

LET'S GET STARTED

This section celebrates whole foods! Whole food eating refers to eating foods in their whole, natural state or eating foods with minimal processing, without the use of artificial additives or preservatives.

There are many health advantages to moving towards a whole food diet. Whole plant foods are rich in powerful nutrients, vitamins and minerals, and fiber. The substance of life! It is believed that the combination of nutrients in whole plant food act synergistically to protect us from disease. The photos below and on the next page help illustrate what whole food, natural eating is all about.

By and large, the more a food is processed, the unhealthier it gets. Nutrients get stripped out of food and the refined product that results can wreak havoc on your health. We give you an eye-opening peek into how food is changed by processing on page 37. You'll also learn how to boost your diet with the "super" vegetables and fruits: specific fruit and vegetable groups that have outstanding disease fighting nutrition.

As you transition to eating more fruits, vegetables, and other whole foods, we hope you consider the importance of choosing local food as much as possible. Locally grown produce is the most flavorful and healthful, so consider supporting your local farmers market or even try to grow your own!

As we get cooking, we will focus on several, simple vegetable preparation methods and utilize plenty of fresh herbs to keep your veggies from being anything but boring! You'll be roasting, sautéing and grilling more vegetables into your diet in no time!

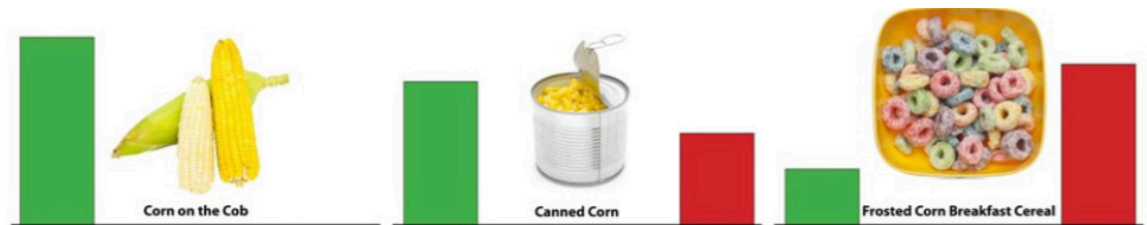




How Processing Changes Food



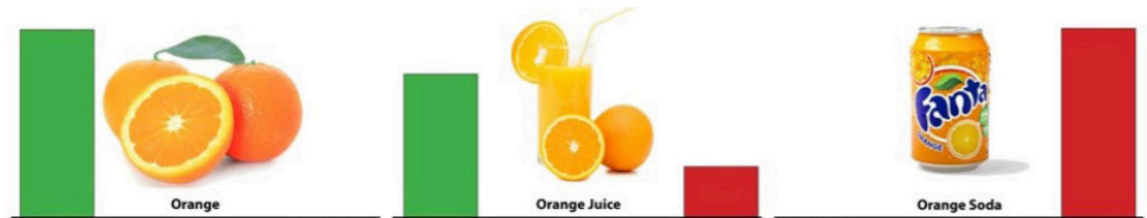
Corn



Chicken



Orange



Milk



Brown rice



Adapted from foodday.org, Center for Science in the Public Interest.

Benefits of Local Food

LOCALLY GROWN FOOD IS FULL OF FLAVOR

When grown locally, the crops are picked at their peak of ripeness versus being harvested early in order to be shipped and distributed to your local retail store. Many times produce at local markets has been picked within 24 hours of your purchase.

EATING LOCAL FOOD IS EATING SEASONALLY

Even though we wish strawberries were grown year-round in Indiana, the best time to eat them is when they can be purchased from a local grower. They are much more flavorful than the ones available in the winter that have traveled thousands of miles and were picked before they were ripe.

LOCAL FOOD HAS MORE NUTRIENTS

Local food has a shorter time between harvest and your table, making it less likely that the nutrient value has decreased. Food imported from far-away states and countries is often older, since it has traveled and spent time in distribution centers before it gets to your store.

LOCAL FOOD SUPPORTS THE LOCAL ECONOMY

The money that is spent with local farmers and growers stays close to home and is reinvested in businesses and services in your community.

LOCAL FOOD BENEFITS THE ENVIRONMENT

By purchasing locally grown foods, you help maintain farmland and green and/or open space in your community.

LOCAL FOODS PROMOTE A SAFER FOOD SUPPLY

Food grown locally may have less pesticide residue than food grown on large factory farms (if grown conventionally). Many farmers today however, are choosing to grow without the use of synthetic pesticides. Some get organic certification and others just call their produce 'naturally grown.' If you are interested in learning more about which conventionally grown produce at the store has the most pesticide residue and which has the least, refer to the "Dirty Dozen, Clean Fifteen" information on page 78.

LOCAL GROWERS CAN TELL YOU HOW THE FOOD WAS GROWN

You can ask local farmers about the practices used to raise and harvest the crops. When you know where your food comes from and who grew it, you can make more informed decisions about what you put in your body.



To learn about what's in season right now, check out the seasonal produce chart on pg. 199!

Super Fruits and Vegetables

EVERY MEAL, EVERY DAY

All fruits and vegetables are worth adding to meals, so make certain to include the ones you enjoy most. However, some fruits and vegetables known as “super foods” have especially high nutrition content. If you don’t eat them very often right now, think about adding them to your planned meals and snacks.

SUPER VEGETABLES

- Broccoli, cauliflower, cabbage, brussel sprouts, and bok choy
- Spinach, kale, dark green lettuce, collard greens, arugula, and swiss chard
- Orange vegetables like carrots, winter squash, sweet potatoes, and pumpkin
- Red vegetables like peppers, onions, beets and tomatoes

SUPER FRUITS

- Berries like blueberries, strawberries, raspberries, and blackberries
- Whole citrus fruits like grapefruits, oranges and clementines
- Red fruits like grapes, pomegranates, cranberries and cherries

PACKING MORE PRODUCE INTO YOUR MEALS AND SNACKS:

- If you like iceberg lettuce for salads, sandwiches and tacos:
 - TRY** replacing iceberg lettuce with fresh spinach or kale in these foods
- If you like scrambled eggs:
 - TRY** cooking red peppers and onions and adding them to your eggs
- If you like pancakes:
 - TRY** adding half a cup of mashed pumpkin to the batter before cooking
- If you like baking bread:
 - TRY** looking for recipes for carrot bread, blueberry muffins, orange cranberry bread or pumpkin bread



Raw Veggies are Great, but Cooking Can Add Interest

EASY COOKING METHODS FOR FRESH VEGGIES



OVEN ROASTING

Roasting vegetables in the oven is done by cooking the vegetables at a very hot temperature for a short period of time. With high heat, the flavor of the food sweetens as the natural sugars caramelize while the outside of vegetable gets crisp and the inside softens. Roasting vegetables is a simple technique that can help picky eaters learn to like vegetables.

INSTRUCTIONS:

1. Preheat the oven to 425 degrees.
2. Lightly cover a baking sheet with some oil (can be sprayed or wiped on with a paper towel).
3. In a bowl, mix evenly sized vegetable pieces, a small amount of oil, and salt and pepper to taste.
4. Spread the contents of the bowl in a single layer on the baking sheet.
5. Put the baking sheet in the preheated oven and bake until the vegetables are starting to brown on the outside and are soft on the inside (about 15 minutes - 1 hour, varies by vegetable).



SAUTÉING

Using a saucepan over a stovetop, sautéing is done at a medium to high heat in a small amount of oil, broth, or water. Like oven roasting, the heat of the pan will help to caramelize the sugars in the food to sweeten the flavor of the vegetable. As the vegetables are stirred occasionally, the overall texture of the food is softened.

INSTRUCTIONS:

1. Warm a small amount of oil, broth, or water in saucepan at medium to high heat on a stovetop.
2. Lower the temperature to low or medium heat and spread evenly sized vegetable pieces in the pan, adding salt, pepper, or other seasoning to taste.
3. Stir the vegetables every 1-2 minutes, to allow all sides of the food to cook evenly.
4. Cook until the vegetables are tender on the inside (about 5-20 minutes, varies by vegetable).



GRILLING

Grilling vegetables, which is similar to oven roasting, is done by cooking the vegetables at a high temperature for a short period of time. This can be done over a stovetop with a grill pan, on a gas grill, or on a charcoal grill. The resulting flavor and texture of the food will be similar to oven roasted vegetables, where the vegetable is sweetened with a crisp outside and soft inside.

INSTRUCTIONS:

1. Preheat the grill or grill pan to medium-high heat.
2. In a bowl, mix evenly sized vegetable pieces, a small amount of oil, and salt and pepper to taste.
3. Wrap the contents of the bowl in aluminum foil, spreading the vegetables into a single layer.
4. Lower the heat on the grill and place the foil directly on the grill. Cook until the vegetables start to brown on the outside and are soft on the inside (about 10-35 minutes, varies by vegetable).

The Vegetables

How to cut, cook, and season various vegetables.



ACORN SQUASH

Halve and scrape out the seeds, cut in 1-inch wedges (cut into cubes for sauté)

TIME IN OVEN: 20-25 minutes

SAUTÉ TIME: 10- 20 minutes

TIME ON GRILL: 20-35 minutes

SEASONINGS: fresh thyme leaves, honey, or real maple syrup



ASPARAGUS

Snap or cut off the woody end and leave whole.

TIME IN OVEN: 20-25 minutes

SAUTÉ TIME: 5 minutes

TIME ON GRILL: 5-7 minutes

SEASONINGS: a squeeze of lemon and/or minced garlic



BELL PEPPERS

Halve and scrape out the center and seeds, cut into ½-inch thick slices (or can roast whole for longer time)

TIME IN OVEN: 20-25 minutes

SAUTÉ TIME: 5-8 minutes

TIME ON GRILL: 10-15 minutes

SEASONINGS: garlic, fresh basil, and dried oregano; or fajita seasoning



BROCCOLI & CAULIFLOWER

Snap or cut off the florets, if needed, break into 2-inch pieces.

TIME IN OVEN: 30-40 minutes

SAUTÉ TIME: 5-8 minutes

SEASONINGS: a squeeze of lemon, parmesan cheese, garlic, and Italian seasoning



BRUSSELS SPROUTS

Trim the ends and cut in half if large, leave whole if small.

TIME IN OVEN: 35-40 minutes

SAUTÉ TIME: 10-15 minutes

SEASONINGS: a drizzle of honey or balsamic vinegar, garlic, and/or thyme



CARROTS & PARSNIPS

Trim the ends and peel, cut into 2-inch pieces, cut lengthwise into quarters.

TIME IN OVEN: 30 - 40 minutes

SAUTÉ TIME: 8 - 12 minutes

TIME ON GRILL: 10 - 15 minutes

SEASONINGS: a sprinkle of fresh thyme, parsley, rosemary, dill, and/or lemon juice

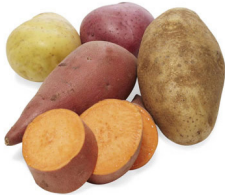


GREENS (KALE, CABBAGE, CHARD, SPINACH)

Cut or keep leaves in 2-inch pieces, laying all of the pieces in the pan.

SAUTÉ TIME: 5 - 15 minutes

SEASONINGS: garlic, red pepper flakes, and/or cider vinegar or lemon juice



POTATOES & SWEET POTATOES

Scrub the skins clean, cut into ½-inch pieces (can be chunks, wedges, or fries)

TIME IN OVEN: 40 - 50 minutes

SAUTÉ TIME: 10 - 15 minutes

TIME ON GRILL: 15 - 30 minutes

SEASONINGS: a sprinkle of fresh rosemary, fresh thyme, dill and/or minced garlic



TOMATOES (PLUM OR CHERRY)

Cut tomatoes in half (leave cherry tomatoes whole), roast cut side down.

TIME IN OVEN: 20 - 25 minutes

SEASONINGS: minced garlic, chopped fresh basil and/or crumbled feta



ZUCCHINI & SUMMER SQUASH

Trim the ends and cut into ½-inch thick circular slices or wedges.

TIME IN OVEN: 20 - 30 minutes

SAUTÉ TIME: 5 - 10 minutes

TIME ON GRILL: 8 - 12 minutes

SEASONINGS: a sprinkle of Italian seasoning, basil, oregano, minced garlic, parmesan cheese, and/or a squeeze of lemon juice



MUSHROOMS

Trim the stems. Cut in half.

TIME IN OVEN: 20 - 30 minutes

SAUTÉ TIME: 8 - 12 minutes

TIME ON GRILL: 10 - 15 minutes

SEASONINGS: fresh thyme or dill weed, minced garlic, or a splash of soy sauce

Kicking the Salt Habit! The Scoop on Sodium

Nine out of ten of us eat too much sodium. The more sodium we consume each day, the higher chance we have of developing high blood pressure.

Overtime, high blood pressure can set us for blood vessel damage and contribute to blockages in our arteries. It is estimated that 90% of American adults are expected to develop high blood pressure in their lifetime.

Even if you don't have high blood pressure now, eating less salt can help blunt the rise in blood pressure that occurs as we get older.

Did you know more that 70% of sodium we consume comes from packaged, prepared and restaurant food. All the more reason to get cooking with your HEAL manual!

QUICK FACTS:

- The dietary guidelines recommend no more than 2300 mg sodium a day (and an ideal limit of only 1500 mg/day). Most of us average 3500 mg a day!
- Read nutrition labels to know the sodium amount in your food. A main entrée should have less than 600 mg.
- A good rule of thumb is to try for a 1:1 ration of sodium to calories per serving. If a food is 300 calories a serving, then shoot for no more than 300 mg of sodium.
- Be careful when dining out – watch out for these words: pickled, cured, barbequed, brined, smoked, soy or teriyaki sauce, Au jus. Consider buying a 'sodium counter' pocket guide to reference.
- Salt free seasoning mixes and a wide variety of herbs can be your new FLAVOR BOOSTERS. Adjust recipes!

HIGHEST SODIUM FOODS:

**BREAD
& ROLLS**

PIZZA

SANDWICHES

**COLD CUTS &
CURED MEATS**

SOUP

**BURRITOS
& TACOS**

Plus! Consider other high salt foods you may want to limit: salty snack foods, bacon, hot dogs, sausages, chicken and processed foods such as frozen dinners, convenience box foods and of course, fast food and restaurant foods.

If you have high blood pressure – YOU CAN take steps to halt its progression and even reverse it with a plant rich diet. Check out our resources at the back of the book which includes information on desirable blood pressure numbers. Consume an abundance of nutrient dense fruit and vegetables – they are of paramount importance in lowering your blood pressure.



COOKSMARTS GUIDE TO FLAVORING WITH FRESH HERBS

This Guide has everything you need to know about how to properly store and cook with fresh herbs. Use them to add flavor and freshness to your meals!

KEY	BASIL SWEET, PEPPERY	CHIVES MILDER-ONION	CILANTRO BRIGHT, CITRUSY	DILL GRASSY	LEMONGRASS ZESTY, CITRUSY	MARJORAM GRASSY, SLIGHTLY SWEET	MINT SWEET, COOL	OREGANO PUNGENT, PEPPERY
PRODUCE								
PROTEINS	Bell Peppers, Eggplant, Tomatoes, Zucchini	Potatoes, Asparagus, Onions, Leeks	Avocado, Tomatoes, Bell Peppers	Cabbage, Potatoes, Cucumbers, Carrots, Tomatoes	Bell Peppers, Tomatoes	Carrots, Mushrooms, Peas, Spinach, Zucchini, Tomatoes	Carrots, Eggplant, Watermelon, Mushrooms, Tomatoes, Potatoes, Zucchini	Artichokes, Bell Peppers, Eggplant, Mushrooms, Tomatoes, Potatoes, Zucchini
USE IN	Chicken, Beef, Fish, Tofu	Chicken, Fish, Shellfish, Eggs	Chicken, Fish, Shellfish, Lamb, Lentils, Tofu	Fish, Shellfish	Chicken, Beef, Pork, Fish	Chicken, Beef	Beans, Lentils, Lamb	Chicken, Beef, Lamb, Fish
HOW TO STORE	Pestos, Tomato Sauces, Soups, Stews, Stir Fries, Curries	Garnishes, Dips, Soups, Sauces, Risottos, Rice	Salsas, Guacamole, Chutneys, Soups, Curries, Salads	Omelets, Yogurt Dishes, Potato Salad, Sauces, Salad Dressings	Asian Soups, Rice, Curries, Marinades, Teas	Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce	Fruit Salads, Curries, Cream Sauces, Soups, Marinades	Tomato Sauces, Pizzas, Salad Dressings
	In a jar, countertop, for 7-10 days	Rolled in a damp paper towel, in the fridge, 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	Rolled in a damp paper towel, in the fridge, for 10-14 days	In a jar, in the fridge, for 7-10 days	Rolled in a damp paper towel, in the fridge, for 10-14 days

PARSLEY

FRESH, GRASSY



Mushrooms, Peas, Potatoes, Tomatoes, Cucumbers, Zucchini

Lamb, Beef, Chicken, Fish, Tofu

Sauces, Salads, Garnishes

In a jar, in the fridge, for 7-10 days

ROSEMARY

WOODY, PUNGENT



Mushrooms, Peas, Tomatoes, Potatoes

Chicken, Lamb, Pork, Fish

Focaccia Bread, Tomato Sauces, Pizza, Soups, Stews, Roasted Veggies

Rolled in a damp paper towel, in the fridge, for 10-14 days

SAGE

WOODY



Brussel Sprouts, Eggplant, Peas, Winter Squash

Pork, Beef, Turkey

Stuffings, Salad Dressings, Soups, Risottos, Brown Butter Sauce, Roasted Veggies

Rolled in a damp paper towel, in the fridge, for 10-14 days

TARRAGON

PEPPERY, LICORICE



Artichokes, Carrots, Leeks, Mushrooms, Potatoes, Spinach

Chicken, Beef, Lamb, Fish

Omelets, Gazpachos, Salad Dressings, Garnishes

In a jar, in the fridge, for 10-14 days

THYME

MINTY



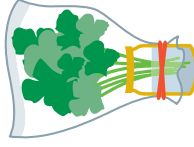
Carrots, Peas, Potatoes, Winter Squash, Tomatoes

Chicken, Pork, Lamb, Duck, Fish

Rice, Dips, Stews, Roasted Veggies, Tomato Sauces

Rolled in a damp paper towel, in the fridge, for 10-14 days

HOW TO STORE FRESH HERBS



"PLANTING" METHOD

- 1 Trim the base of the stems with scissors or a knife
- 2 Fill a jar (an old condiment jar works great) about 1/3 to halfway with cold water
- 3 Place the cut stems into the water
- 4 Cover the jar with a plastic bag
- 5 Secure with a rubber band at the base of jar to enclose the bag around the jar
- 6 Place the "planted" herb in the fridge or leave it out on the countertop depending on the herb

TOWEL METHOD

- 1 Wrap the herbs in a damp paper towel
- 2 Put the wrapped herbs in a Ziploc bag
- 3 Place the herbs in the fridge

