



INSPIRE

wellness & nutrition

Habits: Finding
that Better
Alternative

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Nutrition –
what is the
better
alternative?

- Nutrient-dense foods
- Foods that heal
- Foods that give us energy
- Preventative medicine
- Foods that will help us sleep better
- Locally grown foods
- Foods free from pesticides
- Food is our medicine

The Food We Eat



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Who am I?

- Ingredients:
- Cultured Grade A Nonfat Milk, Water, Modified Corn Starch, Sugar, Kosher Gelatin, Lime Juice Concentrate, Citric Acid, Tricalcium Phosphate, Potassium Sorbate Added to Maintain Freshness, Natural and Artificial Flavor, Acesulfame Potassium, Sucralose, Yellow #5, Vitamin A Acetate, Blue #1, Vitamin D₃.

Who am I?

- Ingredients
- Pasteurized Whole Milk, Pasteurized Cream, Live Active Cultures



Who am I?

- **Ingredients**
- **ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, HONEY, WHOLE WHEAT FLOUR, WHEAT GLUTEN, YEAST, SUGAR, WHEAT BRAN, SOYBEAN OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE), DATEM, MONOGLYCERIDES, CELLULOSE GUM, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, CORNSTARCH, SOY LECITHIN, CITRIC ACID, GRAIN VINEGAR, POTASSIUM IODATE.**
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Who am I?

- INGREDIENTS
- organic whole wheat (organic whole wheat flour, organic cracked whole wheat), water, organic cane sugar, organic wheat gluten, organic expeller pressed canola oil, contains 2% or less of each of the following: organic molasses, sea salt, yeast, organic cultured wheat flour, organic vinegar, organic acerola cherry powder, enzymes.



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How to choose the “better alternative”?

- “Less is more”
- Can you pronounce ingredients?
- **Food** manufacturers are required to list all **ingredients** in the **food** on the **label**. On a product **label**, the **ingredients** are **listed** in order of predominance, with the **ingredients** used in the greatest amount first, followed in descending order by those in smaller amounts. (FDA.com)

Real-Food Rules from *100 Days of Real Food*, *Lisa Leake*

- No refined grains; only 100% whole grain
- No refined or artificial sweeteners; only honey and maple syrup in moderation
- Packaged foods – no more than 5 ingredients, unless all whole food ingredients
- No factory farmed meats; only locally raised meat products when possible
- No deep fried foods
- Beverages to include only water, milk, occasional all-natural juices, naturally sweetened coffee and tea, wine and beer in moderation



Choosing the Better Alternative

From Food: What the Heck Should I Eat, Mark Hyman, MD

- With every food purchase, we have an opportunity to vote for a healthier planet and create a healthier society, and with every bite we have the opportunity to nourish and heal our bodies.
- It is estimated that when all agricultural activities are taken into account – from fertilizers to packing and transportation – agriculture accounts for up to a third of greenhouse gases. What you put on your fork is more important than the car you drive, for both your health and the environment.
- 100 years ago we didn't need labels to tell us our food was local, organic, and grass fed. All food was whole, real, traditional food. Luckily, there is a movement to get back to this way of life.



Common Grains

Look for

- Whole grains:
 - Whole wheat: flour, pasta made from whole durum wheat, couscous, crackers, bread, etc
 - Brown or other colored rice
 - Oats: rolled, steel cut
 - Quinoa
 - Whole corn: flour/meal, masa harina, popcorn

Avoid

- Refined, enriched, fortified grains:
 - Wheat flour (without “whole”), enriched flour in crackers, bread, snack foods
 - White rice
 - Refined corn meal/flour
 - Semolina flour
 - Cornstarch
 - Oat bran



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Produce

Look for

- Organic - especially for items on the EWG Dirty Dozen list (ewg.org)
- Locally grown (localharvest.org)
- Fermented veggies (kimchi, pickles, sauerkraut)
- Frozen are healthy!
- Eat the rainbow for phytonutrients/antioxidants

Avoid

- Too many high-glycemic load fruits – dried fruits, bananas, grapes
- Fruit juices – no fiber, all the sugar



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Dairy Products

Look for

- Milk, cream, cheese, yogurt:
 - Organic
 - Plain
 - Whole-milk (unless you are watching saturated fats)
 - Unsweetened
 - Pastured/grass-fed

Avoid

- Low-fat and fat-free (unless on low saturated fat diet)
- Added flavors and sweeteners
- Preshredded cheese – includes anticaking additives made from wood pulp, ie cellulose powder



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Added Sweeteners

Look for

- Natural sweeteners – in moderation
 - Honey
 - Pure maple syrup
- Use fruit and spices to sweeten foods
 - Applesauce
 - Cinnamon
 - Pumpkin pie spice
 - Berries

Avoid

- Refined sweeteners
 - Sugar: white, brown, raw, powdered
 - Brown rice syrup
 - Agave nectar
 - Cane sugar
 - Corn syrup/high-fructose corn syrup
 - Refined/processed stevia
 - Xylitol
- Artificial sweeteners
 - Nutrasweet, equal, aspartame, Splenda, sucralose, sweet n low, acesulfame potassium, neotame



Common Cooking Fats

Look for

- Organic, unrefined, cold-pressed, and/or pastured (butter)
 - Butter
 - 100% pure extra virgin olive oil
 - Coconut oil
 - Clarified butter/ghee
 - Avocado oil

Avoid

- Refined oils
 - Canola oil
 - Vegetable oil
 - Corn oil
 - Grapeseed oil
 - Margarine
 - Shortening
 - Hydrogenated and partially hydrogenated fats/oils



Nuts and Seeds

Look for

- Products without refined oils and unnecessary additives
 - Raw or dry roasted almonds, cashews, pistachios, walnuts
 - Raw or dry roasted pumpkin and sunflower seeds
 - One-ingredient nut butters
 - One-ingredient tahini

Avoid

- Nuts/seeds roasted in refined oils: canola, vegetable, corn, etc
- Nuts/seeds with added sugars and other additives



Meats and Poultry

Look for

- Pastured poultry
- Grass-fed beef (“you are what you eat eats”, Michael Pollan)
- USDA organic or organically raised
- Locally and humanely raised (paeats.com)
- No added hormones

Avoid

- Factory farmed, conventionally raised, grain-fed animals



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Seafood

Look for

- Wild-caught
- From your continent
- Sustainable: Monterey Bay Aquarium Seafood Watch app is a helpful resource
- Low mercury content: Natural Resources Defense Council (NRDC.org)

Avoid

- Farm-raised (unless you are familiar with the farm and approve of the practices)
- Added colors (farmed salmon)



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Condiments/Sauces/Flavors

Look for

- Products with 5 or fewer whole ingredients:
 - Vinegars
 - Soy sauce (organic, reduced sodium)
 - Mustard
 - Pure extracts (vanilla, peppermint)
 - Herbs and spices
 - Salt and pepper

Avoid

- Products with added sweeteners or refined oils
 - Ketchup (look for added sugar)
 - Store bought mayo (look for refined oils)
 - BBQ sauce (added sugar)

Recipe of the
Week:
Arugula-
Walnut Pesto
Pasta with
Veggies

Adapted from
CookieandKate.com





Ingredients:

- 4 cups packed fresh arugula (thick stems removed if not using baby arugula)
- 1 cup walnut halves
- 1 cup freshly grated Parmesan cheese
- 1 cup extra-virgin olive oil
- 12 garlic cloves, unpeeled
- 2 garlic cloves, peeled and minced
- 1 teaspoon salt
- Freshly ground black pepper, to taste
- ½ to 1 full lemon, squeezed
- Pasta of choice: whole wheat, plant-based (Banza is a great choice!)
- Veggies of choice: zucchini, butternut squash, cherry tomatoes, broccoli, onion, cauliflower, mushrooms

Adapted from [CookieandKate.com](https://www.cookieandkate.com)

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Directions: to make pesto

- Over medium high heat, lightly brown the unpeeled garlic cloves, about ten minutes. Peel off the skins once they have cooled down.
- Over medium high heat, toast the walnuts until fragrant, about three to five minutes.
- In a food processor, combine the arugula, salt, walnuts and all the garlic.
- Pulse while drizzling in the olive oil.
- Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese, freshly ground pepper and a big squeeze of lemon, to taste.

Adapted from CookieandKate.com

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To assemble pasta

- Chop vegetables into bite-size pieces
- Cook vegetables as desired: saute in olive oil for 10 – 15 minutes, roast in oven for 20 minutes, steam for 5 minutes (I love the “saute-stream” method)
- Cook pasta to desired doneness. Drain and immediately add pesto to coat. Don’t add too much – you can always add more if needed
- Top with vegetables and additional parmesan cheese
- Enjoy!