Program for Growth

A GUIDE FOR REPLICATION
Program for Growth: A Guide for Replication

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Part 1
Growing: Community, Justice and Food
Soil

Whether you grow in the ground, raised beds or containers, healthy, living soil is essential to a productive food garden. If you are going to plant in the ground, have your soil tested—for nutrients, pH and toxins (e.g., lead, arsenic and aluminum).

Soil in Grand Rapids southeast neighborhoods often has high amounts of lead and arsenic, remnants from orchards that once grew there (these chemicals were once used as pesticides). If your soil is contaminated, you can grow in containers or raised beds. Be sure to keep kids away from lead-contaminated soil! If you need to purchase soil, know that commercial soil and compost is not regulated. No matter what it says on the label, you may be buying composted industrial waste or other toxic brews.

Check with OKT for recommendations before you purchase. Better yet, make your own soil by composting food and yard waste. Grass clippings (if chemical free) and weeds combined with food scraps—everything except meat and milk products—turns into great soil. Add a few worms and it will be healthier yet!

Plants and seeds

OKT recommends you use organic, heirloom plants and seeds in your food garden. One, your produce will be tastier and more nutrient-rich. Two, you can save some seeds after harvest and start your next year’s plants for free. Avoid big-box nurseries that sell GMO plants (genetically modified.) Some of these plants include bee-killing pesticide as part of their genetic make-up—and we need all the honeybees we can find!

Starting seeds

Before you plant, map out your garden. Think about where the sun shines in your space throughout the day. Plant tall crops in the north and smaller crops and root crops to the south.

Look into companion plants that help each other grow, e.g. tomatoes love growing alongside basil. When planting seeds, prepare the soil by turning it over with a spade or cultivating tool and leveling with a garden rake.

Use your finger to make holes in the soil. Usually you can place one seed per hole. With some greens, herbs and vegetables like cucumbers, you plant multiple seeds together.

Different plant varieties have different space requirements. For example, plant radishes and beets one inch apart. Plant zucchini 8 to 16 inches apart. Most seed packets will give you the above planting information.

Planting plants

Make sure soil is loose, scoop out enough soil so the root of the plant is lower than the garden surface. For some plants, like broccoli, you can plant deeper, up to the first germination leaves. Push soil around the base of the plant. Push firmly around the plant, so that it stands erect.

After you have secured the transplant in the ground, water it generously. Evening is the best time to plant plants in the ground. Then they have all night to adjust to the shock away from direct sun right away.
Sunshine
Always remember to think about sunshine! Watch where the sunlight falls from dawn to dusk. Plant tall crops in the north and smaller crops and root crops to the south.

Watering
Water is another essential ingredient! Water your plants at the ground and thorough. (on hot days). During hot spells, water every day—running the water at the plants’ base, count to five. During cooler weather, you may not need to water every day.

Avoid watering during the heat of the day. The best times to water are 6 to 10 a.m. or 6 to 9 p.m. Your plants will tell you when they need water but it’s best not to wait until they are droopy or dried out. Feel for moisture in the soil near their stalks. Containers, especially smaller ones, will need more frequent watering. Mulching your plants can help conserve water.

Water left standing in garden hoses can get hot! Let water run until it’s cool so you don’t scorch your plants. Also, standing hose water can pick up harmful chemicals like phthalates, BPA and lead, none of which were detected in water directly sampled from the tap. (Learn more at ecocenter.org.)

Weeding
In a way, weeding is how you become intimately involved with your garden. Some claim it can even be a meditative experience! Whether you hate it or feel spiritually transformed, it’s got to be done. This important chore can become a nightmare if you don’t keep up on it! The key is to do some every day — and find a way to be comfortable while you do it. A small camp stool, kneeling mat, or sit-upon can help. If you don’t like dirt under your nails, pick up some inexpensive garden gloves.

Weeding removes non-food plants competing for nutrients in your growing space. It also cultivates soil around plants. (Packed soil keeps air and water away from roots.) Use the pulled weeds as mulch to add nutrients back to soil and slow soil drying. (You can also mulch with straw, cut grass or leaves, except oak leaves and pine needles).

You can spend a fortune on weeding tools, but when it comes right down to it, you have to get down and pull the weeds out. Learn to identify your weeds. Common ones like dandelion, purslane and lambs quarters are highly nutritious edibles!

Pest control
Pests happen. Find non-chemical, earth friendly solutions to get rid of them. Not only for the earth, but to help yourself and your family avoid ingesting more dangerous chemicals into your bodies. Sometimes, the easiest ways to get rid of pests is to pull them off by hand, e.g. tomato worms. For those too small to catch, boil garlic in water and use the garlic water to spray your plants. Also, you can use diatomaceous earth at the base of plants to prevent damage from slugs, snails and other pests that attack stalks. For more pest control options, check with OKT.

Harvesting
Pick your vegetables and fruits when they are ripe and come off the vine more easily. You can determine if they’re ripe by size, how it feels and how it tastes. Don’t let produce over grow. It can become bitter and tough. The only time you want produce to over-mature is when you want to save some seeds for the next planting season.

If you aren’t going to eat your harvest within a few days (or a week at the most), consider canning, drying or freezing it. Don’t put tomatoes in the refrigerator! They’ll lose flavor.

Multi-season planting
Plan your garden so you have foods to harvest throughout the spring, summer and fall. Early lettuces and peas, mid-summer tomatoes and summer squashes, fall season winter squashes, cabbage and potatoes. If you plant radishes in the spring, you could then plant peppers (or another warm weather crop) in the same space in the summer.

Radishes, beets and greens can also be planted directly from seed in late August for harvest in October. Kale and collards can keep producing into December.

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Shade Tolerant Plants
<table>
<thead>
<tr>
<th>Kale</th>
<th>Mustard</th>
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<tbody>
<tr>
<td>Turnips</td>
<td>Greens</td>
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<tr>
<td>Spinach</td>
<td>Bok Choy</td>
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<tr>
<td>Lettuce</td>
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<tr>
<td>Arugula</td>
<td>Beets</td>
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<tr>
<td>Chard</td>
<td>Carrots</td>
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<tr>
<td>Parsley</td>
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</tbody>
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**Beans and Collards**

- 2 bunches collards, stalks removed and chopped.
- 1 C. dry beans (adzuki, black, or pinto etc.) or 2 cans beans.

Soak dry beans per directions and cook until tender. Drain. Mix greens and beans. Add garlic, bay leaf, pepper and salt. Simmer in a large sauce pan or crock pot until greens are tender. Serve with cornbread. *Adding legumes (beans) to your greens recipe adds protein and transforms a side dish into a nutrient-rich main dish!*

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**Your Food Garden and Lead Poisoning Prevention**

In 2017, reports stated that two out of every three lead poisoned children in Kent County lived in zip codes 49507, 49504 or 49503. Some fresh produce you grow in your garden can help your child’s body to absorb and get rid of lead in their systems. Specifically, vegetables containing iron, calcium and vitamin C.

**Vegetables high in Iron:**
- Dark leafy greens like kale, collards, mustard greens, and spinach.
- Legumes like black-eyed peas, chick peas, lentils, and kidney, white, navy, and lima beans.

*Lean meats, fish and breads enriched with iron are other good sources.*

**Vegetables high in calcium:**
- Broccoli, cabbage, and bok choi.
- Greens like kale, collards, and spinach
- White beans (legume)

*Milk products, milk alternatives and sardines are other good sources.*

**Produce high in Vitamin C:**
- Watermelon, honeydew and other melons.
- Berries, e.g., strawberries,
- Tomatoes
- Peppers, e.g. bell peppers and chili peppers.
- Cauliflower, kale, cabbage, Brussels sprouts and broccoli.
- Greens, e.g., kale, collards, mustard and spinach.
- Squash.
- Potatoes (if skins are eaten).
- Citrus fruits.

Source: Lifestyles Nutrition Services
"So You Want to Garden"

Checklist

1. Answer the question: Why do you want to grow food? What do you want to grow? (Seasons matter.)

2. Diagram your neighborhood food system.

3. Take a basic food growing class and/or read a food growing book.

4. Determine your Need/Supplies/Resources/Tools and Budget

5. Vacation Planning: Away from garden? What's the plan?

6. Select a growing approach: Container, raised-bed, direct/in-ground

7. Soil Testing

8. Diagram your food growing space! Considerations: Soil/Composting; Sun - know south facing side, know sun comes up in east, goes down in west; water source; seeds and plants (sterile seeds, seed and plant exchanges)

9. Have a plan for harvesting, sharing and excess/food waste.

10. Select "In Season" plants and plant your food garden: Plant spacing and companion planting; consider Climate Change impact. (Resiliency, drought resilient plants.)

11. Watering. Consider: How to water; time to water (6 to 10 a.m. and/or 6 to 9 p.m.). Develop a routine.

12. Considerations: Weeding; fertilizer and pest management (synthetic vs. natural); challenges (insects/animals).

13. Harvest: meal planning and prep.

14. Seed-saving

15. Planning for next garden: Grow another garden; dissolution of garden.

16. Other Considerations: Farmers’ markets; CSA programs; bulk buying programs.

Tips for Your Community Food Garden

- **Organize a meeting for interested people.** Invite neighbors, tenants, community organizations, landlords, city officials, churches and schools. Invite those who show up to join the planning committee.

- **Identify all your resources.** What skills and resources already exist in the community that can aid in the garden’s creation? Contact the City about vacant lots or growing in parkways. Look within your community for people who already grow food.

- **Choose a site.** Consider daily sunshine, availability of water, and soil testing for nutrients and possible pollutants. Find out who owns the land. Can the gardeners get a lease agreement for at least three years? Will public liability insurance be necessary?

- **Prepare the site.** Organize volunteer work crews to clean it, gather materials, design garden layout, build raised beds, till and/or spread new soil. Find a space for storing tools, composting and gathering. Include a weather-resistant bulletin board where you can post rules, gathering times and other information.

- **Organize the garden.** Have the group decide whether they want individual or shared beds. (Sharing beds can be more efficient and build community!) Talk about making food available to neighbors who don’t help with the garden. We suggest using your garden to increase healthy food access to all – not only those who do the work.

- **Grow the garden via Facebook or Nextdoor social media applications.** If everyone doesn’t have computer access, start a telephone tree, as well.

- **Plan events.** Sponsor garden community weeding times with a potluck and music. Organize a tour of other local community and individual food gardens. Plan freezing or canning events to preserve abundant harvests. Share the harvest with community dinners—that also teach how to use the produce in real meals. Keep the group motivated all year by hosting a film screening or arranging transportation to garden education events.

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### Plant Companions

#### Good Companions

- Sunflowers, cabbage, cucumber and strawberries
- Lettuce, chives, leeks, rosemary, sage and peas
- Carrots, beans, peas, pumpkin, squash, cucumber and melons
- Radishes, peas, beets, corn, beans and carrots
- Beans and lettuce
- Chervil, cucumber and squash
- Strawberries, beans and peas
- Peas
- Tomatoes, marigold, beans, maize and the cabbage family
- Pumpkin, cucumber, squash, melons, sunflowers or tomatoes

#### Don't Plant With!

- Onions, garlic or fennel
- Strawberries, fennel or cabbage
- Cabbage, tomatoes or celery
- Potatoes or sage
- Cabbage, carrots, caraway, chili, bell peppers, fennel, lavender or potatoes
- Cauliflower, cabbage, turnips or Brussels sprouts
- No bad companions – easy!
- Beans or potatoes

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6
Are you struggling to avoid fast food, convenience foods and junk food simply because you love the tempting taste? These foods are industrially engineered with harmful chemicals and non-food fillers like cellulose—sawdust—to trick your taste buds into craving crap.

You can retrain your taste buds! A good way to help them along is to use fresh culinary herbs when you cook. Fresh herbs flavor your food without adding extra salt, calories, sugar or fat.

OKT gardeners are growing the following herbs. Discover what they provide in addition to great flavor:

- **Arugula**, as an herb or spicy greens, supports brain and bone development.
  - **Nutrients**: Zinc, copper, calcium, iron, magnesium, phosphorus, potassium, manganese, vitamins A, C, K, thiamin, riboflavin, B6, folate, pantothenic acid. A*, T*

- **Basil** has been shown to provide protection against unwanted bacterial growth and inflammatory conditions like arthritis and also aids digestion.
  - **Nutrients**: Vitamin A, B6, K and iron. A*, T*

- **Cilantro** has traditionally been referred to as an “anti-diabetic” plant.
  - **Nutrients**: Thiamin, zinc, calcium, iron, magnesium, phosphorus, potassium, copper and manganese, vitamins A, C, E, K, riboflavin, niacin, B6, folate, pantothenic acid. A*, T*

- **Chives** and garlic may help you maintain good cholesterol levels.
  - **Nutrients**: vitamin C. P*, T*

- **Dill**, an anti-oxidant and anti-inflammatory, also can help neutralize benzopyrenes, carcinogens found in smoke from cigarettes, charcoal grills and trash incinerators.
  - **Nutrients**: calcium, manganese and iron. A*, T*

- **Fennel**, an anti-oxidant and anti-inflammatory, has many healthful phytonutrients including anethole, which helps prevent cancer.
  - **Nutrients**: Vitamin C, folate, fiber and potassium. P*, T*

- **Lavender**, brewed as tea, a traditional home remedy for insomnia. Its scent also relieves stress and it is good for the skin. P*, W*

- **Lemon Balm**, used since the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease indigestion. P*, W*

- **Mint** calms indigestion and helps relieve cold symptoms.
  - **Nutrients**: Calcium, choline, iron, magnesium, manganese, zinc, phosphorus, potassium, selenium, vitamins B1, B2, B3 and E. P*, W*

- **Oregano**, an anti-oxidant, was found more effective against *Giardia* than the commonly used prescription drug.
  - **Nutrients**: Manganese, iron, calcium, vitamins K and E. P*, W*

- **Parsley** is a "chemoprotective" food that can help neutralize particular types of carcinogens and helps lungs, liver and bladder.
  - **Nutrients**: Calcium, iron, magnesium, manganese, selenium, zinc, phosphorus, potassium, vitamins A, B1, folate 2, 3, 5, C and E. A*, T*

- **Rosemary** supports liver and blood health and contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks.
  - **Nutrients**: Calcium, zinc, vitamins B1,2, 3, and C.

- **Sage** is an outstanding memory enhancer. Its smudged smoke is used to cleanse and clear rooms of negative energy.
  - **Nutrients**: Vitamin K, P*, W*

- **Stevia**, a natural sweetener that is not toxic like Splenda, Nutrasweet and other artificial sweeteners.
  - **Nutrients**: Calcium, iron, magnesium, manganese, zinc, vitamins B1, B2, B3, B5, B6, B12, C and E. A*, T*

- **Thyme**, long used for chest and respiratory problems, can also help maintain healthy cholesterol.
  - **Nutrients**: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B6, P*, T*

**KEY**

*A - Annual. Needs to be planted every year.*

*P - Perennial. Grows back on its own every year.*

*T - Tender stem  *W - Woody stem

Plant like stemmed plants together, tender with tender and woody with woody.
Diagram Your Food System

Often when we talk about the food system, we speak about global corporations, how they impact the many countries of the world and the large scale impacts they have on national economies and populations’ health.

What about you and your family? How is the food system treating you right where you live?

You can answer these questions by diagramming your food system.

First, list the places where you can get food in your neighborhood: supermarkets, big box stores, liquor stores, fast food restaurants, farmers’ markets, gas stations, your garden, food pantries and so forth.

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_____________________________________________________________________________________________________________

Next, list where you actually get your food.

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_____________________________________________________________________________________________________________

Then ask yourself these questions:

Does my neighborhood give me easy access to healthy foods?

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_____________________________________________________________________________________________________________

Is it easier to buy junk food, fast food and packaged convenience foods that have very little nutritional value?

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_____________________________________________________________________________________________________________

If you eat a lot of these unhealthy foods, is it because you don’t have access to better foods or has media advertising persuaded you into wanting them?

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_____________________________________________________________________________________________________________

Last, what changes CAN you make to improve the quality of food that you and your family eat with your food budget?

Growing food might be one way you can supplement your diet. Teaching your kids about how advertising convinces them to eat junk foods is another. Or, you might try advocating for healthier foods at the schools in your neighborhood.

When certain neighborhoods only have access to junk food and fast food, it is not an accident. It’s food apartheid. Food apartheid is the intentional, systemic marketing and distribution of profitable, nutrient-poor, disease-causing foods to income-challenged neighborhoods, mainly, communities of color (i.e. communities receiving the most food assistance dollars).
Too many tomatoes or cherry tomatoes? Here’s an easy way to preserve them in the freezer. You can use the oven roasted tomatoes on pastas, pizza or as a base for sauces.

**Ingredients:**
- Tomatoes, washed.
- Fresh herbs (basil, oregano, sage, parsley, cilantro, garlic etc.)
- Olive oil.

1. Slice tomatoes uniformly (cut cherry tomatoes in half). Put in large bowl.
2. Chop herbs of your choice. Add to tomatoes in bowl.
3. Toss with enough olive oil to coat well. Salt to taste.
4. Oil baking sheet with more olive oil. Spread mixture thinly on pan.
5. Bake at 350° for 1 hour or until slightly caramelized—keep an eye on them so they don’t over-bake.
6. Use a spatula to remove tomatoes to freezer bags.

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**Greens, Banana and Berry Smoothie**

- 1/2 cup (packed) flat-leaf parsley (leaves and stems)
- 4 kale leaves (center ribs removed)
- 1 banana (cut into pieces)
- 1 cup frozen organic berries (such as strawberries or raspberries)
- 1 teaspoon ground flaxseed

Purée ingredients with 1 cup water in a blender until smooth (add water if too thick). You can substitute other greens.

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**Freezing Vegetables**

To freeze most fresh vegetables, simply blanche and bag.

1. Wash and slice into pieces as desired.
2. Drop into boiling water. Blanch for two minutes after water returns to boil.
3. Using a colander with a handle, remove vegetable. Drain well or using a salad spinner.
4. Put in freezer bags, burp bags, label and freeze.

**Special cases**
- Green beans: After blanching, lay on dish towel to dry; pat dry before bagging.
- Eggplant: Slice. Soak for 15 minutes in salt water. Grill both sides on stovetop griddle or grill. Bag and freeze.
- Herbs. For stir fries, sauces and soups, chop and mix with olive oil. Freeze in muffin pan. Remove to freezer bags.
- Winter squash. Cut in half. Bake flesh-down at 350° 1 hr. or until tender. Scoop flesh out. Mash if desired. Bag and freeze.
Part Two

Growing Healthy Eating Habits
Eating to Prevent Lead Poisoning

OKT’s Program for Growth at Martin Luther King Leadership Academy is growing more than food in the gardens out front of the school. Workshops inspire participants to grow, purchase, and prepare healthier foods for their families. The MLK school neighborhood is in one of Grand Rapids’ lead poisoning hot-spots. Lead poisoning especially impacts infants and children’s growing bodies and brains, causing developmental delays and behavioral problems, including aggression. Lead comes to the 49503 and 49507 neighborhoods via the soil, housing with lead paint, and possibly via the water supply, when old lead pipes are still in service.

Combating and/or preventing lead poisoning starts with good nutrition. Ensure your meals contain each of the following:

<table>
<thead>
<tr>
<th>IRON</th>
<th>CALCIUM</th>
<th>VITAMIN C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork (choose lean), and liver (high in cholesterol).</td>
<td>All milk (choose low fat), Lactose-free and lactose-reduced products.</td>
<td>Citrus fruits, e.g., orange, lemon, lime, and grapefruit or juices fortified w/ Vitamin C.</td>
</tr>
<tr>
<td>Chicken or turkey.</td>
<td>Fortified milk alternatives (soymilk), tofu.</td>
<td>Melons, kiwi, berries, strawberries, tomatoes.</td>
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<tr>
<td>Fish.</td>
<td>Cheeses except cream.</td>
<td>Bell peppers or red chili peppers.</td>
</tr>
<tr>
<td>Beans (legumes) e.g., black-eyed peas, chick peas, kidney, white, navy, lime and lentils.</td>
<td>Sardines and white beans.</td>
<td>Dark green veggies e.g., spinach, greens broccoli, kale, cabbage, Brussels sprouts.</td>
</tr>
<tr>
<td>Dark green veggies e.g., spinach.</td>
<td>Kale family: broccoli, cabbage, greens and bok choy.</td>
<td>Cauliflower and squash.</td>
</tr>
<tr>
<td>Breads and grains enriched w/ iron.</td>
<td>Dairy desserts like yogurt and frozen yogurt.</td>
<td>Potatoes.</td>
</tr>
</tbody>
</table>

- **Why Vitamin C?** This food source will help you absorb non-meat Iron sources better such as iron-enriched grain.
- **Calcium fact.** Sour cream and cream cheese are not good sources.
- **Iron fact.** When you cook with acidic foods, e.g., tomato sauce, in cast-iron cookware, iron will leach into the foods and increase its iron content.
- **Why lean beef and pork?** Eating lean will keep fat calories off and reduce cholesterol consumption for a healthy heart. Look for “loin or round” cuts like top round, tenderloin, and sirloin Other lean meats include Canadian bacon, boneless ham and tips.
Lead Screening: Food History

OKT’s registered dietician, Tracy Booth, developed the form below to help screen families’ eating habits as they related to lead poisoning prevention.

<table>
<thead>
<tr>
<th>CALCIUM SOURCES</th>
<th>DAILY</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>NOT CONSUMED/RARE</th>
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<td>Milk: Dairy, Rice, Soy, Almond</td>
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<tr>
<td>OTHER DAIRY: Cheese, Ice Cream, Yogurt</td>
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<tbody>
<tr>
<td>Beef, Pork, Liver</td>
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<tr>
<td>Other Meats, Poultry, Egg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish: Canned, Fresh, Frozen</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans, Nuts, Seeds, Protein, Peanut Butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato, Rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CEREAL (Iron Fortified): Hot &amp; Cold</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>VITAMIN C SOURCES</th>
<th>DAILY</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>NOT CONSUMED/RARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Citrus Fruits: Fresh, Frozen, Canned, Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(includes tomatoes)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange/Purple/Yellow Veggies</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OTHER FOODS</th>
<th>DAILY</th>
<th>WEEKLY</th>
<th>MONTHLY</th>
<th>NOT CONSUMED/RARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other Fruits: Fresh, Frozen, Canned, Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn, Peas, Pasta</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soups</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crackers Etc</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breads/Rolls/Breakfast Breads</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deli Meats, Hot Dogs, Sausage, Bacon</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancakes/Waffles/French Toast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee/Tea/Pop Water</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks: Sweet Or Savory; Dark Chocolate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Foods Not Mentioned:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Red Meats ... What’s the harm?

As a RDN, I believe red meat gets a bad rap. Yes, it has been linked to cancer mostly because of the quantity we eat. As a country, our red meat portions are over the top. Think about, you can get steak ranging from 8oz, 16oz, 24oz from our favorite steakhouse. In layman’s terms that’s 2 servings, 4 servings or 6 servings of meat at one meal.

Other countries that eat red meat as a main part of their diet do not have the same morbidity risk of cancer. Why? They consume smaller portions as a meal. And, their plates also have healthy fruits, vegetables and grains.

Because we eat so much, we have to produce the meat more frequently, which means the natural process of reproduction is altered, i.e., factory-farm raised. Red meats include not only beef but pork and lamb, some of you believe the marketing of pork being the other white meat! It’s not.

In addition, we smoke, cure and treat our meats with nitrites. These can be very harmful to our health.

Grass fed and organic meat are of course healthier and with that comes the expense. There is varying data out there but much suggests it’s not the meat per se but the process e.g., curing or cooking technique e.g., charcoal grilling that’s linked to cancer.

Red meat and heart disease are linked because of the fat content. This is why we see ground beef listed as 90/10, 85/15, 96/4 etc., which is the ratio of lean meat and fat content. When shopping aim for loin, shoulder and round (leg) in the title, this is a healthier choice. The Academy of Nutrition and Dietetics suggest you choose lean, trimmed cuts of beef, pork, or lamb a few times per week or less and avoid/minimize use of processed meats, such as bacon, sausage, and ham.

Let’s Differentiate!

Searing, Sautéing: While searing and sautéing involve cooking food in a shallow pan on the stovetop, their similarities end there. A surface treatment, searing produces a flavorful brown crust on thick cuts of protein that are typically finished it off by grilling, broiling, or roasting.

Sautéing is used to cook smaller pieces of food or thinner cuts of meat all the way through.

Pan Frying and Deep Frying:

The difference is the amount of oil you use, not whether the food is breaded or not. Pan frying is be healthier because the food soaks up less oil. Some pan frying may not need oil, like bacon, which has its own fat. Deep frying food cooks it quicker because it’s not exposed to the air (oxygen), like a deep fryer vs. using a pan.
Loving Your Cast-iron Skillet!

Cooking in an iron skillet is one of way to get more iron into your diet. When prepared properly, the iron from the skillet is better absorbed than iron from non-animal foods like spinach.

• Iron helps build-up your red blood cells and maintain your protein status.
• You can cook anything and everything in an iron skillet. Use it on the stovetop, in the oven, or on your outside grill.
• Iron is a very important part of a healthy diet. You can get it from animal and non-animal foods. Iron deficiency anemia does occur in the US.
• Newer iron skillets tend to leach more iron into foods cooked in them.
• The longer you cook the foods, the more iron is leached into them.
• Liquid foods, especially acid-based foods, tend to leach more iron into foods. When you use a very old iron skillet, pour a little lemon, orange or tomato juice into it. Let it cook-off before starting your meal. This will help reactivate the iron-leaching qualities of your old skillet.
• Seasoning your skillet with a combination of oil, metal and heat turns it into a black, non-stick skillet.
• The more you cook in your skillet, the more seasoned it becomes. Experts say to season a new skillet, even though most new skillets come pre-seasoned.

Seasoning starts with cleaning.
You can wash your skillet with soap and water. This will not ruin it. You will not wash away the iron. It’s a hard metal. Avoid using steel wool pads or any metallic scrubbers. Use a soft brush or scrubby made to clean skillets. You can also use abrasive salts or cornmeal to clean your skillet. After washing, dry it with a dish towel and let it air dry. Or, put it on the lit stove or oven to dry it. Do not store your pan wet—it will rust.

Seasoning finale! After drying your skillet over high heat or in the oven, add a teaspoon of oil. Spread it around with a paper towel so it doesn’t pool. The, put your skillet away. When you fry or sauté in your skillet, you build on the seasoning process. Simmering or burning food in your skillet may un-season it. So, you may need to season your skillet again in the future.

Rescuing an old skillet:
1. Preheat your oven to 350 degrees.
2. Clean off any burnt-on debris or rust with steel wool or a metal scrubby.
3. Wash in warm water (soap is not necessary).
4. Dry skillet. If you still see rust, repeat steps 2 through 4.
5. Lather your skillet in oil (no pooling or puddles).
6. Place foil on bottom rack of oven. Place your skillet face down on the middle or top rack so excess oil drips off.
7. Bake for 1 hour.
8. Turn off the oven. Let the skillet cool down with the oven.

If the skillet looks renewed, pat yourself on the back. If not, repeat the process until it does.

My skillet is over 60 years-old! When I received it after my mother passed, I knew nothing about seasoning, cleaning or taking care of it. Knowledge is power!
When we eat meat, we consume the blood proteins and hemoglobin from the animal (heme). Your body more easily absorbs heme found predominantly in blood and muscle.

<table>
<thead>
<tr>
<th>HEME IRON</th>
<th>NON-HEME IRON</th>
</tr>
</thead>
<tbody>
<tr>
<td>When we eat meat, we consume the blood proteins and hemoglobin from the animal (heme). Your body more easily absorbs heme found predominantly in blood and muscle.</td>
<td>Predominantly in plants, non-heme iron is not absorbed as easily. Your body absorbs it better if you eat a food high in vitamin C when you eat it.</td>
</tr>
<tr>
<td>Heme iron is especially important for young children and women who may become pregnant or who are pregnant.</td>
<td>Additional non-heme iron sources include legumes (beans and peas), dark-green vegetables, tofu, dark leafy greens, such as spinach and kale, and foods enriched or fortified with iron, e.g. commercial breads and ready-to-eat cereals.</td>
</tr>
<tr>
<td>To improve iron status, women and adolescent girls should consume foods containing heme iron, which their bodies more readily absorb.</td>
<td>As mentioned above, your body absorbs non-heme iron better if you eat a food high in vitamin C when you eat it.</td>
</tr>
<tr>
<td>Meats, poultry, and seafood provide heme iron, which is more bioavailable (absorbed more easily).</td>
<td>Non-heme iron is less bioavailable because your body does not absorb it as well.</td>
</tr>
<tr>
<td>Depending on how they are produced and prepared, these sources may increase the risk of cancer, stroke, heart disease, and metabolic syndrome</td>
<td>Depending on how they are produced and prepared, these sources may decrease the risk of cancer, stroke, heart disease, and metabolic syndrome.</td>
</tr>
<tr>
<td>Heme comes from meat proteins. All meat proteins are absorbed better than vegetable proteins.</td>
<td>Vegetables, soy (a plant), beans, legumes and other plants have protein. However, the proteins they provide need help to be more easily absorbed.</td>
</tr>
</tbody>
</table>
Eating to Prevent Lead Poisoning: Calcium

Calcium is another essential nutrient for helping to prevent lead poisoning. While dairy products such as milk, cheese, yogurt, and cottage cheese are commonly known sources of calcium, other sources exist as well. In addition, many foods, for example orange juice and soy milk, are fortified with calcium. So, if you don’t like — or can’t tolerate — milk products, you can still get calcium from many other healthy food sources. The following information is provided by the USDA ChooseMyPlate.gov website.

Non-dairy sources of calcium for those who choose not to consume milk products

There are calcium choices for those who do not consume dairy products, though they are not part of the Dairy Group. The amount of calcium that can be absorbed from these foods varies.

- Calcium-fortified juices, cereals, breads, rice milk, or almond milk
- Canned fish (sardines, salmon with bones)
- Soybeans, soy products (tofu made with calcium sulfate, soy yogurt, tempeh), and some other beans
- Some leafy greens (collard and turnip greens, kale, bok choy)

For more information, see the 2015-2020 Dietary Guidelines for Americans Food Sources of Calcium.

Let’s Differentiate! Milk

Milks Differentiated: The words Skim, 1%, 2%, and Whole refer to the amount of fat in milk. As fat is removed, calories decrease per serving size. Why do we care about fat calories? Too many calories from fat can contribute to heart disease. All these milks have the same amount of protein, calcium, vitamins and minerals. Vitamin D is added to all of them. Milk may be your next best source other than the sun. Various fish also provide Vitamin D, especially fish that are caught in sunny states, not necessarily Michigan fish.

If you use milk alternatives like almond, rice, or soy, they too are fortified with vitamins and minerals so they have the same nutrients in cow’s milk. I have often heard that cow’s milk is for cows, not humans. My response is, then why do you eat yogurt, ice cream and cheese?
**Yogurt Facts**

In addition to being a great source of calcium, yogurt is also a good source of protein and potassium. Plus, if it contains live yogurt cultures, it can do wonder for your gut health. (Nondairy yogurt is popular with vegans.) These live, probiotic cultures help the natural flora of the intestine to flourish, which keeps your bowels regular and your immune system healthy.

However, not all yogurt is all healthy. Beware of added sugars! Avoid yogurt with these label ingredients: Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, maltose, molasses, raw sugar, sucrose, syrup and table sugar, and organic cane sugar. All of these mean sugar.

In other words, choose plain yogurt! Add your own fruit, no-sugar jams, nuts, seeds, or grains. You can also use plain yogurt in place of sour cream, as a topping on soups and spicy dishes, as a base for smoothies, or as a marinade to tenderize meats.

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**Cheese Cheat Sheet**

Paler-colored cheeses are a better choice than yellow—they contain a more natural fat.

- Ricotta, fresh or part-skim mozzarella, feta, Romano, cottage cheese are examples of “white” cheeses. Other pale cheeses include:
  - Cabot 50% light Vermont or reduced fat cheddar, fancy blend shredded, part-skim mozzarella, shredded.
  - Sargento reduced fat sharp cheddar, deli style sliced Colby and Monterey Jack.
  - Laughing Cow Gourmet Cheese Bites and Original Creamy Swiss.
  - Shredded parmesan, Athenos crumbled feta, Borden Natural Pepper-jack slices.

Read the cheese label!

Look for:

- 3g or less saturated fat per serving
- Light, low-fat, made with skim or 2% milk, 50% less fat or reduced fat.
- Avoid artificial colors. Most orange cheeses have coloring added (cheddar is naturally white).
- Avoid mold inhibitors. These can hurt the good bacteria in your gut.
- Watch out for added cellulose, e.g. in parmesan. This is saw dust!
**Probiotics and Gut Health: Kombucha**

Kombucha is a fizzy sweet or sour tea. Although linked to several health claims, little data supports claims that it cures cancer, but some studies suggest that it does improve digestion.

Because it contains B-vitamins and protective antioxidant components, proponents of kombucha have made various health claims. However, the FDA does not approve of health claims being made by foods and supplements, so you will not hear them or other governmental agencies supporting those claims.

Kombucha may help digestion because it contains probiotics. This has led some to say that kombucha rids your body of toxins and boosts your energy. This is based on the premise that probiotics’ good bacteria counter the bad bacteria in your gut — and B Vitamins aids in metabolism and energy production.

Like sourdough bread, kombucha is brewed with a “mother,” actually a SCOBY (Symbiotic Culture of Bacteria and Yeast). To brew it, you place organic tea (black or green) that has brewed with a cup of organic sugar in a gallon jar with the SCOBY and filtered water to fill. As the SCOBY eats most of the sugar, the tea ferments into kombucha. The brew is ready in about five to seven days. The longer you let it brew, the sourer it becomes. If you let it brew too long, it will turn into vinegar! The finished brew will have a tiny alcohol content — nothing to worry about! Because tea has caffeine, kombucha does, too.

You can pay a lot to buy kombucha—or you can brew it yourself very cheaply!

**What are probiotics?**

Probiotics are live bacteria that are good for you, especially for your digestive system. They are also referred to as “the helpful bacteria.”

**How do they work?**

When you lose "good" bacteria in your body, for example after you take antibiotics, probiotics can help replace them.

Probiotics can help you balance your "good" and "bad" bacteria to keep your body working the way it should (avoid yeast/candida overgrowth, yeast infections and thrush.)

**What do they do?**

Probiotics help send food through your gut by affecting nerves that control gut movement.

Among the many different probiotics, lactobacillus is the most common.

While more research needs to be done, researchers agree that probiotics are beneficial for irritable bowel, diarrhea, skin conditions, urinary tract and vaginal health, allergies and oral health.

**Do you have a farmers’ market nearby?** Try shopping there for local, in-season produce. Food grown locally is fresher and more packed with the vitamins and minerals that help you and your family to be healthy. You may see that some farms are certified organic. Others may not be certified, but may still farm without harmful chemicals or genetically modified (GMO) crops. These may have lower prices and comparable benefits to organic farms.

Many farmers’ markets accept SNAP and cooperate with programs like Double Up Food Bucks that stretch your produce dollar even further.
Protein

An important component of every cell in your body, protein is the building block of bones, muscles, cartilage, skin, hair, nails, and blood. The average sedentary man needs 56 grams per day. The average sedentary woman needs 46 grams per day. Kids age 4 through 13 need 20 to 35 grams of protein a day, depending on their body weight. If you are pregnant or breastfeeding, you need 80 to 100 grams of protein a day. A well-nourished mother’s breastmilk contains everything baby needs, including protein, for the

**WATER SOLUBLE**

- B-complex vitamins and vitamin C are water-soluble vitamins that are not stored in the body and must be replaced each day.
- These vitamins are easily destroyed or washed out during food storage and preparation.
- The B-complex group is found in a variety of foods: cereal grains, meat, poultry, eggs, fish, milk, legumes and fresh vegetables.
- Citrus fruits are good sources of vitamin C.
- Using megadoses of multivitamins or supplements is not recommended.

**FAT SOLUBLE**

- Small amounts of vitamin A, vitamin D, vitamin E and vitamin K are needed to maintain good health.
- Fat-soluble vitamins will not be lost when the foods that contain them are cooked.
- The body does not need these vitamins every day and stores them in the liver and adipose (fat) tissue when not used.
- Most people do not need vitamin supplements.
- Megadoses of vitamins A, D, E or K can be toxic and lead to health problems.
- Requirements for vitamins may be expressed in different mathematical units. Close attention should be paid to ensure that similar units are being compared.

**ANTIOXIDANTS**

A substance that reduces damage due to oxygen, such as that caused by free radicals. Well-known antioxidants include enzymes and other substances, such as vitamin C, vitamin E, and beta carotene, which are capable of counteracting the damaging effects of oxidation. Antioxidants are also commonly added to food products such as vegetable oils and prepared foods to prevent or delay their deterioration from the action of air. Antioxidants may possibly reduce the risks of cancer.

### Protein

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground, lean, baked (15% fat)</td>
<td>3 oz</td>
<td>22</td>
</tr>
<tr>
<td>Prime rib, broiled (1/3-in. fat)</td>
<td>3 oz</td>
<td>18</td>
</tr>
<tr>
<td>Top sirloin, broiled (1/3-in. fat)</td>
<td>3 oz</td>
<td>23</td>
</tr>
<tr>
<td>Poultry:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken breast, broiled, no skin (bone removed)</td>
<td>1/2 breast</td>
<td>29</td>
</tr>
<tr>
<td>Chicken thigh, bone and skin removed</td>
<td>1 thigh</td>
<td>13.5</td>
</tr>
<tr>
<td>Turkey breast, roasted, Louis Rich</td>
<td>3 oz</td>
<td>15</td>
</tr>
<tr>
<td>Seafood:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cod, cooked</td>
<td>3 oz</td>
<td>19</td>
</tr>
<tr>
<td>Salmon, Chinook, baked</td>
<td>3 oz</td>
<td>22</td>
</tr>
<tr>
<td>Shrimp, steamed</td>
<td>3 oz</td>
<td>18</td>
</tr>
<tr>
<td>Tuna, in water, drained</td>
<td>3 oz</td>
<td>22</td>
</tr>
<tr>
<td>Pork:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork loin chop, broiled</td>
<td>3 oz</td>
<td>25</td>
</tr>
<tr>
<td>Ham, roasted, lean</td>
<td>3 oz</td>
<td>20</td>
</tr>
<tr>
<td>Dairy:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole milk (3.3% fat)</td>
<td>8 fl. oz</td>
<td>7.9</td>
</tr>
<tr>
<td>1% milk</td>
<td>8 fl. oz</td>
<td>8.5</td>
</tr>
<tr>
<td>Skim milk</td>
<td>8 fl. oz</td>
<td>8.8</td>
</tr>
<tr>
<td>Low-fat, plain yogurt</td>
<td>8 fl. oz</td>
<td>13</td>
</tr>
<tr>
<td>American cheese, processed</td>
<td>1 oz</td>
<td>6</td>
</tr>
<tr>
<td>Cottage cheese, low-fat (2%)</td>
<td>1 cup</td>
<td>27</td>
</tr>
<tr>
<td>Soy Products:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td>3.3 oz</td>
<td>7</td>
</tr>
<tr>
<td>Tempeh, cooked</td>
<td>3.3 oz</td>
<td>18</td>
</tr>
<tr>
<td>Soy milk beverage</td>
<td>1 cup</td>
<td>7</td>
</tr>
</tbody>
</table>

**Fruits, Grains, and Breads:**

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Puffed</td>
<td>1/2 cup</td>
<td>7</td>
</tr>
<tr>
<td>Kidney, red</td>
<td>1/2 cup</td>
<td>7.7</td>
</tr>
<tr>
<td>Black</td>
<td>1/2 cup</td>
<td>7</td>
</tr>
<tr>
<td>Nuts:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanuts, dry roasted</td>
<td>1 oz</td>
<td>6.7</td>
</tr>
<tr>
<td>Peanut butter, creamy</td>
<td>2 tbsp.</td>
<td>8</td>
</tr>
<tr>
<td>Almonds, blanched</td>
<td>1 oz</td>
<td>6</td>
</tr>
<tr>
<td>Cereals, Grains, and Breads:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal, quick instant</td>
<td>1 cup</td>
<td>5.4</td>
</tr>
<tr>
<td>Cheerios</td>
<td>1 cup</td>
<td>3</td>
</tr>
<tr>
<td>Grape-Nuts</td>
<td>1/2 cup</td>
<td>6</td>
</tr>
<tr>
<td>Raisin Bran</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>Brown rice, cooked</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>Whole-wheat bread</td>
<td>1 slice</td>
<td>2.7</td>
</tr>
<tr>
<td>Bagel, 3 1/2-in-diameter</td>
<td>1 each</td>
<td>7</td>
</tr>
<tr>
<td>Vegetables:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots, raw (7.5 x 1 1/8 in.)</td>
<td>1 each</td>
<td>0.7</td>
</tr>
<tr>
<td>Broccoli, raw, chopped</td>
<td>1 cup</td>
<td>2.6</td>
</tr>
<tr>
<td>Cofiards, cooked from frozen</td>
<td>1 cup</td>
<td>5</td>
</tr>
<tr>
<td>Spinach, raw</td>
<td>1 cup</td>
<td>0.9</td>
</tr>
</tbody>
</table>
Fish: An Excellent Protein Source

Unfortunately pollutants and toxins have made their way into our bodies of water including mercury, which can be harmful when ingested. Fish are especially noted for containing mercury.

Toxic mercury and eating fish
- Adults can tolerate a small amount of mercury.
- Infants and young children are at risk for neurological concerns if they eat it. High mercury content is correlated with Low IQ scores and behavioral concerns.

<table>
<thead>
<tr>
<th>HIGHEST</th>
<th>HIGH</th>
<th>LOW TO MODERATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tilefish</td>
<td>Spanish and Gulf Mackerel</td>
<td>Striped, Black, Saltwater Bass</td>
</tr>
<tr>
<td>Shark</td>
<td>Albacore and Yellowfin Tuna</td>
<td>Mahi Mahi</td>
</tr>
<tr>
<td>King Mackerel</td>
<td>Sea Bass</td>
<td>Sea Trout, Trout</td>
</tr>
<tr>
<td>Marlin</td>
<td>Grouper</td>
<td>Canned Tuna</td>
</tr>
<tr>
<td>Swordfish</td>
<td></td>
<td>Cod</td>
</tr>
<tr>
<td>Orange Roughy</td>
<td></td>
<td>Halibut</td>
</tr>
<tr>
<td>Ahi &amp; Bigeye Tuna</td>
<td></td>
<td>Whitefish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fresh water Perch</td>
</tr>
</tbody>
</table>


*Best for pregnant woman

<table>
<thead>
<tr>
<th>VEGETABLE PROTEIN</th>
<th>ANIMAL PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most vegetables and grains provide 2 to 3g protein per serving. Legumes (e.g. peas, peanuts, navy beans) provide up to 7g per serving.</td>
<td>Meat provides 7g protein per ounce. A serving is usually 3 to 4 ounces. Dairy provides 8g protein per serving.</td>
</tr>
<tr>
<td>Your body needs essential amino acids (AA) which you only get by eating protein. Vegetables have fewer AAs, so you need to eat more and balance wisely.</td>
<td>Provide all of the AAs that your body needs.</td>
</tr>
<tr>
<td>Typically, lower in fat calories and higher in fiber.</td>
<td>Lower in carbohydrate calories and fiber, higher in cholesterol (unless choosing lean or lower fat).</td>
</tr>
<tr>
<td>Incomplete source of protein. Supplements are recommended for Vegetarians.</td>
<td>Complete source of protein.</td>
</tr>
<tr>
<td>You miss out on key required nutrients; see next column.</td>
<td>Great sources of Vit B12, Vit D, Heme Iron, Zinc, Omega fatty acids.</td>
</tr>
<tr>
<td>Protein powders available: pea, soy.</td>
<td>Protein powders available: Whey, casein, egg.</td>
</tr>
<tr>
<td>Your body does not store protein. Your body can’t produce essential AAs.</td>
<td></td>
</tr>
</tbody>
</table>

michigan.gov/eatsafefish
Oil Glossary

- **Monounsaturated**: may help lower LDL cholesterol levels and decrease risk of heart disease.
- **Polyunsaturated**: Omega 6 and Omega 3s; eating in place of saturated decreases LDL cholesterol levels
- **Trans Fatty Acids**: act like saturated fats and raise LDL cholesterol levels. They may also lower HDL cholesterol (good cholesterol), creates inflammation and correlated w/ heart disease, strokes, diabetes and other chronic conditions, contributes to insulin resistance
- **Saturated**: Biggest source of this in American diet is Pizza and cheese, Whole and reduced fat milk, butter and dairy desserts, Meat products (sausage, bacon, beef, hamburger, Cookies and other grain-based desserts, A variety of mixed fast food dishes
- **Palm and Coconut Oils** are high in saturated fat and not considered heart health

Oils that can handle high to moderately high heat are highlighted in red.

### Let’s Differentiate! Oils

<table>
<thead>
<tr>
<th>Type of Oil</th>
<th>Source: Monounsaturated</th>
<th>Source: Polyunsaturated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avocado</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Canola</td>
<td>High</td>
<td>Moderate</td>
</tr>
<tr>
<td>Coconut</td>
<td>Low</td>
<td>Low</td>
</tr>
<tr>
<td>Grapeseed</td>
<td>Low</td>
<td>High</td>
</tr>
<tr>
<td>Extra Virgin Olive</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Soybean</td>
<td>Moderate</td>
<td>High</td>
</tr>
<tr>
<td>Peanut</td>
<td>High</td>
<td>Moderate</td>
</tr>
<tr>
<td>Sesame</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Sunflower</td>
<td>Low</td>
<td>High</td>
</tr>
<tr>
<td>Palm Oil</td>
<td>High</td>
<td>Low</td>
</tr>
<tr>
<td>Cottonseed Oil</td>
<td>Low</td>
<td>High</td>
</tr>
</tbody>
</table>

**STEPS TO IMPROVING YOUR HEART HEALTH and PREVENTING STROKE**

1. Eat 2 servings of fish a week (4oz each) due to it being high in Omega 3s
2. Add other healthy plant-based Omega 3s to diet: pumpkin seeds, chia seeds, flaxseed oil, walnuts, walnut oils
3. Read labels: Avoid partially hydrogenated oils i.e. trans fat
4. Only 7-10% of calories should come from saturated fat i.e. meat
5. Cutting back on saturated fats is mostly beneficial if you REPLACE with Polyunsaturated
Let’s Differentiate! Salt substitutes

Always add salt to taste at the end of the cooking process or at the table, if desired. Sea salt is a great alternative!

<table>
<thead>
<tr>
<th>HERBS &amp; SPICES</th>
<th>RECIPE IDEAS</th>
</tr>
</thead>
</table>
| Basil, Marjoram, Oregano, Parsley, Rosemary, Sage, Thyme, Garlic, and Onion | • Use each alone or mix them together.  
• These taste great in tomato sauces (use low sodium tomatoes or tomato sauce). Serve the sauce with pasta or rice and your favorite beans.  
• Try any of these herbs in your steamed vegetables, or in soups.  
• Mix in hummus, salsa, cream cheese, tuna, salmon/cream cheese mix.  
• Try garlic and onion in both the fresh or powder form. |
| Chives, Dill, Parsley, Tarragon | • Steam any one of these with your vegetables or with fish.  
• Tarragon is great in soup.  
• Dill is great in rice with vegetables and kidney beans, or in dips with yogurt and low fat sour cream.  
• Chives and parsley are great on top of salad, soup, or baked potato. They area also good in dips with yogurt and sour cream. |
| Allspice, Garlic, Marjoram, Parsley, Thyme | • Mix these herbs and spices together for a terrific meatloaf, pot roast or other red meat dish.  
• Let your pot roast cook on low in Crockpot overnight w/ these and cubed potatoes. |
| Marjoram, Rosemary, Tarragon | • Mix these together, rub on your chicken or turkey (with the skin taken off) and steam it— try them when stuffing a Cornish hen. |
| Curry powder, Turmeric, Garlic, Onion | • Mix these together with tomatoes (tomato sauce), rice, black beans, and corn for a delicious Spanish flavor.  
• If you don’t like curry, try the same recipe without the curry powder. |

POLYUNSATURATED

• Food Sources (form of Omega 3): Salmon, sardines, mackerel, canola, walnut and flax.
• Lowers good and bad cholesterol (you don’t want your good cholesterol lowered).
• May decrease risk of heart disease and reduce blood pressure. Choose food sources over the bottled oils for best impact.
• Corn, soybean, cottonseed, sunflower and safflower may promote harmful cell inflammation.

TRANS FAT

• Sources: some margarines, tub margarines, sweet and savory snack foods.
• Raises bad cholesterol.
• Lowers good cholesterol.
• Increases risk of heart disease and stroke.
• Some trans fat are found naturally in meat and dairy products; these trace amounts will be labeled “0” on packaging.
• Hydrogenated oil is a trans fat.
Healthy Eating: Vegetables and Fruits

Eating fruit and vegetables provides many health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables especially provide nutrients vital for health and maintenance of your body. Source www.ChooseMyPlate.gov

Fresh fruit and vegetables, especially if grown locally, offer even more nutrients. Organic or chemical-free produce is better yet. It might seem expensive, but do the math. How much do we pay per pound for potato chips or junk food? How much will be paying in medical bills and lost work if we eat junky foods?

Michigan-grown Fruit and Vegetable Availability

First Quarter of Year:
Broccoli, celery, collard/mustard greens, fennel, kale, leeks, rutabaga, spinach, winter squash.

Second Quarter of Year:
Artichokes, asparagus, broccoli, leeks, peas, sorrel, spinach, collard/mustard/dandelion greens, watercress.

Third Quarter of Year:
Arugula, beets, chard, corn, cucumbers, eggplant, garlic, green/lima beans, okra, peppers, radishes, sorrel, yellow squash, zucchini.

Fourth Quarter of Year:
Arugula, beets, broccoli, Brussels sprouts, cauliflower, celery, chard, fennel, kale, leeks, parsley, peppers, mustard greens, snow peas, potatoes, pumpkin, rutabaga, sweet potatoes, yams, winter squash.

How to Build Delicious, Nutritious Salads

For a great salad, try to combine at least one ingredient from each of the 5 Flavors: sweet, sour, salty, spicy and bitter. If the salad has greens that can count as the bitter. Making your own salad dressing is as easy as shaking a bottle. You can skip the harmful preservatives and extra salt and sugar in store-bought dressing and enjoy a tastier version with endless options to mix it up. Combine proteins and fats to make a salad into a meal or use one for a light salad to go with a heavier dish.

<table>
<thead>
<tr>
<th>BITTER</th>
<th>PROTEIN &amp; HEALTHY FATS</th>
<th>SWEET</th>
<th>SALTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lettuce</td>
<td>Hard boiled egg</td>
<td>Maple syrup</td>
<td>Salt</td>
</tr>
<tr>
<td>Finely chopped kale</td>
<td>Tahini</td>
<td>Honey</td>
<td>Soy sauce</td>
</tr>
<tr>
<td>Bok Choy</td>
<td>Olive oil</td>
<td>Sugar</td>
<td>Brags amino liquids</td>
</tr>
<tr>
<td>Tatsoi</td>
<td>Pecans</td>
<td>Raisins</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td>Walnuts</td>
<td>Dried cherries</td>
<td></td>
</tr>
<tr>
<td>Cucumber (skin is bitter)</td>
<td>Sunflower seeds</td>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Avocado</td>
<td>Raspberry jam</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Feta cheese</td>
<td>Apples</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Parmesan</td>
<td>Shredded carrot</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bacon</td>
<td>Shredded beet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mayonnaise</td>
<td>Tomatoes</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SOUR</th>
<th></th>
<th>SPICY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon juice</td>
<td></td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>Rice vinegar</td>
<td></td>
<td>Garlic</td>
</tr>
<tr>
<td>Apple cider vinegar</td>
<td></td>
<td>Cayenne pepper</td>
</tr>
<tr>
<td>Balsamic vinegar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lime juice</td>
<td></td>
<td>Herbs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Onion</td>
</tr>
</tbody>
</table>

Salt
Soy sauce
Brams amino liquids
Dijon mustard
Garlic
Cayenne pepper
Herbs
Onion
Let’s Differentiate! Vegetables

ALLIUM VEGGIES: Onions (red, yellow, white, Vidalia, Spanish, pearl), shallots, leeks, chives, scallions, garlic

WHY ALLIUM VEGGIES? Great sources of organosulfur compounds found to inhibit clumping of blood platelets, reduce cholesterol and lower risk of certain cancers; Also contain Vitamin C, Potassium and trace minerals.

CRUCIFEROUS: Broccoli, Cauliflower, red and green cabbage, Napa, Brussel Sprouts, Radishes, Rutabagas, Turnips; Collard/Mustards Greens, Kale, Arugula (classified as cruciferous and greens)

WHY CRUCIFEROUS? Sulfur compounds which may lower cholesterol and protect against cancer especially breast cancer; the deep green and red varieties are high in cancer-preventive carotenoids; great sources of vitamin C, calcium, magnesium and potassium as well as vitamin k and excellent source of fiber

PEPPERS: Green/red/Yellow/Purple Bell Peppers, various chilies (Anaheim, ancho, poblano, habaneros, chipotles, Serrano), banana

WHY PEPPERS? Great sources of vitamin C, minerals and fiber; Red and Green Peppers contain carotenoids; Hot peppers contain capsaicin which may help with treating pulmonary disorders, lowering cholesterol and blocking pain; The riper varieties (redder) are higher in nutrients than the unripe (greener)

Source: Food Smart: A biomed publication

Choosing Juice

- Juice that includes puree or pulp has more fiber and less effect on blood sugar.
- Fruit cocktails, concentrates (based on processing), punch, and fruit drinks ARE NOT juices.
- Concentrates introduce enough mold to be banned on certain allergy diets.
- Colors and dyes are linked to cancer and hyperactivity.
- The words “drink,” “cocktail,” “beverage,” or (in the United States) “nectar” anywhere on the label means that it could contain as little as 1% fruit juice.
- Avoid artificial sweeteners: Acesulfame potassium, Aspartame, Neotame, Saccharin, Sucralose.
- Avoid additives: honey, high fructose, sugar, cane and agave. A good juice will not need sweeteners.
- Avoid artificial flavors.
- The more processed the fruit the fewer the benefits. Eating an apple is better than eating applesauce. Either are better than drinking apple juice.
- Juice lacks fiber. To get fiber, eat fruit in its whole form not in juice form.
- Juice servings are ½ cup. Drinking anything more is not beneficial, adds unnecessary calories and water-soluble vitamins will be excreted.
Eating the Fresh Produce Alphabet

A-Avocado, Apricot

Apricots: Cut up and add to yogurt and make a parfait.

B-Beets
Baked Beet Chips: 4 medium beets (rinsed and scrubbed), 2Tbsp extra virgin olive oil, salt and pepper, 4 sprigs rosemary, 4 sprigs thyme. DIRECTIONS: Preheat oven to 350 degrees. Peel beets and thinly slice. Place in large bowl; toss w/ olive oil. Place in single layer on baking sheets. Sprinkle w/ salt and pepper. Finely chop thyme and rosemary and sprinkle over beets. Bake 14-18 minutes, remove and let cool. They will become crisp (try in air fryer).

C-Currant, Cabbage, Collards
Milk w/ black currants: 1-3/4c milk, 5Tbsp black currant juice, 5oz black currant, ½ cup mineral water (chilled), 1Tbsp honey.
DIRECTIONS: Rinse currants, remove stems. In saucepan, bring currants, currant juice and honey to a boil; simmer over medium heat until thickened, approximately 8-9 minutes, let cool. Mix milk and currants until smooth and pour into glasses. Top with chilled mineral water.

Cabbage for medicinal uses: Whole cabbage leaves can reduce swelling especially in breastfeeding women; relieve stomach pain and reduce stomach acid; treat asthma and morning sickness.

Brazilian Collards: 1 large bunch collards, thinly sliced, 3Tbsp extra-virgin olive oil, 5 garlic cloves finely chopped, kosher salt, fresh ground pepper. DIRECTIONS: In large skillet over medium heat, add oil, garlic and ½ tsp each of salt and pepper. Cook garlic until golden brown, stir in collards, turning and stirring with tongs until they are tender and bright green, 4-5 minutes. Season w/ salt and pepper and serve.

D-Dandelion
Dandelion Pesto: Lemon juice to taste, 4 garlic cloves, 1/8 tsp black pepper, 3oz walnuts, 1lb dandelion greens, 1/2c olive oil. DIRECTIONS: Sort leaves to remove wilting or bruised leaves, wash and dry leaves. Add all ingredients to food processor, pulse for 30 seconds. Serve over pasta. Add grated parmesan if desired.

E-Eggplant
Easy Eggplant Crisps: 1 eggplant (peel), 1/2c pasta sauce, 1c panko breadcrumbs (season with basil, thyme, marjoram, garlic and onion powder), 1/2c grated parmesan cheese (or mozzarella), 2Tbsp shredded Italian cheese, 2 eggs, fresh basil. DIRECTIONS: Preheat oven to 375 degrees. Spray baking sheet w/ cooking spray. Cut eggplant in 3/4 inch slices; dip slice in egg mix then in bread crumbs, coat well. Place on baking sheet and bake for 15 minutes, remove, turn slices over, bake again for 15 minutes. Remove and top each slice with 1Tbsp of sauce and pinch of shredded cheese. Place back into oven long enough to melt cheese and see sauce bubbling (10-15 min). Remove and top with fresh basil.

F-Fig, Fennel
Roasted Figs: 1lb figs (wash, rinse, remove or trim stems), 1Tbsp fresh lemon juice, 3Tbsp honey, 2 sage leaves, 1 whole lemon for zest, 1Tbsp Red Wine.
DIRECTIONS: Preheat oven to 400 degrees. Cut figs in half. In bowl, combine honey, wine, juice and juice from lemon, zest and sage. Add figs to mix, toss and coat. Spray baking dish with cooking spray; lay figs side down in baking dish. If you prefer a wet fig, add remaining mixture to baking dish. If you prefer dry, do not add the mixture. Roast for 15-20 minutes or until figs are soft or to your desired texture.

Fennel or Fennel seed: Use seeds in rye bread, rolls, baked goods, beans and lentil soup. Roasted Fennel: 1Tbsp olive oil, ground pepper, 2 fennel bulbs, coarse salt. DIRECTIONS: Preheat oven to 425 degrees. Trim fennel bulbs, cut lengthwise in ⅛ inch pieces, toss with oil, season with salt and pepper. Roast, turn once after 10-15 minutes and finish roasting for 10-15 minutes.

G-Guava
Guava Jam: 1 guava (8oz), 1Tbsp brown sugar, 1 tsp vanilla, 1Tbsp white sugar, ¼ tsp ground cinnamon.
DIRECTIONS: Cut guavas into quarters and place in a small sauce pan. Add sugars, cinnamon and vanilla. Let it cook over medium heat until it breaks down completely. Turn off stove, let cool for about 10 minutes, strain to remove seeds. Put back on stove and cook until desired consistency for 10-20 minutes. Remove from heat, let cool, place in small jar to reserve. Serve with crackers bread and cheese.

H-Huckleberry
Huckleberry Crisp: 1/4cup butter (or 1/8c canola and 1/4c butter), 1/2c flour, 4c huckleberries, 2c granola, 1c sugar.
DIRECTIONS: Preheat oven 350 degrees. Mix berries, sugar and 1/4c flour together then pour into baking dish (sprayed with cooking spray). In 2nd bowl, mix granola, butter, 1/4c flour. Pour granola mixture over berries. Bake for 40 minutes or when it starts to bubble.
Iceberg Lettuce, Idaho Potatoes

Iceberg Wedge Salad: 1 head iceberg lettuce (cut in quarters), 4 slices bacon (crumbled), 1/4c crumbled blue cheese, plum tomatoes, 3/4c mayonnaise, 2Tbsp red wine vinegar. DIRECTIONS: Mix mayo, vinegar and whisk. Fold in cheese, tomato and bacon. Season w/ salt and pepper. Drizzle dressing over wedge. Iceberg lettuce has very little nutritional value consider adding or using mixed greens (romaine, spinach, leaf lettuce).

Idaho Potatoes: Potatoes are an excellent source of Vitamin C! Parmesan cheese: 1Tbsp olive oil, 2tbsp dried oregano, 2tbsp chives, 1/2 cup parmesan cheese, 2 garlic cloves, 4 cups of sliced or diced potatoes w/ skin (1/4” thick). DIRECTIONS: Heat oil in skillet over medium heat, add potatoes and garlic, sauté until potatoes begin to soften, sprinkle in cheese and oregano and continue to cook until potatoes begin to brown on all sides. Remove from heat, garnish with chives.

J-Jicama

Jicama Fries: 1 Jicama, 1 tsp paprika (use smoked if available), 1/2 tsp olive oil, 1/2 tsp onion powder, 1 pinch salt. DIRECTIONS: Preheat oven to 400 degrees. Slice and season Jicama with remaining ingredients, drizzle with olive oil, place in oven and bake for 25 minutes.

K-Kale

Garlic Kale AKA Sautéed Greens:
2 bunches of kale, 1/2 tsp each of red pepper flakes and kosher salt, 4 garlic cloves, 2Tbsp olive oil. DIRECTIONS: Heat oil in large sauté pan over medium heat, add garlic and red pepper flakes, cook until fragrant. Turn pan up to medium high and add kale, use tongs to turn and coat with oil, continue until deep green, approximately 7 minutes. Season w/ salt and serve. Modifications: add cranberries, bleu cheese crumbles, grilled chicken.

L-Leek

Baked Leek, Potato, Spinach Frittata:
2 leeks (about 3/4 pound, white and pale green parts only), 1c water, 1/2 tsp olive oil, 1/4 pound of Yukon gold potatoes cut in 1/8 inch cubes, salt and pepper to taste, 4 large eggs 1c chopped Spinach, 3Tbsp Parmesan cheese. DIRECTIONS: Preheat oven to 375 degrees. Brush a small baking dish with oil. Add water to medium pot, add salt and bring water to simmer, reduce heat to medium low add potatoes. Cover and cook 8-10 minutes-set aside to cool. In bowl, whisk eggs, spinach, sprinkle salt if desired. Fold in potatoes, then pour into baking dish, sprinkle with cheese. Bake until edges are set, about 12 minutes, reduce oven heat to 325 degrees and continue cooking for 20-25 minutes until set in middle, then cool for 10 minutes, cut and serve.

M-Mango

Creamy Spicy Mango Salsa: 1/4c red pasta sauce, 1/2 tsp chili powder, 2Tbsp mayonnaise, 1 red bell pepper sliced, 1 mango. DIRECTIONS: Combine ingredients, stir in mango and pepper last. Serve w/ tortilla chips.

N-Quinoa, Quince

Quince Jam: 4c sugar, 1Tbsp lemon zest, 1/4c lemon juice, 6c quince (rinse, grate w/ peel on, discard cores), 4-1/2c water; DIRECTIONS: Grate quince with a cheese grater. Boil water in a large saucepan, add quince, lemon juice and zest. Reduce heat. Simmer until quince is soft, 10 minutes. Add sugar, bring back to boil, stir until sugar dissolves. Lower heat to medium high, cook uncovered, stirring occasionally until jam turns pink and thickens (30-50 minutes) to desired consistency. Ladle into sterilized canning jars. Quick canning tip: place jars in oven and heat to sterilize. Sterilize lids by boiling in hot water, pull out with tongs. Let dry.
Quinoa: 1tsp extra virgin olive oil, 1-1/2c water, 1c quinoa, 1 garlic clove, ½ tsp sea salt; DIRECTIONS: Commercial Quinoa is prewashed. If you use fresh quinoa, you must wash it: Place quinoa in fine sieve and rinse in cold water, rubbing seeds between fingers, strain, discard water, repeat 2 more times. If water is clear, it is ready. Boil water in pot, add quinoa, oil, garlic and salt. Reduce heat to medium low, cover and slow simmer 15 min until tender and water is absorbed. Turn off heat, remove garlic, and discard. Stir; let stand for 15 min.; transfer to bowl and serve.

R-Radicchio
Roasted Balsamic Radicchio: 3T olive oil, 2 heads of Radicchio, 1T chopped thyme, Balsamic Vinegar, salt and pepper to taste (optional); DIRECTIONS: Preheat oven to 450 degrees. Cut Radicchio in halves, then cut halves into wedges. Rinse Radicchio wedges in cold water, shake off excess water, no need to dry. Place in large bowl, drizzle with oil, sprinkle with thyme, salt and pepper. Toss to coat. Arrange wedges on bake sheet with cut side up. Toast until wilted (12 minutes), turn over and roast until tender (8 minutes). Place on serving dish and drizzle with balsamic vinegar.

S-Stuffed....
Stuffed Tomatoes: 2T extra virgin olive oil, 1/4c bread crumbs (try panko), 4 tomatoes, 2 garlic cloves, 1T fresh oregano, 2T capers or green onions or both, kosher salt to taste, 3T flat leaf parsley leaves, 2T balsamic vinegar, 4oz feta cheese. DIRECTIONS: Preheat oven to 500 degrees. Cut off top of tomato, remove seeds, pour vinegar (can use sherry or vermouth) in baking dish, place tomatoes on top with open side facing up; season tomato w/ salt. Combine remaining ingredients in bowl and place evenly in tomatoes; drizzle oil over mixture; bake until soft, and filling is golden brown (10-15 minutes); can be served hot or at room temperature.

T-Turnips
Glazed Turnips: 1T light brown sugar, 1-1/2c water, 1/2T chopped sage, 2T butter (cut into pieces), 2 turnips (large ~1.5lbs). DIRECTIONS: Peel turnip and dice into 1” chunks. Arrange in single layer in nonstick pan or cast iron and place over medium heat. Add water. Scatter butter, sugar over top of turnips. Cover and cook for 10 minutes stir occasionally. Remove cover, continue to cook until liquid has evaporated. Continue to stir to keep from sticking. Salt to taste and place on serving dish. Sprinkle sage over top.

U-Udon
Sesame Ginger Udon Noodles: 1T each of soy sauce, honey, rice vinegar, ¼ inch ginger (grated) or use ginger powder, 1 green onion, 1 package Udon noodles; DIRECTIONS: Cook noodles according to package. Slice green onion. Mix other ingredients in bowl. Drain noodles and combine all ingredients.

V-Vinegar (Balsamic Substitute)
Don’t have balsamic for a recipe? For every tablespoon of apple cider vinegar or red wine vinegar you need 1/2T of brown sugar or honey; mix the ingredients; there are 16T in a cup therefore 8T in 1/2c and 4T in 1/4c; if you need a 1/4c mix 4T of vinegar w/ 2T of brown sugar or honey.

W-Wheat
Wheat Thins: 1/4tsp paprika, 1-1/4c whole wheat flour, 4Tbsp butter (use light version), 1/4tsp vanilla, 1/4c water, 1/2tsp salt, 1-1/2T sugar, salt for topping (optional). DIRECTIONS: Preheat oven 400 degrees. Dough: combine flour, sugar, salt and paprika in bowl, cut butter into small pieces and mix in thoroughly using a blender, mixer or food processor. In other bowl combine water and vanilla, mix, then add to flour mix. Mix until smooth. Lightly grease baking sheets. Divide dough into 4 pieces, only work with 1 piece at a time, keep other dough covered. Lightly flour your workspace and rolling pin. Roll dough into a rectangle (about 12 inch square), very thin, about 1/16th, cut off excess. Use pizza cutter or sharp knife to cut into small squares; transfer to prepared baking dish. Repeat 3 more times. It’s okay to overcrowd dish, but you will need more than 1 dish. Lightly salt top if desired. Save scraps to roll out at end and make more squares. Bake one sheet at a time 5-7 minutes. Remove and let cool. Store in airtight container.

X-Xigua (pronounced she-gwah aka Watermelon)
Watermelon Sorbet: Raw honey to taste, 1/4c warm water, 2tsp lime juice, 3-1/2c seedless watermelon (about half of medium size watermelon, cut in chunks). DIRECTIONS: Freeze watermelon overnight. Remove from freezer and place in blender/processor, add lime juice and honey, allow to sit 5 minutes for thawing to start. Blend until smooth, add warm water to help process along. Eat immediately. If you prefer softer texture, freeze for 3-4 hours.

Y-Yams
Yams and sweet potatoes are used interchangeably but are very different vegetables — 95% of yam crops are found in Africa. They are starchier and drier. Skin colors range from white, red, purple or brown and the flesh is white, yellow, orange-red, or orange. In the US, sweet potatoes are mistaken for yams. Grocers are not allowed to label sweet potatoes as yams. Needless to say, we can stuff yams, cut them into fries or even make chips out of them (see Zucchini). Roasted Sweet Potato Soup: 1 pound garnet sweet potatoes, peeled, cut into 1 1/2-inch cubes, 2 large shallots, peeled and cut in half lengthwise, 2 Tbsp olive oil, 1/2 teaspoon kosher salt, 1 teaspoon ground thyme, 1/4 teaspoon of cumin seeds (or ground cumin), 3 cups chicken stock, 1/8 teaspoon black pepper, 2 Tbsp sour cream or plain yogurt (Greek or regular, omit for paleo version); DIRECTIONS: Preheat oven to 450°F. Place sweet potato cubes and
shallots in a large bowl. Drizzle with oil. Sprinkle with salt, thyme, and cumin. Toss so all pieces are well coated with olive oil and seasonings. Spread the sweet potatoes and shallots out on a foil or silicone lined baking sheet. Roast for 25 minutes or until cooked through and nicely caramelized and browned around the edges. Remove from oven. While the sweet potatoes are roasting, heat chicken stock in a saucepan on the stovetop until steamy; Place the cooked sweet potatoes and shallots in a blender and add the hot chicken stock. Purée until smooth. NOTE, when blending hot liquids, fill the blender bowl no more than a third full, and start with short pulses. Depending on the size of your blender, you may need to work in batches. Taste for seasoning, add more salt and pepper to taste. Serve in bowls with a dollop of sour cream (if using).

**Vegetables, Fruits and Fiber**

Fresh fruits and vegetables are a great source of fiber. Typically, women need about 25 grams of fiber a day, men 30. Other good sources of fiber include whole grains, legumes, nuts, and seeds.

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<table>
<thead>
<tr>
<th></th>
<th>Serving Size</th>
<th>Total Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td>1c</td>
<td>8</td>
</tr>
<tr>
<td>Pear, with skin</td>
<td>1 medium</td>
<td>5.5</td>
</tr>
<tr>
<td>Apple, with skin</td>
<td>1 medium</td>
<td>4.4</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>3.1</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>3.1</td>
</tr>
<tr>
<td>Strawberries (halves)</td>
<td>1c</td>
<td>3</td>
</tr>
<tr>
<td><strong>GRAINS, CEREALS, PASTA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole Wheat Pasta</td>
<td>1c</td>
<td>6.3</td>
</tr>
<tr>
<td>Cooked Barley</td>
<td>1c</td>
<td>6</td>
</tr>
<tr>
<td>Bran Flakes, Kashi cereals</td>
<td>3/4c</td>
<td>6</td>
</tr>
<tr>
<td>Oat bran muffin</td>
<td>1 medium</td>
<td>5.2</td>
</tr>
<tr>
<td>Oatmeal, instant</td>
<td>1c</td>
<td>4</td>
</tr>
<tr>
<td>Popcorn</td>
<td>3c</td>
<td>3.6</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>1c</td>
<td>3.5</td>
</tr>
<tr>
<td>Whole Grain Bread (100%)</td>
<td>1 slice</td>
<td>3</td>
</tr>
<tr>
<td><strong>LEGUMES, NUTS, SEEDS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Split Peas</td>
<td>1c</td>
<td>16.3</td>
</tr>
<tr>
<td>Lentils</td>
<td>1c</td>
<td>15.6</td>
</tr>
<tr>
<td>Black Beans</td>
<td>1c</td>
<td>15</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>1c</td>
<td>13.2</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>1c</td>
<td>10.4</td>
</tr>
<tr>
<td>Almonds</td>
<td>1oz (23 nuts)</td>
<td>3.5</td>
</tr>
<tr>
<td>Pistachios</td>
<td>1oz (49 nuts)</td>
<td>2.9</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artichoke</td>
<td>1 medium</td>
<td>10.3</td>
</tr>
<tr>
<td>Green Peas</td>
<td>1c</td>
<td>8.8</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1c</td>
<td>5.1</td>
</tr>
<tr>
<td>Turnip Greens (most greens)</td>
<td>1c</td>
<td>5</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>1c</td>
<td>4.1</td>
</tr>
<tr>
<td>Sweet Corn, boiled</td>
<td>1c</td>
<td>3.6</td>
</tr>
<tr>
<td>Potato w/ skin</td>
<td>1 small</td>
<td>2.9</td>
</tr>
</tbody>
</table>
```
Read the label first!

When we buy food, we don’t often take time to read the small print ingredient list. The words are so small, so technical and sometimes, there are so many! However, this part of the label provides the most important information of all.

On food products, the list of ingredients lists things in order of how much of them is in the item. The first two or three ingredients are the ones that matter most. Ingredients at the bottom of the list may appear in only very tiny amounts. However, if they are harmful preservatives or colors, even tiny amounts can cause problems. While the first ingredient should be the main ingredient, read on.

Hidden sugar. To hide the amount of sugar, producers will use different types of sugar so they can list them separately as “lesser” ingredients. Look for the last three letters o-s-e. Ingredients ending with these letters are usually sugar (lactose, fructose, glucose etc.) These sweeten the taste and boost your blood sugar — and your waistline. Look for foods with less than 30g Carbohydrates. If sugar makes up the majority of those carbs, it’s not a healthy product. Food producers can hide other ingredients this way, too.

Labels can legally deceive you. For example, “white” bread and “wheat” bread. Most wheat bread is white bread with coloring added. Only 100% whole wheat bread is truly “wheat bread.” A lot of people are spending extra money for fake wheat bread.

Whole Grains. If you are looking for fiber, natural nutrients and protein, look for whole grains — 100% whole grains. If the big label raves about “whole grains,” doublecheck to make sure they are listed first. True whole grain foods will give you 3g fiber or more per serving. As a carbohydrate component, the higher the amount of fiber, the less negative impact on blood sugar. Whole grains also have more protein and vitamins.

Artificial sweeteners
Fake sweeteners like aspartame, sucralose (Splenda) and saccharine cause a host of health problems, everything from brain fog and bladder issues to diabetes and cancer. Also, they stimulate the appetite so you may end up eating more instead of less. Sucralose, Saccharin, Aspartame, Acesulfame are dangerous, especially in large quantities. One study after another have found its harmful no matter the amount ingested.

MSG: Monosodium Glutamate, neurotoxin and flavor enhancer, has been considered a health risk and also contributes to salt intake. The Mayo Clinic reports anecdotal evidence linking MSG to a syndrome that includes headache, flushing, sweating, numbness, tingling or burning in the face, neck and other areas, heart palpitations, chest pain, nausea and weakness.

Artificial colorings. Many cereals, candies and snack foods have artificial colorings like yellow 6, red 40, etc. These can be harmful, especially to children.

Sodium Nitrite and Nitrate. These preservatives, typically found in meats and wine, are linked to cancer and contribute to salt intake. Look for nitrite/nitrate-free products.

“No trans-fat claims. If the front label says “no trans fats” while the ingredient label lists hydrogenated oil, the food does have trans-fats! A little here and a little there adds up!

Preservatives. Mold, air, bacteria, fungi and yeast can cause products to spoil. Preservatives maintaining food quality and extend shelf life—but they are not necessarily good for preserving your health. Check cheeses for natamycin, a mold inhibitor, and cellulose (saw dust).

The big words. You may see gases for aerosol sprays; fat replacers that reduce fat calories; emulsifiers that add smoothness and hold products together; stabilizers, thickeners, binders, and texturizers for texture. PH Control Agents and acidulants prevent spoilage; leavening agents help bread rise; anti-caking agents prevent moisture absorption and humectants -retain moisture. Yeast nutrients promote yeast growth; dough strengtheners and conditioners produce more stable dough. Firming agents maintain crispness and firmness. Enzyme preparation modify protein and fats. In most cases, the list with the fewest ingredients is the healthiest food!

By the way, these phrases on labels mean absolutely nothing:
• “All natural ingredients" or "100 percent natural"
• "No artificial preservatives” (are there real preservatives?)
• "Real fruit.” If a package shows a picture of something, it doesn’t mean it has it in it.

The best advice is to not eat any processed foods. But if you must, a short list of potentially harmful ingredients and phrases to avoid includes:
• Artificial colors
• Artificial flavorings
• Artificial sweeteners
• High fructose corn syrup
• Sodium nitrates or nitrates
• Monosodium glutamate (MSG)

A general rule of thumb: Choose the product with the shortest list of ingredients!

What to eat?
Fruits, vegetables, whole grains! Lean meats, eggs, nuts and seeds, legumes (beans and peas)! Real cheese, unsweetened dairy products (milk and yogurt)!
Shop the Terms

- **FAT AND/OR OIL INGREDIENTS:** These ingredients are usually listed by their specific common or usual name (e.g., beef fat, cottonseed oil) in descending order by weight. An FDA regulation states that fat and/or oil ingredients must be listed if the fat sometimes contains one or more of the following: soybean oil, sesame oil, cottonseed oil and/or palm oil.

- **FAT-FREE:** Less than 0.5 grams of fat per serving, with no added fat or oil.

- **LOW FAT:** 3 grams or less of fat per serving.

- **LESS FAT:** 25% or less fat than the comparison food.

- **SATURATED FAT FREE:** Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving.

- **CHOLESTEROL-FREE:** Less than 2mg cholesterol per serving, and 2 grams or less saturated fat per serving.

- **LOW CHOLESTEROL:** 20mg or less cholesterol per serving and 2 grams or less saturated fat per serving.

- **REDUCED CALORIE:** At least 25% fewer calories per serving than the comparison food.

- **LOW CALORIE:** 40 calories or less per serving.

- **EXTRA LEAN:** Less than 5 grams of fat, 2 grams of saturated fat, and 95mg of cholesterol per (100 gr) serving of meat, poultry or seafood.

- **LEAN:** Less than 10 grams of fat, 4.5 grams of saturated fat, and 95mg of cholesterol per (100 gr) serving of meat, poultry or seafood.

- **LIGHT/LITE/LIGHTLY:** Used when there is 1/3 fewer calories from the comparison food; 50 percent less fat per serving than comparison food; if calories or fat are reduced but still more than 50% of calories are from fat OR 50% or more of fat is still present.

- **HIGH FIBER:** 5 grams or more fiber per serving.

- **SUGAR-FREE:** Less than 0.5gr of sugar per serving.

- **SODIUM/SALT-FREE:** Less than 5mg of sodium per serving.

- **LOW SODIUM:** 140mg or less per serving.

- **VERY LOW SODIUM:** 35mg or less per serving.

- **HEALTHY:** A food low in fat, saturated fat, cholesterol and sodium, and contains at least 10% of the daily values for Vitamin A/C, Iron, Calcium, protein, fiber.

- **HIGH, RICH IN OR EXCELLENT SOURCE:** 20% or more of the daily value for a given nutrient per serving.

- **LESS, FEWER, OR REDUCED:** At least 25% less or a given nutrient or calories than the comparison food.

- **LOW,LITTLE, FEW, LOW SOURCE OF:** An amount that would allow frequent consumption of the food without exceeding the daily value of the nutrient but can only make the claim as it applies to all similar foods.

- **GOOD SOURCE OF, MORE, ADDED:** The food provides 10% more of the daily values for a given nutrient than the comparison food.

Nutrition Facts on labels give you good information, but don’t stop there. Read the ingredients list, too.

For example, real whole-grain wheat bread lists **Whole Wheat Flour** as the first and only wheat ingredient.
### What Words on Labels Really Mean

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural</td>
<td>(FDA), responsible for regulating and supervising food production, does not define or regulate use of the label “natural” on food products; the agency has not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances.</td>
</tr>
<tr>
<td>Cage free</td>
<td>The unhappy animals aren’t in cages but are probably packed painfully and tightly together in barns.</td>
</tr>
<tr>
<td>Free range</td>
<td>The happy animals run around the farm, enjoying life and they are healthier.</td>
</tr>
<tr>
<td>Grass-fed</td>
<td>When cows eat grass, their meat is healthier for us.</td>
</tr>
<tr>
<td>Fairtrade Certified</td>
<td>The workers who grew and processed the foods have been treated humanely.</td>
</tr>
<tr>
<td>NonGMO</td>
<td>The ingredients not genetically modified but are from nature's plants and animals that scientists haven't done weird things to. GMO foods have been linked to food, disease, cancer and cause environmental damage.</td>
</tr>
<tr>
<td>No antibiotics or raised without antibiotics</td>
<td>The animals were raised without the use of antibiotics so you won’t be ingesting a dose of drugs that could hurt you when you eat the food.</td>
</tr>
<tr>
<td>Humane Certified</td>
<td>The animals have lived happy lives before becoming/producing your food.</td>
</tr>
<tr>
<td>Made with Organic</td>
<td>At least 70% of the food has organic ingredients.</td>
</tr>
<tr>
<td>100% Organic</td>
<td>Ingredients are grown without chemicals that can harm you or the workers growing them.</td>
</tr>
<tr>
<td>Organic</td>
<td>At least 95% of the food has organic ingredients.</td>
</tr>
<tr>
<td>Low/Less/Reduced*</td>
<td>In comparison to original product, it has less of what is considered the offending ingredient. Each terminology has varying definition as one may be more restrictive than the other.</td>
</tr>
<tr>
<td>Lite/Light/Lightly</td>
<td>In comparison to original product, it has less of what is considered the offending ingredient. Each terminology has varying definition as one may be more restrictive than the other.</td>
</tr>
<tr>
<td>Free</td>
<td>Does not mean zero. Typically a trace amount is present.</td>
</tr>
<tr>
<td>Healthy</td>
<td>A food low in fat, saturated fat, cholesterol and sodium that contains at least 10% of the daily values for Vitamin A/C, Iron, Calcium, protein, fiber.</td>
</tr>
<tr>
<td>Low Source of Vs. More Source of *</td>
<td>Refers to RDA</td>
</tr>
</tbody>
</table>

**More detailed educational tool is available**

- Americans get about 13 percent of their total calories from added sugars, with the major sources being sugar-sweetened beverages (including soft drinks, fruit drinks, coffee and tea, sport and energy drinks, and alcoholic beverages) and snacks and sweets (including grain-based desserts, dairy desserts, candies, sugars, jams, syrups, and sweet toppings).
- Trans fat is present naturally in food from some animals, mainly ruminants such as cows and goats. Also, industry can currently use some oils that are approved as food additives and can still petition FDA for certain uses.
- Serving sizes must be based on the amounts of food and drink that people typically consume, not on how much they should consume.
Let’s Differentiate! Natural vs. Organic

Natural:
According to the USDA’s definition, does not contain artificial ingredients or preservatives and the ingredients are minimally processed. However, they may contain antibiotics, growth hormones, and other similar chemicals. Regulations are fairly lenient for foods labeled "natural."

Four categories of certified organic food products:
1) 100% Organic, 2) Organic, 3) Made with organic, and 4) specific organic ingredients.

<table>
<thead>
<tr>
<th>Organic</th>
<th>100% Organic</th>
<th>Made with Organic</th>
</tr>
</thead>
<tbody>
<tr>
<td>95% has been certified by United States Dept Agriculture (USDA).</td>
<td>ALL ingredients must be certified.</td>
<td>70% has been certified by United States Dept Agriculture (USDA).</td>
</tr>
<tr>
<td>All agricultural ingredients must be certified organic, except where specified on National List.</td>
<td>ANY processing aids must be organic.</td>
<td>Information Panel must identify organic ingredients or via asterisk or other mark.</td>
</tr>
<tr>
<td>Non-organic ingredients allowed per National List may be used, up to a combined total of five percent of non-organic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**COMMONALITIES**

Produced without excluded methods, e.g., genetic engineering, ionizing radiation, or sewage sludge.

Produced per the National List of Allowed and Prohibited Substances (National List)—SEE USDA SITE.

Soil quality, animal raising practices, pest and weed control, and use of additives MUST meet USDA guidelines.

Organic producers rely on natural substances and physical, mechanical, or biologically based farming methods to the fullest extent possible

Produce must have grown on soil that had no prohibited substances applied for three years prior to harvest.

Prohibited substances: most synthetic fertilizers and pesticides (may be exceptions in instances when a grower must use a synthetic substance to achieve a specific purpose).

Meat animals are raised in living conditions accommodating their natural behaviors (like the ability to graze on pasture); fed 100% organic feed and forage; and not administered antibiotics or hormones.

Overseen by USDA National Organic Program authorized certifying agent, following all USDA organic regulations.
Choosing Cereal

- Refined grains are not a good fiber source. White rice is a refined grain found in many cereals.
- Bran is not a whole grain but its outer layer is fiber-rich.
- “Made with whole grain” means they added refined grains.
- Sources of saturated fat: Coconut or chocolate from granola.
- Avoid added sugars: dried cane syrup, organic cane sugar, agave, honey, molasses, fructose, corn sweetener, corn syrup, high fructose corn syrup, and fruit juice concentrate, as well as plain old sucrose or table sugar.
- Soluble: It is digested by bacteria and helps gut health, blocks fat, lowers cholesterol, slows down carbohydrate absorption, helps you feel full.
- Insoluble: Does not dissolve in water in your gut. Speeds up processing of waste and doesn’t give bad foods time to turn into fat and hang around. Helps with constipation.

Baked Oatmeal from DBC, Natural Holistic Health Center

Ingredients:
- 2 cups rolled oats
- 1-2 Tbs brown sugar
- 1 tsp baking powder
- 3 TBS roasted sunflower seeds
- 3 TBS crushed walnuts
- 3 TBS unsweetened, shredded coconut
- ½ tsp cinnamon
- ¼ tsp nutmeg

Instructions:
1) Preheat oven to 375 degrees F. In a large bowl, combine all the dry ingredients and mix well.
2) In separate, smaller bowl, combine wet ingredients. Pour wet ingredients in with dry ones. Mix well.
3) Pour into an oiled 9-inch pie pan. Bake 30 minutes until bottom begins to brown and top looks lightly crispy. Let cool. Serve with milk and fresh fruit or applesauce.
Food Safety Tips: Cooking temperatures, refrigerator shelf life and freezing suggestions

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMP</th>
<th>MINIMAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>READY TO EAT (RTE)</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>FRUITS, VEGGIES, GRAINS &amp; BEANS</td>
<td>135°</td>
<td>NA</td>
</tr>
<tr>
<td>SEAFOOD</td>
<td>145°</td>
<td>15 seconds</td>
</tr>
<tr>
<td>WHOLE MUSCLE</td>
<td>145°</td>
<td>4 minutes</td>
</tr>
<tr>
<td>GROUND MEAT/FISH</td>
<td>155°</td>
<td>15 seconds</td>
</tr>
<tr>
<td>POULTRY</td>
<td>165°</td>
<td>15 seconds</td>
</tr>
</tbody>
</table>

STORAGE RULES: BASED ON REFRIGERATOR BEING 40° OR LESS

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TIME</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw Meats, Poultry &amp; Fish</td>
<td>3-5 days</td>
<td>Store on bottom shelf then discard, cook or freeze.</td>
</tr>
<tr>
<td>Ground raw meats</td>
<td>1-2 days</td>
<td>Store on bottom shelf then discard, cook or freeze.</td>
</tr>
<tr>
<td>Deli Meats (sliced)</td>
<td>3-5 days</td>
<td>Unopened/unsliced 2 weeks.</td>
</tr>
<tr>
<td>Bacon, Sausage</td>
<td>7 days</td>
<td>Use or freeze.</td>
</tr>
<tr>
<td>Hot Dogs, after opening</td>
<td>Consume in 7-10 days</td>
<td>Discard or freeze before use-by-date.</td>
</tr>
<tr>
<td>Eggs in shell</td>
<td>3-5 weeks</td>
<td>Discard.</td>
</tr>
<tr>
<td>Egg whites or substitutes after opening</td>
<td>10 days</td>
<td>Freeze.</td>
</tr>
<tr>
<td>Salads made w/ protein</td>
<td>3-5 days</td>
<td>Do not freeze well.</td>
</tr>
<tr>
<td>Cheese (opened)</td>
<td>2-6 weeks</td>
<td>This varies w/ hardness and if it’s been sliced.</td>
</tr>
<tr>
<td>Leftovers</td>
<td>3-4 days</td>
<td>Discard or freeze.</td>
</tr>
</tbody>
</table>

**Food and Drug Administration (FDA)**
- Inspects all food except meat, poultry, and eggs.
- Regulates food transported across state lines.
- Provides technical support and training.
- Issues the Food Code.

**U.S. Department of Agriculture (USDA)**
- Regulates and inspects meat, poultry, and eggs.
- Regulates food involving more than one state.

**The Centers for Disease Control and Prevention (CDC)**
- Assists the FDA, USDA, and state and local health departments.
- Conducts research into causes of foodborne-illness outbreaks.
- Assists in investigating outbreaks.

When a foodborne illness is considered an outbreak? When two or more people have the same symptoms after eating the same food and/or involves food transported across state lines.
What Is Food Justice?

Food Justice is an idea, a set of principles and something we should all strive to practice. More importantly, Food Justice is a movement and, like most social justice movements, it was born out of the lived experience of people experiencing oppression. Food Justice grew out of the Environmental Justice movement, where communities of color and poor working class people began to realize that their lack of access to healthy and affordable food was not the result of their own behavior, but of a food system that was motivated by profit.

It is fashionable for people to talk about how people who are living in poverty also live in a “food desert.” What they generally mean is that people don’t live close to a grocery store. Using the term “food desert” is problematic in many ways. First, a desert is a vibrant eco-system and not a barren wasteland, as is often associated with the term.

Secondly, identifying neighborhoods as food deserts ignores history and fails to acknowledge that most of these neighborhoods had small grocery stores, farmers markets, fruit and vegetable stands and lots of backyard gardens.

However, economic and political decisions driven by the current industrial food system resulted in neighborhoods being both abandoned and undermined, often resulting in food insecurity.

Therefore, it would be more accurate to say that neighborhoods experiencing a lack of access to healthy, affordable food are communities experiencing Food Apartheid. Food Apartheid explains that a small number of people (agribusiness) determines the kind of food system that the masses can access. Like the Apartheid imposed on Black South Africans, Food Apartheid means that few of us have a say in the current food system.

The movement for Food Justice is changing Food Apartheid. Armed with the notion that everyone has the right to eat healthy, food justice advocates engage in more locally grown food projects, sharing skills on how to grow, prepare and preserve food, while exposing the current food system’s unjust nature.

The Food Justice Movement is an international movement that is ultimately fighting for Food Sovereignty, where everyone has say in the kind of food system(s) they want. Food Sovereignty is Food Democracy, where healthy food is a right for everyone, not just for those who can afford it.

**OKT promotes and supports these Food Justice principles:**

- Food Justice recognizes that the causes of food disparity are the result of multiple systems of oppression. To practice food justice we must do the work through an intersectional lens.
- Food Justice advocates must focus on working with the most marginalized and vulnerable populations: communities of color, communities in poverty, immigrants, children, our elders, women, those with disabilities and people experiencing homelessness.
- Food Justice require us to work towards the elimination of exploitation in our food system, both exploitation of humans and animals.
- Food Justice demands that we grow food in such a way that preserves ecological biodiversity and promotes sustainability in all aspects.
- Food Justice means we provide resources and skill sharing so that people can be collectively more food self-sufficient.

**Healthy Food Is Your Right!**

*For information on ways to practice Food Justice in your community, contact Our Kitchen Table.*

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