



**Healthy
Eating
Adventure**



**Healthy Eating Adventure (HEA)
KITCHEN MAKEOVER**



Objective: To present ways for you to makeover your kitchen to support a healthy lifestyle during your 28-day adventure by stocking whole foods, plant-based and no oil foods.

HEA Kitchen Makeover Topics

**VIDEO of
Rip's Kitchen
Rescue**

**Simple
cooking
during your
adventure**

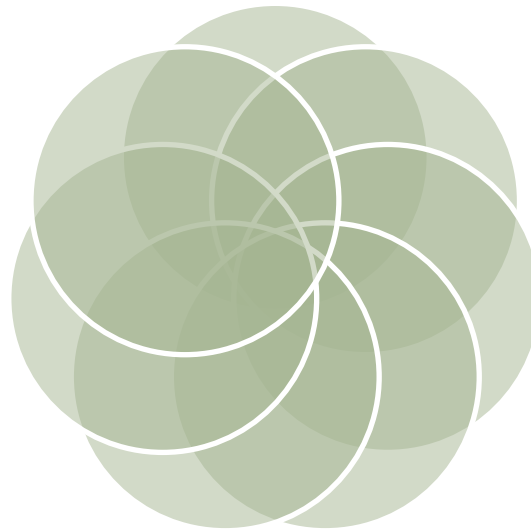
**Suggested
vitamins/
supplements**

**How to read
food labels**

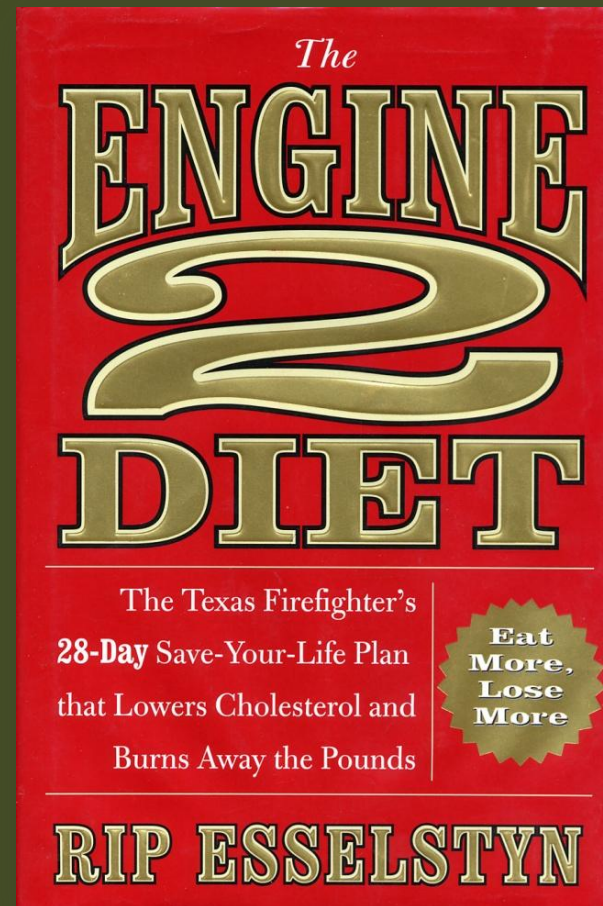
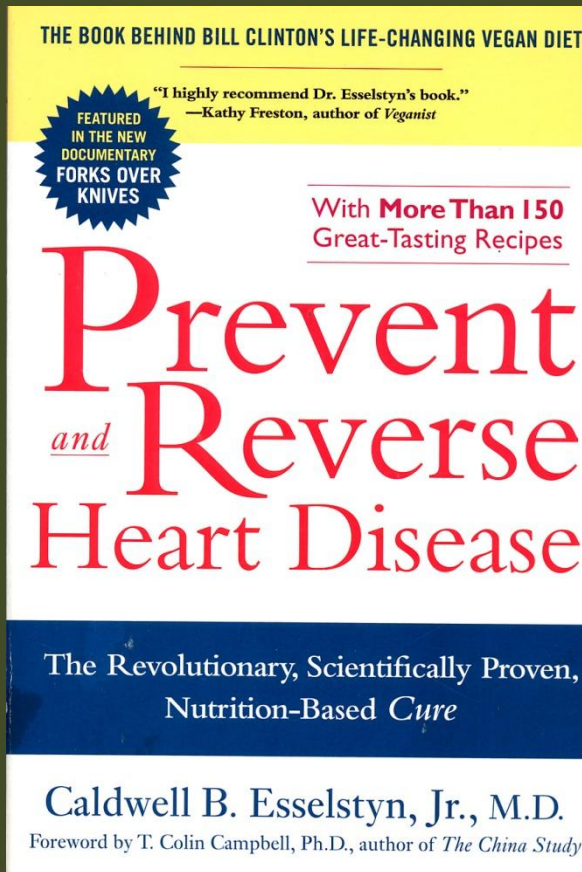
**Review
guidelines for
eating whole
foods, plant-
based, no oil**

**List of healthy
foods**

**Tips on food
substitutions**

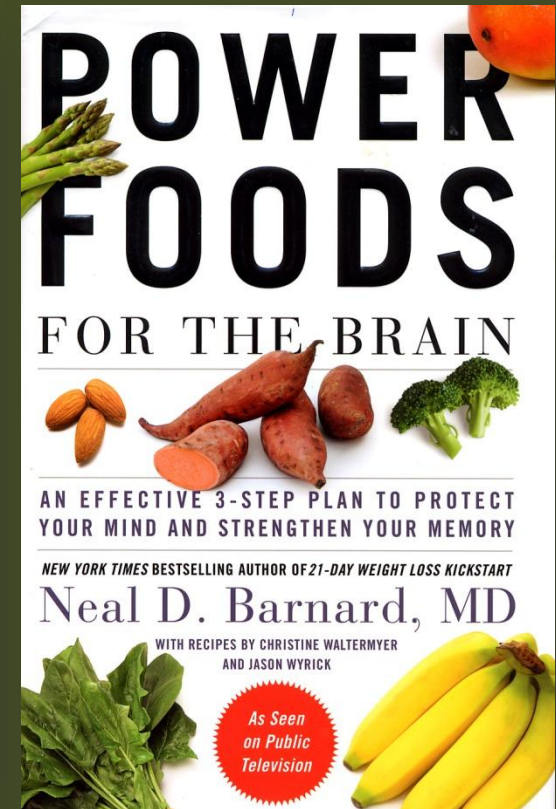
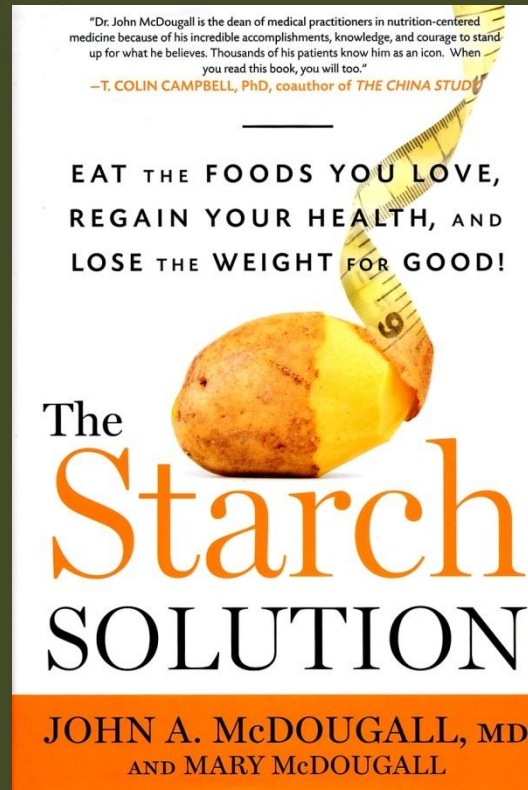
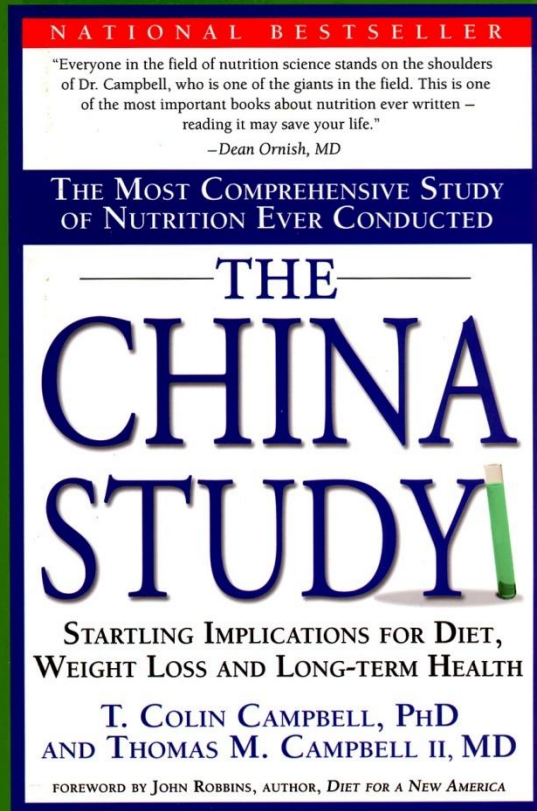


Resources for Plant-Based Eating



Several plant-based champions. Many have years of research under their belts.

Resources for Plant-Based Eating



Several plant-based champions. Many have years of research under their belts.

We want to select foods which will improve HEALTH...so

Swap Bad Choices for Whole Foods, Plant-Based Foods

**No Meat
No Dairy
No Oil
Lo Sugar
Lo Salt**

Less Processed

Small amount of nuts/seeds





**OK, what foods
can I choose
to be healthier?**

Whole Foods, Plant-Based, No oil





CHAMBERSBURG FARMER'S MARKET

Fulton Farm CSA

4 Plant-Based Food Groups



- **Whole Grains**
- **Legumes (beans, peas, lentils)**
- **Fruits**
- **Vegetables**

Plant-Based Foods

Whole Grains

- **Amaranth**
- **Barley**
- **Corn**
- **Millet**
- **Whole Oats**
- **Quinoa**
- **Rice (red, brown, black, wild)**
- **Sorghum**
- **Teff**
- **Whole Wheat Pastry Flour**
- **Whole White Wheat Flour**

Legumes (Beans, Peas, Lentils)

- **Black Beans**
- **Black-eyed Peas**
- **Chickpeas (Garbanzo)**
- **Kidney Beans**
- **Lentils
(white/brown/green)**
- **Lima Beans**
- **Mung Peas**
- **Navy Beans**
- **Snow Peas**
- **Soy Beans**
- **Sugar Snap Peas**

Plant-Based Foods

Fruits

- **Apples**
- **Bananas**
- **Blueberries**
- **Dates**
- **Grapes**
- **Lemons**
- **Melon**
- **Pineapple**
- **Raisins**
- **Strawberries**
- **Tomatoes**

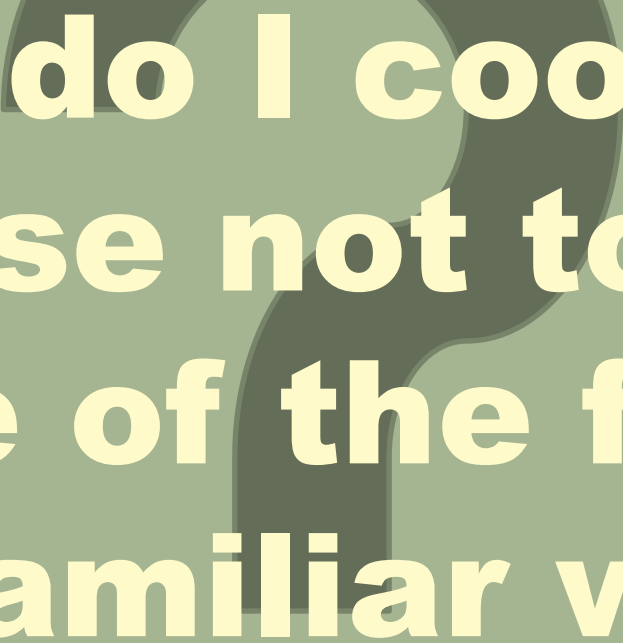
Vegetables

- **Leafy greens (cabbage, chard, collard greens, kale, mustard greens, spinach, turnip greens, lettuce, watercress)**
- **Beets**
- **Carrots**
- **Celery**
- **Onions**
- **Potatoes (white, red, yellow, purple)**
- **Squash, Summer**
- **Squash, Winter**
- **Sweet Potatoes**
- **Turnips**



**ENVIRONMENTAL WORKING GROUP (EWG)
SHOPPER'S GUIDE TO PESTICIDES IN PRODUCE™**

2012 Dirty Dozen and Clean Fifteen



**How do I cook if I
choose not to use
some of the foods
I'm familiar with?**

Instead of meat, choose healthier

No pork, no beef, no chicken, no fish, no horse

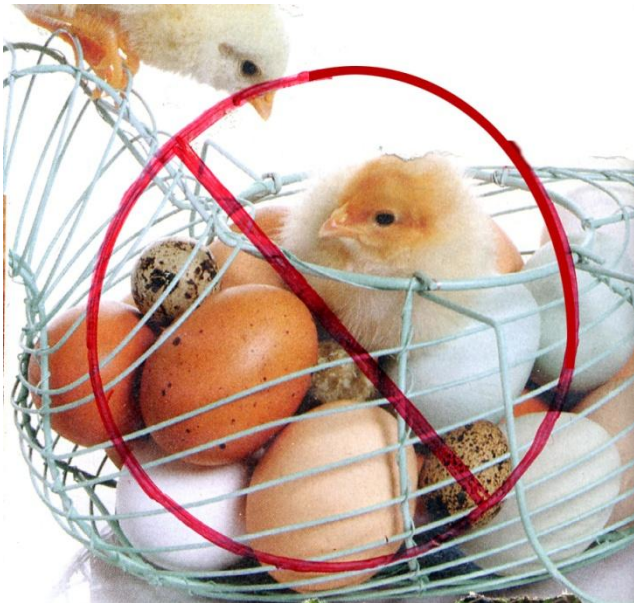


Plant-Based

- **Make your own burgers and loaves with beans, tofu, grains and mushrooms**
- **Soy substitute products are available but limit processed foods – e.g., meatless crumbles, veggie dogs, veggie burgers, veggie sausage**

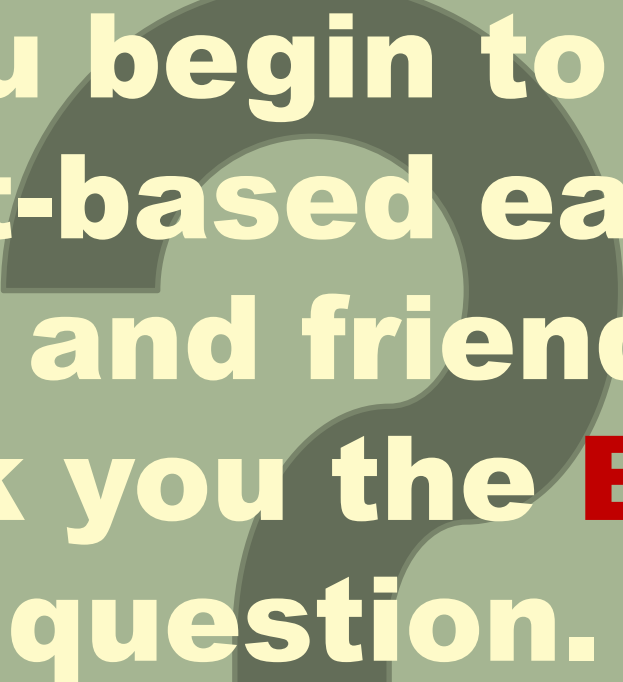
Instead of eggs, choose healthier

No Eggs



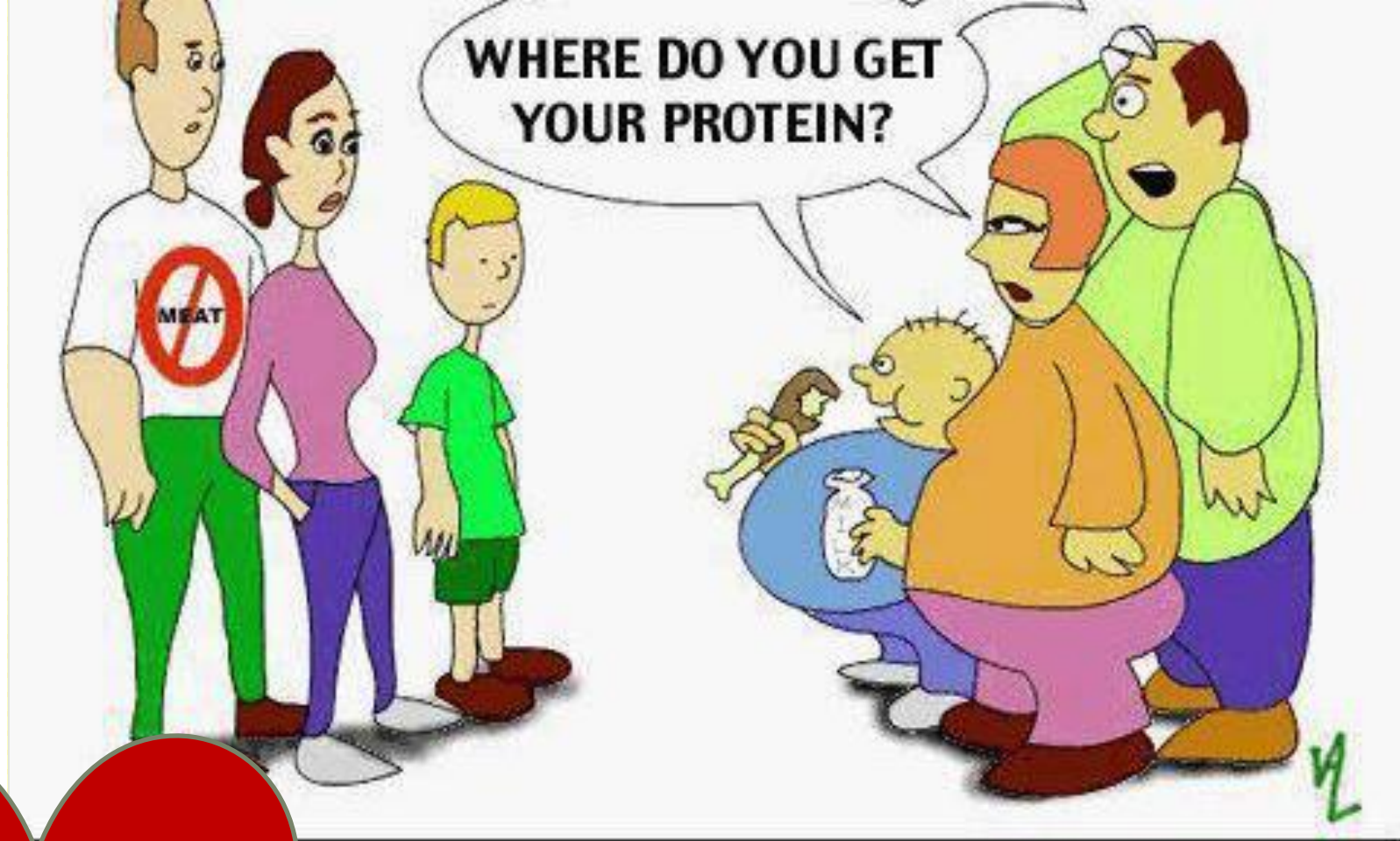
Plant-Based

- **For baking – 1 T Flaxseed meal mixed with 3 T water, microwave for 30 seconds; ENEREG Egg Replacer; or lite tofu**
- **For scrambled – lite firm tofu with turmeric for color**



**As you begin to enjoy
plant-based eating,
family and friends will
ask you the **BIG**
question.**

**What no meat...where
do you get your
protein!?**



PROTEIN

?

Everybody suddenly becomes concerned about **YOUR** health...NOT!!

Your answer to “Where’s the Protein?”

One example of a typical plant-based eater’s protein goal might = 46g



Total for this typical day = 66g



Plenty of plant-based protein!

Almond Milk (1.0g), Shredded Wheat (10.5g), Flaxseed Meal (1.3g), Banana (1.3g), Kale(3.3g), Brown Rice (5.0g), Sweet Potato (5.0g), Broccoli Mix (3.5g), Onions (.9g), Celery (.3g), Garlic (.3g), Chili Powder (.2g), Cumin (.4g), Tomatoes (1.0g), Kidney Beans (7.7g), Great Northern Beans (7.7g), Black Pepper (.1g), Spinach (1.7g), Carrots (.2g), Quinoa (8.1g), Popcorn (3.1g), Rice Crackers (2.0g), Apple (.5g), Barley (.9g), Walnuts (2.2g)



IN ALL PLANT FOODS THAT I EAT.

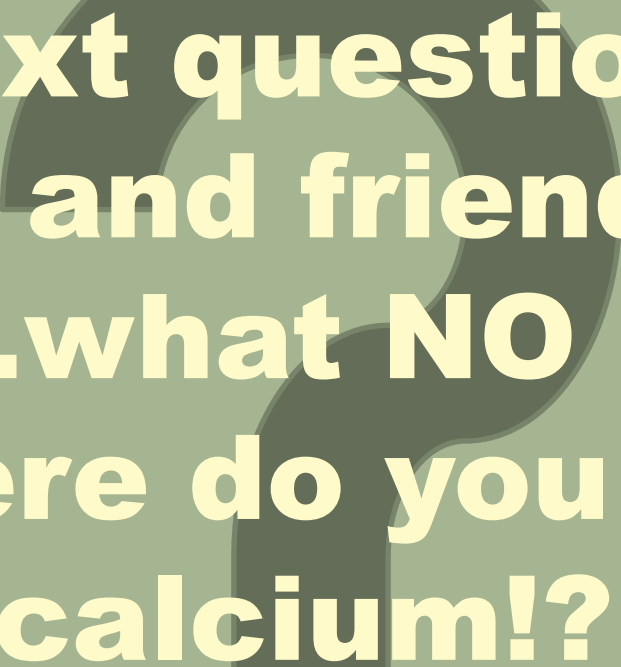
Instead of oil, choose healthier

No OIL

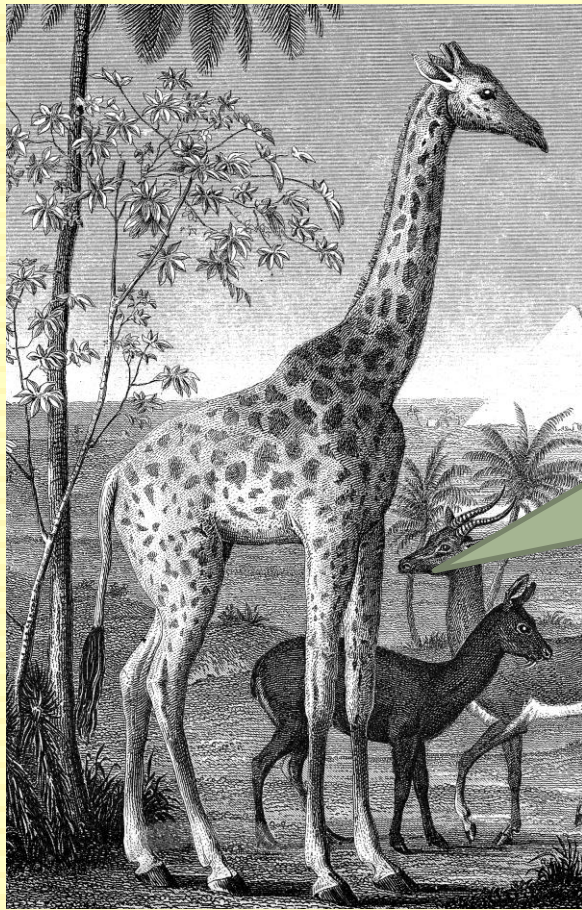


Plant-Based

- **To sauté – couple T. veggie broth or water**
- **For salad dressing – vinegars and plant-strong dressings**
- **For baking ingredients – use applesauce, bananas or Sunsweet Lighter Bake**
- **For baking use non-stick cook ware; line sheets with Silpat or parchment paper**
- **For roasting – coat in Balsamic vinegar and add seasoning**



**The next question your
family and friends will
ask...what NO milk,
where do you get
calcium!?**



**What no cow's
milk, are you
sure you're
getting enough
calcium?**

Giraffes are Herbivores, Herbivores eat plants

Instead of dairy, choose healthier

No Dairy



Plant-Based

- **Use Non-dairy milk products including Almond, Soy, Hemp, Rice or Oat milks**
- **For cheese texture use lite firm tofu, for sauces use Nutritional Yeast**
- **Other Non-dairy products are available but not always a good choice - cheese, butter, yogurt and sour cream. Use these products judiciously - many are full of fat and are highly processed.**

No added salt...choose healthier

No added salt



Plant-Based

- **Add spices and herbs that contain natural salt such as chili power and Mrs. Dash**
- **Add foods that contain natural salt to your dishes including celery, carrots, parsley, and cabbage**
- **If you need to add salt, use Himalayan or Hawaiian Black Salt, it contains more minerals than regular salt...but salt is salt**
- **Look for labels that say “no added salt”**

American Heart Associate recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.

Less sugar...choose healthier

Less added sugar



Plant-Based

- **Natural sugar from fruit is best. (Limit quantities if you are trying to lose or maintain a goal weight. Fruit juices and juicing fruit will add a lot of sugar to your diet.)**
- **Dried Fruit contains concentrated natural sugars. Use as a substitute in baking to replace refined sugar.**
- **Unrefined sugar is a better choice than refined, but sugar is still sugar.**

SUGAR IS SUGAR

Women should limit to no more than 6 teaspoons of added sugar daily.
Men no more than 9 teaspoons of added sugars each day.

Limit nuts, seeds and other substantial fatty fruits and vegetables ...choose healthy

Limit vegetables and fruits with substantial fats

- **Dr. Caldwell Esselstyn, Jr., M.D., from *Prevent and Reverse Heart Disease*, “Those who have heart disease should avoid all nuts. Those without disease can consume walnuts in moderation ...But I am extremely wary of nuts. ..I know of no long-term studies indicating that they can arrest and reverse heart disease, and patients may easily overingest [sic] them, elevating their cholesterol levels.”**
- **He further lists fruits and vegetables containing substantial fats in his Rules.**

Limit nuts, seeds and other fatty fruits and vegetables ...choose healthy

Limit vegetables and fruits with substantial fats

- **Dr. Caldwell Esselstyn, Jr., M.D., from *Prevent and Reverse Heart Disease*,**
- **“The rules:**
- **9. Do not eat any nuts (although if you have no heart disease, you can occasionally have walnuts).**
- **10. Do not eat avocados. That includes guacamole!**
- **11. Do not eat coconut.**
- **12. Eat soy products cautiously. Many are highly processed and high in fat. Use ‘light’ tofu. Avoid soy cheese, which almost always contains oil and casein. “**

Limit nuts, seeds and other fatty fruits and vegetables ...choose healthy

Limit vegetables and fruits with substantial fats

- **Dr. Neal Barnard, Md., from *Power Foods For the Brain*, “When fruits and vegetables are plucked from trees or from the earth, most have only traces of fat, and very healthful ones at that. There are a few exceptions in the plant kingdom: nuts, seeds, olives, avocados, and soy products have more substantial amounts of fat, so you’ll want to be cautious. A small handful of nuts is about 1 ounce. That’s a reasonable daily limit.” “...I suggest limiting nuts to about 1 ounce per day and using them as an ingredient or topping rather than a snack.”**

Less processed...choose healthy

Less processed

PIZZA HUT'S
12" Medium Veggie
Lover's Thin'N Crispy
Pizza



Nutrition Facts Serving Size 1/8 slice
Calories = 180
Calories from fat= 60
Sodium= 530mg
Sugar= 4g

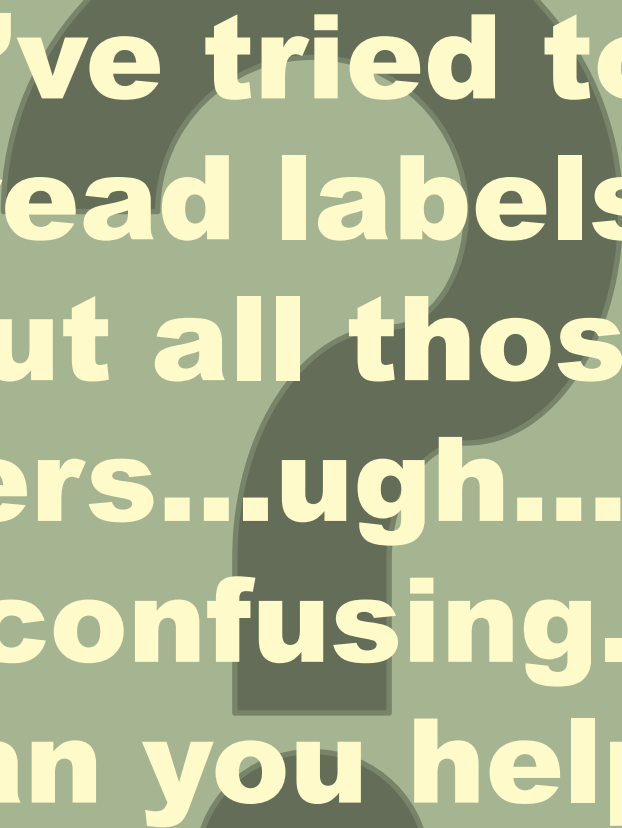
Plant-Based

Homemade 12" Sourdough Whole Wheat Pizza
Nutrition Facts Serving Size 1/8 slice
Calories = 99
Calories from fat= 4
Sodium= 64mg
Sugar= 1g





Pantry filled with plant-based food



**I've tried to
read labels
but all those
numbers...ugh...it's so
confusing.
Can you help?**



LABEL READING MADE EASY
For Plant-Based packaged food, Nutrition Facts label reading becomes easy - you only need to look at Per Serving - Calories from FAT, SODIUM mg and SUGAR g

Nutrition Facts

Serving Size (28g)

Amount Per Serving

1. Calories 100	Calories from fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
2. Sodium 75mg	3%
Total Carbohydrate 19mg	6%
Dietary Fiber 3g	12%
3. Sugars 0g	
Protein 4g	
Vitamin A 25%	• Vitamin C 0%
Calcium 10%	• Iron 4%

<p>1. FAT - 10-20% Here's an easy way to determine FAT % - multiply calories by 10% or .10. So for the label on the left, let's multiply: 100 calories x .10 = 10 Calories from fat, look for this number as a 10% target. The label shows Calories from fat 20, making this item 20% fat.</p>	<p>Keep the calories from FAT between 10-20%, that is, 10 to 20 grams of fat per 100 calories. Americans consume over 35% of their calories from fat – double what it should be. Avoid bad fats - saturated animal and vegetable fats. Keep plant foods such as nuts, nut butters, seeds, avocados, coconut, olives and soybeans at a minimum. Many plant-based champions recommend a small handful or about 1 ounce of nuts a day.</p>
<p>2. SODIUM - 1:1 Ratio (Calories:Sodium) So let's look for a 1:1 ratio for this food item, that is - 100Calories:100Sodium or less Sodium. To your left you see the sodium at 75mg, thus (100:75) is less than the ratio, so a good choice.</p>	<p>Keep the ratio of calories to mg sodium at 1:1 ratio or lower. American Heart Associate recommends 1500 mg per day. You will typically consume about 600 mg a day in foods containing natural sodium, so that only allows for ½ teaspoon a day additional.</p>
<p>3. SUGARS - 6 grams or less added sugar On this label, sugar is 0g, making it a good choice. Unfortunately natural sugars and added sugars are not delineated on labels. Sugar is Sugar!</p>	<p>The rule of Three: On the ingredient list added sugar should not be one of the first three ingredients: Keep the number of different added sugars to three or less. Natural sugar from fruit is best. Fruit juices and juicing fruit will add a lot of sugar to your diet so will dried fruit: Limit quantities if you are trying to lose or maintain a goal weight.</p>

Ingredient box: Also look at the ingredient list box, not the front of the package which can be misleading. We're looking for 100% whole grain. Avoid foods with a large number of ingredients, many we can't pronounce and we don't know what they are; and watch out for artificial colors, flavoring, preservatives, etc. The shorter the ingredient list the better. Let's get back to basics!

Label Reading

Shredded Wheat

TARGET VALUES Consider serving size.

1. FAT:
Calories from fat
10%-20%

2. SODIUM:
Salt mg should be
= <
than calories per
serving

3. SUGARS:
Less than 6g per
serving except
natural sugar from
fruits

Nutrition Facts

Serving Size 1 1/4 cup (50g)

Servings Per Container about 9

Amount Per Serving	Cereal with 1/2 cup Skim Milk	
	Cereal	Skim Milk
1. Calories	170	220
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	2%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
2. Sodium 0mg	0%	3%
Potassium 170mg	5%	11%
Total Carbo- hydrate 40g	14%	16%
Dietary Fiber 6g	24%	24%
Soluble Fiber less than 1g		
Insoluble Fiber 5g		
3. Sugars 0g		
Other Carbohydrate 33g		
Protein 6g		
Vitamin A	0%	4%
Vitamin C	0%	2%
Calcium	2%	15%
Iron	8%	8%

Label Reading – ingredients list

1. FAT
2. SODIUM
3. SUGARS
4. INGREDIENTS LIST
5. LOOK FOR WHOLE GRAIN ON PACKAGE

light rye
CRISPBREAD

enter for a chance to **WIN** 1 year supply of **Wasa***

All Natural
Fat free

Scan the QR (2D) Code found on this Wasa package (you can download a free barcode reader on your smartphone) or go to wasa.promo.eprize.com/matchyourwasa for a chance to WIN A YEAR SUPPLY OF WASA!

* NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. 1 YEAR ENTITLES WINNER TO 1 WASA PACK PER MONTH. LEGAL RESIDENTS OF THE 50 UNITED STATES/D.C., 18 YEARS OR OLDER. VOID WHERE PROHIBITED.

Instant Win Game ends 6/30/13. For Official Rules, prize descriptions and odds disclosure, visit <http://wasa.promo.eprize.com/matchyourwasa>.

12 Prizes (approximate retail value of \$42 each) available to be won. Sponsor: Barilla America, Inc., 1200 Lakeside Drive, Bannockburn, IL 60015, U.S.A.

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MADE WITH 100% WHOLE GRAIN

WASA LIGHT RYE CRISPBREAD
INGREDIENTS: WHOLE GRAIN RYE FLOUR, WATER, SALT.
THIS PRODUCT IS MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING WHEAT AND SESAME.

Nutrition Facts
Serving Size 2 slices (18g)
Servings Per Container about 15

Amount Per Serving	
Calories 70	Calories from fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What additional supplements or vitamins do I need?

By eating this way you will be getting so much more nutrients, vitamins, minerals and amino acids compared to eating the standard American diet (SAD).

- **Supplement with Vitamin B12 (Methylcobalamin) - research literature shows that many people (meat or plant-based), especially those over 50, have low levels**
- **D3 (from plants) - if you're not getting natural sunlight on a regular basis**
- **Check with your doctor if you have issues that require additional supplements**

Keep cooking simple during 28-day adventure

Easy

- **Make dishes you are familiar with**
- **Select 7-10 basic comfort food recipes and rotate**

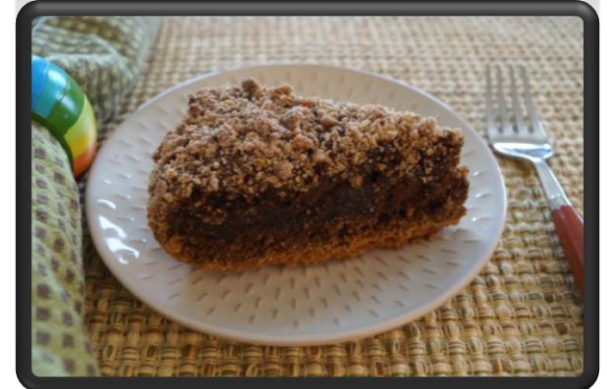
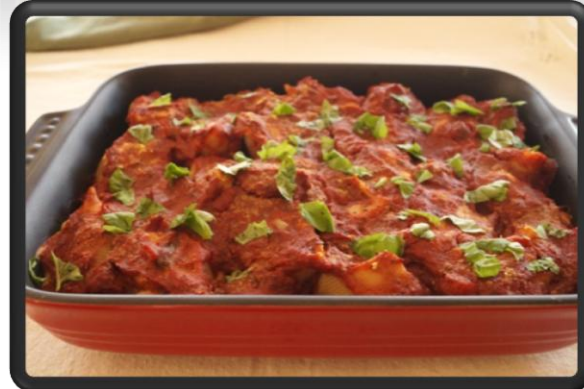
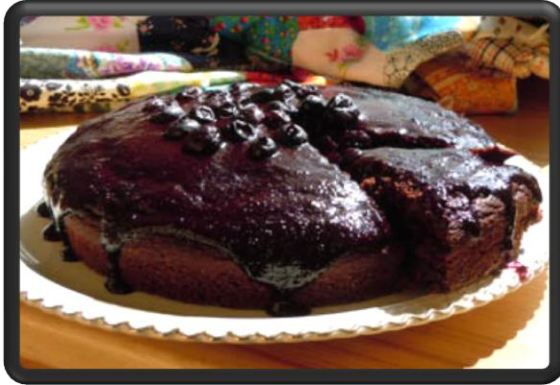
Greens

- **Get plenty of leafy greens in salads and**
- **Line plate with greens before serving soups and stews**

Snacks

- **Always have some plant-strong favorites on hand**
- **Air-popped popcorn, small red potatoes, no sod crackers, soup, home made trail mix, hummus, raw veggies and fruit**

Plant-Based Comfort Foods





Lots of Beans Chili

**Sauté onions, celery, garlic, carrots with lo-salt vegetable broth – no need to use oil.
Swap ground beef with crumbles or more beans.**



Whole Wheat Pizza

**Whole wheat pizza crust.
No cheese, use nutritional yeast for flavor.
All veggie toppings.**



Lentil Loaf

**Sauté onions and peppers in water, not oil.
Use lentils instead of ground beef.
Add grains, oats or rice, for binder.
Replace eggs with ground flaxseed meal mix.**



Rotini with Marinara Sauce

Whole Wheat Pasta.

Sauté vegetables in veggie broth or water, not oil.

Make quick tomato sauce without oil.



Whole Grain Wrap w/ Roasted Potatoes

**Sauté vegetables in veggie broth or water, not oil.
Add rice, beans, favorite veggies and spices.
Roast potatoes with Balsamic Vinegar on Silpat or parchment paper.**



Veggie Burger on Whole Wheat

Burgers can be made from a combination of beans, rice, lentils and vegetables.
Use ground flaxseed meal mix and grains such as polenta and oat bran for binders.
Serve on whole grain rolls.



Veggie Kabobs

Vegetables marinated in Balsamic Vinegar, no oil needed.

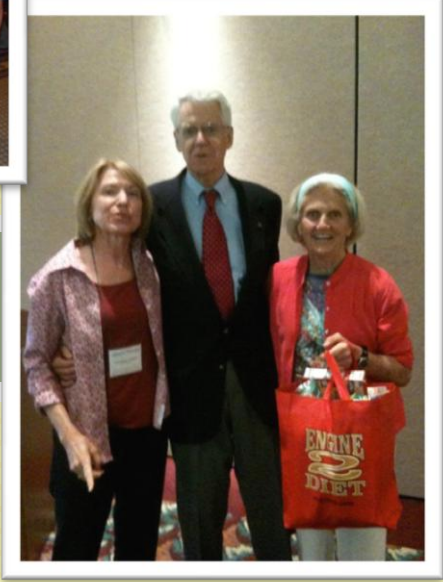


Gingerbread

Swap flour, milk, eggs, oil, unrefined sugar and whipped cream for whole wheat flours, almond non-dairy milk, flax seed meal, applesauce, less sugar and silken tofu for topping.



**Healthy Eating Adventure's
Plant-Based Community Activities**



A Healthy Community is a Happy Community

Participants Responsibilities

Read at least one of the two books. During the pot lucks, coaches will assign categories of foods. Use compliant recipes from these books or HEA website. (Food log - optional)

Pre and Post Blood Work Plus 6-month follow-up

YOU

Communicate With Coaches

Attend Pot Lucks





Testimony from Healthy Eating Adventurer
Nick Iula from SHIP University Challenge

Happy Eating During Your Adventure

Whole Foods, Plant-Based, No oil



Whole Foods

 **Healthy Eating**
Adventure

Plant-Based

NO OIL