney stones, stresses adrenal glands, increases blood sugar, and raises homocysteine level (see below). There are many chemicals in the growing and processing of coffee that increase the toxins in our body, as well, so drink organic if possible.

Limit alcohol

Stop smoking

Take a multivitamin each day, that includes nutrients that lower homocysteine like B2, B6, B12, folic acid, zinc.

Antioxidant power team;

C ... kicks in antistress hormones, turns food into energy, makes new and repairs old collagen for strong joints, detoxifies pollutants; **Foods sources of Vitamin C;** *peppers, watercress, cabbage, broccoli, cauliflower, kiwi, citrus, strawberries, tomatoes.*

E protects cells from damage, helps body use oxygen, prevents blood clots, improves wound healing, good for the skin; **Food sources of Vitamin E;** *sunflower seeds, peanuts, sesame seeds, beans, peas, wheat germ, tuna, sardines, salmon, yams*

Glutathionecells antioxidant IQ...and **very** important to lung health. **Food sources of glutathione;** *wheatberry, tuna, lentils, beans, nuts, onions, seeds, garlic*

CoQ10 ...improves heart function, helps lower blood pressure, boosts immunity, increases energy level.

Food sources of CoQ10; *sardines, mackerel, pork, spinach, peanuts, sesame seeds, walnuts*

Alpha Lipoic Acid... needs all of the above to perform to its full potential, helps all of the above to work. This is the antioxidants antioxidant! **Food sources of Alpha Lipoic Acid;** best as supplement

Small intestine and heart work synergisticallythe intestine presents what is nourishing to heart, and what is not, is passed on to be excreted. So if intestinal activity is down, so is heart center. Intestinal healthy foods are listed on that course page.

Like Water for Chocolate, a movie with heart.

It is not the ingredients that make a meal heart-nourishing so much as the *heartfulness* that has gone into its preparation. In the film, whatever was going on in the cooks life was magically transferred to everyone who ate her food, from sadness, love, to sexual arousal. This relationship between cook and food, affect us more profoundly than we may realize and there is a beautiful mystery in how it is that his/her apple pie is simply the best, no matter what we do to imitate it!! "If you bake bread with indifference, you bake a bitter bread that feeds half of mans hunger." Gibran

Order Homocysteine test online.

Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods

Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

40%

20%

Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type. To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a pH of 10.

A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods			Acid Forming Foods		
VEGETABLES	FRUITS	OTHER	FATS & OILS	NUTS & BUTTERS	DRUGS & CHEMICALS
Garlic	Apple	Apple Cider Vinegar	Avocado Oil	Cashews	Aspartame
Asparagus	Apricot	Bee Pollen	Canola Oil	Brazil Nuts	Chemicals
Fermented Veggies	Avocado	Lecithin Granules	Corn Oil	Peanuts	Drugs, Medicinal
Watercress	Banana (high glycemic)	Probiotic Cultures	Hemp Seed Oil	Peanut Butter	Drugs,
Beets	Cantaloupe	Green Juices	Flax Oil	Pecans	Psychedelic
Broccoli	Cherries	Veggies Juices	Lard	Tahini	Pesticides
Brussel sprouts	Currants	Fresh Fruit Juice	Olive Oil	Walnuts	Herbicides
Cabbage	Dates/Figs	Organic Milk (unpasteurized)	Safflower Oil		
Carrot	Grapes	Mineral Water	Sesame Oil	ANIMAL PROTEIN	ALCOHOL
Cauliflower	Grapefruit	Alkaline Antioxidant	Sunflower Oil	Beef	Beer
Celery	Lime	Water		Carp	Spirits
Chard	Honeydew Melon	Green Tea	FRUITS	Clams	Hard Liquor
Chlorella	Nectarine	Herbal Tea	Cranberries	Fish	Wine
Collard Greens	Orange	Dandelion Tea		Lamb	
Cucumber	Lemon	Ginseng Tea	GRAINS	Mussels	BEANS & LEGUMES
Eggplant	Peach	Banchi Tea	Rice Cakes	Oyster	Black Beans
Kale	Pear	Kombucha	Wheat Cakes	Pork	Chick Peas
Kohlrabi	Pineapple		Amaranth	Rabbit	Green Peas
Lettuce	All Berries	SWEETENERS	Barley	Salmon	Kidney Beans
Mushrooms	Tangerine	Stevia	Buckwheat	Shrimp	Lentils
Mustard Greens	Tornato	Ki Sweet	Corn	Scallops	Lima Beans
Duice	Tropical Fruits		Oats (rolled)	Tuna	Pinto Beans
Dandelions	Watermelon	SPICES/SEASONINGS	Quinoa	Turkey	Red Beans
Edible Flowers		Cinnamon	Rice (all)	Venison	Soy Beans
Onions	PROTEIN	Curry	Rye		Soy Milk
Parsnips (high glycemic)	Eggs (poached)	Ginger	Spel	PASTA (WHITE)	White Beans
Peas	Whey Protein	Mustard	Kamut	Noodles	Rice Milk
Peppers	Powder	Chili Pepper	Wheat	Macaroni	Almond Milk
Pumpkin	Cottage Cheese	Sea Salt	Hemp Seed	Spaghetti	
Rutabaga	Chicken Breast	Miso	Flour		
Sea Veggies	Yogurt	Tamari	DAIRY	OTHER	
Spirulina	Almonds	All Herbs	Cheese, Cow	Distilled	
Sprouts	Chestnuts		Cheese, Goat	Vinegar	
Squashes	Tofu (fermented)	ORIENTAL VEGETABLES	Cheese, Processed	Wheat Germ	
Alfalfa	Flax Seeds	Maitake	Cheese, Sheep	Potatoes	
Barley Grass	Pumpkin Seeds	Daikon	Milk		
Wheat Grass	Tempeh (fermented)	Dandelion Root	Butter		
Wild Greens	Squash Seeds	Shitake			
Nightshade Veggies	Sunflower Seeds	Kombu			
	Millet	Reishi			
	Sprouted Seeds	Nori			
	Nuts	Umeboshi			
		Wakame			
		Sea Veggies			

SYMPTOMS OF NUTRIENT DEFICIENCY

Everybody needs a balanced intake of vitamins and minerals. Some people, however, require a greater intake to meet particular

needs. If they do not get an adequate supply, these people may suffer problems that are signs of the nutrient deficiency.

NUTRIENT	DEFICIENCY SYMPTOMS	THOSE MOST AT RISK
A	Dry eyes, night blindness, poor growth and development, hardening of skin, impaired immunity.	Toddlers.
B ₁	Fatigue, muscle weakness, and nausea. Can lead to fatal illness called beriberi with heart failure.	Alcoholics, people on a subsistence diet of polished rice.
B ₂	Dry and cracked skin, bloodshot eyes, sore lips and tongue.	People who do not drink milk.
B ₃	Depression and tiredness. Severe deficiency leads to pellagra, which is characterized by dermatitis, diarrhea, and dementia.	People on a corn-based diet.
B ₆	Convulsions.	Naturally occurring deficiency unknown.
B ₁₂	Megaloblastic anemia (abnormal red blood cells). Degeneration of the spinal cord, which leads to paralysis and death. May also cause mental confusion in the elderly.	Vegetarians (especially vegans), heavy drinkers, pregnant and lactating women. Deficiency usually caused by malabsorption rather than dietary lack.
C	Slow wound healing, loose teeth, bleeding gums, easy bruising, recurrent infections, internal hemorrhaging, scurvy.	Smokers, the elderly.
D	Rickets (bones do not harden and become distorted in children), osteomalacia (softening of the bones in adults).	Children, the elderly, the housebound, individuals consuming a diet rich in unleavened bread and brown rice.
E	Hemolytic anemia, nerve damage.	Individuals with a diet low in polyunsaturated fats, especially fish oils.
CALCIUM	Rickets, osteomalacia.	Children, adolescents, pregnant and lactating women, vegans, the elderly.
IRON	Iron-deficiency anemia—fatigue, shortness of breath.	Women who have heavy periods, pregnant women, vegetarians, sick or elderly people

Source: *Eating for good Health; Health & Healing, the Natural Way*
 Cavell & Brown, Lt, London

Hearty Lentil Soup

Serves 6

1 Tbsp olive oil
1 Tbsp butter
1 onions, diced
2 carrots, diced
6 cloves garlic, smashed
6 slices bacon, diced
2 tsp Italian Seasoning (rosemary, thyme, parsley, oregano)
2 cups lentils, washed and checked for stones
8 cups water chicken or vegetable stock
Salt and pepper
2 oz Asiago cheese
6 large croutons, toasted

Heat oil and butter in stock pot. Add onion, carrots, bacon and herbs, and cook over medium heat for 5 minutes. Add the lentils, stock and bring to boil. Reduce heat to low and simmer for 50 minutes or until lentils are cooked. Season with salt and pepper. Grate the cheese and serve soup garnished with cheese.

Roasted Butternut Squash Soup

10 servings

2 small butternut squash, about 1/2 pounds each
2 Tbsp vegetable oil
2 medium yellow onion, thinly sliced
Pinch of salt
4 Tbsp minced garlic
1 Tbsp minced ginger
2 Tbsp chili powder
2 Tbsp cumin, ground
1 carrot, thinly sliced
1/2 gallon vegetable or chicken stock
Salt and pepper to taste
1/4 cup roast pumpkin seeds
Plain yogurt

Preheat oven to 350 degrees F

Cut squash in halves, lengthwise scoop out seeds and discard. Place squash, inside down on a flat baking pan. Bake for approx 50 minutes, or until fork can easily be inserted. Set aside to cool. After the squash cools, use a large spoon to scoop out the insides and discard the rind. Set aside.

In a large saucepan, heat oil over medium heat. Add onions, and season with salt. Sauté stirring occasionally until transparent, about 5 minutes. Stir in the garlic, ginger, chili powder, cumin and carrot. Cook for 2 to 3 minutes. Add broth and the reserved squash, bring to a boil and simmer uncovered for about 30 minutes. Pour the mixture into a food processor, and puree until smooth. Season to taste, garnish with pumpkin seeds, a tsp of yogurt and serve.

Roast Chicken with lemon, red onions and red potatoes

Serves 6

2 – 3 pound chicken
Olive oil and butter
1 Tbsp Dijon mustard
1 tsp fresh chopped thyme
1 tsp fresh chopped rosemary
Salt and pepper to taste
1 lemon, cut in half (have an extra lemon on hand, in case you love the flavor and want more of it!)
4 medium red onions
8 red potatoes
4 fresh thyme sprigs
4 fresh rosemary sprigs

Preheat oven to 350. Wash chickens. Mix together oil and mustard. Rub chickens with this mixture, sprinkle thyme, rosemary, salt, pepper over the chickens. Squeeze one lemon half over the chickens. Cut the squeezed lemon half in two and place these in the cavity of each chicken. Reserve the other lemon half.

Peel the onions and cut them into large, thick rounds, season with salt and pepper and put them into the pan with the chickens.

Place the roasting pan in the oven and cook chickens until they are done and potatoes and onions are tender, about 1-1/2 hours. Before removing the chickens from the pan, gently lift one side. If juices run pink, put back in the oven for another 5-10 minutes.

Allow the chicken to rest for at least 8 minutes before cutting and slicing. Arrange the chicken pieces on a serving platter, place the roasted onions and potatoes around it. Squeeze the other ½ lemon over the chicken and garnish with fresh thyme and rosemary sprigs.

Frittata

Serves two

5 eggs
A combination of vegetables (peppers, spinach, kale, onions, zucchini, etc), cheeses, potatoes, and herbs of your choice
Salt and pepper
Ovenproof sauté pan

Sauté in oil, whip eggs, stir with sautéed veggies, pour into oiled sauté pan, top with cheese of choice and bake in 350 degree oven for 5 minutes or until eggs are 'set'.

Cabbage, Bean, and Bacon Soup

6 servings

4 Tbsp oil
6 slices bacon, diced
1 onion, diced
2 (or more) cloves garlic
½ head green cabbage, cut in to 1/4 " slices
2 turnips, diced
2 carrots, diced
2 tsp thyme leaves
½ cup white wine
12 cups chicken stock
3 cups white beans
Salt and pepper

Cook bacon in cooking oil in medium saucepan until cooked. Add onion, garlic, cabbage, turnip and carrots. Cook for 5 minutes. Add herbs, white wine, and stock. Bring to boil and lower heat and simmer for 15 minutes. Add the beans and remaining garlic and cook until flavors are cooked well together. Adjust seasoning, and serve.

Basil, Onion and Pea Soup

6 servings

¼ cup chopped onion
1 Tbsp olive oil
2 cups fresh peas (or frozen peas)
1 bunch fresh basil, leaves only
1 cup (or more) broth
½ cup light whipping cream
¼ tsp salt
¼ tsp white pepper, or to taste

Sauté onions in oil in medium saucepan for about 5 minutes. Add peas and cook for about 3 minutes, and stir in basil. When the mixture is hot, add the stock and cream. Season with salt and pepper. Bring to a simmer and cook for 10 minutes. Remove from heat, blend the soup in a blender or food processor and return to the saucepan to heat.

Serve warm.

Sweet Cabbage and Apples

4 servings

2 tsp butter
1 medium, onion, chopped
1 small head cabbage, cored and thinly sliced
1 apple, quartered, cored and thinly sliced
¼ cup apple juice
¾ cup water
1 Tbsp apple cider vinegar
Salt and pepper to taste

In a large sauté pan, melt the butter over low heat, add onion and sauté briefly, about one minute. Add the cabbage and apple. Cook over medium heat, stirring occasionally, for 5 minutes.

In a small bowl, combine apple juice, water, vinegar, salt and pepper. Pour this mixture into the sautéed cabbage. Cover skillet tightly and cook over low heat for 30 minutes. Serve cabbage mixture warm as a side dish or cold as a cooked slaw.

Apple Beet Salad

2 organic Braeburn apples, cubed small
2 small beets, unpeeled if organic, otherwise peel, cut into matchstick size or shredded
Pinch of herb of choice...thyme, cilantro, parsley, all good

Dressing;

Apple cider vinegar
Sunflower seed oil
Pinch of powdered mustard
Salt and pepper
Pinch of sugar

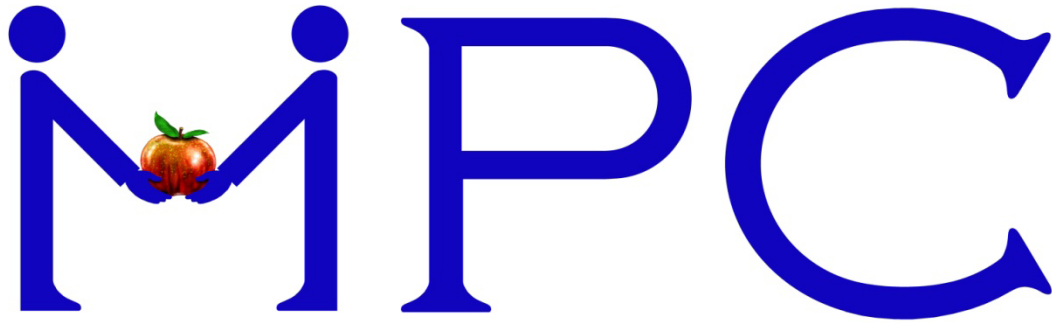
Mix together to taste....toss with beet apple mixture. Can be refrigerated for several days, and just gets better with time.

Beets are an excellent liver tonic and blood purifier. Also good source of potassium and magnesium, vital minerals for good heart health. If you are diabetic or insulin resistant, it's best to not make beets a *regular* part of your diet as they do have a high sugar content. Beet greens have more nutritional punch containing iron, vitamin A, calcium, vitamin C.

An apple a day can keep the Dr. away....lowering the risk of heart 'event' by 32%! High in quercetin which is a flavanoid (lowering risk of lung cancer by more than 50%, and phytochemicals in the skin which have been proven to lower the risk of colon cancer. Apples have the 2nd highest antioxidant rate as any other fruit eaten in US,,#1 is the cranberry. It does make the list of 12 most pesticide ridden foods, so buy organic on these. Red Delicious wins with the highest antioxidant power.

Fall Nutrition Seminar

2009



MEALS PARTNERSHIP COALITION

"WORKING TO ENSURE THAT MEALS ARE AVAILABLE FOR HUNGRY PEOPLE"



Nutritionally balanced meals for compromised immunity

It's almost like having a part-time job, this investment in health, but the rewards are much richer than just money!

- **Optimum health:**

'Whole' foods as much as possible...fresh fruits and veggies (see vitamin charts)

Green leafy veggies...can't stress it enough

Fiber, soluble/insoluble fiber,,,many say to be the cornerstone of health and blood sugar stabilizing, common link to all dis-ease soluble (fruits, beans, nuts, seeds, oats; insoluble grains, seeds, carrots, cukes, celery,, tomatoes

Balanced breakfasts –not only keeps you feeling full, kick-starts metabolism

Seasonal foods are the freshest, most nutritious foods in the market (and for donors); and they are the least expensive foods because of availability.

- **Simple modifications you can make to enhance daily nutrition:**

Several small meals/snack during day to maintain blood sugar balance

Snacks including; ground olives with feta or goat cheese on toasted whole wheat toast; mashed beans or peas on toast; leftover cooked seafood on toast; nut butter on celery or banana (unripe); apple and almonds; rye crackers with cheese and mustard; tuna and grapes

Fermented foods/saurerkraut, miso....helps ease digestion and absorption of nutrients

Occasionally substitute bean and lentils for meats, poultry

Stay away from packaged lunch meats as much as possible

Replace butter with olive oil, herbs, spices or lemon juice

Create meal plan/day to day or week to week, to eliminate impulsive eating

- **Avoid:**

Processed flours and refined sugars

Pesticides and herbicides, organic when possible/no GMO/ wash produce before eating

Aspartame

MSG

Overripe fruit or overcooked potatoes, as they are higher in glycemic load and will spike blood sugar

Recipe suggestions:

Cabbage, bean and bacon soup

Basil, onion and pea soup

Hearty lentil soup

Butternut squash soup

Carrot orange soup

Advantages of soup; ease of preparation, potful of optimal daily nutrients. Healthiest way to cook soup; Boil for 10 minutes, temp off, let set for an hour, turn back on to boil, and turn off. Soup keeps and usually freezes well (make on weekend and eat all week). If using noodles, freeze without them, and add when reheating. Ways to thicken soup; potatoes, breads, peas, rice, arrowroot, tapioca or potato flour. Great way to use leftover ingredients

Frittata (main dish)

Sweet cabbage and apples (side dish)

Roast chicken, stuffed with onions, garlic and carrots, herbs (main and side dish)

Smoothies (dessert)



Creating an environment for healthy bodies with vitamins and minerals

Vitamins:

- A** *Deficiency symptoms:* dry eyes, night blindness, poor growth and development, dry/hardened skin, impaired immunity, mouth sores
Foods that heal: carrots, watercress, cabbage, squash, sweet potatoes, melon, pumpkin, mangos, tomatoes, broccoli, apricots, papayas, tangerines, oranges, dark green leafy vegetables, peaches, asparagus. Fat soluble vitamin.
Robbers of Vitamin A: heat, light, alcohol, coffee and smoking
- B1** *Deficiency symptoms:* fatigue, muscle weakness/tender muscles, nausea, eye pains, irritability, poor concentration, stomach pains, constipation, tingling hands, rapid heartbeat
Foods that heal: watercress, squash, zucchini, lamb, asparagus, mushrooms, peas, lettuce, peppers, cauliflower, cabbage, tomatoes, Brussels sprouts, dried beans, green leafy veggies
Robbers of Vitamin B1: antibiotics, tea, coffee, stress, birth control pills, alcohol, cooking/processing of food
- B2** *Deficiency symptoms:* dry, cracked skin, sensitivity to bright lights, sore tongue, cataracts, dull or oily hair, eczema/dermatitis, split nails, cracked lips, bloodshot eyes
Foods that heal: mushrooms, watercress, cabbage, asparagus, broccoli, pumpkin, bean sprouts, mackerel, milk, bamboo shoots, tomatoes, wheat germ, green leafy veggies
Robbers of Vitamin B2: antibiotics, tea, coffee, birth control pills, alcohol
- B3** *Deficiency symptoms:* depression, tiredness, lack of energy, diarrhea, insomnia, headaches, poor memory, anxiety, bleeding or tender gums, acne, dermatitis
Foods that heal: mushrooms, tuna, chicken, salmon, asparagus, cabbage, lamb, mackerel, turkey, tomatoes, zucchini, squash, cauliflower, whole wheat, green leafy veggies
Robbers of Vitamin B3: antibiotics, tea, coffee, birth control pills, alcohol
- B5** *Deficiency symptoms:* muscle tremors or cramps, poor concentration, burning feet or tender heels, nausea or vomiting, lack of energy, exhaustion after light exercise, anxiety or tension, teeth grinding
Foods that heal: mushrooms, watercress, broccoli, alfalfa sprouts, peas, lentils, tomatoes, cabbage, celery, strawberries, eggs, squash, avocados, whole wheat, green leafy veggies
Robbers of Vitamin B5: stress, alcohol, tea, coffee, and is destroyed by heat and processing
- B6** *Deficiency symptoms:* difficulty remembering dreams, water retention, tingling hands, depression, nervousness, irritability, muscle tremors or cramps, lack of energy, flaky skin
Foods that heal: watercress, cauliflower, cabbage, peppers, bananas, squash, broccoli, asparagus, lentils, kidney beans, Brussels sprouts, onions, seeds and nuts, green leafy veggies
Robbers of Vitamin B6: alcohol, smoking, birth control pills, high protein intake, processed foods

- B12** *Deficiency symptoms:* dementia, mental confusion, poor hair condition, eczema, mouth oversensitive to heat and cold, irritability, anxiety, lack of energy, constipation, tender or sore muscles, pale skin
Foods that heal: oysters, sardines, tuna, lamb, eggs, shrimp, cottage cheese, milk, turkey and chicken, cheese, green leafy veggies, beans and peas
Robbers of Vitamin B12: alcohol, smoking, lack of stomach acid
- C** *Deficiency symptoms:* frequent colds, slow wound healing, loose teeth, bleeding gums, easy bruising, recurrent infections, nosebleeds, red pimples on skin
Foods that heal: peppers, watercress, cabbage, broccoli, cauliflower, strawberries, lemons, kiwi fruit, peas, melons, citrus fruits, tomatoes, cantaloupe, tomatoes, sweet potatoes, berries
Robbers of Vitamin C: alcohol, smoking, pollution, stress, fried food
- D** *Deficiency symptoms:* joint pain or stiffness, backache, tooth decay, muscle cramps, hair loss
Foods that heal: herring, mackerel, salmon, oysters, cottage cheese, eggs, liver, cod liver oil. Fat soluble vitamin.
Robbers of Vitamin D: lack of sunlight, fried foods
- E** *Deficiency symptoms:* lack of sex drive, exhaustion after light exercise, easy bruising, slow wound healing, varicose veins, loss of muscle tone, infertility, nerve damage
Foods that heal: sunflower seeds, peanuts, sesame seeds, beans, peas, wheat germ, tuna, sardines, salmon, sweet potatoes, green leafy veggies, avocados, oats. Fat soluble vitamin.
Robbers of Vitamin E: frying or other high temp cooking, air pollution, birth control pills, processed fats and oils

Minerals:

Calcium

Deficiency symptoms: muscle cramps/tremors, insomnia, nervousness, joint pain, arthritis, tooth decay, high blood pressure
Foods that heal: Swiss and cheddar cheese, almonds, brewers yeast, parsley, corn tortillas, artichokes, prunes, pumpkin seeds, dried beans, cabbage, wheat, goats milk, watercress, figs, broccoli, oats, romaine lettuce, Bokchoy
Robbers of calcium: hormone imbalances, alcohol, lack of exercise, coffee, tea, excess fat, stress.

Chromium

Deficiency symptoms: cold sweats, dizziness, irritability after six hours without food, need for frequent meals, cold hands, need for excessive sleep, excessive thirst, addiction to sweet foods.
Foods that heal: brews yeast, whole wheat, rye, oysters, potatoes, wheat germ, green peppers, eggs, chicken, apples, butter, parsnips, cornmeal, lamb, swiss cheese
Robbers of Chromium: refined sugars and flours, obesity, additives, pesticides, petroleum products, processed foods, toxic metals.

Magnesium:

Deficiency symptoms: muscle tremors or spasms, muscle weakness, insomnia, nervousness, high blood pressure, irregular heartbeat, constipation, hyperactivity, depression, confusion, lack of appetite, kidney stones.

Foods that heal: wheat germ, almonds, cashews, peanuts, buckwheat, pecans, cooked beans, garlic, raisins, green peas, potato skins, crab, cacao, sesame seeds, kale, watercress, kelp, alfalfa sprouts, arugula

Robbers of Magnesium: milk products, proteins, fats, oxalates (spinach and rhubarb), processed flours

Manganese:

Deficiency symptoms: muscle twitches, childhood growing pains, dizziness, poor sense of balance, fits, convulsions, sore knees, joint pain

Foods that heal: watercress, pineapple, okra, endive, blackberries, raspberries, lettuce, grapes, lima beans, strawberries, oats, beets, celery

Robbers of Manganese: antibiotics, alcohol, refined foods, calcium, phosphorus

Potassium:

Deficiency symptoms: irregular heartbeat, muscle weakness, feeling of 'pins and needles' on skin, irritability, nausea, vomiting, diarrhea, swollen abdomen, cellulite, low blood pressure, confusion, mental apathy

Foods that heal: watercress, endive, cabbage, celery, parsley, zucchini, radishes, cauliflower, mushrooms, pumpkin, molasses, bananas, whole grains, apricots, nuts, avocados, brown rice

Robbers of Potassium: excess sodium, alcohol, sugar, diuretics, laxatives, stress, corticosteroid drugs.

Selenium:

Deficiency symptoms: family history of cancer, signs of premature aging, cataracts, high blood pressure, frequent infections

Foods that heal: tuna, oysters, molasses, mushrooms, herring, cottage cheese, cabbage, beef liver, zucchini, cod, chicken, broccoli, garlic, asparagus, kelp, Brazil nuts

Robbers of Selenium: refined foods, 'modern farming techniques'

Sodium:

Deficiency symptoms: dizziness, heat exhaustion, low blood pressure, rapid pulse, mental apathy, loss of appetite, muscle cramps, nausea, vomiting, reduced body weight, headaches

Foods that heal: sauerkraut, olives, shrimp, miso, beets, ham, celery, cabbage, crab, cottage cheese, kidney beans

Robbers of Sodium: potassium and chloride counteract sodium to keep balance in the body

Zinc

Deficiency symptoms: poor sense of smell or taste, white marks on fingernails, frequent infections, stretch marks, acne or greasy skin, low fertility, tendency to depression, loss of appetite

Foods that heal: oysters, gingerroot, lamb, pecans, split peas, haddock, green peas, shrimp, turnips, egg yolks, whole wheat, rye, oats, peanuts, almonds, nori seaweed, brown rice, kelp

Robbers of Zinc: oxalates, high calcium intake, copper, low protein intake, excess sugar, stress, alcohol

Cabbage, Bean, and Bacon Soup

6 servings

4 Tbsp oil
6 slices bacon, diced
1 onion, diced
2 (or more) cloves garlic
½ head green cabbage, cut in to 1/4 " slices
2 turnips, diced
2 carrots, diced
2 tsp thyme leaves
½ cup white wine
12 cups chicken stock
3 cups white beans
Salt and pepper

Cook bacon in cooking oil in medium saucepan until cooked. Add onion, garlic, cabbage, turnip and carrots. Cook for 5 minutes. Add herbs, white wine, and stock. Bring to boil and lower heat and simmer for 15 minutes. Add the beans and remaining garlic and cook until flavors are cooked well together. Adjust seasoning, and serve.

Basil, Onion and Pea Soup

6 servings

¼ cup chopped onion
1 Tbsp olive oil
2 cups fresh peas (or frozen peas)
1 bunch fresh basil, leaves only
1 cup (or more) broth
½ cup light whipping cream
¼ tsp salt
¼ tsp white pepper, or to taste

Sauté onions in oil in medium saucepan for about 5 minutes. Add peas and cook for about 3 minutes, and stir in basil. When the mixture is hot, add the stock and cream. Season with salt and pepper. Bring to a simmer and cook for 10 minutes. Remove from heat, blend the soup in a blender or food processor and return to the saucepan to heat.

Serve warm.

Roast Chicken with lemon, red onions and red potatoes

Serves 6

2 – 3 pound chicken
Olive oil and butter
1 Tbsp Dijon mustard
1 tsp fresh chopped thyme
1 tsp fresh chopped rosemary
Salt and pepper to taste
1 lemon, cut in half (have an extra lemon on hand, in case you love the flavor and want more of it!)
4 medium red onions
8 red potatoes
4 fresh thyme sprigs
4 fresh rosemary sprigs

Preheat oven to 350. Wash chickens. Mix together oil and mustard. Rub chickens with this mixture, sprinkle thyme, rosemary, salt, pepper over the chickens. Squeeze one lemon half over the chickens. Cut the squeezed lemon half in two and place these in the cavity of each chicken. Reserve the other lemon half.

Peel the onions and cut them into large, thick rounds, season with salt and pepper and put them into the pan with the chickens.

Place the roasting pan in the oven and cook chickens until they are done and potatoes and onions are tender, about 1-1/2 hours. Before removing the chickens from the pan, gently lift one side. If juices run pink, put back in the oven for another 5-10 minutes.

Allow the chicken to rest for at least 8 minutes before cutting and slicing. Arrange the chicken pieces on a serving platter, place the roasted onions and potatoes around it. Squeeze the other ½ lemon over the chicken and garnish with fresh thyme and rosemary sprigs.

Frittata

Serves two

5 eggs
A combination of vegetables (peppers, spinach, kale, onions, zucchini, etc), cheeses, potatoes, and herbs of your choice
Salt and pepper
Ovenproof sauté pan

Sauté in oil, whip eggs, stir with sautéed veggies, pour into oiled sauté pan, top with cheese of choice and bake in 350 degree oven for 5 minutes or until eggs are 'set'.

Hearty Lentil Soup

Serves 6

1 Tbsp olive oil
1 Tbsp butter
1 onions, diced
2 carrots, diced
6 cloves garlic, smashed
6 slices bacon, diced
2 tsp Italian Seasoning (rosemary, thyme, parsley, oregano)
2 cups lentils, washed and checked for stones
8 cups water chicken or vegetable stock
Salt and pepper
2 oz Asiago cheese
6 large croutons, toasted

Heat oil and butter in stock pot. Add onion, carrots, bacon and herbs, and cook over medium heat for 5 minutes. Add the lentils, stock and bring to boil. Reduce heat to low and simmer for 50 minutes or until lentils are cooked. Season with salt and pepper. Grate the cheese and serve soup garnished with cheese.

Roasted Butternut Squash Soup

10 servings

2 small butternut squash, about -1/2 pounds each
2 Tbsp vegetable oil
2 medium yellow onion, thinly sliced
Pinch of salt
4 Tbsp minced garlic
1 Tbsp minced ginger
2 Tbsp chili powder
2 Tbsp cumin, ground
1 carrot, thinly sliced
½ gallon vegetable or chicken stock
Salt and pepper to taste
¼ cup roast pumpkin seeds
Plain yogurt

Preheat oven to 350 degrees F

Cut squash in halves, lengthwise scoop out seeds and discard. Place squash, inside down on a flat baking pan. Bake for approx 50 minutes, or until fork can easily be inserted. Set aside to cool. After the squash cools, use a large spoon to scoop out the insides and discard the rind. Set aside.

In a large saucepan, heat oil over medium heat. Add onions, and season with salt. Sauté stirring occasionally until transparent, about 5 minutes. Stir in the garlic, ginger, chili powder, cumin and carrot. Cook for 2 to 3 minutes. Add broth and the reserved squash, bring to a boil and simmer uncovered for about 30 minutes. Pour the mixture into a food processor, and puree until smooth. Season to taste, garnish with pumpkin seeds, a tsp of yogurt and serve.

Sweet Cabbage and Apples

4 servings

2 tsp butter
1 medium, onion, chopped
1 small head cabbage, cored and thinly sliced
1 apple, quartered, cored and thinly sliced
¼ cup apple juice
¼ cup water
1 Tbsp apple cider vinegar
Salt and pepper to taste

In a large sauté pan, melt the butter over low heat, add onion and sauté briefly,,about one minute. Add the cabbage and apple. Cook over medium heat, stirring occasionally, for 5 minutes.

In a small bowl, combine apple juice, water, vinegar, salt and pepper. Pour this mixture into the sautéed cabbage. Cover skillet tightly and cook over low heat for 30 minutes. Serve cabbage mixture warm as a side dish or cold as a cooked slaw.

Apple Beet Salad

2 organic Braeburn apples, cubed small
2 small beets, unpeeled if organic, otherwise peel, cut into matchstick size or shredded
Pinch of herb of choice...thyme, cilantro, parsley, all good

Dressing;

Apple cider vinegar
Sunflower seed oil
Pinch of powdered mustard
Salt and pepper
Pinch of sugar
Mix together to taste....toss with beet apple mixture. Can be refrigerated for several days, and just gets better with time.

Beets are an excellent liver tonic and blood purifier. Also good source of potassium and magnesium, vital minerals for good heart health. If you are diabetic or insulin resistant, it's best to not make beets a *regular* part of your diet as they do have a high sugar content. Beet greens have more nutritional punch containing iron, vitamin A, calcium, vitamin C.

An apple a day can keep the Dr. away....lowering the risk of heart 'event' by 32%! High in quercetin which is a flavanoid (lowering risk of lung cancer by more than 50%, and phytochemicals in the skin which have been proven to lower the risk of colon cancer. Apples have the 2nd highest antioxidant rate as any other fruit eaten in US,,,#1 is the cranberry. It does make the list of 12 most pesticide ridden foods, so buy organic on these. Red Delicious wins with the highest antioxidant power.

Zucchini Cucumber Salad

(if these ingredients are not available, make cole slaw with cabbage and carrots)

100 servings

6-1/4 cups low fat mayonnaise

12 – 1 oz packages of ranch dressing mix, or whatever dressing mix we have in packets,
or a mixed dressing that is creamy

75 cups shredded zucchini

27 cups shredded cucumber

12 bell peppers, sliced

27 cups shredded carrots

Several **thinly** sliced onions, optional

Herbs, optional, of dill, oregano, paprika, to taste. Use your imagination.

Stir may and dressing mix together, stir in vegetables and herbs and serve immediately.