

## Family Nutrition Information Packet

### Statistics and Quotes

- **Medical Stats**

- 17% children (aged 6-11) are overweight (CDC, 2003-06)
- 7.3% children are limited in activity due to chronic health conditions (CDC 2006)
- 4.6 million U.S. kids (aged 3-17) had a learning disability (CDC 2007)
- 4.5 million U.S. kids (aged 3-17) had ADHD (CDC 2007)
- When compared to children of excellent or very good health, those with fair or poor health status were 5 X as likely to have a learning disability and >2 X as likely to have ADHD
  - 17% adult Americans have “high” cholesterol =  $\geq 240$  mg/dL (CDC, 2004)
  - 30% American adults have hypertension... $\geq 140/90$  mmHg (CDC, 2003)
  - 24 million Americans have diabetes...~ 8% U.S. population (CDC, 2007)
  - >650,000 Americans die every year of heart disease...#1 cause of death (CDC)
  - >1500 Americans die each day of cancer (ACS, 2008)
  - Leading causes of death in the United States:
    - Heart Disease (heart attacks and stroke)
    - Cancer (Prostate/Breast, Lung & Colo-Rectal, in order)
    - Physician error, medication error, adverse events from drugs and surgery
    - Diabetes

- **Nutrition Stats**

- ~75% Americans do not consume minimum recommended fruit & vegetable servings per day!!! (CDC, 2007)
- >50% American adults perform insufficient physical activity (CDC, 2007)
- 24% are sedentary (CDC, 2007)

*The US Surgeon General* now ranks being overweight and obesity as the #1 public health concern. The disease consequences of obesity are greater than those of any infectious disease epidemic.

*Experts say:* Approximately 70% of disease is directly related to what we eat and drink.

*Dr. David Katz:* “This generation of kids growing up today will be the first generation to have a shorter life span than their parents.”

*Dr. Lydia Hazan:* “Childhood obesity is already the leading cause of sustained high blood pressure in children.”

- 1 out of 2 children will develop heart disease.
- Cancer kills more children than any other disease. *Gale encyclopedia of Children & adolescents, 1998*
- 1 in 3 children born in the year 2000 will develop diabetes
- Children at the age of 3 have fatty deposits in their arteries. *Bogalusa Heart Study*
- By age 12, 70% of all American children have developed beginning stages of hardening of the arteries. *Bogalusa Heart Study*

**To Your Health Fitness & Nutrition**  
**Julieanna Hever, M.S., R.D., C.P.T.**  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
**(310) 502-0690**

*Quotes from "The China Study" By T. Colin Campbell, PhD*

- Less than 7% of children and adolescents consume the recommended 2 servings of fruit and 3 servings of vegetables per day. *Archives of Pediatric & Adolescent Medicine 1996.*
- Dietary change can enable diabetic patients to go off their medication
- Heart disease can be prevented and even reversed by a healthy diet.
- Breast cancer is related to levels of female hormones in the blood, which are determined by the food we eat.
- Antioxidants, found in fruits and vegetables, are linked to better mental performance in old age.
- Kidney stones can be prevented by a healthy diet.
- Type 1 Diabetes is convincingly linked to infant feeding practices.

*Dr. David Katz:* "Children today will experience more chronic degenerative disease as a result of their poor eating habits than from cigarettes, alcohol and drugs combined."

*Ode Magazine:* "Scientists suspect that many children with ADHD actually are displaying allergic reactions to one of many possible food products or chemicals."

American Institute of Cancer Research:

- 150 scientists
- 4500 research studies on nutrition and cancer
- Conclusion: Fruits and vegetables and grains CAN prevent cancer
- 3 to 4 million cases of cancer could be prevented annually

### **How to Eat to Prevent & Reverse Disease**

<b><i>Whole Plant Foods</i></b>	<b><i>Animal Foods</i></b>	<b><i>Refined/Junk Foods</i></b>
Fiber	No Fiber	No Fiber
Antioxidants	Oxidants + No antioxidants	Oxidants + No Antioxidants
Low Fat	High Fat	High Fat
Very Low Saturated Fat	High Saturated Fat	High Saturated fat
No Cholesterol	High Cholesterol	High Cholesterol
No Trans Fat	High Concentrated Toxins	High Trans Fats
Low Pesticides	High Pesticides	High Sugar
No Hormones + Hormone-Fighting	High Hormones	

Capability		
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### **Why Fiber is so Important**

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| <ul style="list-style-type: none"> <li>Fiber absorbs and helps excrete excess hormones</li> <li>Fiber curbs overeating</li> <li>Fiber steadies your blood-sugar level</li> <li>Fiber slows fat absorption</li> <li>Fiber reduces cholesterol</li> <li>Fiber promotes regularity</li> </ul> | <ul style="list-style-type: none"> <li>Fiber helps weight loss</li> <li>Fiber reduces cancer risk</li> <li>Fiber increases peristalsis</li> <li>Fiber binds carcinogens</li> <li>Fiber promotes healthy intestinal bacteria</li> <li>Fiber prevents colon cancer</li> </ul> |
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### **Why Antioxidants are so Important**

**Free Radicals** are highly reactive molecules that are produced from oxygen, exercise, ozone, chemicals, processed foods, radiation, high-fat and high-sugar foods, drugs, etc. Our bodies are assaulted by these molecules approximately 10,000 times every single day. Free radicals cause oxidation to occur in the body, similar to the rusting of iron or the browning of an apple once cut or bitten into. Once oxidation begins to occur, this leads to cell genetic damage and is a self-perpetuating process. Oxidation is what is thought to cause aging, cell death, unpredictable replication (cancer), and atherosclerosis, among other degenerative processes.

**Antioxidants** are extremely powerful substances that have the capability to quench (or stop) these free radicals from doing their mischief and from replicating themselves. They do this by converting these unstable molecules into stable compounds. Antioxidants boost the body's immune system and protect the genes. The most potent antioxidants are vitamins C and E, carotenoids, and selenium. These antioxidants are abundant in wide variety and quantity from plants. Every color represents a different antioxidant and phytochemical, which is why it is critical to eat every color everyday, particularly the deep greens, oranges, blues, and reds.

### **Immune Builders**

- Good Fats:**
- Avocados
  - Raw nuts
  - Raw seeds
  - Flax
  - Nut butters

- Good Carbohydrates:**
- Fruits
  - Vegetables
  - Whole grain cereals/breads
  - Sprouted grain cereals/breads
  - Brown rice
  - Oatmeal/cream of wheat
  - Whole grain pasta
  - Sweet potatoes/Yams
  - Whole grain crackers

- Good Protein:**
- Greens
  - Beans
  - Organic Tofu/soy
  - Legumes (lentils,peas)

*To Your Health Fitness & Nutrition*  
**Julieanna Hever, M.S., R.D., C.P.T.**  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
(310) 502-0690

### **How to encourage your kids to eat more Fruits and Vegetables:**

- Have fruit washed and easily available. Cut up veggies and have them ready to eat.
- Use fruit for a sweet snack.
- Pack fruits and vegetables as a snack in their lunch box.
- Serve fruit and vegetables as a snack at home.
- Serve salads as the main meal.
- Experiment with new fruits and vegetables.
- Visit local Farmer's Markets to get the freshest, most flavor-rich produce available.
- Consume concentrated fruit and vegetables (Juice Plus+)

### **Why are raw fruits and vegetables so important? Here are just a few reasons:**

- Raw fruits and vegetables are the building blocks for healthy bodies. Not only are you what you eat, but also what you absorb!
- Raw fruits and vegetables protect against the daily assaults by free radicals.
- Everyone manufactures free radicals as a by-product of metabolism. These free radicals cause destruction and aging of cells and body, including cancer. The antioxidants in raw fruits and vegetables neutralize free radicals.
- The fiber in raw plant foods can lower cholesterol, scrub the intestinal walls, reduce the risk of diabetes by slowing carbohydrate absorption and reduce the risk of many types of cancer.
- Phytochemicals found in raw fruits and vegetables fight disease and reduce the risk of many diseases.
- There are over 10,000 phytochemicals in a single tomato!!!
- Minerals in plant food, like calcium, sodium, magnesium, and potassium are all vital for proper body function.

### **Tips to Create a Healthy House**

- **Remove temptation.** Get rid of all junk food, processed products, and refined sugars and flours (or products made with them).
- **Keep bowls of ready-to-eat raw fruits, vegetables, and nuts on the kitchen counter.** Include Persian cucumbers, grapes, apples, bananas, berries, snap peas, snow pea pods, carrots, string beans, raw nuts, dried fruit, etc. Be creative. Kids will eat them throughout the day if they are more available and will fill up on healthy snacks.
- **Allow kids to help with the preparation of meals.** If they are involved, they will be more likely to want to eat the items. Make a big deal to the rest of the family at what a great job the child did at making the meal.
- **Stock your pantry with raisins, dried cranberries, dates, raw nuts and seeds, whole grains, and legumes.**
- **Keep plenty of frozen fruits and vegetables in the freezer so they are ready to grab at a moments notice.**
- **Make larger servings so there will be food available for leftovers.** Make a large pot of soup and/or a huge salad 2-3 times a week so you can have them for dinner throughout the week and minimize day-to-day preparation time.
- **Create your own trail mix (with the help of your kids).** Combine a variety of dried fruits, raw seeds and raw nuts and place them into individual serving sizes so they can be placed in lunches or grabbed easily for snacks.
- **Keep fresh cut-up melons, pineapple, and oranges in the fridge.**
- **Get creative, experiment with new recipes, find what your family loves and determine your staples based on their preferences.** Certain meals will become favorites and will be easy to prepare. Use these as your go-to meals.
- **Make large batches of wild or brown rice.** Leftovers can be used to make rice pudding or to use as a side dish for the next meal.

### **Read your Labels and Avoid the Immune Suppressors**

...Many packaged foods contain harmful ingredients.

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| <ul style="list-style-type: none"><li>•Sugar - 4 Grams = 1 Tsp.<br/>    Sucrose, Corn Syrup, High Fructose Corn Syrup, Brown Sugar,<br/>    Turbinado Sugar, Honey, Molasses, Fructose, Dextrose</li><li>•Artificial Sweeteners (Aspartame, Saccharin, Sucralose, Sugar Alcohols)</li><li>•Monosodium Glutamate - (MSG)</li></ul> | <ul style="list-style-type: none"><li>•Hydrogenated Fats (Trans Fats)</li><li>•Refined, Enriched and Fortified</li><li>•Nitrates and nitrites</li><li>•Foods with dyes or #'s</li></ul> |
|---|---|

### **How Sugar Harms**

*To Your Health Fitness & Nutrition*  
**Julieanna Hever, M.S., R.D., C.P.T.**  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
**(310) 502-0690**

The complex carbohydrates found in vegetables, grains, and fruits are good for you; the simple sugars found in sodas, candies, frostings, and packaged treats can do harm. It's as simple as that. Here's why:

**Sugar depresses immunity.** Studies have shown that downing 75 to 100 grams of simple sugar solution (about 20 teaspoons of sugar, or the amount that is contained in two average 12-ounce sodas) can suppress the body's immune responses. The immune suppression is most noticeable two hours after ingestion, but the effect was still evident five hours after ingestion.

**Sugar sours behavior, attention, and learning.** Studies of the effects of sugar on children's behavior are wildly contradictory, but the general consensus is that some children and adults are sugar sensitive, meaning their behavior, attention span, and learning ability deteriorate in proportion to the amount of junk sugar they consume.

**Sugar promotes sugar highs.** Some persons are more sugar sensitive than others, and children may be more sensitive to sugar than adults are. A study comparing the sugar response in children and adults showed that the adrenaline levels in children remained ten times higher than normal for up to five hours after a test dose of sugar. Studies have also shown that some children with Attention Deficit Hyperactivity Disorder (A.D.H.D.) react to glucose-tolerance tests with a dip to low blood-sugar levels producing abnormal behavior. High adrenaline levels or low blood-sugar levels produce abnormal behavior.

**Sugar promotes cravings.** The more sugar you eat, the more sugar you want! A high-sugar meal raises the blood-glucose level, which triggers the outpouring of insulin. This excess insulin lingers in the system, triggering a craving for more sugar, thus adding another hill to the roller coaster ride.

**Sugar promotes heart disease.** When you eat excess carbohydrates, your body turns these sugars into fat. The body stores excesses of most nutrients as a safeguard against starvation. If you eat more carbohydrates than you can burn off, the excess is stored as fat. People who eat too much sugar tend to have higher blood triglycerides, and this increases the risk of cardiovascular disease.

**Soft Drinks.** Many soft drinks provide a double-whammy of sugar and caffeine, a combination that sends most bodies (and minds) on an uncomfortable biochemical roller-coaster ride. The junk sugars in soft drinks also take good things out of the body. High doses of sugar and artificial sweeteners increase the urinary excretion of calcium, leading to weaker bones, or osteoporosis, and to deposits of calcium in the kidneys (i.e., kidney stones.). The phosphoric acid present in many soft drinks further robs the body of calcium by increasing the loss of magnesium and calcium in the urine.

**Packaged baked goods.** The combination of white sugar, white flour, and hydrogenated shortening makes packaged bakery goods a nutritionally empty package (i.e., crackers, chips, cookies, etc). Most sweet snacks, such as cupcakes and doughnuts, contain all three of these factory-made foods. Look for baked goods that are made with whole grains, contain no hydrogenated oils, and are sweetened with fruit concentrates.

**\* Note the importance of fiber in combination with carbohydrates. A good rule of thumb is about 1 gram of fiber to every 4 to 5 grams of carbohydrates.**

### **So what's so bad about Aspartame (blue death)?**

Other man-made artificial sugar substitutes include: Equal (NutraSweet/aspartame), Splenda (sucralose) and Sweet 'N Low (saccharin based)

**Reactions to Aspartame were disclosed in February of 1994 by the Department of Health and Human Services. 90 different documented symptoms include:**

Headaches	rapid heart rate	numbness	seizures
slurred speech	rashes	loss of hearing	loss of taste
nausea	dizziness	muscle spasms	irritability
insomnia	depression	anxiety attacks	ringing in the ears
visual disturbances	fatigue	memory loss	joint pain
shortness of breath			

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*Julieanna Hever, M.S., R.D., C.P.T.*  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
(310) 502-0690

**Illnesses that may be triggered or worsened by ingesting aspartame:**

brain tumors	Alzheimer's	Fibromyalgia	Diabetes
multiple sclerosis	lymphoma	chronic fatigue	Parkinson's
Epilepsy	mental retardation	birth defects	

**Hidden Forms of MSG (Monosodium Glutamate)**

(Information taken from *Excitotoxins-The Taste that Kills* by Russell L. Blaylock, M.D.)

**MSG** (an excitotoxin) causes damage to the neurons in your brain and has possible links to Parkinson's disease, Alzheimer's, Huntington's disease and many others. Children are very susceptible to this type of effect on their sensitive and growing brains. The damage may not be seen until many years later.

**Additives that always contain MSG:**

Hydrolyzed Protein	Textured Protein	Plant Protein Extract	Sodium Caseinate
Hydrolyzed Plant Protein	Yeast Extract	Autolyzed Yeast	Calcium Caseinate
Hydrolyzed Vegetable protein	Hydrolyzed Oat Flour		

**Additives that frequently contain MSG:**

Malt extract	Malt Stock	Flavoring	Spices
Seasoning	Bouillon	Broth	Natural Flavoring

**Hydrolyzed Vegetable Protein:**

Hydrolyzed Vegetable Protein is a series of chemical processes; first boiling vegetables in sulfuric acid for several hours, then neutralizing the acid with a caustic soda (an alkalizing agent often used to make soap), and then drying the resulting brown sludge. Additional MSG may be added to this fine brown powder. Hydrolyzed Vegetable Protein contains powerful brain cell toxins and it contains several known carcinogens (cancer causing substances).

The FDA does not regulate the amount of carcinogens allowed in hydrolyzed vegetable protein, or the amount of hydrolyzed vegetable protein allowed to be added to food products. This substance poses an even greater danger than MSG itself.

**Hydrogenated Fats/trans fats**

Despite unsaturated oil's origin, once you've zapped it with high-pressure hydrogen, heated it or treated it with chemical solvents, it turns into a saturated fat and behaves that way in the body. This hydrogenation process is how vegetable oil is turned into margarine. Hydrogenated fats contain another kind of fat that falls outside the saturated and unsaturated categories. It's called "trans fatty acid". For your arteries, trans fats are as bad as (or worse than) saturated fats. Many studies have shown that trans fats raise cholesterol levels in the blood. Trans fats raise the level of LDL (bad) cholesterol, while reducing the level of HDL (good) cholesterol. Trans fats have been shown to decrease the body's ability to produce natural substances that regulate many of the body's functions. Trans fats and hydrogenated fats may interfere with the ability of the cells of the body to metabolize the fats that are good for you. This may damage cell membranes of vital structures, such as the brain and nerve cells.

Hydrogenated fats are also widely used in restaurants for deep-fat frying, so French fries may be full of cholesterol-raising trans fats even if the establishment claims it uses "100% vegetable oil" for cooking.

### **Nitrates/nitrites**

Nitrates and nitrites, which are preservatives added to food, especially processed meats, form carcinogenic compounds in the intestines when combined with protein. It's best to stay away from deli meats, hot dogs (even Kosher, chicken or turkey dogs), and the prepackaged meats as almost all of them have some sort of nitrate as a preservative. Fortunately, many of the phytonutrients in fruits and vegetables can fight against these carcinogens. If you must have that hot dog, at least drink a glass of orange juice at the same time)

### **Enriched, Refined or Fortified**

Enriched is often a code for the fact that something good was taken out of the food, requiring another process to put some of the good stuff back in. Enriched flour and anything that is made with it are not nourishing as their untreated counterparts.

## **Meal Ideas**

### **Sandwiches**

Refried beans with red bell pepper slices & salsa in a tortilla wrap	Hummus, shredded carrots and celery inside a tortilla
Nut butters (organic peanut butter, cashew butter, almond butter)	Hummus on 100% whole grain bread
Nut butters and 100% fruit jam or jelly or honey	Hummus or baba ghanouj instead of mayo
Nut butter and strawberry, apple or banana slices	Hummus with tomatoes, cucumber and lettuce
Nut butter and grated carrots	Hummus with sliced grapes
Nut butter sandwiches on small crackers	Hummus with grated carrot
Nut butter 100% fruit jam or jelly on a whole grain bagel	Leftover pasta or grain dishes in a wrap
Nut butter with sliced bananas rolled up inside a tortilla	Tofu mayo mixed with nut butters, celery and peppers
Hummus with sliced & sautéed mushrooms	Tofu egg salad in a pita pocket with lettuce or sprouts/greens

### **Snacks and Sides Ideas**

Fresh fruit with dip	Broccoli dip
Fruit salad	Baked chips
Fruit cups	Banana
Dried fruit	Raisins
Fruit Leather (read ingredients)	Raw nuts
100% Applesauce	Dry cereal
Apple, carrots, celery slices w/ nut butter to dip	Soy/coconut yogurt with fruit, nuts, granola, raisins
Carrots, celery & pita bread triangles w/Hummus for dipping	Granola bars (watch ingredients)
Baba ghanouj (roasted eggplant puree) for dipping veggies	Nut butter spread on whole wheat crackers

### **Healthy Substitutes**

<b><u>Instead of Sugar</u></b>	<b><u>Instead of Mayo</u></b>	<b><u>Instead of Soda</u></b>
Agave nectar	Vegenaise	herbal iced tea
Honey		100% juice
Brown rice syrup		Tea (black, green, white, oolong...)
Apple sauce		
Molasses		

### **Shopping Lists**

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**Julieanna Hever, M.S., R.D., C.P.T.**  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
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**\*Cereals, Grains, Legumes, Nuts and Pasta**

Whole Grain Oatmeal	Organic Cereals
Quinoa	Buckwheat
Barley	Whole Wheat CousCous
Lentils (red, green, etc.)	Whole Grain Sprouted Breads
Variety of Whole Grain or Bean Pastas	Whole Grain Crackers
Raw Nuts (Cashews, Almonds, Walnuts, etc.)	Whole Grain Tortillas (corn, spelt, whole wheat)

**\*Frozen Items**

Organic Frozen Vegetable Blends (for fast stirfries, etc.)	
Organic Fruits (berries, mango, pineapple, cherries, etc. for smoothies, cereals, oatmeal)	
Organic Green Beans	Organic Peas
Organic Corn	Falafels
Organic Italian Vegetarian Pizza	Black Bean and Corn Enchilada
Vegetarian Burritos	

**\*Soups, Chiles, Beans**

Organic Fat Free Baked Beans	Organic Creamy Butternut and Squash Soup
Organic Vegetarian Refried Beans	Organic Lentil Vegetable Soup
Organic Vegetable Broths	Organic Kidney, Garbanzo, White, Black Beans

**\*Sauces, Dressings and Condiments**

Annie's Natural Dressings	Organic Dried Tomato Basil Pesto
Organic Basil and Marinara Sauce	Organic Marinara Sauce

**\*Produce**

Organic Apples, Bananas, Strawberries, Blueberries, Raspberries, Blackberries, Oranges, Grapefruit, Lemons, Limes, Kiwi, Melons  
Organic Tomatoes (baby, Heirloom, Roma, grape, etc.)  
Organic Red, Sweet Potatoes and Yams  
Organic Greens (kale, dandelion greens, collard greens, mustard greens, etc.)  
Organic Broccoli  
Organic Individually Packaged Baby Carrots  
Organic Lettuce and Spring Mixes  
Organic Baby Spinach  
Fresh Herbs (basil, oregano, rosemary, thyme, dill, etc.)

**\*Beverages**

Look For a Variety of Organic Whole Fruit Juices  
Organic Milks: Soy, Almond, Rice, Hemp, Oat  
Tea

**\*Refrigerated, Deli and Dairy Items**

Earth Balance	Organic Tempeh
Hummus	Seitan
Salsa Pico De Gallo	Veggie Ground Round
Organic Tofu	

**~Healthy Homemade Recipes~**

**Easy Beans & Quinoa**

- 1 small chopped onion
- 2 cloves minced garlic
- 1 Tbsp oil
- ½ cup quinoa (can use brown rice instead)
- 1 can black or pinto beans
- ½ cup water or vegetable broth
- ½ tsp cumin
- ¼ tsp salt
- ¼ tsp pepper
- ½ cup frozen or canned corn
- ¼ cup chopped fresh cilantro

In a medium pot, sauté onions and garlic over medium heat in oil until onions are translucent.

Add the stock (or water), quinoa (or rice), beans, cumin, salt, and pepper.

Bring to a boil, then lower heat and simmer for 20 minutes, until all liquid is absorbed. Stir frequently to avoid sticking.

Add in corn and cilantro.

Remove from heat and serve.

**Curry-Raisin Hummus**

- 2 cups cooked chickpeas (1 14 oz can will suffice)
- 1-2 cloves minced garlic
- 2-3 Tbsp fresh lemon juice
- 2 Tbsp cashew butter or sunflower seed butter
- 2 Tbsp extra virgin olive oil or flax oil
- 1 tsp curry powder
- ½ tsp sea salt
- ¼ tsp ground turmeric
- ¼ tsp pepper
- ¼ tsp agave nectar
- 4-5 Tbsp water
- 4-5 Tbsp raisins

Combine all ingredients in the food processor except for raisins. Puree until smooth. Once it is at the desired consistency, add raisins (more or less, depending on taste) and puree again briefly to evenly distribute raisins.

Enjoy with veggies, crackers, chips, pappadums or anything dip-able!

**Simple Lentils/Rice Casserole**

- 1 medium onion, chopped
- 1 cup uncooked wild or brown rice (or combination of both)
- 1 cup dry lentils (red, caviar, green, etc.)
- 1 14-oz can crushed tomatoes
- 1 Tbsp fresh (or ¾ tsp dried) rosemary, chopped
- 1 Tbsp fresh (or ¾ tsp dried) basil, chopped
- 1 tsp fresh (or ¼ tsp dried) oregano
- 4 cups (1 L) vegetable broth

Preheat oven to 350°F (175° C). Combine all ingredients into a large casserole dish. Cover (with lid or aluminum foil). Bake 90 minutes, stirring every 30 minutes or so.

### **Tofu Tacos:**

- Corn Tortillas (warmed in oven – not microwaved)
- Firm Tofu
- Hummus
- Braggs Liquid Aminos
- Avocado (sliced or mashed)
- Tomatoes (sliced)
- Lettuce or cabbage (shredded)
- Salsa

While tortillas are warming in foil in the oven (200 degrees), slice Tofu about ¼ inch thick, (1 to 2 slices per taco), place on cookie sheet and pour Braggs Liquid Aminos over Tofu, according to taste. Broil 5 minutes on each side. Place about 2 to 3 Tbsp of Hummus long ways on warm tortilla, layer broiled Tofu on top, then Avocado, Tomato and Cabbage (option to use shredded carrots or any other vegetables that you enjoy), pour salsa over the top.

### **Raw Hummus**

- 1 cup chickpea sprouts (sprouted overnight) canned chick peas will do.
- Juice of 1 lemon or lime
- 2 Tbsp. fresh orange juice
- 1 clove garlic
- 2 Tbsp raw Tahini

Optional seasoning: ground cumin, spike or sea salt to taste, chives, paprika, cayenne pepper. Blend all of the ingredients. Add water to thin, to desired consistency. Very delicious spread on leafy greens or red bell pepper strips or even celery.

### **Kale Salad**

- 1 bunch of fresh kale
- ½ cup red onions
- 1 cup sliced mushrooms

### **Dressing**

- ¼ cup Braggs Liquid Aminos (or low-salt soy sauce)
- ¼ cup olive or flax oil
- juice from ½ lemon
- 2 cloves garlic (optional)

Cut kale in very fine pieces and put in a colander. As you rinse, massage with hands for about 3 to 5 minutes to break down fibers. Drain. Add onions and mushrooms. Mix remaining ingredients to make dressing and pour over salad and toss. Let marinate at least two hours. Overnight is even better.

Besides all the regular things on salads like tomatoes and cucumbers try some other toppings like the one's listed below:

raisins	grapes	shredded carrots	garbanzo beans
sunflower seeds	apples	broccoli sliced very fine	kidney beans
flax seeds	avocado	shredded red cabbage	any type of nuts
mandarin oranges	water chestnuts	dried figs	Hummus

**Salad dressing:** ½ cup lemon juice, ½ cup soy sauce or Braggs Liquid Aminos, ½ cup flax seed oil or olive oil, 2 cloves minced garlic. Wisk all ingredients together! You'll love it! Add to any mixed greens, w/tomatoes, Feta cheese, seeds, get crazy with new stuff!

### **Eggless Tofu Salad Sandwich**

- 1 lb. Firm organic Tofu, pressed for ½ hour
- 2 tsp. yellow mustard
- 2 stalks finely chopped celery
- 1 med. red onion, finely diced
- 5 Tbsp tofu dressing (see below)
- 2 Tbsp fresh lemon juice
- 1 tsp. dry mustard powder
- 1 tsp. turmeric
- salt & pepper to taste

In med. bowl, crumble tofu. Mix remaining ingredients well. Cover and refrigerate at least 1 hour. Will keep up to 3 days. Put on whole wheat bread or pita bread or on salad. May add alfalfa or lettuce or tomato.

### **Flax Oatmeal Bars (from Dr. Fuhrman's *Disease-Proof your Child*)**

- ½ cup dried apples
- ½ cup raisins
- ½ cup dates
- 1 ½ cups vanilla soy milk
- 1 cup rolled oats or oat flakes
- 3 Tbsp ground flax seeds
- 1 Tbsp raw cashew or peanut or sunflower seed butter

Soak apples, raisins and dates in half the soy milk in the refrigerator overnight. Mix oats and flax together and soak likewise in the other half of the soy milk in the refrigerator overnight. In the morning, blend the dried fruit mix in a blender or food processor with the nut butter. Mix the blended fruit with the oat/flax mixture and roll into logs or spread on baking tray. Cook in oven on low heat (200 degrees) for 30 minutes to dehydrate.

### **Tofu Dessert Dip**

- 1 cup silken Tofu
- ½ tsp. cinnamon
- ½ tsp. vanilla extract
- ¼ cup maple syrup (brown rice syrup, raw honey, agave nectar)

Blend together all ingredients in a food processor until smooth and creamy. Refrigerate.

*To Your Health Fitness & Nutrition*  
Julieanna Hever, M.S., R.D., C.P.T.  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
(310) 502-0690

## Resources

### **Books**

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- Dr. T. Colin Campbell [www.tcolincampbell.org](http://www.tcolincampbell.org)
- FARM Animal Rights Movement [www.farmusa.org](http://www.farmusa.org)
- Farm Sanctuary <http://farmsanctuary.org> (order a free Vegetarian Starter Kit)
- Humane Society of the United States [www.hsus.org](http://www.hsus.org) (order a free Veg Starter Kit)
- Meatless Monday (recipes and blogs) [www.meatlessmonday.com](http://www.meatlessmonday.com)
- Meatout Mondays (sign up to get weekly yummy vegan recipes) [www.meatoutmondays.com](http://www.meatoutmondays.com)

*To Your Health Fitness & Nutrition*  
Julieanna Hever, M.S., R.D., C.P.T.  
[www.ToYourHealthNutrition.com](http://www.ToYourHealthNutrition.com)  
[julieannaheverMSRD@yahoo.com](mailto:julieannaheverMSRD@yahoo.com)  
(310) 502-0690

- Mercy for Animals (veg starter kit plus hundreds of recipes): [www.chooseveg.com](http://www.chooseveg.com)
- Physician Committee for Responsible Medicine [www.pcrm.org](http://www.pcrm.org) (order a free Veg Starter Kit)

#### **Films**

- Earthlings
- Meet your Meat
- Food, Inc.