



The Wellness Solution
MOTION • HEALTH • HAPPINESS

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“How to Eat” Basics

(Adapted from Michael Pollan's *Food Rules*)

Seven words to live by: Eat Food. Not too Much. Mostly Plants.

Eat Food

So What Should I Eat?

- Eat Food, not food like substances
- More than 17,000 new products show up in the supermarket each year
- Most are highly processed concoctions designed by food scientists

Don't eat food your great-grandmother wouldn't recognize

- There are thousands of food like substances in the supermarket that our ancestors wouldn't recognize as food
- Most are designed to trigger our evolutionary preferences for sweetness, salt and fat.
- These tastes are difficult to find in nature and cheap to create!

Avoid products containing ingredients that no ordinary human would keep in the pantry

- Exothylated diglycerides, Ammonium sulfate, Xanthan anyone????
- These ingredients are designed to extend shelf life and make old food look fresher and more appetizing

Avoid products containing High Fructose Corn Syrup (HFCS)

- HFCS is now added to hundreds of foods that have not traditionally been sweetened such as bread, condiments and snack foods
- HFCS is a reliable marker for a food product that has been highly processed

Avoid food products containing ingredients that a third grader cannot pronounce

- The healthiest food in the supermarket – fresh produce – doesn't contain ingredients you need a science degree to understand or pronounce

Avoid foods that are pretending to be something they are not

- To make something like "nonfat cream cheese" (which contains neither cream nor cheese) requires an extreme amount of processing
- The same holds true for soy-based mock meats, artificial sweeteners, fake fats and starches

Avoid foods you see advertised on television

- Only the biggest food manufacturers can afford to advertise on TV, so if you avoid products with big ad budgets, you will automatically be avoiding "food like" substances

Shop the peripheries of the supermarket and stay out of the middle

- Processed foods dominate the center isles of most stores
- Most fresh foods (produce, fish, eggs, dairy) line the walls
- You are more likely to have "real" food in your cart when you shop this way

Eat only foods that will eventually rot

- The more processed a food is, the longer shelf life it will have
- Real food is alive – and therefore should eventually die (rot)
- Most of the "immortal" food like substances in the supermarket are found in the middle aisles

Eat foods made from ingredients that you can picture in their raw state or growing in nature.

- This will keep all sorts of chemicals and food like substances out of your diet
- Can you imagine what Pringles or Twinkies ingredients look like raw, or in the place where they grow??

Get out of the supermarket whenever you can

- You won't find any high fructose corn syrup at the Farmer's market
- You also won't find any elaborately processed food products or unpronounceable ingredients either
- You will find fresh, whole foods harvested at the peak of their taste and nutritional quality (and your great grandmother will recognize them too!)

Not too much

Pay more, eat less

- Learn to distinguish between "quality" and "quantity"
- Better food (measured by taste and nutritional quality) costs more because it been grown or raised with more care
- As the cost of food in our country has declined, we have been eating much more (and spending more on healthcare!)
- "better to pay the grocer than the doctor"
- Choose food experience over calories

Stop eating before you are full

- Practice moderation – many cultures specifically advise stopping well before you are full (Japanese/80% full; Ayurvedic tradition/75% full; Chinese/70% full; Islam/30% food, 30% liquid, 30% air)
- What would grandma say: "tie of the sack before it is completely full"
- Don't ask yourself "Am I full?" but rather "is my hunger gone?"

Eat when you are hungry, not when you are bored

- Are you eating because of boredom, for entertainment, to comfort or reward yourself?

- Become aware of “why” you are eating and ask yourself if you are really hungry
- What would grandma say: “if you’re not hungry enough to eat an apple, than you’re not hungry!”

Consult your gut

- Don’t allow external (usually visual) cues to determine how much you eat - The larger the portion the more you eat; The larger the container the more we pour
- Cultivate your senses (besides sight) when it comes to food
- Slow down your eating and pay attention to your body
- What would grandma say: “your eyes are bigger than your stomach”

Eat slowly

- Eat slowly enough to savor your food – you’ll need less of it to feel satisfied
- The slower you eat, the more of an “experience’ you will have
- Spend as much time enjoying the meal as it took to prepare it
- What would grandma say: “put down your fork between bites”

Buy smaller plates and glasses

- The bigger the portion, the more you will eat – upwards of 30% more
- Food marketers know this, so they “supersize” portions as a way of getting us to buy more
- Switching to a smaller plate can reduce consumption by nearly 25%
- Don’t go back for seconds – and if you do, wait at least 10 minutes before your first helping

Eat breakfast like a king, lunch like a prince, and dinner like a pauper

- Front-loading your eating earlier in the day typically results in fewer total calories over a day’s time
- The more physically active you are after a meal, the more of the energy in that meal your muscles will burn before your body stores it as fat
- What would grandma say: “after lunch, sleep awhile; after dinner, walk a mile”

Mostly Plants

What is a plant based diet?

- Rich in fruits, veggies, whole grains, legumes, nuts & seeds
- Small amounts of meats
- Provides fiber & a variety of disease fighting chemicals
- Anti-inflammatory

Why should I eat a Plant Based Diet?

- Anti-inflammatory
- Rich in protective phyto (plant) chemicals
- High in antioxidants
- High in fiber
- Low in fat
- Lower in calories

Inflammation and Health

- Many diseases are greatly influenced by chronic inflammation
- Food has the ability to influence or inhibit inflammation
- Poor diet, stress, lack of exercise and genetic predisposition can all promote inflammation
- Plant based foods “inhibit” inflammation and contain phytonutrients

What are Phytonutrients

- Provide plants with color, odor & taste
- Offer protection to the plant
- Have the same effect in our bodies when we eat them
- Powerful antioxidants
- Stimulate the immune system
- Decrease inflammation

Tips for keeping it Simple:

- Eat mostly plants, especially leaves – your greatest protection for preventing most “Western” diseases and illnesses
- Think of meat as a “part” of the meal, not THE meal – consider becoming a “flexitarian” and eat meat a few times a week

- Eat animals that have eaten well themselves – the diet of the animals we eat strongly influences the nutritional quality of the food we get from them, whether it is meat, milk or eggs
- Eat your colors – each color contains “health promoting” plant chemicals that protect against disease. The best protection comes from a wide variety of color
- Eat sweet foods as you find them in nature – in nature, sugars almost always come packaged with fiber, which slows their absorption and gives you a sense of fullness before you’ve ingested too many calories.
- The whiter the bread, the worse you’ll be fed – white flour is not much different from sugar. It offers none of the good stuff contained in “whole” grains (fiber, B vitamins, and healthy fats).
- Eat whole grains and minimize your consumption of white flour

Other Practical Tips:

- Practice portion control
- Use a 9” plate for better portion control for most women
- Use a 10” plate for better portion control for most men
- Use your fist, palm and thumb to gauge serving sizes
- Skipping meals is the number one way to set yourself up for dietary disaster
- Smaller “snack like” meals spread throughout the day provide a steady supply of fuel
- Aim to eat every 2-3 hours throughout the day

Remember:

- If it came from a plant, eat it; if it was made in a plant, don’t!
- It’s not food if it arrived through the window of your car
- It’s not food if it’s called by the same name in every language (think Big Mac, Cheetos, Pringles)
- Buy your snacks at the farmer’s market
- Eat only foods that have been cooked by humans
- Don’t eat foods made in places where everyone is required to wear a surgical cap

Healthy Trail Mix



A quick and easy “whole food” snack that travels well and doesn't require a science degree to read the ingredient list!

Ingredients

2 cups raw almonds (or other favorite nut)

1 cup cashews or other nuts

2 cup dried fruit (cranberries, raisins, apricots, apples, pineapple)

1 cup pumpkin seed

1 cup sunflower seeds

Dark chocolate chips - $\frac{1}{2}$ to 1 cup (optional)

Method

Roast the almonds or other nuts you want to use on a baking sheet for 8 to 10 minutes at 350 degrees Fahrenheit. Cashews don't need to be roasted as they are already heat processed. Place completely cooled nuts in a large bowl and add the rest of the ingredients. Toss until well mixed. Store in a large airtight container such as canning jar.

Serving size is $\frac{1}{4}$ cup.

Provides ~ 175 calories, 10 grams of protein



Deviled Eggs with Capers & Tarragon

Ingredients:

- 6 hard-boiled eggs
 - 2 tablespoons extra-virgin olive oil
 - 1 tablespoon mayonnaise
 - 1 1/2 teaspoons Dijon mustard
 - 2 tablespoons minced celery
 - 4 teaspoons chopped fresh tarragon
 - 1 tablespoon minced drained capers
 - 2 teaspoons minced shallot
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- Sliced celery

Directions:

Shell eggs, then cut in half lengthwise. Transfer yolks to small bowl and mash with fork. Mix in oil, mayonnaise, and mustard. Stir in minced celery, tarragon, capers, and shallot. Season to taste with salt and pepper.

Spoon yolk mixture into whites. Garnish each with celery slice.

Cover loosely and refrigerate

Can be made 4 hours ahead.



Red Bean, Potato & Arugula Soup

Ingredients:

- 2 cups chopped onions
- 2 garlic cloves, minced or pressed
- 2 tbsp olive oil
- 3 cups diced red potatoes
- 1 sprig of fresh rosemary (about 4 inches long)
- 3 cups vegetable broth
- 1 tsp salt
- 1 14-oz can of small red beans, drained
- 2 tbsp lemon juice or 1/2 cup white wine
- 4 oz arugula (about 4 cups)
- 1/4 cup chopped fresh basil
- Salt and black pepper
- Lemon wedges (optional)
- Grated parmesan or pecorino romano cheese (optional)

Directions:

In a soup pot, sauté the onions and garlic in the oil for about 2 minutes.

Add the potatoes, rosemary, broth, and salt. Cover and bring to a boil.

Add the beans and the lemon juice (wine). Reduce the heat and simmer, covered, until the potatoes are tender, about 10 minutes.

While the potatoes cook, rinse, and drain the arugula. Remove any large or tough stems and coarsely chop any large leaves. Set aside.

When the potatoes are tender, add the basil and salt and pepper to taste.

Remove and discard the rosemary sprigs - some leaves may stay behind the soup, and that's fine. Put a handful of arugula into each bowl and ladle the hot soup over it. Serve immediately with lemon wedges and/or cheese.

Serves: 4



Healthy Homemade Granola

Dry Ingredients:

- 5 cups rolled oats (you can also use a combination of rolled grains)
- 2-3 cups of raw almonds or pecan halves (or other nuts)
- 1 cup raw pumpkin seeds (or sunflower seeds)
- 3/4 cup sesame seeds
- 1/2 cup wheat germ or ground flax seed.
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp salt
- Options: 1/2 to 1 cup unsweetened coconut,
- 1/2 cup dried fruit (add after cooked) date pieces, cranberries, cherries, apricots, mango

Wet Ingredients:

- 3/4 cup unsweetened applesauce
- 1/3 cup agave nectar (or brown rice syrup, honey or maple syrup)
- Note: see new posting questioning agave.
- 2 Tbsp canola oil

Directions:

Preheat the oven to 300°F.

Mix the dry ingredients in a large bowl. Mix the wet ingredients together, and then stir into dry ingredients. Stir well to mix thoroughly.

Spread the mixture into two baking dishes. Bake for 35-40 minutes, or until evenly golden brown. Stir every 10 minutes to ensure even browning. Stir again when removed from oven to keep it from cooling into a solid mass. The granola will crisp as it cools. If you use fruit, stir once it is cooled.

Store in the refrigerator in a large zip lock bag or other airtight container.

Makes about 10 cups.



Healthy Blueberry & Banana Muffins

Ingredients:

- 3/4 cups all purpose flour
- 3/4 cups whole wheat flour
- 1/2 cup sugar
- 1/4 cup oat bran
- 2 teaspoons baking powder
- 1/2 teaspoon salt

- 1 cup mashed ripe bananas (about 3)
- 1/2 cup unflavored soy milk
- 1 large egg
- 2 tablespoons vegetable oil
- 2 teaspoons fresh lemon juice
- 1 1/2 cups fresh blueberries or 1 1/2 cups frozen blueberries, unthawed (6 to 7 ounces)

Directions:

Preheat the oven to 400°F.

Line 12 muffin cups with paper liners. Combine flour, sugar, oat bran, baking powder, and salt in medium bowl; whisk to blend.

Place mashed bananas in large bowl. Stir in soy milk, egg, oil, and lemon juice. Mix in dry ingredients, then blueberries. Divide batter among muffin liners. Bake muffins until tester inserted into center comes out clean, about 20 minutes. Turn muffins out onto a rack and cool 10 minutes.

Serve warm or at room temperature.