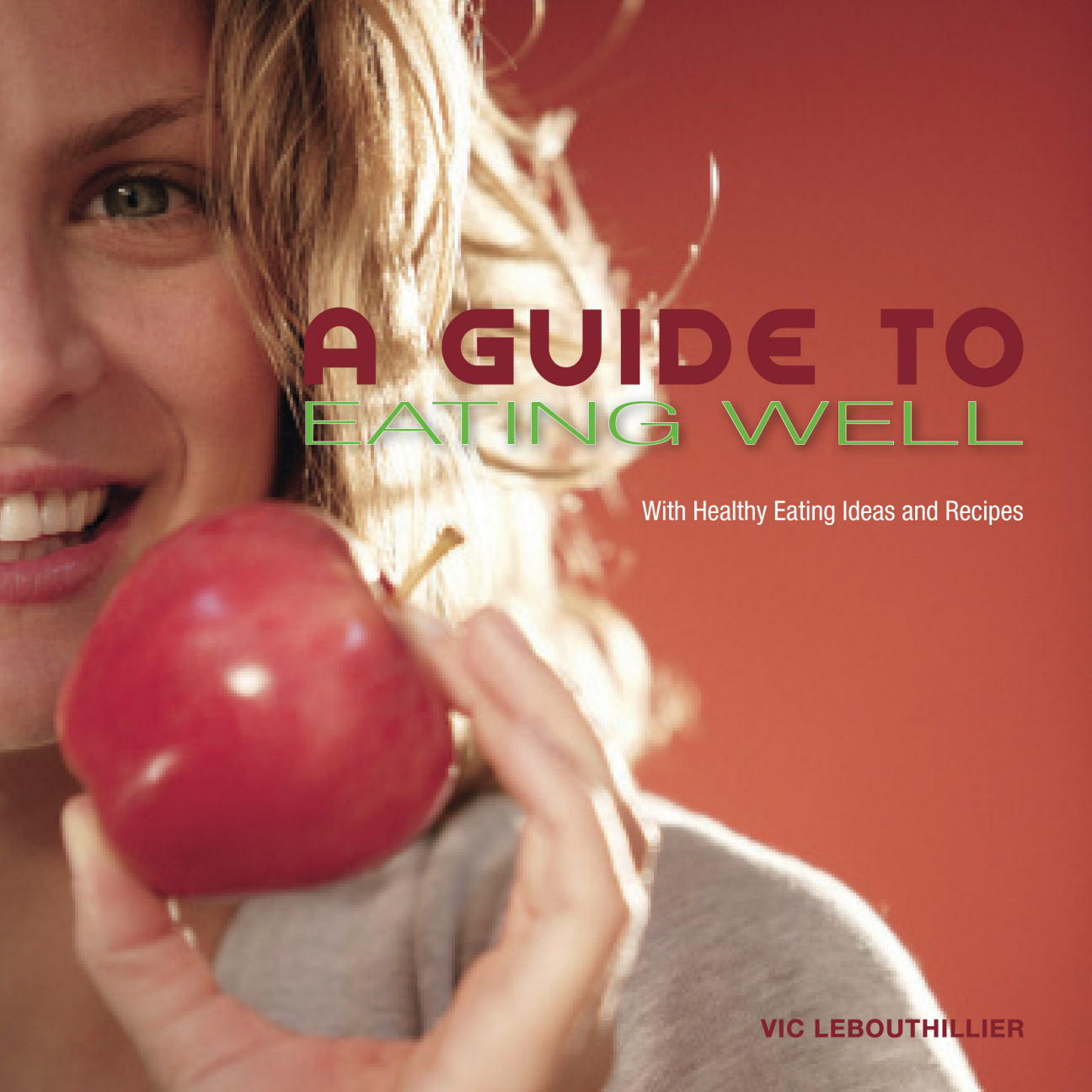

A GUIDE TO
EATING WELL
With Healthy Eating Ideas and Recipes
VIC LEBOUTHILLIER

“Let your food be your **medicine**, and let your medicine be your food.”

Hippocrates
400 B.C.

Table of Contents

4 Eating Out & Smart Shopping Guide

5 Improving Health Measures Through Foods

6 Things You May Not Know About...

Eating Well Logic

It's been a long day and you're feeling burnt out. But tired as you are, you still have to eat. You can buy vegetables and lean, organic meat at the supermarket… or get something quick at the nearest fast-food joint. Which will you choose?

Each day, we're faced with countless dilemmas over what to eat. And despite growing awareness of the importance of good nutrition, many of us keep choosing fast food, processed food, and just plain unhealthy food over the foods we know are best for us.

Ironically, our desire for convenience is leading to enormously inconvenient health problems: obesity, heart disease, type 2 diabetes, to name but a few.

If you're reading this book, you most likely want to improve your eating habits. The challenge is not in knowing or even wanting, but in doing. Appetite is a powerful force within you; to control it requires a high level of internal strength and determination. This book will give you straightforward guidance and point you to interactive tools to support you in being a good steward of your health.

Whatever level you're at, make it a goal to empower yourself to eat well. It's not just your body that will thank you. As renowned health advocate Ellen G. White said: "The strength required to conquer appetite benefits you far beyond the physical and emotional. This attained strength can be transferred and applied to any other area of your life."

Remember: food is the fuel for your life. Filling up on good food will give you the energy, longevity and vitality you need to live life to the fullest.

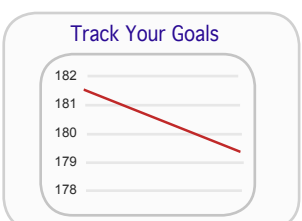
The Power To Conquer…

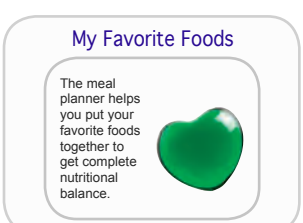
Calorie/Nutrition Counter

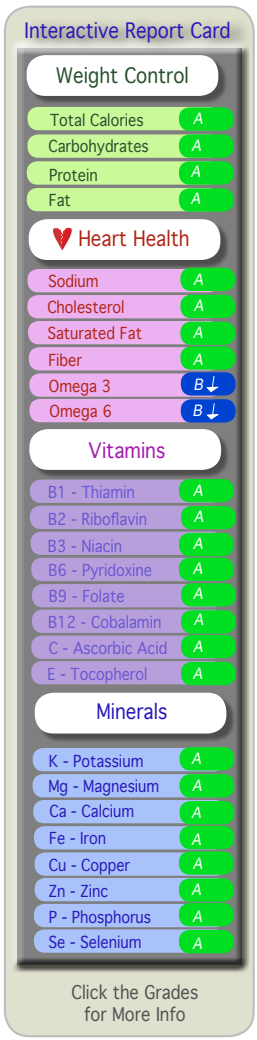
Fuelling your body with the right foods for optimal health and energy can be a daunting challenge. The Calorie/Nutrition Counter is designed to help. This interactive tool, accessible under the Eating Well menu, contains detailed information on the nutritional components of foods. It will enable you to plan complete, nutritious meals for the day, week, and month.

The Intelligent Meal Planner calculates the daily values of vitamins, minerals, heart-healthy nutrients, calories, carbohydrates, proteins, and fats. If you're lacking in any essential nutrient, it offers suggestions on how to correct these deficiencies with your favorite foods. In addition, the Planner will automatically prepare a shopping list for you to stock up on the right foods to keep you healthy. Take advantage of this powerful tool to plan delicious and healthy meals for yourself and your family.

If you haven't used the Calorie/Nutrition Counter before, take the quick multimedia tutorial, which will guide you through the process.





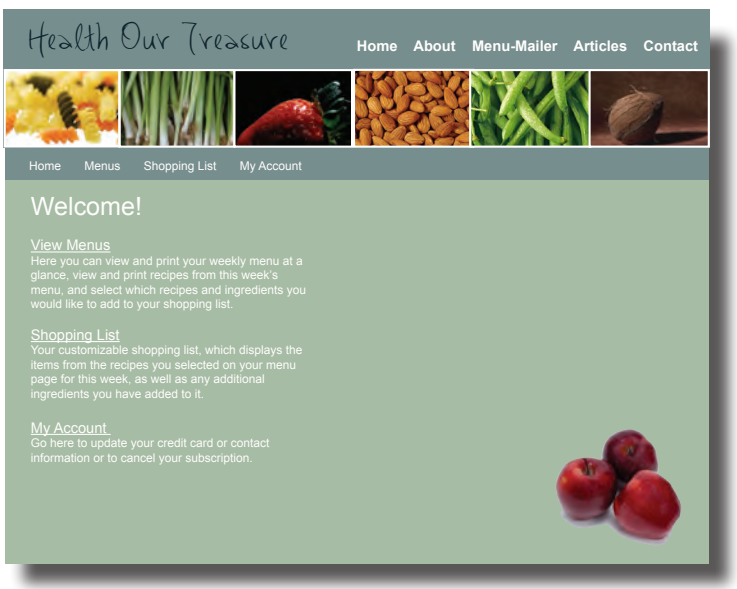


Meal Planning

Do you have health goals: to lose weight, have more energy, or get heart healthy? Check out *Health Our Treasure*. This tool allows you to select from nearly 5,000 of the highest scoring meal plans available online.

You can choose plans based on number of calories, the ratio of carbohydrates, fats and proteins. Once you've found a meal plan that you like, you can modify it to match your personal tastes.

Watch the video tutorial and see how it can help you to achieve your health goals.



Rules To Eating Well

From the earliest of times, it was understood that the health of the body depended on the quality of the food it consumed. The human body thrives on a diet of whole unprocessed foods, which the cellular machinery can easily recognize and deal with. The introduction of processed foods presents a number of challenges for the body:

- ✔ Processing of foods removes valuable fiber. As well, the addition of sugar and fat means there are many more calories in a smaller portion of food.
- ✔ Heat, pressure and bleaching destroy vitamins and other nutrients in processed foods.
- ✔ New, potentially toxic compounds such as trans fats, pesticide residues, preservatives, food-colouring and artificial flavours are an extra burden for the body.
- ✔ Meats from factory farms may contain hormone residues, which can disrupt the natural hormone balance, especially in children and pregnant women. Antibiotic use contributes to the rise in antibiotic resistant bacteria.
- ✔ Researchers have found that pesticide residues in our food and water are a contributing factor to cancer, mental and behavioral problems, and autoimmune disorders.

Over and over again, research has shown that a whole-foods diet is best for everyone. This is the food our bodies were designed to grow and thrive on. Don't think of it as a "diet" that you'll try for a while and then stop. It is a new way of eating that you should strive to maintain for the rest of your life.

To follow a healthy diet, make these choices:

- ✔ Consume fresh, whole, raw foods as close as possible to their natural state.
- ✔ Buy local and organic foods to reduce pesticide use and exposure and to cut down on storage and transportation time.
- ✔ Avoid processed, pre-packaged foods and drinks high in sugar and fat and low in nutrient value.
- ✔ Eat plenty of fresh colourful vegetables, fruits, and whole grains.
- ✔ Choose good quality proteins, emphasizing plant proteins: nuts, seeds and beans.
- ✔ Enjoy pure water for most of your drinks.

Developing A Healthy Relationship With Food

A person's connection to food can be incredibly strong and may seem impervious to change. But as with any learned behavior, it can be successfully modified if you identify the cause of the problem and institute specific coping strategies that enable you to achieve a healthier relationship with your food.

Eating is an integral part of life and can be a pleasing and positive experience. After all, you must eat to survive.

At the same time, be honest with yourself about any unhealthy eating patterns. By becoming aware of your negative habits, you'll be in a better position to counteract them with healthy ones. Learn to trust yourself and your body's innate wisdom; that way you'll know how to eat according to what it needs and stop when you're satisfied. You'll also be able to attain a healthy weight and enjoy a positive body image.

Start by taking the following steps:

Keep healthy foods on hand.

Don't leave unhealthy munchies lurking in your kitchen cupboards or fridge. If you feel a craving to eat, munch on some sliced cucumbers or mini carrots instead of cookies or chips.

Know your stomach.

Practice getting in tune with your hunger signal and eating until you feel satisfied - not until you're stuffed.

Eat as slowly as you can.

The brain takes approximately 20 minutes to register the "full" signal from the stomach's stretch receptors. Sit down, take breaths between bites, and use a knife and fork.

Institute a replacement behaviour for your eating.

You can't eliminate one long-term behavior without substituting something else in its place. So, instead of eating, go for a walk, drink water or herbal tea, or listen to music.

Identify your cues.

There are certain triggers that may cause you to resort to unhealthy eating. Whether it's a stressful day at work or arguing with your significant other, identify the cue and then substitute it with your replacement behavior.

Be kind to yourself.

Emotional connections with food are extremely powerful and can take a long time to conquer. If you overeat or eat to soothe an emotional pain, don't beat yourself up about it; make a point of figuring out why you regressed and how to avoid similar setbacks in the future.

Seek help.

If you continue to struggle with unhealthy eating patterns, know you're not alone and that help is available.

Emotional Eating

Unlike physical hunger, emotional hunger begins in the mind, triggered by sight, smell, or past experience. This, in turn, leads to emotional eating, which is eating to soothe, excite, gratify, or reward oneself.

Nowadays, few of us eat for purely physical reasons. Billions of dollars in food marketing target our senses, enticing us to eat for eating's sake.

But while we all occasionally eat out of emotional hunger, emotional eating involves much deeper connections with food. Just as others use alcohol or cigarettes, emotional eaters use food as a way of dealing with a wide array of unprocessed emotions.

Emotional eating usually masks unresolved issues and/or mental-health conditions, such as depression, anxiety, and stress. If left untreated, it can also contribute to serious physical health problems, including compulsive overeating, obesity, type 2 diabetes, and heart disease. Fortunately, with professional help, emotional eating can be overcome.

Food & Mood

Ever wonder what makes certain foods "comfort food" or why you can count on a particular dish to energize you? The answer lies in how nutrients interact with brain chemicals to subtly shape our mood.

Most comfort foods are high in carbohydrates, which elevate serotonin, a feel-good brain chemical. As a result, we often crave carbohydrates (such as starchy or sugary foods) when we're feeling sad or stressed.

Foods that are high in protein, such as beans, chicken, fish, and eggs, contain a significant amount of the amino acids phenylalanine and tyrosine. These substances help to produce the brain chemicals dopamine and norepinephrine, which increase mental alertness.

Both caffeine and chocolate are natural stimulants. That's why so many people rely on coffee or chocolate bars to get them through the day.

Breakfast Ideas

Fuel up your body at the beginning of the day.

Why is breakfast the most important meal of the day? Studies show that school and workplace performance improves significantly after eating a healthy breakfast. Whole foods, in particular, supply a steady stream of energy throughout the morning and prevent the highs and lows that come from sugar-laden breakfasts or no breakfast at all. Eating breakfast also revs up the metabolism to burn more calories throughout the day. In fact, going without breakfast may actually increase weight gain, since you're more likely to eat at night when your metabolism is slower or to eat unhealthy foods when you haven't already fuelled up on a wholesome breakfast.

Remember Breakfast

Here are just a few common reasons for not eating breakfast, along with ways to address them.

- ✔ Too rushed: Make your health and energy a priority by taking the time to nourish your body before you start your day. Set your alarm a few minutes earlier so you're less rushed.
- ✔ Not hungry: Eating a large meal late in the evening may leave you still feeling full in the morning. Dinner should be a smaller meal that's finished before 7 p.m.
- ✔ To lose weight: Studies have shown that people who eat breakfast tend to lose more weight. A healthy breakfast can be an effective part of your weight-loss plan.

Breakfast In A Bowl

Start with a quality whole-grain cereal and make it a complete meal by adding any of the following:

- ✔ Fresh fruit
- ✔ Nuts: almonds, walnuts, pecans
- ✔ Fresh ground seeds: flax, sesame, sunflower
- ✔ Live culture yogurt
- ✔ Cinnamon
- ✔ Different milks: soy, almond, rice

Breakfast Smoothies

Smoothies are a great way to pack loads of nutrition into a fast meal. Use ingredients such as:

- ✔ Fresh or frozen fruit
- ✔ Yogurt or various milks
- ✔ Powdered greens
- ✔ Oils high in omega 3: flax, hemp
- ✔ Protein powders
- ✔ Fresh ground seeds: flax, hemp

Eggs

Eggs are a good source of nearly all the essential nutrients required by the human body. The whites contain quality protein and the yolks are high in vitamins, minerals, and antioxidants. Look for organic, free-range eggs for maximum nutrient value.

Boiling or poaching eggs is the most nutritious way to cook them. You can boil up extra eggs for a nutritious snack later in the day. For a complete breakfast, add some whole-grain toast and fresh fruit.

Breakfast Recipes

The wellness portal contains a wealth of healthy breakfast ideas. Explore the Healthy Recipes section of your wellness portal and discover delicious recipes such as:

- ✔ Rolled Oat Muffins
- ✔ Berry Muesli
- ✔ Orange-Coconut Muesli
- ✔ Baked Apple-Nut Pancake
- ✔ Raw Almond Yogurt
- ✔ Millet with Berries in Season

Eating breakfast helps you to be more mentally focused and alert all day long.

Breakfast Recipes

One Bowl Breakfast-on-the-go Muffins

1/3 cup safflower or extra virgin coconut oil (warm to liquify)
1 cup of rolled oats
1 banana
1 cup unsweetened applesauce
1 cup milk (organic 1%, soy or almond)
1 egg
2 cups spelt or whole wheat flour
1 tsp baking powder (non-alum)
1 tsp baking soda
1/2 tsp sea salt
1 cup organic raisins

Combine first six ingredients in large mixing bowl. Put remaining dry ingredients on top of wet mix and thoroughly stir dry ingredients together before folding into wet mix. Spoon batter into oiled 12-cup muffin tin and bake at 400°F (204°C) for 35 minutes or until edges are golden brown and starting to pull away from sides of muffin cup. Makes 12 muffins.

Calories: 213.5, Total Carbohydrates: 33.6g, Protein: 5.3g, Fat: 7.7g per muffin

Vegan French Toast

1/2 cup flax meal
2 tbsp oat or spelt flour
2 tbsp nutritional yeast
1/4-1/2 cup hemp or almond milk
1 tsp cinnamon
2 tbsp maple syrup
3/4 cup water
Dry whole grain bread

Mix first six ingredients with enough water to make smooth paste. Add water and whisk until egg-like consistency is reached. Cut 4-6 slices of bread in half diagonally and place side by side in flat-bottomed dish, cover with mixture and let soak in for five minutes. Place soaked bread on skillet lightly oiled with extra virgin coconut oil or almond oil and heated to medium-high. Cook until golden brown on both sides. Top with berries drizzled with agave nectar or warmed apple slices with cinnamon. Serves four.

Calories: 236.7, Total Carbohydrates: 34.7g, Protein: 9.7g, Fat: 8.2g per serving

Crêpes

1 cup water
1 cup milk (soy milk)
2 eggs
2 cups spelt flour
1/4 tsp salt
5 tsp butter

Whisk water, milk and eggs. Add flour gradually while still whisking. Season with salt and make in a large frying pan using 1 tsp butter for each crêpe. Keep crêpes warm in a preheated oven at approximately 150°F (65°C).

Serve warm crêpes with fresh fruit or berries, sliced almonds and honey. Yields five large crêpes.

Calories: 307, Total Carbohydrates: 36g, Protein: 10.2g, Fat: 15.2g per crêpe

Quick Calcium Smoothie

1 banana
2 1/2 cups (625 mL) enriched vanilla soy milk
2 tbsp (30 mL) sesame seeds
2 tbsp (30 mL) honey
2 tbsp (30 mL) unsulphured blackstrap molasses
2 tbsp (30 mL) soy or hemp protein powder

Slice banana into jar of blender. Fill jar to three-cup (750 mL) level with soy milk. Add sesame seeds, honey, unsulphured blackstrap molasses, and soy protein powder. Blend until creamy. Variations: Replace banana with raspberries or strawberries or half a small can of pineapple. Serves 2.

Calories: 437.5, Total Carbohydrates: 66.5g, Protein: 19.5g, Fat: 13g per serving

Lunch Ideas Replenish yourself.

Lunch is the second most important meal of your day. It provides nourishment for the afternoon and should be larger than both breakfast and dinner.

Whether at school or work, the pleasure of unwrapping and eating a lunch bag full of delicious, colorful, and healthy foods makes lunch something to look forward to in the middle of the day.

Break Out

Lunchtime provides you with a much-needed break and can be used to reinvigorate you for a more productive afternoon.

- ✔ Be sure to leave your workspace and go to a relaxing place to savor your meal.
- ✔ Going to eat outside and then for a walk is ideal. You'll return refreshed and ready for work.

Global Lunch Wraps

Whole-grain tortillas and pitas make natural holders for a variety of delicious ethnic food fillings.

- ✔ Go Greek with shredded lettuce in a pita. Add hummus, diced cucumbers and tomatoes, crumbled feta cheese, and pitted kalamata olives.
- ✔ Munch lunch, Mexican style, with a whole-grain tortilla wrapped around refritos (refried beans), shredded Monterey Jack or white cheddar cheese, shredded lettuce, carrots, and cabbage. Top with tomato salsa before eating.

Lunching On Leftovers

Many dinner leftovers make delightful, nearly gourmet lunches – even when eaten unheated. Make extra portions of the following meals so you have leftovers on hand.

- ✔ Last night's lasagna or grilled salmon
- ✔ Leftover brown rice and stir-fry vegetables
- ✔ Organic noodles and spaghetti with lightly steamed or sautéed vegetable leftovers

Add fresh fruit and veggie sticks and you're all set to do lunch in a bag.

Healthy, Quick Lunchbox Ideas

- ✔ Vegetables and dip
- ✔ An insulated flask of warm soup
- ✔ Turkey, chicken, tuna, or egg sandwich on whole-grain bread
- ✔ Lettuce, cheese, and avocado wrap
- ✔ Apples, pears, plums, and/or Clementine (mandarin) oranges
- ✔ A small container of yogurt
- ✔ Raisins and/or healthy granola bars

The Big Salad

Fresh raw foods pack the most nutrient value and salads are a delicious way to eat them. Start with organic mixed greens and add whatever you have on hand, such as:

- ✔ Red or yellow peppers, tomatoes, celery and carrots
- ✔ Nuts and seeds
- ✔ Cubed cheese or cottage cheese
- ✔ Avocado with lemon juice
- ✔ Apples, oranges, or other fruits

Time spent outside on warm, sunny days improves people's memory and their minds are more open to new information and creative thoughts.

Lunch Recipes

Mock Salmon Wraps

4 large, firm carrots, cleaned and cut into chunks
Juice of 2 lemons or 3 tbsp lemon juice
3 tbsp water
1 sweet red pepper, seeded and cut into chunks
2 cups walnuts
1 tsp sea salt
1 tbsp onion powder
1/2 tsp garlic powder or two roasted cloves
1 tbsp dry dill weed
3 tsp kelp powder
1 tbsp dulse flakes
2 stalks of celery, chopped
2 green onions, chopped
6 whole grain tortillas

Place carrots and lemon juice in food processor. Add up to 3 tbsp of water 1 tbsp at a time until smooth paste achieved. Add red pepper and mix until blended. Add walnuts and mix until blended.

Add seasoning, adjust to taste. Stir in celery and onions. Place 2-tbsp filling in centre of the tortilla and add shredded lettuce, tomato and fresh baby dill. Roll and serve. Serves six.

Calories: 306.3, Total Carbohydrates: 17.6g, Protein: 9.2g, Fat: 25.2g per serving

Kale Salad

8 cups young kale leaves, washed and torn into bite-sized pieces with stems removed (1-2 bunches)
1 sweet red pepper, cut in half and thinly sliced
1 mild red onion, cut in half and thinly sliced
Juice of 2 lemons or 3 tbsp lemon juice
1-2 tbsp cold-pressed olive oil, hemp seed oil, or sesame oil
1 tsp sea sal

Super Fast & Easy Green Smoothie

1 cup pineapple or orange juice (not from concentrate)
6 cups baby spinach leaves or chopped romaine lettuce

This tasty Green Smoothie is a fast and easy way to get children to eat nutrient-rich green leafy vegetables: spinach is a good source of minerals, including manganese, magnesium, calcium, iron and potassium.

Put juice and half the greens in blender, mix until blended, add rest of greens and mix until frothy. Serves two.

Calories: 90, Total Carbohydrates: 20.5g, Protein: 2.9g, Fat: 0.4g per serving

Children are more likely to try new foods if they help cook or prepare those foods.

Dinner Ideas

The smaller and earlier, the better.

Dinner is often a big production and our largest meal but it shouldn't be so.

Lighten Up

Our bodies are winding down and a heavy meal late in the day can contribute to fatigue and sleep problems. Late-night snacks further add to our body's digestive burden.

- ✔ Eating most of your food in the first two-thirds of the day reverses this trend, increases your energy levels, and helps to manage your weight.
- ✔ Make dinner a lighter meal and avoid heavy or sugary evening snacks.
- ✔ As well, see dinner as an opportunity to reconnect with those closest to you. Make it a sacred time to enjoy good food with family and friends.

Quality Proteins

Plant protein foods are your best choice. They include: many varieties of beans, soy foods, nuts, and seeds. Pre-made organic foods that are high in protein can be found in many health-food stores.

Choose animal foods that are organic, free range, or wild, such as eggs, cheeses, poultry, fish, and lean beef or pork. Ingesting mercury is a concern when eating fish, but levels are low in wild salmon, pollack, and wild catfish.

Meal Planner

The Meal Planner, located under the Eating Well menu in Plan-it Health is an excellent tool for planning healthy meals. Select the recipes you like for a whole week and the Meal Planner will provide you with a shopping list.

Enjoy such tasty recipes as:

- ✔ Succulent Ratatouille
- ✔ Smoky Lentils with Caramelized Onions
- ✔ Savory Dinner Roast

Recipes

Hundreds of healthy recipes are available at your fingertips under the Eating Well menu. Try something new tonight, such as:

- ✔ Pacific Halibut in Coconut Curry
- ✔ Tri-Color Pepper Pizza
- ✔ Carrot Soufflé
- ✔ Cheese and Potato Perogies
- ✔ West Coast Salmon Chowder
- ✔ Curried Black Bean Stew
- ✔ Hearty Veggie Chili

Be a part-time vegetarian. Vegetarians weigh an average of 20 percent less than meat-eaters.

Dinner Recipes

Roasted Vegetable Pasta

3 cups brown rice or kamut pasta
8 roma tomatoes, quartered and seeded
1 clove garlic, crushed
1 bunch basil leaves, cleaned and stemmed
4-5 cups sliced Italian vegetables: zucchini, mushrooms, peppers, and onions
1 tsp sea salt
1 tbsp dried oregano
1 tbsp virgin olive oil
1/2 cup shredded rice or soy "mozzarella" cheese

Boil pasta until *al dente*. Meanwhile, place tomatoes, garlic, and basil in food processor; mix until finely chopped. Pour tomato mixture into lasagna dish. Place vegetables, salt, oregano and oil into a Ziploc bag and shake until evenly coated. Drain pasta and mix thoroughly with tomato mixture. Cover pasta with vegetables and bake in preheated 400°F oven for 15 minutes or until vegetables are golden brown. Sprinkle with cheese, optional. Serves six.

Calories: 448.2 Total Carbohydrates: 84.5g, Protein: 13g, Fat: 7.5g per serving

Marvelous Mushroom Soup

1/2 cup hot, but not boiling, water
1/4 cup almond butter
1 1/2 cups quartered white, brown, shiitake or oyster mushrooms
1 tbsp Braggs or organic tamari soy sauce
4 tbsp finely sliced mushrooms

In a blender, combine water and almond butter; blend until smooth.

Add the quartered mushrooms and sauce, blend until smooth. Pour into two bowls and garnish with finely sliced mushrooms. Serves two.

Calories: 175.5, Total Carbohydrates: 9.5g, Protein: 5.5g, Fat: 14.5g per serving

Potato & Romaine Salad With Roasted Garlic

Whole garlic bulb
2 large free-range eggs, boiled, peeled, and sliced 1/4 inch (5 mm) thick
1/2 lb (225 g) red potatoes, boiled and sliced 1/4 inch (5 mm) thick
1 baby Romaine lettuce, trimmed and cut in half
1 tbsp (15 mL) extra-virgin olive oil
A pinch of dry thyme

Dressing:

1/2 cup (125 mL) kefir (a bubbly fermented milk product)
2 tbsp (30 mL) cold-pressed flaxseed oil
1/2 tsp (3 mL) Herbamare
1 tsp (5 mL) chopped fresh rosemary

Calories: 418, Total Carbohydrates: 36.5g, Protein: 13g, Fat: 26g per serving.

Preheat the oven to 350°F (175°C). To roast the garlic, cut the garlic bulb one-quarter inch (5 mm) from the top so that the cloves are just showing. Drizzle the olive oil over top, sprinkle with thyme, season with salt and pepper, and bake in the oven for 20 minutes or until the garlic is soft.

Place the egg, potato and garlic on each plate, and arrange the Romaine on the side. In a bowl, whisk together the dressing ingredients and drizzle over top of the salad. Serve immediately. Serves two.

Snacks Get a boost of energy and sustenance.

With more and more snacks serving as meal substitutes, we need to pay closer attention to the types of snacks we consume. Common sense tells us that safe snacks shouldn't only be free of harmful substances, such as refined sugar, preservatives, and artificial colors and flavoring, but must also make a nutritional contribution to our diet.

Fruit & Veggie Power

- ✔ Sliced fruit or veggie sticks are a great way to get your daily quota of this important food group.
- ✔ Add a delicious dip made from a hummus or yogurt base to make a satisfying snack.

Nuts, Seeds & Cereal Bars

- ✔ Raw nuts and seeds are flavorful, satisfying, and high in nutrients, including fiber, heart-healthy omega-3 fatty acids, and vitamins and minerals.
- ✔ Some organic energy and protein bars in health-food stores are made primarily of nuts and seeds, such as sesame seeds, which are a good source of calcium.
- ✔ Buy trail mix or make your own with your favorite nuts and seeds.

Protein Snacks

Protein provides a steady, long-term supply of energy and prevents blood sugar fluctuations. Add a protein to your snack with:

- ✔ Nuts and seeds, including nut butters. Spread on whole- grain crackers or celery.
- ✔ Low-fat dairy: yogurt, cheese, cottage cheese
- ✔ Hardboiled eggs
- ✔ Cooked meat or fish
- ✔ Cooked beans: chickpeas, kidney beans, edamame beans

Breads & Spreads

Healthy whole-grain breads are vastly preferable to baked goods made from white flour or with commercial shortenings. Topped with a healthy spread, they make for a delicious, wholesome snack.

- ✔ Millet Bread
- ✔ Delectable Carrot-Date Muffins
- ✔ Apricot Earl Grey Tea Bread
- ✔ Almond Sunflower Spread
- ✔ Apple Butter
- ✔ Simply Delicious Spinach Spread

Healthy Recipes

Try something new! You can find many delicious recipes for appetizers and snacks under the Healthy Recipes section, such as:

- ✔ Lemon Power Bars
- ✔ Granola Energy Bars
- ✔ Beach Blanket Veggie Balls
- ✔ Fruit Pizza
- ✔ Grilled Sesame Tofu Fingers
- ✔ Spicy Honey Roasted Pecans

Apples and carrots contain nutrients that stabilize your blood sugar so you'll feel energetic all day long.

Drinks Choose drinks that nourish your body.

Drinks are an elemental part of any diet. While many people get their fluids from unhealthy soft drinks or caffeinated beverages, you can choose from scores of delicious and healthy beverages that will not only hydrate your body but also nourish it.

Herbal Teas

Herbal teas are a nutritious option and offer an interesting array of flavors. Try several and choose ones that you like.

- ✔ Mix two or more varieties in one pot.
- ✔ Serve them hot or cold over ice or even as popsicles for kids.
- ✔ Add fresh herbs like parsley, mint, chamomile flowers, and cinnamon.
- ✔ Add fruits, such as lemon, lime, cranberries, and orange.

Fresh Juices

Fresh fruit and vegetable juices offer powerful nutrition. They are high in antioxidants, enzymes, vitamins, and minerals. Invest in a juicer or treat yourself at the local juice bar or health-food store deli. Try some of these delicious beverage recipes, which can be found under the Healthy Recipes section.

- ✔ Strawberry Milkshake
- ✔ Spiced Apple Punch Bright
- ✔ Beet and Apple Surprise Juice
- ✔ Wake-Up Drink

Blueberry Smoothie

1/2 cup (125 mL) milk
2 ripe bananas
1/2 cup (125 mL) orange juice, freshly squeezed
1/2 tsp (2 mL) pure vanilla extract
3/4 cup (185 mL) natural yogurt or kefir
2 tbsp (30 mL) honey
2 cups (500 mL) fresh blueberries
(or frozen if not in season)

For the best flavor, use ripe bananas with sugar (brown) spots. The fresh berries and orange juice deliver vitamin C and other valuable antioxidants, and bananas provide potassium. Makes four cups.

In a blender, blend milk and bananas until smooth. Add remaining ingredients, leaving the blueberries to the end.

Blend on low just long enough to mix ingredients well. Drink immediately or refrigerate until ready to serve.

Variation: Substitute blueberries with raspberries or strawberries for a different flavour.

If you omit the orange juice and place the smoothie in the freezer for several hours, you will get frozen yogurt.

A 20-ounce soda has 250 calories, the same as a small order of French fries.

Simple Switches

Why make the switch to a healthy diet? Simple: there are foods that taste similar, but are better for you. When making the switch, try to eat your food in its whole form, as it's harvested from the earth. This will lower your calories and increase your intake of vitamins, minerals, and nutrients. Adopt some of the switches noted in the chart on the right and your body will thank you – you should notice improved energy, better memory, focus and productivity, easier weight management, and enhanced overall health.

Milk: Milk is often touted as a good source of calcium. However, the high protein and phosphorus content of cow's milk promotes calcium excretion (loss), negating the perceived benefits. Moreover, many people are intolerant to cow's milk sugar or protein and it often contributes to phlegm and congestion. Alternative sources of calcium such as salmon, sardines, soy and dark leafy greens have none of these drawbacks and also offer additional bone-building benefits.

Eggs: Most supermarket eggs are produced by chickens in appallingly cramped conditions fatted by feed that may contain pesticide and antibiotic residues. These toxins can be an additional burden on your liver and digestive tract. Organic free range eggs have fewer toxins and are a great source of quality protein.

Flour/Grains: Fiber slows the breakdown of sugars, aids digestion and provides stable sugar and energy levels -something especially important for diabetics. White flour has been stripped of the healthy fiber in the bran, as well as vitamins and minerals from the heart of the wheat grain. Like white potatoes and white rice, it's mostly starch, which is quickly converted to sugar in the body, contributing to sugar highs and lows. Most boxed breakfast cereals are made of white flour and high in sugar. Check labels and choose products that contain organic whole grains and little or no sugar. For a more nutritious breakfast, add blueberries or your favourite fruit to your breakfast bowl.

Lettuce: Generally speaking, the darker and greener the vegetable, the more nutrient value is packed inside. For that reason choose highly nutritious dark leafy greens over iceberg lettuce which is made mostly of water. One cup of kale contains almost twice the protein and one and a half times the potassium as the same amount of iceberg lettuce.

Condiments: Most condiments are high in sugar and salt. Higher quality condiments will contribute richer flavor to your meal, on top of their beneficial nutrients. Hummus, for example, will give you one-tenth the fat and seven times the protein of mayonnaise.

Salt: Most people consume too much salt, which is often a primary ingredient in processed foods. Salt can contribute to high blood pressure and water retention. High blood pressure will increase your risk for heart attack and stroke. Cut back on salt and try an unrefined sea salt like Celtic or Himalayan salt that are rich with minerals.

Skip the ...		Instead try ...
Vegetable oil, shortening, lard, margarine		Cooking and baking: coconut oil, grapeseed oil, organic butter (small amounts). Low-heat sautéing: virgin olive oil, sesame and almond oil. Unheated (i.e., salad dressings): cold-pressed hemp seed, sesame, walnut, pumpkin, sunflower, and flax oils.
Milk and cheeses		Organic milk, goat's milk and cheese, soy milk and cheese, almond or hemp milks, live culture yogurt
Sugar, artificial sweeteners		Raw honey, molasses, maple syrup, sucanat, date sugar, rice syrup, agave nectar and stevia (safe for diabetics)
White bread		Organic whole-grain breads, sprouted-grain breads
Coffee and tea		Herbal teas, green or white tea (either hot or iced), organic coffee and coffee substitutes, hot water with lemon or lime
White potatoes		Sweet potatoes, squash, beets, carrots, whole-grain pasta
White rice		Brown or wild rice
Highly processed, sugar-laden breakfast cereals		Whole-grain, minimally processed cereals in health section of the grocery store, hot cereals (oatmeal, five-grain, oat bran)
Iceberg lettuce		Dark leafy greens: romaine, mixed greens, spinach, kale, leaf lettuce, alfalfa sprouts
Condiments		Replace mayonnaise with avocadoes or hummus as a creamy spread or dip. Use sprouts in place of relish. Use salsa or pesto and check out the Sauces and Dips recipes in the Eating Well menu
Salt		Use less salt. Buy high mineral sea salt or pink salt. Try Herbamare or herbal salt replacement products.
Peanut butter		Organic peanut butter, almond butter, cashew or macadamia nut butters, hemp seed butter
Candy and chocolate bars		Trail mix, granola bars, nut and seed bars, protein bars, organic dark chocolate

Eating Out

Eating out no longer means having to wave goodbye to healthy eating habits as soon as you step out the door. Today, more and more offices, restaurants, and other public places recognize people's desire to eat well. And through a wide array of healthy dining options, they're making it much easier to maintain a well-balanced diet away from home.

Bring Your Food To Work

The best way to have good food at work is to bring it yourself. Take the time in the morning or the night before to prepare yourself a healthy lunch and snacks. Here are some suggestions:

- ✔ Prepare extra dinner servings and take leftovers to work.
- ✔ Cook large amounts on the weekend and freeze lunch-sized portions in microwaveable containers.
- ✔ Keep healthy salad dressing in the fridge at work, as well as cutlery or dishes you may need.

Eating Well In A Restaurant

Many restaurants now offer healthy choices, so look for these on the menu. Since you're paying for the food, don't hesitate to have your food customized. A chef is trained to take custom orders, so you can:

- ✔ Ask for food without rich sauces or have them on the side.
- ✔ Make a special order.
- ✔ Ask for smaller portions or take half of your meal home for later.
- ✔ Order an appetizer instead of an entrée.
- ✔ Ask for a doggie bag.
- ✔ Share meals or appetizers.

Healthy Food On The Run

People and businesses are becoming more health conscious and there are now more places available to get fast, healthy food. Look for stores that prepare fresh quality food daily. If they're located a healthy walk away, so much the better!

- ✔ Check out local health-food stores, grocery stores and juice bars.
- ✔ Keep healthy emergency food at your desk: nuts, seeds, trail mix, protein bars, and quality crackers.

Tip: Eat slowly and chew your food carefully to avoid indigestion. Try to drink most of your fluids before and after you eat, rather than during your main meal, since fluids can dilute the stomach's digestive juices.

Tip: Research clearly demonstrates that organic foods are more nutritious than their non-organic counterparts. For example, organically grown carrots boast 69 percent more magnesium, while organic spinach has 52 percent more vitamin C. In addition, organic products aren't genetically modified and are free of harmful chemicals such as pesticides.

Smart Shopping

The health of your body can only be as good as the quality of food that you feed it, so it's worth spending a bit extra for high quality nutrition. Not only will you benefit, but your community and environment will also be aided when you purchase locally grown, organic foods.

Good sources for quality foods include:

- ✔ Health-food stores
- ✔ Food co-operatives and organic food buying groups
- ✔ Organic produce sections of produce stores and supermarkets
- ✔ Local farmers and growers

Shop The Perimeter

Whole foods are generally found around the perimeter or walls of a grocery store. Do most of your shopping there and less in the center aisles where processed food is sold.

Learn To Read Labels

When you make that trip down the grocery aisle, be discerning. Read labels (see page 38) and compare. Look for minimally processed and readily identifiable ingredients. Be wary of food additives and favour certified organic products.

How To Read Labels

The law now requires food manufacturers to give key nutritional facts about their products on the packaging. These nutritional labels provide plenty of food for thought as you make your food selections. By knowing how to read them, you can make sure you give your body good fuel to function on instead of surrendering your health to the whims of impulse purchases.

Serving Size

The information in the nutrition facts is based on specified amounts of food in familiar units such as cups, tablespoons, and grams. Note that a cereal may give the serving size as half a cup, but if you usually pour a full cup into your bowl, you'll need to adjust the calories accordingly.

Percent Daily Value (%DV)

Listed as percentages, Daily Values are meant to tell you how much of a given nutrient is in a food item. The Daily Values for vitamins and minerals are based on their recommended intake; the Daily Values for carbohydrates and fat are based on a 2,000-calorie diet. Remember that individual nutrient requirements vary based on health and activity levels. A 2,000-calorie diet is about right for average-sized, moderately active women, teenage girls and sedentary men. Athletes can require more than 2,000 calories and pregnant women may need more nutrients.

Core Nutrients

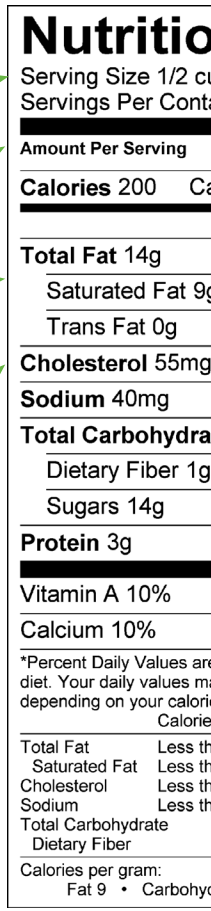
In addition to listing the number of calories in the indicated serving size, each nutrition facts panel is required to list serving-size quantities of the following 13 core nutrients:

Fat, Saturated & Trans

Food manufacturers are now required to state the amount of trans fats in their products. Bear in mind that even if a product has up to 0.2 g of this unpleasant ingredient, it's still allowed to say zero trans fats. Since trans fats in any quantity are unhealthy, scan the ingredient list for sources of trans fats, such as vegetable shortening and partially hydrogenated oil. Note that the %DV applies only to saturated fat. no daily limit for trans fats has yet been determined.

Cholesterol

The amount of cholesterol by weight is shown; however, the %DV for cholesterol is optional. Unless you're sensitive to dietary cholesterol, pay more attention to the trans fats content.


Nutritio
Serving Size 1/2 cu
Servings Per Conta
Amount Per Serving
Calories 200 Ca
Total Fat 14g
Saturated Fat 9g
Trans Fat 0g
Cholesterol 55mg
Sodium 40mg
Total Carbohydra
Dietary Fiber 1g
Sugars 14g
Protein 3g
Vitamin A 10%
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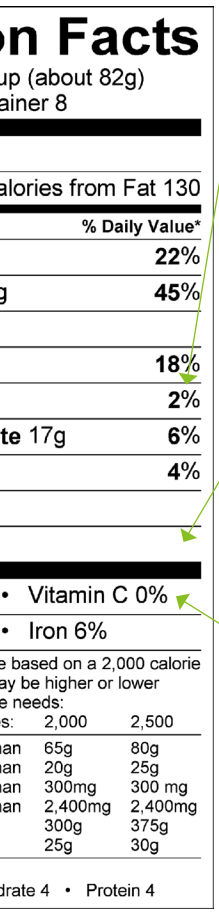


Sodium

The %DV (Daily Value) for sodium is the percentage of a recommended upper limit of 2,400 milligrams (mg). But experts say the actual amount of sodium to strive for is only 1,500 mg of sodium per day.

Carbohydrates, fiber & sugars

This is the total amount of carbohydrates in grams and the quantity of fiber and sugars per serving. It's best that women and men get at least 25g and 38g of fiber a day, respectively.

Protein

As a building block for our muscles, cells, and enzymes, protein is very important, so remember to look at the total amount of protein in grams per serving. There is no %DV for protein.

Vitamin A, Vitamin C, Calcium & Iron

Health professionals and scientists singled out these four vitamins and minerals because of their importance for overall health. They are listed only as a %DV, since vitamins and minerals are expressed using several different units.

Fortifying Nutrients

In addition to the core nutrients, added nutrients or those related to claims found on the packaging must be listed. For example, vitamin D is listed on many dairy products. Other ingredients in foods (such as isoflavones) may be mentioned but only outside this table.

List of Ingredients

The ingredient with the highest quantity by weight is listed first, with the rest of the ingredients listed in descending order. This list can help you see if desirable or undesirable ingredients make up most of the food. For example, if a multigrain bread lists "whole-wheat" flour as the first ingredient, it's likely a better choice than one that lists "enriched" (a.k.a. white) flour first.

The label will not state whether any ingredient has been genetically modified. A good rule of thumb is to focus on foods that contain short lists in order to consume fewer questionable ingredients, such as monosodium glutamate (MSG), artificial sweeteners, and preservatives.

Fast Food Facts

Restaurant	Menu item	Calories
Boston Pizza	Beef nachos, full order w/ guacamole and sour cream	1,760
	BBQ ribs w/ fries, garlic toast and side salad	2,220
	Cajun wings (starter size)	910
	Buffalo chicken sandwich w/ fries	1,720
	Scallop and prawn fettuccini	390
	Jambalaya fettuccini	1,500
	Small Cheeseburger Pizza	2,030
Burger King	Whopper	680
	Small fries	230
	Large Coke	290
	Double Whopper w/ cheese meal (medium Coke and fries)	1,570
	Loaded Steakhouse Burger, medium Coke, medium onion rings	1,480
Dairy Queen	Chocolate Chip Blizzard (medium)	910
	Chocolate Dipped Cone (medium)	480
	Marshmallow Sundae (medium)	860
	Fudge Brownie Temptation Waffle Bowl Sundae	970
	Brownie Earthquake	1,060
	Chocolate Shake (medium)	790
	Oreo Blizzard Cake 8” (per 1/8 slice)	610
Little Caesars	Crazy Bread (1 stick)	90
	Medium Pepperoni Pizza (1 slice)	210
	Medium Cheese Pizza (1 slice)	180
	Italian Cheese Bread (1 piece)	130

Restaurant	Menu item	Calories
McDonald's	Cheeseburger	300
	Large fries w/ ketchup	515
	Asian salad	410
	Big Mac meal w/ medium fries and Coke	1,110
	Chicken Mcnuggets meal (20 pieces) w/ medium fries and root beer	1,620
	Oreo McFlurry	500
Wendy's	Large fries w/ ketchup	560
	Southwest Taco Salad (without dressing)	400
	Chicken BLT Salad (without dressing)	470
	Frosty (small)	320
	Baconator	830
	Chicken Club sandwich w/ small Coke and fries	1,020
Subway	Oven roasted chicken breast sub	300
	Chicken breast wrap	400
	Onion teriyaki wrap	470
	Veggie wrap	330
	Italian herb & cheese bread	250
Earl's	Caesar salad	553
	One pound wings w/ dip	922
	Prawn Tacos	536
	Penne Alfredo w/ chicken	1,777
	Sicilian Pizza	1,135
	Pad Thai	1,143
	Toffee Pudding dessert	697

Importance of Biomarkers

Certain numbers called biomarkers can give you valuable information on the general state of your health and overall risk for chronic disease. The Health Tracker section under the Measuring Health menu provides information on these important numbers. You can record your numbers and log them over a 12-month period to see your progress.

As a general rule you can improve your biomarkers by adhering to these basic guidelines:

- ✔ A whole-foods diet as outlined in this booklet
- ✔ An exercise program tailored to your health and fitness level
- ✔ Stress-management techniques to maintain balance in your life

Biomarker	Indicates increased risk for:	Specific eating tips:
Blood Pressure The force that blood is under in the arteries	heart attack stroke	• Avoid using salt • Eat plenty of potassium-rich green vegetables
Total Cholesterol Elevated cholesterol contributes to the formation of plaque in the arteries	heart disease (see page 44) stroke	• Cut back on alcohol, saturated and trans fat foods • High-fiber foods (oat, bran, ground flaxseed) carry cholesterol from the body:
Triglycerides The major form of fat in the blood	coronary artery disease stroke inflammation of the pancreas	• Reduce sugar and bad fats • Enjoy fresh fruits and use good fats high in omega 3 (see page 72)
Homocysteine An amino acid that is produced by the body, typically as by-product of consuming	heart attack stroke Alzheimer's disease excessive blood clotting	• Citrus fruits, tomatoes, vegetables and whole-grain products are good sources of folic acid and B6 and B12 vitamins, which can lower blood homocysteine levels • Eat more vegetable protein and fewer animal protein foods
Blood Sugar (Glucose) Sugar as glucose in your blood	hypoglycemia (low blood sugar) diabetes (see page 50)	• Eliminate white sugar and baked goods • Have some quality protein with each meal and snack, i.e. beans, nuts, seeds, eggs, meats, and dairy

Blood Pressure

A blood pressure reading measures the force the blood is under in the arteries both during contraction of the heart and after. The first number (e.g. , “120”/) is the pressure during a heart contraction and is called systolic pressure. The pressure during relaxation phase is called diastolic pressure (e.g., “ /80”). An ideal blood pressure is considered to be 120/80 mmHg. High blood pressure, or hypertension, is a consistently elevated blood pressure exceeding 140/90 mmHg.

Total Cholesterol

Your total cholesterol is the sum of your LDL (bad cholesterol), HDL (good cholesterol), and other lipoproteins. Ideally, your total cholesterol should be below 5.2 mmol/L, unless your HDL is high. People under 30 should aim for an even lower total of 4.1 mmo/L. You can lower your total cholesterol through exercise and diet.

Triglycerides

Triglycerides are the primary form of fat in the blood. They come from the food we eat and can be lowered by following a strict low-fat diet. A high level can indicate an increased risk of diseases such as diabetes. A total cholesterol test will measure your triglycerides.

Homocysteine

Homocysteine is an amino acid that is produced by the body, usually as a by-product of consuming meat. Elevated levels of homocysteine in the blood are associated with hardening and narrowing of the arteries, along with increased risk of heart attacks, strokes, and possibly Alzheimer’s disease. Consuming folic acid supplements or cereals that are fortified with folic acid, as well as B6 and B12 vitamins, can lower blood homocysteine levels.

Blood Sugar (Glucose)

Symptoms of severe increased thirst/hunger, frequent urination, unexplained weight loss, hunger, or tingling in your hands or feet can sometimes indicate diabetes. To confirm the diagnosis, a fasting glucose blood test can be performed by your doctor. If the fasting glucose level is abnormal, further testing may be required. The glucose tolerance test measures blood glucose levels over a few hours after ingestion of a sugar drink and is more accurate for the diagnosis of “borderline” or pre-diabetes.

Biomarker	Indicates increased risk for:	Specific eating tips:
Body Mass Index (BMI) Indicator of a healthy weight BMI = weight (kg) / height^2 (meters)	heart disease high blood pressure diabetes cancer	• Restrict processed and junk foods • Use exercise to burn more calories than eat
Calorie Count How much energy you require from your daily diet	obesity malnutrition	• Use the Calorie/Nutrition Counter to calculate your calorie total
Waist Circumference Measurement at waistline	type 2 diabetes poor blood fat levels high blood pressure cardiovascular disease	• Start each dinner with a large salad to reduce your calorice intake • Follow an exercise program you enjoy to trim your waistline
Mammogram X-ray of the breast tissue	breast cancer	• Lignans in ground flaxseeds help reduce risk • Colorful fruits and vegetables provide antioxidants to protect against cancer
PSA Blood test detecting a protein made in the prostate gland of men	benign prostate enlargement, prostate inflammation or infection prostate cancer	• Nuts and seeds (especially pumpkin) provide essential fatty acids and zinc to nourish the prostate • Avoid hydrogenated fats from processed foods

BMI

Body Mass Index (BMI) is the division of your weight in kilograms by the square of your height in meters. Experts consider BMI a good indicator of the risk for cardiovascular disease, hypertension, diabetes, and cancer. A BMI greater than 27.3 for women and 27.8 or more for men indicates overweight. Find your BMI by using the BMI chart in the Appendix (page 74).

Calorie Count

A person's optimal caloric intake per day depends on their body size, physical activity, and body weight goals. Furthermore, calorie intake is very dependent on a number of factors (e.g., metabolic rate). People with an average-sized body whose jobs entail low or moderate physical activity should be consuming no more than 1,800 calories a day.

Waist Circumference

High waist circumference suggests a high risk of diabetes and heart disease. A waist circumference greater than 40 inches in men and 35 inches in women, or an increasing waistline should be considered a cause for conern. However, researchers have found that the risk of heart disease is even better indicated by the waist to tallness ratio (WTR). Men should have a WTR of 0.55 or less and women 0.53 or less. To figure out what your waist should be for your height, take your height in inches and multiply it by 0.55 for men and 0.53 for women. That will give you a fairly good idea of the upper limit of a healthy waistline (in inches) for you.

Mammogram

A mammogram can be used to discover small cancers in the breast. Unfortunately, however, it's not foolproof. Depending on a woman's age and other factors, approximately 10 to 15 percent of breast cancers are not identifiable through mammography. Women should conduct monthly breast self-examinations and get their doctor to perform an annual breast examination in addition to the mammogram in order to most effectively screen for breast cancer.

PSA

The prostate specific antigen (PSA) is a substance produced in the prostate gland. Most of the PSA produced by the prostate gland is carried out of the body in semen, but a very small amount escapes into the bloodstream, where it can be tested. Men should discuss elevated PSA test results with their doctor. There can be different reasons for an elevated PSA level, including prostate cancer, benign prostate enlargement, inflammation, infection, age, and race. Regular PSA tests, along with a exam, are recommended for men over 50 and higher-risk men over 40.

Cancer

Key Biomarkers: BMI, Mammogram, PSA

Cancer begins with the uncontrolled growth of defective cells. A healthy immune system will recognize them as abnormal and swiftly eliminate them. But if the immune system has been compromised, the cells may continue multiplying, creating masses of tissue known as tumors. These are considered cancerous, or malignant, if they infiltrate and destroy healthy tissue. Malignant cells can also spread to other parts of the body via the bloodstream or lymphatic vessels (a process called metastasis).

Prevention

Research has found nutrition to be directly related to the prevention and treatment of many cancers, including breast, endometrial, and prostate cancer, as well as stomach and intestinal cancer. Excess fats - especially saturated fats from animal products and trans fats in processed foods - are associated with a higher likelihood of cancer. Smoked, pickled, and cured foods have likewise been shown to elevate the risk of cancer, as have cooking and browning foods at very high temperatures.

By contrast, vegetables and fruits appear to help protect against cancer. They contain antioxidants, which attack harmful free-radical molecules, as well as an array of other vitamins and nutrients that boost the immune system and help it to eliminate cancer cells.

Nutrition Tips

Eat plenty of vegetables and fruits high in the antioxidant vitamin C, such as carrots, beet root, squash, yams, cantaloupe, apricots, peaches, papaya, and mango. Other good sources of antioxidants include green, leafy vegetables, bell peppers, tomatoes, avocadoes, asparagus, and raw fruits (especially citrus fruits).

Cruciferous vegetables, such as cabbage, turnip, kale, cauliflower, broccoli, and Brussels sprouts are proven to protect against cancer. They contain indoles, which block the signals that cause some cells to proliferate. Garlic and sprouts have also been shown to contain beneficial substances that inhibit tumor growth.

Whole grains such as millet and buckwheat as well as ground flaxseed should also form part of a cancer-prevention diet. They contain vegetable lignan compounds, which have anti-tumor and antioxidant properties.

Unrefined, cold-pressed nut and seed oils, such as flaxseed oil, sunflower oil, or walnut oil, are high in essential fatty acids that help to fortify the immune system. Use them daily on salads, baked potatoes, and any dishes that do not require heating.

Green tea has been used for centuries in China and Japan for its anti-carcinogenic properties. It contains powerful phytochemicals that fight free radicals.

For more information on cancer, see:

- ✔ Search for articles on “Cancer” through the Search feature at the top-left hand side of your wellness portal

Breakfast: Budwig Muesli

This cancer-fighting muesli is popular all over Europe because it tastes so good, consists of mostly raw ingredients, and is easy to make.

1 cup (250 mL) quark or kefir cheese (or cottage cheese blended until creamy)
1/2 cup (125 mL) buttermilk or kefir
1 tbsp (15 mL) honey
2 tbsp (30 mL) flaxseed oil
2 tbsp (30 mL) flaxseeds, freshly ground
1 apple, grated
1 tbsp (15 mL) hazelnuts or walnuts, finely grated

In a large bowl, blend quark, buttermilk, honey and flax seed oil with a fork until creamy. Spread a layer of ground flax in two bowls and cover with apple and nuts. Top with the quark-oil blend. Serves two.

Calories: 443, Total Carbohydrates: 29g, Protein: 18g, Fat: 29g per serving

What Is Quark?

Quark is the milk solid that separates from the whey when fermented (soured) milk, kefir, or yogurt is heated to 165° F (75° C) and poured through a strainer or cheesecloth. Quark has the consistency of soft cream cheese and can be used in sweet recipes with chives, herbs, and seasoning. Alternatively, it can be used as a spread, dip, and dressing or as a filling for perogies or cheesecake.

Lunch: Cream of Broccoli Soup

In summer, add a tablespoon of flax oil and serve this soup cold.

1 1/4 cup (300 g) broccoli, stems and all, cleaned and cut into bite-sized pieces
2 cups (500 mL) water
2 cups (500 mL) organic milk
2 vegetable bouillon cubes
1 medium-sized raw potato, peeled and finely grated
1 medium-sized onion, diced
1 tbsp (15 mL) butter
1 tbsp (15 mL) pumpkin seeds (optional)
dash of pepper

Steam broccoli until tender but not overdone. Dissolve bouillon cubes in heated water-milk mixture.

Sauté onion in butter until translucent. Add potato and half a cup of liquid. Simmer for five minutes. Transfer to a soup pot and combine remaining liquid and broccoli and simmer for five minutes. Blend mixture until creamy. Add a dash of pepper. Season to taste. Garnish with pumpkin seeds if desired and serve. Serves two.

Calories: 203.5, Total Carbohydrates: 26.5g, Protein: 11.5g, Fat: 6.5g per serving

Dinner: Garlic-Ginger Vegetable Stir-Fry

This classic stir fry never fails to please. Serve steaming hot on a bed of organic brown rice and top with lightly toasted sesame seeds or slivered almonds.

2 cups (500 mL) organic broccoli tops
2 cups (500 mL) organic carrots sliced 1/2-inch (1.3 cm) thick diagonally
1 onion, thinly sliced lengthwise
3-inch (7.5 cm) piece ginger root, grated or finely sliced
6 cloves garlic, minced finely
1 cup (250 mL) shiitake mushrooms, thickly sliced
1/2 cup (125 mL) green peppers, sliced 1/2-inch (1.3 cm) lengthwise
1/2 cup (125 mL) red peppers, sliced 1/2-inch (1.3 cm) lengthwise
4 tbsp (60 mL) sesame or olive oil
Tamari (natural soy) sauce to taste

Heat oil until hot (not smoking) in a large cast iron skillet over medium-high heat. Add onions, ginger, and garlic and stir quickly with a wooden spoon until onions are golden brown. Add broccoli, carrots, and tamari (to taste). Stir quickly until tender but still firm and brightly colored. Remove from heat, but do not cover.

In a separate cast iron skillet, heat a small amount of oil over medium high heat. Add mushrooms and sauté until brown and tender. Add green and red peppers and stir quickly for about three minutes. Add mushrooms and peppers to broccoli mixture. Toss together quickly and serve immediately. Leftovers make a great lunch. Serves four.

Calories: 225.2, Total Carbohydrates: 19.2g, Protein: 4.5g, Fat: 16.2g per serving

Diabetes

Key Biomarkers: Blood Sugar (Glucose), BMI, Waist Circumference

Diabetes is a disease in which the body cannot produce or properly use insulin, the hormone that regulates the uptake of glucose (blood sugar) into the cells. There are two types of diabetes: type 1, in which the pancreas cannot make insulin; and type 2, in which the body cannot effectively use insulin. More than 90 percent of people with diabetes have type 2. Type 2 diabetes does run in families but can be largely prevented with diet and lifestyle choices. The major risk factors for type 2 diabetes include high blood pressure, high fat diet, a high alcohol intake, obesity and a sedentary lifestyle.

Glucose, which is high in foods such as breads, cereals, pasta, rice, potatoes, fruits, and some vegetables, serves as the body's main source of energy. In a person with diabetes, glucose cannot enter the cells and builds up in the bloodstream instead of being used for fuel. This creates symptoms of exhaustion, extreme thirst, frequent urination, hunger, and moodiness. Over the long term, high blood sugar levels can result in damage to the kidneys, eyes, nerves and blood vessels.

Prevention

People with type 2 diabetes can manage their blood-glucose levels by consuming foods in their whole, natural state. Processed foods should be avoided, since they quickly raise blood glucose levels, increase cravings for sweets, and lead to greater weight gain, higher triglycerides, and higher cholesterol.

Exercise is a key component in managing diabetes as it increases the uptake of glucose into the cells and helps with weight loss.

Nutrition Tips

Whole foods contain natural fiber and release glucose into the bloodstream slowly as they're digested. Eat mostly whole grains - especially oats - fruits, and vegetables and legumes such as peas and beans, which are high in water-soluble fiber. Apples provide another good source of water-soluble fiber. Onions and garlic are also helpful in lowering blood glucose due to their allicin content.

Lean quality proteins stabilize blood sugar levels and should be part of each meal and snack. Choose fresh nuts and seeds, free range eggs, low-fat dairy products, and lean meats.

Yeast extracts have a stimulating effect on the pancreas if it isn't secreting sufficient amounts of insulin. Watercress and horseradish have similar healing properties. Use these foods in spreads and for seasoning in small but frequent quantities.

Breakfast: Oatmeal

Oatmeal is the perfect choice for breakfast. It offers a sustained release of glucose into the bloodstream - unlike the instant sugar rush delivered by highly refined boxed cereals. Studies have shown that oats can help normalize blood glucose in diabetics.

Stovetop method: Soak 1 cup (250 mL) rolled oats in 2 cups (500 mL) warm water. Let stand overnight in a warm place. Oats can soak for up to 24 hours, so don't feel in a rush to make the oatmeal first thing. When ready to eat, bring oats to a boil and cook five minutes. Reduce heat, cover, and cook another five to 10 minutes, allowing oats time to congeal. Eat as is or mix in freshly ground flaxseeds and top with honey, maple syrup, or fruit. If you enjoy milk with your oatmeal, try rice or almond milk. Serves three to four.

Thermos method: For a personal serving of oatmeal on the go, measure 1/2 cup (125 mL) of rolled oats into thermos. Add 2 cups (500 mL) boiling water and close. The oats will be ready to eat any time the following day. Add flaxseeds and other ingredients when it's time to eat your oatmeal treat.

Calories: 52, Total Carbohydrates: 9g, Protein: 2.3g, Fat: 0.8g per serving

Lunch: Warm Whole-Grain Pesto Salad With Toasted Walnuts

Because it takes longer to digest, whole-grain pasta doesn't put blood sugars out of balance. For additional fiber, add a bean of your choice. Freeze any leftover Basil Pesto in small portions for use throughout the year as a quick and tasty sauce or as a spread on whole-grain toast topped with fresh tomato and ground black pepper.

Whole-Grain Salad
4 cups (1 L) water
2 cups (500 mL) whole grain rotini pasta
1/4 cup (60 mL) Basil Pesto (see below)
1 tsp (5 mL) lemon juice
Salt and pepper to taste

Basil Pesto
10 garlic cloves
1/2 cup (125 mL) onion, coarsely chopped
3/4 cup (185 mL) fresh walnuts or sunflower seeds (unroasted)
2-3 cups (500 to 750 mL) loosely packed basil leaves
1/2 cup (125 mL) nutritional yeast or parmesan cheese
1/2-1 1/2 cups (125 to 375 mL) extra-virgin olive oil
1-2 tsp (5 to 10 mL) sea salt, to taste

Boil water in large saucepan and cook pasta as directed on package. Meanwhile, make pesto by processing garlic, onion, and nuts or seeds in food processor until fine. Add basil leaves and nutritional yeast or parmesan cheese. With food processor on, slowly add enough oil to make sauce quite thick. Use immediately or store in glass jar with a little olive oil poured on top to prevent oxidization of the basil. Consume within two or three days or freeze in quarter-cup (60 mL) portions. Serves four.

Calories: 796.3, Total Carbohydrates: 30g, Protein: 13.2g, Fat: 72.5g per serving

Dinner: Hearty Black Bean Burger

Beans are an excellent source of both fiber and protein. These bean burgers grill up just as dark and delicious as any beef burger: you'll be hard pressed to tell the difference.

1/3 cup (85 mL) bulgur wheat
1/2 cup (125 mL) plus 2 tbsp (30 mL) boiling water (or red wine)
1 tsp (5 mL) extra virgin olive oil
2 cloves garlic, crushed
1 small onion, finely chopped
1/3 cup (85 mL) black beans, cooked
1/2 tsp (2 mL) ground cumin
1/2 tsp (2 mL) ground coriander
1/4 tsp (1 mL) allspice
14 oz (400 g) veggie ground round
1 egg, lightly beaten
1/2 tsp (2 mL) sea salt to taste
1/2 tsp (2 mL) cayenne pepper
1/4-1/2 cup (60 to 125 mL) soy flour, as required
4 whole-wheat hamburger or kaiser buns

In a small bowl, combine bulgur wheat with boiling water. Cover and let sit 20 minutes.

Meanwhile, in a large skillet, heat oil over medium heat. Add garlic and onion and cook until onion softens, about five minutes. Add black beans and cumin, coriander, and allspice. Stir and cook another three minutes. Add 2 tbsp (30 mL) water and stir until absorbed, about one minute. Remove from heat.

In a large bowl, mix together ground round, egg, salt, and pepper. Add black bean mixture and bulgur. Stir well until mixture is thick and sticks together easily. If the mixture is too wet, add a little soy flour. Make four large patties, each about three quarters of an inch (1.5 cm) thick.

Lightly oil skillet or grill and heat to medium. Cook patties four minutes on each side. Meanwhile toast whole-wheat buns.

Serve burger patties hot on whole-wheat buns with trimmings such as hummus, salsa, tomatoes, sprouts and lettuce. Serves four.

Calories: 202, Total Carbohydrates: 26g, Protein: 6.5g, Fat: 9g per serving

Heart Disease

Key Biomarkers: Blood Pressure, BMI, Cholesterol, Homocysteine, Triglycerides, Waist Circumference

Every moment of your life, your heart is feeding the rest of your body with oxygen and nutrient-rich blood. Anything that impedes the flow of blood to the heart, or the heart's ability to function, results in heart disease.

Coronary artery disease is the most well known of the conditions that fall under the umbrella of heart disease. It's caused by plaque, a build-up of LDL ("bad") cholesterol, calcium, and scar tissue. Plaque accumulates in the arteries supplying the heart and consequently reduces the flow of blood to the heart (the technical term for this is atherosclerosis).

Prevention

Heart disease can be prevented by:

- ✔ Maintaining a healthy weight
- ✔ Regular exercise and stress management
- ✔ Keeping cholesterol levels and blood pressure within the optimal range

Nutrition Tips

A healthy whole foods diet is key in both the prevention and management of heart disease. Adhering to the following guidelines will help you to keep your heart healthy:

- ✔ Adopt t a high-fiber, mostly vegetarian diet. Eat fresh fruits and vegetables, including carrots, beets, yams, celery, asparagus, and sea vegetables to obtain the vitamins and minerals necessary for a well-oxygenated, healthy heart. Eat them raw whenever possible to preserve enzymes and other nutrients.
- ✔ Avoid saturated fats from animal products and trans fats found in processed foods, since they raise "bad" cholesterol levels. Use unrefined, cold-pressed nut and seed oils such as flaxseed, walnut, or pumpkin seed oils on salads and cold dishes. These oils contain good fats, which help lower cholesterol levels and improve blood flow (see page 72).
- ✔ Limit homogenized milk, sugar, salt, and coffee, all of which put undue strain on the heart.
- ✔ Consume high quality protein foods. Soybean products such as tofu provide lecithin, which prevents fats from depositing, and offer an excellent alternative protein source to meat. Fish from deep, uncontaminated water are also a good source of protein, particularly fatty fish like salmon and mackerel, which contain heart-healthy omega-3 fats.
- ✔ Oats (not instant brands) contain B vitamins and fiber, which help to lower cholesterol levels. For maximum benefit, add figs, almonds, or wheat germ to oatmeal. These foods contain magnesium, a vitamin that has been shown to help regulate heart muscle activity. Wheat germ is also high in vitamin E, which increases oxygen supply to the heart.

Millet With Berries In Season

1 cup (250 mL) millet, rinsed in hot water
1 1/2 cups (375 mL) water
1/4 tsp (1 mL) sea salt
1 tbsp (15 mL) almond butter
1 tbsp (15 mL) honey
1 cup (250 mL) berries in season
1 cup (250 mL) milk or soy milk

In a medium-sized pot, combine rinsed millet, water, and salt. Bring to a rapid boil and let simmer for 15-20 minutes at reduced heat. Millet should be tender but not overcooked. After 10 minutes, check millet and add more water if necessary. Mix your choice of milk with almond butter and honey, and pour into a pitcher. Spoon millet into four cereal bowls. Pour milk mixture over millet and top with berries in season. Serves four.

Calories: 253.3, Total Carbohydrates: 44.7g, Protein: 8g, Fat: 5g per serving

Lunch: Yam Soup

Yams are full of antioxidants like beta carotene, which help prevent heart disease. Onions are believed to thin blood, lower LDL ("bad" cholesterol) and raise HDL ("good" cholesterol), discourage blood clots, and fight atherosclerosis.

3 large yams
1 onion, diced
1 tbsp (15 mL) butter
2 tbsp (30 mL) tamari
4 cups (1L) water, boiling
2 cubes of vegetable broth
1 tbsp (15 mL) kefir or yogurt
1/4 tsp (1 mL) cayenne
1 tsp (5 mL) ginger root, grated
1 tsp (5 mL) butter
3 tbsp (45 mL) pumpkin seeds, slightly roasted
1/2 cup (125 mL) feta cheese (optional)

Steam yams for 30-40 minutes until tender, then peel. While yams are cooking, sauté onions in butter and tamari until translucent. Dissolve vegetable cubes in boiling water. Put everything in blender. Add kefir, cayenne and ginger root. Blend on high speed.

Slightly roast pumpkin seeds in butter. Garnish with pumpkin seeds and thin slices of feta cheese and serve hot. Serves four.

Calories: 183.2, Total Carbohydrates: 21.2g, Protein: 8.2g, Fat: 7.5g per serving

Dinner: Savory Pancakes With Wild Mushrooms & Grains

A fantastic brunch or quick dinner option, these pancakes are easy to throw together. Onions and garlic can reduce "bad" cholesterol and lower blood pressure.

1 tbsp (15 mL) extra-virgin olive oil
1 tsp (5 mL) garlic, minced
12 medium crimini or other wild mushrooms, sliced
1 tsp (5 mL) sea salt
1/2 tsp (2.5 mL) black pepper
2 tsp (10 mL) fresh lemon juice
5 free range eggs
1/2 cup (125 mL) spelt flour
1 cup (250 mL) cooked grains (e.g., brown and wild rice)
3 green onions, chopped, including green tops
7 oz (200 g) feta cheese, crumbled (optional)

Heat oil in a skillet over medium heat. Add garlic and mushrooms and cook five minutes, until soft.

Add salt and pepper and cook another three to five minutes, until mushrooms have released their juice. Squeeze lemon juice over mushrooms and remove from heat.

In a large bowl, beat eggs with whisk and stir in flour, grains, green onions, and crumbled feta. Slowly stir in mushrooms.

Return skillet to medium heat and spoon 1/2 cup (125 mL) of egg mixture to centre of pan. Cook three minutes on each side (or until golden brown). Repeat until all egg mixture is used.

Serve with a side of tomatoes, hash browns, more mushrooms, and garnish with parsley, chopped chives, or other fresh herbs. Serves six.

Calories: 323.8, Total Carbohydrates: 35g, Protein: 14.2g, Fat: 14.3g per serving

Obesity

Key Biomarkers: BMI, Calorie Count, Waist Circumference

Overweight and its more serious counterpart, obesity, occur when a person weighs more than is deemed healthy for their age, sex, and height. Combined with a sedentary lifestyle, overweight or obesity significantly increases a person's risk of numerous health problems, including type 2 diabetes and heart disease.

Prevention

Contrary to popular opinion, overweight and obesity have more to do with what you eat than how much you eat. Eating foods in their whole form will naturally lead you on the path to a healthy weight. These foods are high in fiber and lower in calories so you can eat well and still lose weight. Eating regular meals, making healthy food choices, and correcting nutrient deficiencies or imbalances are all part of a sound weight-loss plan.

Nutrition Tips

Eat plenty of vegetables, which are high in complex carbohydrates, and enzyme-rich, fresh, raw fruits. Cabbage, cauliflower, Brussels sprouts, and cherries have few calories yet satisfy hunger, making them excellent food choices. Other healthy options include green peppers, celery, cucumber, lettuce, onions, radishes, spinach, turnips, guavas, apples, cantaloupe, watermelon, and grapefruit. Corn, green peas, and yams contain more sugar and should be eaten less often.

Use vegetable proteins such as beans, plain baked potatoes, lentils, and tofu to replace high-fat animal proteins, sweets, white-flour products, and processed and junk foods.

Avoid animal products high in saturated fats and processed foods that contain trans fats. However, not all fats lead to excess pounds: the essential fatty acids found in nuts and seeds and in unrefined, cold-pressed nut and seed oils like flaxseed, walnut, or pumpkin seed oil help the body metabolize stored fats. Similarly, the oil of fatty fish like salmon or mackerel can actually help to burn excess fat.

High-fiber foods are a vital part of an effective weight-loss plan, particularly those with water-soluble fiber, such as oat fiber, psyllium or pectin (found in apples and other fruits). Fiber works as an appetite suppressant, swelling to form bulk in the stomach and binding with bile to help the elimination of fats including cholesterol.

Drinking water also reduces the desire to snack. Drink at least six to eight glasses of water a day to help eliminate waste.

Breakfast: Classic Bircher Muesli

Oats provide an abundance of minerals, vitamins, and good fats. If you prefer, use in-season berries or sliced bananas instead of apples.

3/4 cup (185 mL) whole oat kernels, coarsely ground
Water to just cover oats
3 tbsp (45 mL) yogurt or kefir
1 tbsp (15 mL) lemon juice
1 tbsp (15 mL) honey
1 tbsp (15 mL) sunflower seeds or finely chopped almonds
2 large apples, washed
1/2 cup (125 mL) fruit or seasonal berries
1/4 tsp (1 mL) ground cinnamon

Soak oat flakes and raisins in milk overnight. Next morning, add grated apples, lemon juice and honey. Mix thoroughly. Spoon into cereal bowls and top with nuts. Serves four.

Calories: 239.2, Total Carbohydrates: 40.5g, Protein: 12.5g, Fat: 1.7g per serving

Lunch: Savory Brussels Sprouts

A member of the famed cabbage family, Brussels sprouts are loaded with vitamins A and C, folic acid, calcium, phosphorus, potassium, iron, and, of course, fiber.

2 cups (500 g) Brussels sprouts
4 large or 8 small Yukon gold or red nugget potatoes
1 large onion, sliced
2 tbsp (30 mL) butter
1 tbsp (15 mL) soy sauce
1/4 vegetable bouillon cube
1/2 cup (125 mL) boiling water
1/4 tsp (1 mL) nutmeg
Sea salt, to taste

Cook potatoes until done. Meanwhile, sauté onion in butter until translucent. Peel (if desired) and cut potatoes in eight segments then add to onion. Season with salt and simmer for three to five minutes. Keep warm.

Bring a pot of salted water to a boil, then submerge Brussels sprouts for one to two minutes. In a medium-size pot, dissolve vegetable bouillon in boiling water. Add Brussels sprouts and season with nutmeg. Cook until sprouts are done to your liking. Season to taste. Place potatoes in a serving dish and top with Brussels sprouts. Serve immediately. Serves four.

Calories: 169.5, Total Carbohydrates: 27.2g, Protein: 4g, Fat: 6.1g per serving

Roast Chicken With Tomatoes, Roasted Peppers, Olives & Capers

This dish from Southern France is packed with flavour but is very light. This sauce also goes perfectly with halibut, sablefish, or lobster.

1 red bell pepper
6 large free-range organic chicken legs, thighs attached
2 tsp (10 mL) extra-virgin olive oil
2 cups (500 mL) dark chicken stock
2 tbsp (30 mL) drained capers
1/4 cup (60 mL) pitted and halved kalamata olives
1 tsp (5 mL) minced garlic
1/3 cup (80 mL) mixed herbs (equal amounts of parsley, chives, and tarragon)
1 tbsp (15 mL) extra-virgin olive oil
6 butter-braised tomatoes cut in half
Extra-virgin olive oil, for garnish (optional)

Preheat oven to 400° F (200° C).

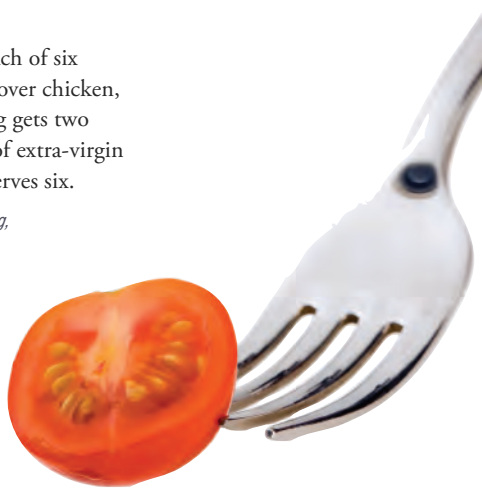
Rub red bell pepper with a little vegetable oil, place in baking pan, and roast in oven for 15-20 minutes, until skin blisters. Leave oven on, but remove pepper and transfer to a bowl; cover with plastic wrap and let sit for 10 minutes so skin will loosen. Peel red pepper, remove and discard seeds, then chop coarsely.

Season chicken with salt and freshly ground white pepper. Heat olive oil in large ovenproof frying pan on high heat. Add chicken legs, skin side down, and sear for two to three minutes, or until golden. Turn chicken over. Place pan in oven for about 25 minutes, basting with drippings every five minutes, until done (juice should run clear when pricked with sharp knife). Remove from oven and allow to rest so juice stays in meat.

To make sauce, place stock, roasted red pepper, capers, olives, and garlic in large saucepan on high heat. (Do not use small saucepan, as you will be reducing the sauce, and a larger surface area speeds this up.) Cook for about three minutes, or until stock is reduced by half. Just before serving, gently stir in mixed herbs, oil, and tomatoes. Season with salt and freshly ground white pepper.

Place a piece of chicken in each of six warmed bowls. Spoon sauce over chicken, making sure that each serving gets two tomato halves. Drizzle a bit of extra-virgin olive oil over each serving. Serves six.

Calories: 274, Total Carbohydrates: 9.2g, Protein: 24.2g, Fat: 15.5g per serving



Osteoporosis

Key Biomarkers: Bone Density

As bones lose density with age, they can sometimes grow porous and brittle. The result is osteoporosis. While not painful in itself, osteoporosis frequently leads to debilitating fractures, especially of the spinal vertebrae and the hips. Most people who have osteoporosis are post-menopausal women.

Prevention

To prevent and/or treat osteoporosis, your diet must address three key requirements: getting sufficient calcium and silica; obtaining the nutrients needed to assimilate calcium; and avoiding acid-forming foods that deplete calcium from the bones.

Weight-bearing exercise is also important as it stimulates the formation of strong bones.

Nutrition Tips

High calcium plant foods such as tofu, almonds, sesame seeds and dark green leafy vegetables like parsley, kale, and watercress remain the best sources of calcium. Whole grains such as barley also provide the bone-forming mineral so long as they're soaked to neutralize their phytic acid, which binds to calcium and prevents the body from using it.

Rolled oats provide silica, another vital nutrient in the maintenance of strong bones. To obtain silica, eat oats in the form of porridge or soaked overnight to make muesli.

Vitamin D and magnesium help the body to assimilate calcium. Cold-water fish, egg yolk, halibut liver oil, and cod liver oil all contain vitamin D.

Milk also has vitamin D, but little magnesium. Adding wheat germ to muesli with milk will correct the imbalance, since wheat germ is high in the mineral.

Broccoli, barley or barley grass, almonds, cashews, beans, tofu, and dried seaweeds provide both calcium and magnesium. So, too, do herring and sardines. Wheat germ, millet, oats, rye and fish are other excellent sources of magnesium. But the best osteoporosis-fighting food of all may be figs, which contain calcium, magnesium, and phosphorus in near-perfect balance for bone formation.

Avoid acid-forming foods that rob the bones of calcium: animal proteins, cereal grains that have not been presoaked, most processed foods and coffee. Foods containing oxalic acid- chard, rhubarb and spinach - also inhibit calcium uptake.

Breakfast: Oat Grits

3/4 cup (185 mL) whole oat kernels, coarsely ground
Water to just cover oats
3 tbsp (45 mL) yogurt or kefir
1 tbsp (15 mL) lemon juice
1 tbsp (15 mL) honey
1 tbsp (15 mL) sunflower seeds or finely chopped almonds
2 large apples, washed
1/2 cup (125 mL) fruit or seasonal berries
1/4 tsp (1 mL) ground cinnamon

Freshly grind whole oat kernels in a grain mill or for a short time in an electric coffee mill.

Mix oats and water thoroughly and let sit overnight. Next morning, add all other ingredients, coring and grating the apples at the end to avoid browning. Mix well and serve at once.

Serves four.

Calories: 239.2, Total Carbohydrates: 45.5g, Protein: 12.5g, Fat: 1.7g per serving

Lunch: Tofu & Broccoli Stir Fry

1 tbsp (15 mL) extra-virgin olive oil
2 cups (500 mL) cauliflower, cut into bite-sized pieces
2 cups (500 mL) broccoli, cut into bite-sized pieces
4 medium carrots, sliced
1/2 cup (125 mL) vegetable stock
1 lb (450 g) firm or extra-firm tofu, cut into 1/2-inch (1.25 cm) cubes
1/4 lb (115 g) snow peas
1 tsp (5 mL) garlic, finely chopped
2 tbsp (30 mL) ginger root, grated
4 cups (1 L) red or green cabbage, chopped
1 tbsp (15 mL) soy sauce (to taste)

Warm oil in a wok over medium-high heat and add cauliflower, broccoli, and carrots. Stir-fry for three minutes. Add vegetable stock, cover, and steam two minutes. Add tofu and snow peas, stir well, and cook an additional minute. Add garlic, ginger root, and cabbage. Cook until tender but crisp, about three minutes. Stir in soy sauce and serve on whole grains. Serves six.

Calories: 111.8, Total Carbohydrates: 14g, Protein: 3.6g, Fat: 5.7g per serving

Dinner: Warm Winter Stew

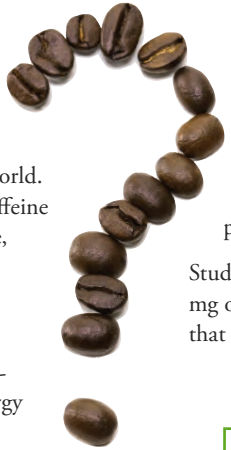
8 cups (2 L) kale, chopped
1 large parsnip
2 large carrots
1 smallish turnip optional: add or substitute sweet potato, potato or rutabaga
1 onion, chopped
2 cloves garlic
2 stalks celery
2 tbsp (30 mL) virgin olive oil
1-2 tbsp (15-30 mL) organic blackstrap molasses
2 tbsp (30 mL) lemon juice
2 tsp (10 mL) dried basil
2-4 cups vegetable stock

Steam kale until nearly tender; it should shrink to about two cups (500 mL). Drain well. While kale is cooking, clean parsnips, carrots and turnip and dice in 1-cm cubes.

Sauté onion, garlic and celery in olive oil. Mash the garlic cloves with a fork, add lemon juice, basil, stock and the diced vegetables. Simmer for about 20 minutes, until vegetables are tender. Add kale and cook five more minutes. Serves 4.

Calories: 258.8, Total Carbohydrates: 29.3g, Protein: 6g, Fat: 15.5g per serving

Caffeine



Is Caffeine A Drug?

Caffeine is the most widely used drug in the world. A stimulant that effects the nervous system, caffeine has been shown to trigger physical dependence, along with a multitude of other effects on the whole body:

- ✔ Sugar is released into the bloodstream and the pancreas responds with insulin production, eventually bringing sugar and energy levels down.
- ✔ Caffeine makes you urinate more often, leading to dehydration. Furthermore, when eliminated from the body, caffeine takes calcium and other minerals with it and has been cited as a factor in bone loss and osteoporosis.
- ✔ Caffeine has been shown to elevate stress hormones – over and above the body's natural response – for many hours after consumption. Stress hormones can raise blood pressure, interfere with sleep, increase stomach acid, and contribute to anxiety and irritability.

Is Caffeine Good For You?

Caffeine can have some short-term benefits. It temporarily reduces fatigue and increases the capacity for mental or physical work, which is partly which caffeine is often used in headache medications to make them more effective.

Caffeine intoxication can result from an acute overdose, usually in excess of about 300 milligrams depending on the individual's level of caffeine tolerance.

Studies have shown that people who take in as little as 100 mg of caffeine per day can develop a physical dependence that would induce withdrawal symptoms.

Average Caffeine Content	
Energy Drinks (1 can)	80-340+ mg
Coffee, 250 mL (1 cup)	80-135 mg
Decaffeinated Coffee	5 mg
Cola (1 can)	36-46 mg
Tea, average blend (250 mL)	43 mg
Green tea (250 mL)	30 mg
Dark chocolate (30 g)	20 mg

Coffee Substitutes

Coffee substitutes provide a healthier alternative to traditional caffeinated coffee. Different kinds are made from roasted chicory, roasted barley, dandelion, beet root, malt, and rye, contain no caffeine at all and are available in health-food stores.

Herbal Teas

Herbal teas are used in many cultures to enhance mental health and function:

- ✔ Green tea has less caffeine than regular tea and doesn't trigger caffeine dependency and jitters. It contains theanine, an amino acid that has a relaxing effect, as well as volatile oils, vitamins, minerals, and potent antioxidants called polyphenols. Studies have shown that green tea can benefit your heart health by reducing cholesterol levels, preventing excess blood clotting and lowering blood pressure. Evidence also exists to suggest that green tea can help boost the immune system, prevent cancer, and promote weight loss.
- ✔ Yerba maté tea can help ease depression, stimulate the mind, and fight fatigue. However, if you have trouble sleeping, you may want to avoid drinking yerba maté in the evening: the active ingredient, mateine, is another plant form of the simulant caffeine. (Note: some herbal products can produce side effects in certain individuals.
- ✔ Rooibos tea is a caffeine free and non-stimulant, which makes it ideal for the end of the day and after dinner. High in antioxidants it may also help relieve nervous tension, allergies and digestive problems.

Decaffeinated Coffee

Although many people drink decaffeinated coffee to avoid caffeine's perceived unhealthiness, some of the methods employed in decaffeination actually make it a less healthy alternative than regular coffee. Several decaffeination processes use a chemical solvent such as ethyl acetate or methylene chloride; the later is also used as a paint stripper and has been found to be carcinogenic in studies conducted on animals. Be sure to choose certified organic decaffeinated coffees that have employed the Swiss Water process, which uses only water to remove the caffeine.

If you're a hardcore java junkie, going off coffee cold turkey may cause withdrawal symptoms including headaches, irritability, and feeling achy and miserable. Try tapering off by drinking smaller servings or switching to half-caffeinated drinks. Be sure to drink lots of pure water and to enjoy the healthier alternatives to coffee. If you do continue to drink coffee, choose organic varieties (which have shown to have higher antioxidant levels than non-organic coffee) and limit yourself to one cup a day.

Note: there is still some caffeine in decaffeinated coffee. (see chart on page 66)

Water

Clean water is absolutely essential for all body functions, including skin and organ integrity, immune system balance, cellular respiration and repair, and waste elimination. Our bodies are about 70 percent water and rely upon watery fluids to transport nutrients to the cells and remove toxins from the body.

The average person loses about 2.5 liters of water a day depending on their size and activity level. Exercise and hot environments increase water loss as do diuretic drinks such as coffee, tea and soft drinks. Thirst and dark urine are indications that the body is becoming dehydrated. Other symptoms of dehydration may include: headaches, muscle cramps, low blood pressure, dizziness or fainting, constipation and fatigue.

When the body becomes dehydrated, it will try to conserve water, hindering the organs of elimination - the liver, kidneys, lungs, and digestive tract from functioning properly. Without sufficient water intake, toxins will be stored instead of being eliminated, leading to swelling and weight gain.

Drink at least one litre (quart) of water for every 50 lbs. of body weight throughout the day to keep your body well hydrated. Try to drink most of your daily intake of water between meals; that way it won't dilute the enzymes that are working to digest your food.

Tap water is treated with chlorine and may contain residues of pesticides, fertilizers, medications, heavy metals, and personal-care products. Bottled water is often just modified tap water and may contain plastic toxins such as bisphenol A or antimony, as well as a high number of bacteria. Nor is distilled water a suitable alternative to tap water, as it tends to pull minerals from the body.

The best water is pure mountain spring water, naturally filtered and oxidized with minerals. However, since this water often isn't readily available to us, filtering water is the next best option to remove chemicals and improve the taste, odor, and appearance of drinking water. Install a quality water filtration system at home and at work, such as a reverse osmosis filter, a ceramic system, and carbon block system. For water on the go, be sure to use a safe and clean stainless steel or glass container.

To ensure you get your daily quota of water:

- ✔ Fill a 2-3 litre glass or stainless steel container in the morning and sip from it through the day.
- ✔ Have water available to you at all times and make drinking water part of your daily routine.
- ✔ If desired, add fresh lemon or lime juice for flavor.
- ✔ Drink warm/hot water in the morning.
- ✔ Avoid drinking water at ice-cold temperatures, which can irritate the delicate lining of your stomach.

Real Sugar Vs. Artificial Sweeteners

Many people choose the "lite" versions of processed food and drinks to reduce their calorie intake and eat healthier. However, these products often include artificial sweeteners, which turn out to be not that healthy after all.

Artificial sweeteners are unnatural chemicals that your body must break down and eliminate. One of the most common is Aspartame (sold as Equal™ or NutraSweet™). This compound is broken down in the body to methanol, a nerve toxin, and formaldehyde, classified as a probable human carcinogen. The makers of Sucralose or Splenda® claim that it represents a more natural alternative to sugar, but studies have shown a link to migraine headaches and that it may affect the thymus gland, a key part of the immune system.

With these kinds of health risks, it may actually be better to stick to white sugar than consume artificial sweeteners. Nonetheless, white sugar - which has been stripped of fiber and other nutrients in the refining process - still has numerous drawbacks: it rapidly raises blood glucose, then stores the excess as fat, and has also been shown to reduce the activity of white blood cells by fifty percent for up to two hours. High-fructose corn syrup should likewise be avoided, since it contributes to obesity and harms the function of the liver and pancreas.

Try to reduce your dependency on both white sugar and artificial sweeteners. Consume foods intheir natural state and enjoy the natural sweetness of fruits and vegetables. Use demerara or raw sugar in moderation if need be and consider these natural sweeteners:

- ✔ Honey is twice as sweet as refined sugar. Purchase unfiltered, unheated, and unprocessed honey.
- ✔ Maple syrup, grade C, has the most flavor and mineral content; look for "100% pure organic maple syrup."
- ✔ Sucanat is processed from sugar cane to retain a higher content of nutritious minerals and vitamins.
- ✔ Molasses is a by-product of cane sugar refining that contains many minerals; look for organic brands.
- ✔ Stevia, which comes from a plant 300 times sweeter than sugar, is calorie-free and safe for diabetics.
- ✔ Fresh and dried fruit possess fiber and nutrients and can add flavor to baked and cooked dishes. Try apricots, currants, dates, figs, prunes, and raisins.
- ✔ Agave nectar called Agave syrup is naturally "tapped" from the Agave cactus, native to Mexico. It is absorbed more slowly by the body eliminating the highs and lows of regular sugar. It contains iron, calcium, potassium and magnesium.

Fats That Heal Vs. Fats That Kill

All of our body's cells contain fatty molecules and fat is an important form of stored energy. Fats are one of the most important elements in nutrition. They are also one of the least understood. Even today, with interest in healthy eating at an all-time high, many people still don't know the crucial difference between fats that heal and fats that kill.

Bad Fats

A diet high in bad fats can interfere with cell function and lead to the build-up of fatty plaques in our arteries. Bad fats include:

- ✔ Saturated fat from animal products can increase cholesterol levels and the risk of heart disease.
- ✔ Trans-fatty acids are especially dangerous. The process of hydrogenation - bubbling hydrogen through sensitive vegetable oils - damages the fat molecules and forms unnatural trans fats. These have been shown to adversely affect cholesterol levels and increase the risk of artery clogging plaques.
- ✔ Some vegetable fats are sensitive to heat, light, and oxygen. Upon exposure, dangerous free radicals can be formed and the fat may become rancid. For this reason, less sensitive oils are used for cooking and baking.

Essential Fats

To ensure good health, you need to consume the good fats known as essential fatty acids (EFAs). Like minerals, vitamins, and essential amino acids (proteins), these fats are essential for life. The body requires EFAs for ciculation and cardiovascular health, cell-membrane and immune function, brain development, energy, and stress and hormone balance. Because it can't make EFAs on its own, they must be obtained wholly through diet.

There are two primary types of EFAs:

- ✔ Omega-3 (alpha-linolenic acid). The best sources are flaxseed and coldwater fish (salmon, sardines, mackerel and herring).
- ✔ Omega 6 (linoleic acid), which can be found in most nuts and seeds, especially sunflower and sesame seeds. Nuts and seeds are best eaten raw and fresh. Grind up sesame and flaxseeds to get their full nutrient value.

The proper ratio of omega-3s to omega-6s is two to one. With optimum intake of both EFAs, the body itself makes the derivatives and hormones it needs. Aim for two to five tablespoons daily of foods high in EFAs, with the right balance of omega-3 and omega-6. Use EFA-rich seeds and oils in raw salads (making sure not to heat or fry them so you preserve the delicate healing fat molecules) and eat wild, coldwater fish in moderation.

To find recipes that are high in essential fats and low in bad fats, go to the Healthy Recipes section, under the main menu item Healthy Living, Eating Right left menu.

Appendix

Body Mass Index

	Normal						Overweight					Obese										Extreme Obese		
BMI	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**32**	**33**	**34**	**35**	**36**	**37**	**38**	**39**	**40**	**41**	**42**
Height (inches)	**Body Weight (pounds)**																							
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335

BMI is only a guide and many healthy athletes can have a high BMI despite being at a healthy weight for them. Normal BMI values may also vary among different ethnic groups.

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