

EAT TO LIVE

Wisdom of Sirach 7:15 Do not hate hard work especially farming which was created by the most High

Resources:

Why eat differently?

But my grandma...

I can't eat because...

100 vs 2500 cal/lb salad vs chocolate

sugar immune function USA: century:

40 to 180 lb sugar plus 60 high fructose corn syrup, 62 more pounds of processed grains, 70 pounds of oil, 28 pounds of cheese and 53 gallons pop per person/yr

drinks

cuke2,kale,cilantro,apple3,ginger,lime2, celery

cancer studies 5% vs 20% milk casein (animal protein) cancer initiation/promotion WW2 and give meat to soldiers/ immediate decrease cancer incidence, then up again Calcium, protein and Vit D suppress Vit D production Phosphorus promotes osteoporosis (added without being on package) antioxidants and other amazing chemicals... hundreds in a single apple

Spiced and Herbed Quinoa 2 C quinoa, 4 C veg stock diced cuke and tomato, 4T red onion, 4 green onions(leek) 4T cilantro, 2 t jalapeno, 6T olive oil, 2 T fresh lemon juice

Vascular McD study

Volume food/ food prep / growing your own / regularity /easy to keep snacks (TX)

Local grow/ vs animal 100x water, 8x fossil fuel

Sweet Potato(4) w 4 oz fresh cranberries, 1/3 orange, dates+nuts+ ginger +lime

Calories and cotransported nutrients primarily from whole food

Animal products of wealth ... chicken and fish can be culprits too/ pills fail/ lots veggies fail/ restricted fails

Rules of eating: as vegan as possible, don't buy meat, dairy or fish; GROWS HERE, GOES HERE

Challenges of vegan: family member's commitment, taste, satiety, and preparation time

Advantages: less spoilage, cheaper, possible to do your own

Substitutions: skip cheese or bacon; add eggplant (cooked well) or mushroom if missing meat texture

Cooking and preparation time can be family time [Roy]

Points: kinds of meat, meat vs animal protein, B12, extreme athletes, banana

Two bean soup with kale sauté 1 C onion, ½ C carrot, ½ C celery, stir ¼ t salt

Stir in 3 C veggie broth and 7 C chopped kale, cover and simmer 3' or so

Process 1 can (15oz) cannelli beans w 1 C veggie broth till smooth and add

Add 1 can black beans, 1 more can cannelli beans and boil then simmer 5'

Add 1 t rosemary, 1 T red wine vinegar, & to taste: 1/2t pepper + ¼ t salt

Stock your fridge: 1:salsa; 2:dips like refried beans or hummus; 3:jelly/jam; 4:almond milk; 5: fresh fruits including some cut up for grab and go access; 6: fresh vegetables, including some cut up for grab and go access; 7:steamed vegetables, such as green beans, broccoli, snap peas or cauliflower; 8:roasted or baked potato or sweet potato; 9: cooked grain of the week; 10: cooked bean of the week; 11: corn or wheat tortilla. Pace eating, force yourself to wait 30' between healthy snacks so your body is feeling effects

Alive	Scott Stoll, MD
Breaking the Food Seduction	Neal Barnard, MD
Diet for New America	John Robbins
Program for Reversing Heart Disease	Dr. Dean Ornish
Eat to Live	Joel Fuchman, MD
Eating Mindfully	Susan Alpers, PhD
Eating on the Wild Side	Jo Robinson
Fifty Two Loaves	William Alexander
Forks Over Knives	on Netflix
Prevent and Reverse Heart Disease	CB Esselstyn Jr MD
The China Study	T Colin Campbell PhD & son
The Idiot's Guide to Plant Based Nutrition	Julicanna Hever
Whole	T Colin Campbell
Chef Del's Better than Vegan	Del Sroufe
Lenten Cookbook	Arestedis Laftsidis
The Vegetarian Bible	Publications International
www.mindbodygreen.com/course/the-ultimate-guide-to-plant-based-nutrition	
http://nutritionstudies.org/courses/healthy-heart/	

Session 8

Nov 19, 2015

Todd GieseMD

Terry GieseRN

Terry: Why I garden, farm background, planning meals around Gardens produce, heart healthy exercise, nutrition start early teach kids guarding and good eating habits

Look at your plate is it green? do you need a knife or a fork? grilling vegetables; shortcuts: crockpot beans soak in 8 cups of water cook on low all day or overnight applesauce for half the oil, blackbean burgers lentil burgers, how to cook pumpkins, Prepare in bulk for the week, great for ramps, if you have no garden use your local farmers market. Study your recipe, do you have the ingredients, how many steps, what can I prepare ahead of time? Time to prepare

Get outside eat outside, seasoning with herbs, salad dressing with olive oil garlic thyme chives lemon and sugar Shortcuts peeling tomatoes, peeling beats then steam, recipes making and sharing dos and don'ts, clean up as you go! Gluten... Be creative-don't be afraid- just substitute ingredients,

