
Health Getaway 2011

at Camp Shehaqua

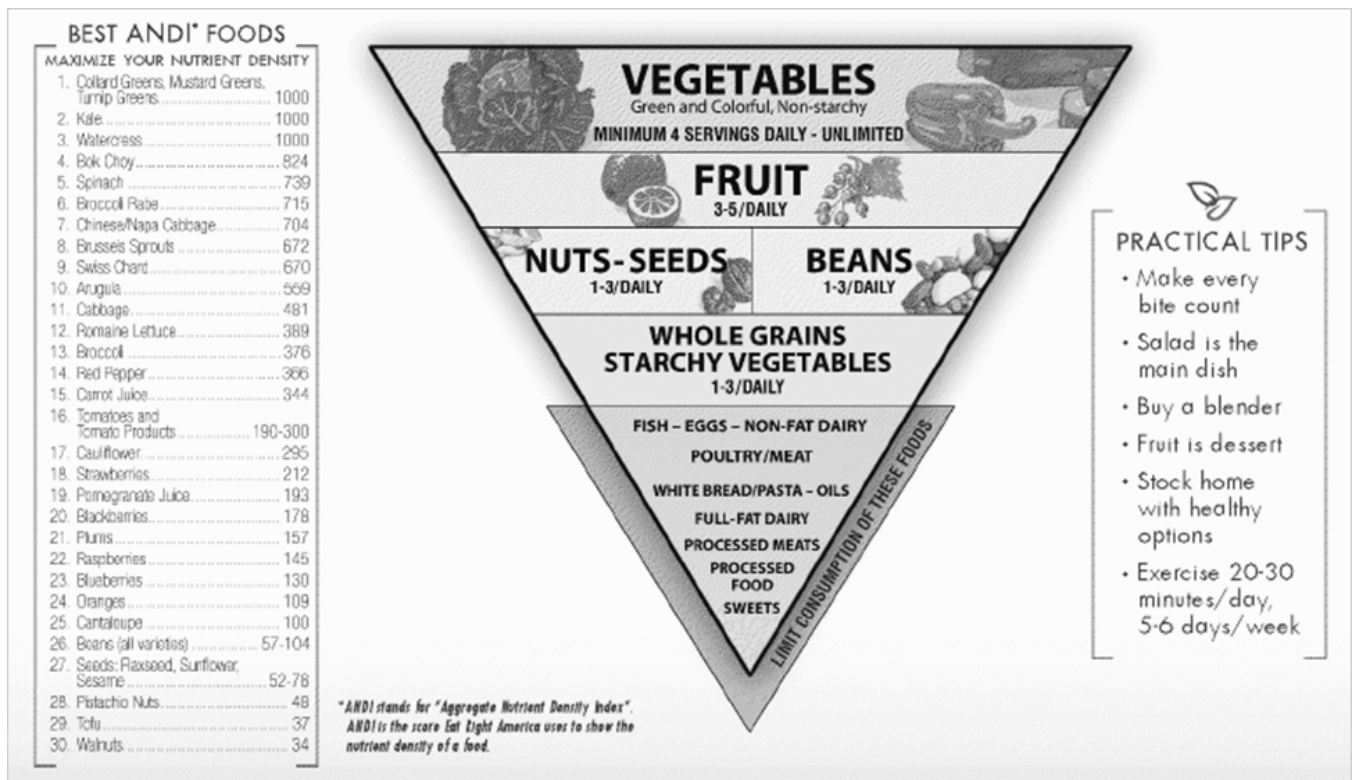
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ANDI/Superfoods

As a nutritarian, it's important that you know the nutrient density of your food. Not merely vitamins and minerals, but adequate consumption of phytochemicals are essential for a normal immune system and to enable our body's detoxification and cellular repair mechanisms that protect us from cancer and other diseases.

Nutritional science in the last twenty years has demonstrated that colorful plant foods contain a huge assortment of protective compounds, mostly unnamed at this point. Only by eating an assortment of natural foods that are nutrient-rich, can we access these compounds and protect ourselves from the common diseases that afflict Americans. Our modern, low-nutrient eating style leads to an overweight population with common diseases of nutritional ignorance and medical costs spiraling out of control. We need to flip our traditional thinking upside down, and begin eating a diet rich in vegetables, fruits, nuts, seeds, and grains, as illustrated in the Eat Right America Food Pyramid.



In order to measure nutrient density, Eat Right America created rankings of foods according to the nutrients they pack. This concept is explained further in Dr. Fuhrman's book Eat for Health.

Because phytochemicals are largely unnamed and unmeasured, these rankings underestimate the healthful properties of colorful natural plant foods compared to processed foods and animal products. One thing we do know is that the foods that contain the highest amount of known nutrients are the same foods that contain the most unknown nutrients too. So even though these rankings may not consider the phytochemical number sufficiently they are still a reasonable measurement of their content.

A Sample of Eat Right America's Nutrient Density Scores

ANDI Scores					
Nutrient-Rich				Nutrient-Poor	
Kale	1000	Kidney Beans	100	Walnuts	34
Collards	1000	Sweet Potato	83	Grapes	31
Bok Choy	824	Sunflower Seeds	78	White Potato	31
Spinach	739	Peach	73	Banana	30
Brussel Sprouts	672	Apple	72	Chicken Breast	27
Arugula	559	Green Peas	70	Eggs	27
Cabbage	481	Cherries	68	Peanut Butter	26
Romaine	389	Flax Seeds	65	Whl. Wheat Bread	25
Broccoli	376	Sesame Seeds	65	Low Fat Yogurt	24
Cauliflower	295	Pineapple	64	Feta Cheese	21
Green Pepper	258	Edamame	58	Whole Milk	20
Artichoke	244	Oatmeal	53	Ground Beef	20
Carrots	240	Mango	51	White Pasta	18
Asparagus	234	Cucumber	50	White Bread	18
Strawberry	212	Pistachio Nuts	48	Apple Juice	16
Pomg. Juice	193	Corn	44	Swiss Cheese	15
Tomato	164	Salmon	39	Potato Chips	11
Blueberries	130	Almonds	38	Cheddar Cheese	11
Iceberg	110	Shrimp	38	Vanilla Ice Cream	9
Orange	109	Tofu	37	Olive Oil	9
Lentils	104	Avocado	37	French Fries	7
Cantaloupe	100	Skim Milk	36	Cola	1

Keep in mind that nutrient density scoring is not the only factor that determines good health. For example, if we only ate foods with a high nutrient density score our diet would be too low in fat. So we have to pick some foods with lower nutrient density scores (but preferably the ones with the healthier fats) to include in our high nutrient diet. Additionally, if a thin person or highly physically active individual ate only the highest nutrient foods they would become so full from all of the fiber and nutrients that would keep them from meeting their caloric needs and they would eventually become too thin. This of course gives you a hint at the secret to permanent weight control.

Eat Right America's Nutrient Density Scoring System

To determine the scores above almost all vitamins and minerals were considered and added in. Nutrient Data from Nutritionist Pro software for an equal caloric amount of each food item was obtained. We included the following nutrients in the evaluation: Calcium, Carotenoids: Beta Carotene, Alpha Carotene, Lutein & Zeaxanthin, Lycopene, Fiber, Folate, Glucosinolates, Iron, Magnesium, Niacin, Selenium, Vitamin B1 (Thiamin)

Vitamin B2 (Riboflavin), Vitamin B6, Vitamin B12, Vitamin C, Vitamin E, Zinc, plus ORAC score X 2 (Oxygen Radical Absorbance Capacity is a method of measuring the antioxidant or radical scavenging capacity of foods).

Nutrient quantities, which are normally in many different measurements (mg, mcg, IU) were converted to a percentage of their RDI so that a common value could be considered for each nutrient. Since there is currently no RDI for Carotenoids, Glucosinolates, or ORAC score, goals were established based on available research and current understanding of the benefits of these factors. (limited references below). The % RDI or Goal for each nutrient which the USDA publishes a value for was added together to give a total. All nutrients were weighted equally with a factor of one except for the foods ORAC score. The ORAC score was given a factor 2 (as if it were two nutrients) due to the importance of antioxidant nutrients so that measurement of unnamed anti-oxidant phytochemicals were represented in the scoring. The sum of the food's total nutrient value was then multiplied by a fraction to make the highest number equal 1000 so that all foods could be considered on a numerical scale of 1 to 1000.

Nutrient Density

- Dr. Fuhrman's food pyramid is based on his principles of the health equation **Health = Nutrients / Calories (H=N/C)**
- **90% of the daily diet** should be comprised of nutrient rich plant foods (high ANDI score) with health-promoting phytochemicals.

The pyramid promotes foods that are richest in micronutrients and benefit health and longevity.

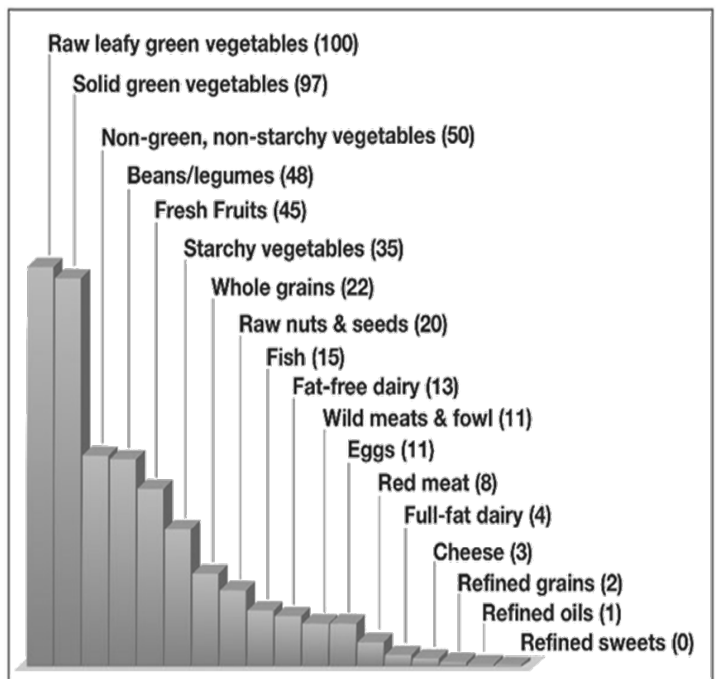
Nutrient Density is a critical concept in devising and recommending dietary and nutritional advice to patients and to the public. Not merely vitamins and minerals, but adequate consumption of phytochemicals is essential for proper functioning of the immune system and to enable our body's detoxification and cellular repair mechanisms that protect us from chronic diseases.

Nutritional science in the last twenty years has demonstrated that colorful plant foods contain a huge assortment of protective compounds, most of which still remain unnamed. Only by eating an assortment of nutrient-rich natural foods can we access these protective compounds and prevent the common diseases that afflict Americans. Our modern, low-nutrient eating style has led to an overweight population, the majority of whom develop diseases of nutritional ignorance, causing our medical costs to spiral out of control.

To guide people toward the most nutrient dense foods, I developed a 0-100 scale of micronutrient scores called the Nutrient Density Line, which ranks categories of foods based on their ratio of nutrients to calories.

Because phytochemicals are largely unnamed and unmeasured, these rankings underestimate the healthful properties of colorful natural plant foods compared to processed foods and animal products. One thing we do know is that the foods that contain the highest amount of known nutrients are the same foods that contain the most unknown nutrients too. So even though these rankings may not consider the phytochemical number sufficiently they are still a reasonable measurement of phytochemical content.

Keep in mind that nutrient density scoring is not the only factor that determines good health. For example, if we only ate foods with a high nutrient density score our diet would be too low in fat. So we have to pick some foods with lower nutrient density scores (but preferably the healthier ones) to include in our high nutrient diet. Additionally, if a slim or highly physically active individual ate only the highest nutrient foods they would become so full from all of the fiber and nutrients that they would not be able to meet their caloric needs, and they would eventually become too thin. This of course gives you a hint at the secret to permanent weight control – eat the greatest quantity of the foods with the highest micronutrient scores, and lesser amounts of foods with lower scores.



Dr. Fuhrman's Micronutrient Scores

Standard American Diet (SAD)

If you were to list the factors that increase the risk of cancer, heart disease, stroke, intestinal disorders – just about any illness – the standard American diet has them all:

- High in animal fats
 - Americans eat too much meat and dairy
- High in unhealthy fats: saturated, hydrogenated
 - Foods like cheese, butter, sausage, oils and desserts
- Low in fiber
 - Natural plants stripped of their beneficial fiber (white bread, pasta)
 - Fiber is essential for good digestive health
- High in processed foods
 - Food in a box, long ingredient statements and long shelf life
- Low in complex carbohydrates
 - A diet of various processed sugars
- Low in plant-based foods
 - Over 90% of Americans are not getting enough

The striking fact is that cultures that eat the reverse of the standard American diet – low fat, high in complex carbohydrates, plant-based, and high in fiber – have a lower incidence of cancer and coronary artery disease (CAD). What's even sadder is that countries whose populations can afford to eat the healthiest disease-preventing foods don't. The United States has spent more money on cancer research than any country in the world, yet the American diet contributes to the very diseases we are spending money to prevent

More on the Standard American Diet (SAD):

(NaturalNews) Extreme is a good way to describe the diet that most people in America subsist on. Many people wouldn't look at the standard American diet, and call it extreme; many would just call it normal. But if you look at the diet close-up, we can see that it is pretty extreme, and certainly not healthy.

The Standard American Diet usually consists of a myriad of processed carbs (cereals, breads, pasta, cookies, cakes etc.), processed meat products, and a few fruits and veggies. What you eat is the foundation of your health – so what is in this diet?

This diet is high in many things, most of which your body doesn't really need. It is full of hydrogenated oil, high fructose corn syrup, phytic acid, acrylamide, sodium nitrate, monosodium glutamate (MSG) and lacking in basic essentials such as vitamins, minerals.

Hydrogenated oil causes a host of problems. It contributes to cancer, heart disease and obesity. A recent study showed that monkey fed these oils gained a significant amount of fat around the abdomen, even though they were not fed in such excess as to warrant fat gain. This is bad! Fat gain without consuming extra calories, and around the worst place on the body to gain it too, is one of the worst things for your health. We also know that trans fat boosts women's infertility by 70%, if you consume it for 2% of your total calories. For someone on a 2000 calories a day diet, that is only about 4 grams of fat. And 4 grams of fat is not a lot! You could get that much in one donut, or a small serving of fries.

High fructose corn syrup raises blood sugar levels quickly. There are links to the consumption of high fructose corn syrup to type II diabetes and heart disease. It provides no nutritional value, and is the ubiquitous sweetener for foods that are known as "empty calories."

Phytic acid has been proven to be an "anti-nutrient." It is in all grains, nuts and seeds that have not been soaked and dried first. If you are eating boxes of food that are grain based, not only are you eating something that has

no nutrition, you are also eating something that will readily take nutrients from you.

Acrylamide C₃H₅NO

If you eat anything with carbohydrates heated to a high temperature, you are eating acrylamide. The United States Environmental Protection Agency has stated that possible short-term effects of ingesting acrylamide are damage to the nervous system, weakness and incoordination in the legs. The possible long-term effects are damage to the nervous system, paralysis, and cancer. Acrylamide in fried or baked goods is produced by the reaction between asparagine and reducing sugars or reactive carbonyls. Browning during baking, frying or deep-frying or over-cooking of foods will produce acrylamides. Acrylamides can also be created during microwaving.

Sodium Nitrate NaNO₂

Consumption of processed meats has been linked to cancer (colon, breast, prostate and pancreas). The Material Safety Data Sheet (MSDS) for sodium nitrate states that ingestion in the pure form could cause gastroenteritis and abdominal pains. Other symptoms may include dizziness, bloody diarrhea, convulsions, and collapse; and chronic exposure can cause methemoglobinemia. This happens in some individuals when bacteria in the stomach convert the nitrate to nitrite. Nausea, vomiting, dizziness, rapid heartbeat, irregular breathing, convulsions, coma, and death can occur should this conversion take place. If you truly don't want to give up your bacon, salami or whatever there is a way to fight the harm that sodium nitrate can inflict on your body. You have to consume large doses of vitamins C and E before you eat something with sodium nitrate in it. These wonderful vitamins inhibit the conversion of sodium nitrate to the carcinogenic form, nitrosamines.

Monosodium Glutamate (MSG) is in a class of chemicals known as excitotoxins. Excitotoxins, like MSG, introduced to the body in high doses have been shown in animal studies to cause damage to areas of the brain unprotected by the blood-brain barrier. A variety of chronic diseases can arise out of this neurotoxicity. In other animal research, MSG has been shown to indirectly cause obesity. According to laboratory studies, the chemical does this by downregulating hypothalamic appetite suppression which increases the amount of food animals consume. This is another universal ingredient and can be found under names such as hydrolyzed yeast, torula yeast and autolyzed yeast.

Unfortunately, the Standard American Diet is full of packaged foods. Most packaged foods have virtually no nutritional value! They are pretty packages housing calories. If this is all you eat, then you are on the fast track to being overfed, and under nourished. I know that we are told that we should be eating lots of grain products. Eat up. But a diet recommendation like that is ignoring the true science out there telling us that insulin spikes, phytic acid, acrylamide and the negative immune system responses we get from eating cooked food doesn't mean a thing. We don't fully understand what happens in the body with all these extras - the synergistic effects are simply not known. Eating a diet rich in refined carbohydrates and processed meat products is a sure fire way to walk the path of disease.

There are real health advocates that teach the right way to eat. Avoiding all those unwanted extras most people get by eating the Standard American Diet takes a little drive but it is worth it. Reduce or eliminate refined carbs and go for whole, sprouted grains instead; and use them sparingly. Or replace those carbohydrates with amaranth, buckwheat, millet or quinoa. Choose raw fats - found in extra virgin olive oil, virgin coconut oil or the fats found in raw avocados. The food you eat should be colourful and vibrant! Most people do not get the recommended number of fruits and vegetables in their diet; don't be one of those people. Recent studies show that if we eat broccoli and tomatoes together, the health benefits are amplified. You get more results eating these foods together than if you ate them in isolation – **so go for a lot of color on your plate.**

The Effects of Poor Nutrition (SAD) on Your Health

Poor nutrition creates many negative health effects as well.

Obesity

According to a National Center of Health Statistics 2003 survey, about 65.2 percent of American adults are overweight or obese as a result of poor nutrition. Obesity is defined as having a body mass index (BMI) of 25 or more. Being overweight puts people at risk for developing a host of disorders and conditions, some of them life-threatening.

Hypertension

The National Institutes of Health reports that hypertension is one of the possible outcomes of poor nutrition. Hypertension, also known as high blood pressure, is called the silent killer, because it frequently remains undetected and thus untreated until damage to the body has been done. Eating too much junk food, fried food, salt, sugar, dairy products, caffeine and refined food can cause hypertension.

High Cholesterol and Heart Disease

Poor nutrition can lead to high cholesterol, which is a primary contributor to heart disease. High fat diets are common in the United States and Canada. The National Institutes of Health reports that more than 500,000 people in the United States die each year due to heart disease, which can be caused by a high fat diet. High cholesterol foods contain a large amount of saturated fat. Examples include ice cream, eggs, cheese, butter and beef.

Diabetes

Diabetes also can be linked to poor nutrition. Some forms of the disease can result from consuming a sugar- and fat-laden diet, leading to overweight. According to the National Institute of Health, about 8 percent of the American population has diabetes.

Stroke

A stroke that is caused by plaque that builds up in a blood vessel, then breaks free as a clot that travels to your brain and creates a blockage can be linked to poor nutrition. Strokes damage the brain and impair functioning, sometimes leading to death. Foods high in salt, fat and cholesterol increase your risk for stroke.

Gout

According to the National Institutes of Health, poor nutrition can lead to gout. With gout, uric acid buildup results in the formation of crystals in your joints. The painful swelling associated with gout can lead to permanent joint damage. A diet that is high in fat or cholesterol can cause gout. Some seafood--sardines, mussels, oysters and scallops--as well as red meat, poultry, pork, butter, whole milk, ice cream and cheese can increase the amount of uric acid in your body, causing gout.

Cancer

According to the National Institutes of Health, several types of cancer, including bladder, colon and breast cancers, may be partially caused by poor dietary habits. Limit your intake of foods that contains refined sugars, nitrates and hydrogenated oils, including hot dogs, processed meats, bacon, doughnuts and french fries

Everyday Tips to Detoxifying for Better Health and a Sense of Wellbeing

By Caitlin Smith

These very simple tips can be practiced everyday and will result in a less toxic, more even-balanced body and spirit.

Volunteer: Doing something good for others will help you focus on the positive, gain a little perspective and eliminate negative thoughts, at least for a little while.

Smile: Smiling forces you to indulge in your sense of humor and reach out to others; plus, it's a proactive step towards ridding yourself of negativity and cynicism.

Take deep breaths: Give your body fresh air, exercise your internal organs and detoxify your entire system by taking deep breaths.

Make your own juice: Dr. David Williams encourages readers to make their own juice to get the right kinds of vitamins in an eco-friendly way. Adding beet juice sweetens your juice naturally and is good for your liver and gall bladder.

Go to the bathroom: It's important to have regular bowel movements, and holding it in too long can cause an infection. Go when you need to go!

Wash fresh fruits and vegetables: If you don't buy organic fruits and vegetables, wash them before preparing them for a meal to rinse off at least some of the pesticides and toxins.

Indulge in physical contact: Hug, kiss, or just hold hands to reduce stress.

Walk or ride your bike: Reduce the pollutants in your city or neighborhood by walking or riding your bike to the store, instead of fueling up your vehicle just for a short trip.

Use your senses: Center yourself organically by using your senses. Carole Fogarty explains that "bringing awareness into your five senses smell, taste, touch, sight and sound directs energy away from your mind and back into your body where it should be."

Add garlic to your diet: Garlic "activates liver enzymes" which clean out your system and help you detox.

Eliminating Chemicals and Toxins: Harmful chemicals and toxins can be found everywhere, and there's a treatment for each one. Read this list to find out which herbal supplements help your body fight off toxins and which chemicals you can easily banish from your home.

Take Vitamin C: Vitamin C is a powerful antioxidant that is "essential for detoxification," according to Shelley R. Kramer of Health-Communications.com.

The 10 Best Detox Oils: Cypress, geranium, fennel and mandarin are some of the oils and scents that help your body eliminate toxins.

Make your own cleaning supplies: One of the latest green trends is to make your own cleaning supplies that are free of toxins and harmful chemicals.

Non Toxic Gardening: Avoid using harmful pesticides and chemicals by making your own compost and buying recycled gardening products.

Use a non-motorized mower: Gas-powered lawn mowers can emit very high levels of carbon monoxide and harmful air pollution.

Reduce indoor air pollution: the sources of indoor air pollution in your home like poor ventilation systems, dirty filters and more.

Wear green fashion: Many organic fashions are non-toxic and eco-friendly, so you'll be helping your body and your conscience.

Shop for green cleaning supplies: If you don't have time to make your own cleaning supplies, use this guide to know what ingredients and warnings to watch out for when shopping.

Practice natural pet care: A lot of pet products and foods contain toxins that are dangerous for your pet and your family. Use natural pet products to eliminate pesticides and chemicals.

Use nontoxic makeup and personal care items: Detoxify your skin by applying green makeup products and researching nontoxic personal care items.

Turn off the TV: Free your mind of all of the chatter, gossip and useless information on TV. You'll benefit from the time alone with your thoughts and the silence.

Spend time outside: Taking a walk outside or reading a book in your yard will quickly make you feel more connected to your community and nature.

Visit friends and family: Your friends and family know you best, so visit with your loved ones for comfortable, relaxed social interaction.

Take natural supplements: Taking your vitamins is probably the easiest and fastest way to get your essential nutrients each day. Natural supplements are free of synthetics.

Drink water: Flush out your system by drinking lots of water.

Stop using air fresheners: The Out There Blog discusses the pollutants in air fresheners and offers alternative ways to make your home smell nice without toxins.

Clean out your inbox: Organizing your inbox by deleting old messages and moving important e-mails to separate folders will help you focus and de-clutter your mind.

Unsubscribe to magazines and feeds: Evaluate how many blogs and magazines you read each day and start eliminating the excess material. You'll empty your mind of catty gossip and frivolous information while keeping your home and office more organized.

Be flexible: Dr. Rob on Discovery Health explains that avoiding stubborn feelings and going with the flow keeps stress levels down.

Eat Cocoa chocolate: Besides being a happy little treat to indulge in, chocolate has magnesium, which is a natural mood stabilizer.

Open the windows: Let in some of the natural elements by opening a window...even if it's raining outside. Breathing in fresh air will calm you down naturally.

Wake up the right way: In the article "9 Ways to Detox a Crowded Mind," Carole Fogarty proposes waking up "gently with only invited thoughts."

Make lists: Promote productivity by making lists.

Avoid meetings: Zen Habits encourages busy professionals to avoid meetings if you can in order to be more productive and keep your focus.

Take a quick nap: The Dumb Little Man is a big fan of the power nap, which can give you "a shot of physical and mental energy in the middle of your day."

Eat strategically: be mindful of foods, eat foods that are plant based and nutrient dense.

Find time for yourself: Slow down and make time for yourself in order to regroup and reprioritize according to the things and people that are most important for you. Find alignment with your inner being and then take action.

Exercise Tips: Exercising is one of the best ways to detox your body. Read this list for general exercise tips, as well as plans and routines that supplement detox diets.

Stretch: Even if you don't have enough time for a full workout, stretch a little throughout the day to keep your blood flowing and your body flexible.

Schedule it in: Don't wait until you have a free block of time to exercise. Scheduling it in ahead of time will help you stick to your plan.

Pick something you enjoy: If you hate yoga, don't do sign up for a class just because you think it's the right thing to do. You can detoxify with any kind of exercise, including organized sports or running.

Tune everything else out: Use your exercise time as an excuse to tune out your responsibilities and focus only on yourself, your goals and your relaxation.

Tips for Exercise Success: Read this article from the American Heart Association to help you get back in the game and enjoy exercise.

Tai Chi: This post from Stepcase Lifehack shares 15 different tips for "restart[ing] the exercise habit," including commit for thirty days, make it fun, and reward yourself.

Go on a cleansing retreat: Retreats like this one are designed to help you detox by benefiting from yoga, community spirit and the outdoors.

Pilates: Pilates is another workout that helps your mind and body detox.

Exercise at work: Desktop yoga and other simple exercises can be done at work, helping workaholics detox anytime

Walk in the woods. Connect to the energy of the earth and be reborn.

Green Leafy Vegetables - Nutritional Powerhouses

Eat Your Greens!

By Laura Dolson

A nutrition professor once told me that it was common for our ancient ancestors to eat up to six pounds of leaves per day. He imagined them walking along from one place to another, just picking and eating leaves as they went. Can you imagine eating a grocery bag full of greens each and every day? Few of us even eat the minimum USDA recommendations of 3 cups of dark green vegetables per week. And yet, these veggies deliver a bonanza of vitamins, minerals, and phytonutrients.

Health Benefits

Dark green leafy vegetables are calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of Omega-3 fats.

Perhaps the star of these nutrients is Vitamin K. A cup of most cooked greens provides at least nine times the minimum recommended intake of Vitamin K, and even a couple of cups of dark salad greens usually provide the minimum all on their own. Recent research has provided evidence that this vitamin may be even more important than we once thought (the current minimum may not be optimal), and many people do not get enough of it.

Vitamin K:

- Regulates blood clotting
- Helps protect bones from osteoporosis
- May help prevent and possibly even reduce atherosclerosis by reducing calcium in arterial plaques
- May be a key regulator of inflammation, and may help protect us from inflammatory diseases including arthritis
- May help prevent diabetes

Vitamin K is a fat-soluble vitamin, so make sure to put dressing on your salad, or cook your greens with oil.

Almost Carb-Free: Greens have very little carbohydrate in them, and the carbs that are there are packed in layers of fiber, which make them very slow to digest. That is why, in general, greens have very little impact on blood glucose. In some systems greens are even treated as a "freebie" carb-wise (meaning the carbohydrate doesn't have to be counted at all).

The Chimpanzee Connection: Chimpanzees and humans are more closely related than any other animal species. In fact, research shows that we share 99.4% of our DNA sequence with our chimpanzee friends.

Why is this significant? Chimpanzees are in far better physical shape than humans, and possess strong natural immunity to cancer and other fatal — and quite common — human illnesses.

Victoria's research all pointed to the chimpanzee diet as the reason for their superior health. Chimps and humans have vastly different eating habits.

It's All About The Greens: While humans enjoy pizza and hamburgers, chimps eat a diet extremely high in dark leafy greens — an item that hardly exists in the human world.

Victoria then turned her focus on dark leafy greens. What she discovered was a super-food packed with extremely high levels of nutrients. Here are 5 amazing facts about greens:

1. Greens are packed with amino acids...AKA protein.

I'll bet you didn't know that dark leafy greens are a legitimate source of protein. It's true!

Protein molecules are made of a chain of amino acids. When you consume protein from chicken, you're getting chains of amino acids that have already been assembled into a complex protein.

When you eat dark leafy greens you are getting a plethora of individual amino acids. Your body then takes these amino acids and assembles it into complex protein chains.

2. Greens give you lots of insoluble fiber...like a sponge.

You know fiber is important, but did you realize that fiber is needed to rid your body of toxins? Insoluble fiber is extra special, since it is built like tiny sponges that each absorbs several times more toxins than its own volume. Check out just a few of the many benefits of fiber:

- Fiber reduces cholesterol
- Fiber prevents and reduces the risk of cancer
- Fiber lessens risk of diabetes and improves existing diabetes
- Fiber helps shed unwanted pounds and prevents overeating

3. Greens promote bodily homeostasis...necessary for optimal health.

Homeostasis is the physiological process that regulates all substances in your body at ideal levels for optimal health. It is a very complex process, one that your body is constantly working towards.

In order for your body to achieve homeostasis it needs an abundance of vitamins, amino acids, carbohydrates, essential fatty acids and minerals. Greens are a super provider of all of the above.

4. Greens are alkaline...which promotes healthy cells.

In 1931 Dr. Otto Warburg won the Nobel Prize for discovering the cause of cancer: weakened cell respiration due to lack of oxygen on the cellular level — this causes fermentation, which results in acidity, or low pH.

There is a close connection between the foods you eat and your pH balance. For example, Parmesan cheese is highly acid forming, -34; while spinach is an amazingly alkalizing food, +14.

When you get plenty of greens on a daily basis, you're able to better maintain a good alkaline pH balance.

5. Greens are made of chlorophyll...liquid sun energy.

As amazing as it may seem, the molecule of chlorophyll is strikingly similar to the molecule of human blood. Chlorophyll heals and cleanses your organs while destroying harmful substances.

Here are just a few of the powers of chlorophyll:

- Chlorophyll builds a high blood count
- Chlorophyll helps prevent cancer
- Chlorophyll counteracts toxins
- Chlorophyll promotes an alkaline body
- Chlorophyll helps sores heal faster
- Chlorophyll improves varicose veins
- Chlorophyll improves vision

Health Benefits of Kale

Kale is a form of cabbage and related to broccoli, cauliflower and Brussels sprouts. It is very low in calories and contains more nutrients than most other greens. Kale is an excellent source of vitamin K, which is essential for bone and blood health, and helps by mediating coagulation and anticoagulation. Sulforaphane is a chemical found in kale and also sprouts and broccoli. A study published in *Drug Discovery Today* found that sulforaphane may help stop breast cancer cells from growing. The University of Texas conducted a study and found that a diet rich in kale may prevent bladder cancer by up to 29%. Kale may also help ovarian cancer too. The Nurse's Health Study observed that women whose diets provided the most kaempferol, a flavonoid found in kale, had a 40% reduction in risk of ovarian cancer. By supplying the body with plenty of calcium, copper and manganese, kale may help absorb iron and prevent bone loss.

Health Benefits of Collard Greens

Collard greens are similar to kale in many ways. Like kale, they too contain the phytonutrient sulforaphane which has been shown to stop breast cancer cells from growing in a study published in *Drug Discovery Today*. Collard greens are also a very good source of vitamin A, vitamin C and vitamin E and together, these antioxidants disarm free-radicals which may prevent significant damage to life-sustaining molecules such as enzymes, membranes, mitochondria and DNA. Include collard greens in your green smoothie for an excellent source of calcium, which helps to maintain the strength and density of bones and may also help prevent osteoporosis.

Health Benefits of Spinach

Famous for being the secret to Popeye's legendary strength, spinach is truly a nutritional powerhouse—and perfect for green smoothies. A Harvard University study found that women who ate spinach more than five times a week had a 47 percent decrease in risk of cataract surgery compared with those who ate spinach less than once a month. Lutein, found in spinach, may also benefit eye health by reducing the risk of macular degeneration, according to the American Macular Degeneration Foundation. Vitamin A and vitamin K are two of the prevalent vitamins in spinach and they are known to help regulate blood flow, maintain bone health, preserve cell health and help the cells in the body grow normally.

Health Benefits of Lettuce

Lettuce, like kale, is a low calorie green packed full of nutrients. Lettuce aids digestion and promotes liver health. It may also reduce the risk of heart disease, stroke and cataracts and may ease nervous insomnia. Lettuce is a good source of folate which is known to reduce neural tube defects such as spina bifida. The Spina Bifida Association of South Australia says the incidence of spina bifida could be reduced up to 70% by getting enough folate before and during the first 3 months of pregnancy. Lettuce is also a good source of iron and vitamin C and according to the National Heart, Lung and Blood Institute, lettuce may help to fight anemia.

Health Benefits of Parsley

Although usually used as a garnish on entrées, the addition of parsley to a green smoothie is a smart decision. Parsley contains unique volatile oils such as myristicin, limonene, eugenol, and alpha-thujene. The volatile oils, especially myristicin have been shown to inhibit tumor formation, especially in the lungs, as published in the *Journal of Agricultural and Food Chemistry*. Flavonoids such as luteolin are present in parsley and serve as anti-oxidants. They help by combining with highly reactive oxygen radicals and help prevent oxygen-based damage to cells. Adding parsley to a green smoothie made in the Vitamix 5200 will add flavor and may even help reduce the risk of cancer. The bonus is, your breath will be fresh!

10 Environmental Reasons to Reduce Your Intake of Animal Products

Animal agriculture takes a heavy toll on the environment. Here are some of the consequences.

1. Since 1967, forests have been destroyed at a rate of 1 acre every 5 seconds to create grazing land for beef cattle to ensure a continuous supply of inexpensive meat for our fast-food restaurants.
2. Economists estimate that for every person who switches to a more plant based diet, 1 acre of trees is spared each year.
3. Runoff from animal waste is linked to a 7,000-square-mile "dead zone" in the Gulf of Mexico that no longer supports aquatic life.
4. At the present rate, many rain forests -- a natural resource on which we rely for everything from lifesaving medicines to the very air we breathe -- will be gone in 30 years.
5. Livestock produces 7 trillion tons of manure every year, and it all finds its way into our water system.
6. Sixty percent of all water used in America is used for meat production.
7. It takes 16 pounds of grain and 2,500 gallons of water to produce 1 pound of meat. Yet 16 people can be fed on the grain it takes to produce that pound of meat. Growing that amount of grain requires only 250 gallons of water.
8. Countries such as Ethiopia and some Central American countries use their farmland to supply the United States with cheap burgers instead of growing healthful grain foods for their own hungry people. Every 2 seconds, a child starves to death somewhere in the world.
9. The livestock population of the United States consumes enough grain and soybeans to feed more than 5 times its human population. Ninety percent of all corn grown in the United States goes to livestock. Eighty percent of all grain and beans go to feed these animals.
10. Food grown directly for human consumption occupies 60 million acres. Food grown to feed livestock occupies 1.2 billion acres.

Stop Pollution: The fecal run-off from factory farms pollutes our waterways more than all other industrial sources combined (Environmental Protection Agency). The animals that we eat produce 130 times more excrement than the entire U.S. population, and this waste is 160 times more dangerous for the environment than human waste, as well (John Lang, "Manure Proves to be Massive Environmental Problem"). The chemicals, bacteria, and parasites in animal feces ruin ecosystems, contaminate soil, kill wildlife, and cause countless illnesses among people who live near these farms

More reasons...for your personal health

Manage Your Weight: How do vegetarians stay so thin? And they do. While 2/3 of dieters will gain all the weight back within a year, and 97% will gain it back (and more) within 5 years, people who simply changed to a plant based diet lost an average of 24 lbs in the first year and kept it off 5 years later (shown in studies conducted with Preventive Medicine Research Institute in California 1986-1992). Surveys also show that meat-eaters have three times the obesity rate of vegetarians and nine times the obesity rate of vegans, and vegans are 10-20 lbs lighter than meat-eating adults on average.

Live Longer: By switching to a more plant based diet, you will add close to 13 healthy years to your life (Michael F. Roizen, MD, *The Real Age Diet: Make Yourself Younger with What You Eat*). That means more energy, a better

immune system, and a longer life: a study by the German Cancer Research Center showed that a vegetarian lifestyle reduced the risk of early death by 50% in men and 30% in women.

Prevent Poor Health: Heart disease, cancer and strokes are the three leading causes of death in the United States. Fortunately, preventing these illnesses can be as easy as changing to a plant based diet. According to the *Journal of the American Dietetic Association*, vegetarians are 50% less likely to develop heart disease, 40% less likely to develop cancer and have significantly lower rates of blood pressure, cholesterol and hypertension than their meat-eating counterparts.

Avoid Food-borne Illness: According to the Food and Drug Administration, meat, poultry, fish and seafood are frequently involved in the 76 million cases of food-borne illnesses, the 325,000 food-related hospitalizations and the 5,000 food-related deaths reported in the United States each year.

Reduce Your Carbon Footprint: Your “carbon footprint” is a measurement of the amount of greenhouse gasses you produce in your lifetime (based on how many fossil fuels you’ve used for electricity, heating, transportation, etc., both directly and indirectly). Greenhouse gasses trap heat in the air through the greenhouse effect, thus contributing to global warming. As a meat-eater, you are indirectly creating greenhouse gasses by supporting animal agriculture; on average the meat-eating American will have a carbon footprint measuring 3.57 tons per year. Meanwhile, people who simply choose to eat less meat will reduce their carbon footprint by 1 ton and vegans will reduce this amount by 2 tons (“Diet, Energy, and Global Warming,” 2006).

Safety of factory workers: One in every three slaughterhouse workers suffers from injury or illness each year (U.S. Department of Labor’s Bureau of Labor Statistics). However, many of them avoid reporting injuries for fear of being fired. Slaughterhouses are known for exploiting America’s poor, illegal immigrants, and children: people who can find no other work. In 2002, employees involved in animal agriculture made 24 percent less than their counterparts in other factory jobs (Human Rights Watch) and processing plants were known to take unlawful deductions from paychecks, not pay overtime, and falsify logged hours (US Department of Labor, “Poultry Processing Compliance Survey Fact Sheet”).

5 Food Myths Busted

Sorting Through the Diet Hype to Find the Facts About Eating Healthier

By Vicki Bingham

All the conflicting information you get from talk shows, TV commercials, and best-selling books might lead you to believe eating a healthy diet is complicated. The Whole Foods Market Health Starts Here program shows you how simple it is. Signs in your local Whole Foods Market will guide you to the best food choices, and Healthy Eating Specialist Team Members are there to help you discover the joys of healthy eating. In fact, the only obstacle in the way of a healthier you may be letting go of all the misconceptions you've heard. We're here now to clear those up for you.

Myth 1: You don't get enough protein from eating only plants. Beef, chicken, and dairy products are rich in protein, so without them you miss out on something essential.

Fact: Protein is an important fuel that burns steadily for a long time in our bodies. And animal foods are indeed protein-rich. But even lean animal foods come with fat. "Vegetables contain as much as 50 percent protein, while meat is only 30 percent protein," says Joel Fuhrman, M.D., author of *Eat Right America* Nutritarian Handbook and a board-certified family practitioner. The Institute of Medicine recommends that women ages 19 and up eat 46 grams of protein every day, and that men of the same age have 56 grams daily. Plant foods can easily provide you with that. A serving of black beans, for instance, supplies you with about 15 grams.

Myth 2: A low-fat, plant-strong diet is dull. Eating healthy means denying yourself the pleasure of good food. It's all green salads and soy products, day after day. **ANDI**, a patent-pending food scoring system, shows the nutrient density of a food on a scale from 1 to 1,000. The higher the concentration of nutritional elements in a food per calorie, the higher the score.

Fact: "Our palates have been hijacked by salt, sugar, and fat, which disguise the true nature of food," says Rip Esselstyn, author of *The Engine 2 Diet* and a former competitive triathlete and firefighter. "When you reclaim your palate, you learn to appreciate the nuances in foods." You can create endless combinations of fruits, vegetables, whole grains, nuts, and seeds, along with different seasonings, says **Derek Sarno** (1 year of service), Senior Global Health Starts Here Chef and Culinary Educator at Whole Foods Market. If you like, you can use meat, seafood, and cheese as a condiment-size accent, Sarno advises, as long as plant foods take up most of the room on your plate.

Myth 3: Eating carbohydrates causes you to gain weight. Beware of carbs, warn popular diet books and weight-loss programs. Eat fewer carbs, the thinking goes, and you'll find weight-loss success and better health.

Fact: Not all carbohydrates are alike. Refined or simple carbohydrates, such as white flour and sugar, can indeed cause weight gain because "they promote the release of insulin, which promotes fat storage," says Dr. Fuhrman. But fruits, vegetables, and whole grains are rich in complex carbohydrates, and they are low in calories, high in fiber, and nutrient-dense. They help you feel full without spiking your insulin level, Dr. Fuhrman explains. Green vegetables, he adds, have so much fiber and so few calories that filling up on them will help you lose weight.

Myth 4: You must carefully combine specific plant foods to get complete protein. Protein is made up of eight essential amino acids. You may have heard that since no plant contains every one, you need to eat a particular mix of foods for you to get them all.

Fact: Vegetables, fruits, whole grains, legumes, nuts, and seeds all contain the different amino acids in varying quantities. If you eat a wide selection from those food groups, you will get all the amino acids in more than sufficient amounts, Esselstyn says. Your body can combine and use them as they are needed.

Myth 5: Eating a healthy diet is time consuming and expensive. Who has time for cooking from scratch every night? And don't "special" diet foods cost a lot?

Fact: In the frozen and prepared foods departments at Whole Foods Market, you can find healthy meals ready for you to take home and eat. The salad bar is especially handy, Sarno says, because it has pre-cut vegetables and cooked grains that save you time. Watching your budget? Check the bulk department for great values on whole grains, beans, nuts, and seeds —staples of a healthy diet.

QUICK GUIDE

These four principles will help you choose the best foods for you and your family.

- 1. Plant-Strong** Fruits, vegetables, whole grains, legumes, seeds, and nuts supply all of the nutrients your body needs, including lean protein and healthy fats.
- 2. Whole Food** The healthiest foods are processed minimally, if at all, and are free of artificial ingredients. Whole foods have nutrients that work together and fiber to help you digest them easily.
- 3. Nutrient-Dense** You want to eat foods with the most nutrients and fewest calories. The ANDI (Aggregate Nutrient Density Index) rating system helps you choose the most healthful foods. Look for ANDI scores throughout the store.
- 4. Healthy Fats** Plant-based foods don't have cholesterol, but many do contain fat. Your body needs fats like those found in nuts, seeds, avocados, and olives. But fat from any source is high in calories, so you want to eat them in moderation.

Dirty Dozen

Fruits and veggies are an essential part of a healthy diet, but many conventional varieties contain pesticide residues.

And not all the pesticides used to kill bugs, grubs, or fungus on the farm washes off under the tap at home. Government tests show which fruits and vegetables, prepared typically at home, still have a pesticide residue.

You can reduce your exposure to pesticides by as much as 80% if you avoiding the most contaminated foods in the grocery store.

To do so, you need the latest info from the why the Environmental Working Group's "Dirty Dozen" list of foods most likely to have high pesticide residues. Since 1995, the organization has taken the government data and identified which type of produce has the most chemicals.

The best way to avoid pesticide residue on foods is to buy organic produce -- USDA rules prohibit the use of pesticides on any crop with the certified organic label.

Here's a closer look at the Dirty Dozen:

1. Celery

Celery has no protective skin, which makes it almost impossible to wash off the chemicals (64 of them!) that are used on crops. Buy organic celery, or choose alternatives like broccoli, radishes, and onions.

2. Peaches

Multiple pesticides (as many as 62 of them) are regularly applied to these delicately skinned fruits in conventional orchards. Can't find organic? Safer alternatives include watermelon, tangerines, oranges, and grapefruit.

3. Strawberries

If you buy strawberries, especially out of season, they're most likely imported from countries that have less-stringent regulations for pesticide use. 59 pesticides have been detected in residue on strawberries. Can't find organic? Safer alternatives include kiwi and pineapples.

4. Apples

Like peaches, apples are typically grown with poisons to kill a variety of pests, from fungi to insects. Tests have found 42 different pesticides as residue on apples. Scrubbing and peeling doesn't eliminate chemical residue completely, so it's best to buy organic when it comes to apples. Peeling a fruit or vegetable also strips away many of their beneficial nutrients. Can't find organic? Safer alternatives include watermelon, bananas, and tangerines.

5. Blueberries

New on the Dirty Dozen list in 2010, blueberries are treated with as many as 52 pesticides, making them one of the dirtiest berries on the market.

6. Nectarines

With 33 different types of pesticides found on nectarines, they rank up there with apples and peaches among the dirtiest tree fruit. Can't find organic? Safer alternatives include watermelon, papaya, and mango.

7. Bell peppers

Peppers have thin skins that don't offer much of a barrier to pesticides. They're often heavily sprayed with

insecticides. (Tests have found 49 different pesticides on sweet bell peppers.) Can't find organic? Safer alternatives include green peas, broccoli, and cabbage.

8. Spinach

New on the list for 2010, spinach can be laced with as many as 48 different pesticides, making it one of the most contaminated green leafy vegetable.

9. Kale

Traditionally, kale is known as a hardier vegetable that rarely suffers from pests and disease, but it was found to have high amounts of pesticide residue when tested this year. Can't find organic? Safer alternatives include cabbage, asparagus, and broccoli.

10. Cherries

Even locally grown cherries are not necessarily safe. In fact, in one survey in recent years, cherries grown in the U.S. were found to have three times more pesticide residue than imported cherries. Government testing has found 42 different pesticides on cherries. Can't find organic? Safer alternatives include raspberries and cranberries.

11. Potatoes

America's popular spud reappears on the 2010 Dirty Dozen list, after a year hiatus. America's favorite vegetable can be laced with as many as 37 different pesticides. Can't find organic? Safer alternatives include eggplant, cabbage, and earthy mushrooms.

12. Grapes

Imported grapes run a much greater risk of contamination than those grown domestically. Only imported grapes make the 2010 Dirty Dozen list. Vineyards can be sprayed with different pesticides during different growth periods of the grape, and no amount of washing or peeling will eliminate contamination because of the grape's thin skin. Remember, wine is made from grapes, which testing shows can harbor as many as 34 different pesticides. Can't find organic? Safer alternatives include kiwi and raspberries.

Health wheel

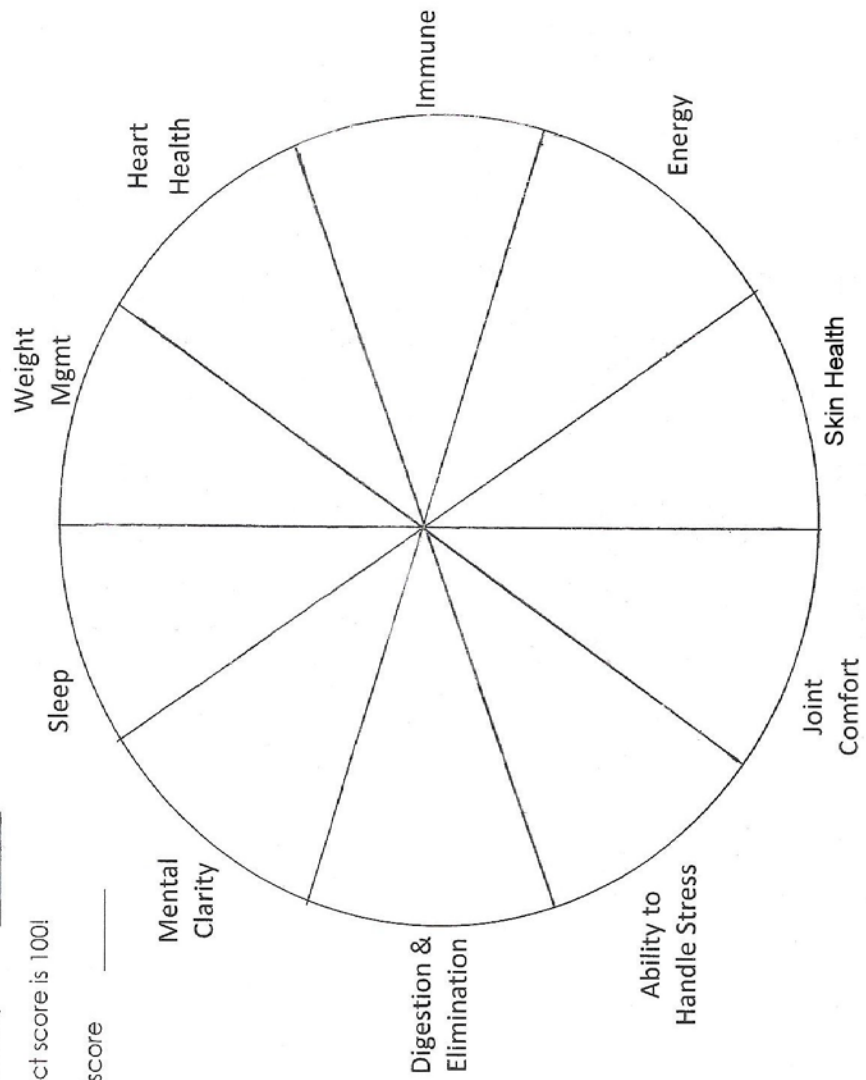
Date - Month 1 _____

- Sleep _____
- Weight Mgmt _____
- Heart Health _____
- Immune _____
- Energy _____
- Skin Health** _____
- Joint Comfort _____
- Ability to Handle Stress _____
- Digestion _____
- Mental Clarity _____

Perfect score is 100!

Your score _____

Health Wheel



Date - Month 2 _____

- Sleep _____
- Weight Mgmt _____
- Heart Health _____
- Immune _____
- Energy _____
- Skin Health** _____
- Joint Comfort _____
- Ability to Handle Stress _____
- Digestion _____
- Mental Clarity _____

Perfect score is 100!

Your score _____

Date - Month 3 _____

- Sleep _____
- Weight Mgmt _____
- Heart Health _____
- Immune _____
- Energy _____
- Skin Health** _____
- Joint Comfort _____
- Ability to Handle Stress _____
- Digestion _____
- Mental Clarity _____

Perfect score is 100!

Your score _____

Smoothie Recipes

Everything Smoothie

1/2 cup (80 g) red grapes
1 orange, peeled, halved
2 baby carrots
1/2 peach, pitted
1 cup (150 g) frozen unsweetened strawberries
1/2 cup (45 g) chopped broccoli
1/2 cup (15 g) spinach leaves
1/2 cup of Kale or Collard greens
1/2 cup (78 g) pineapple chunks
1/4 banana, peeled, frozen
1 cup (240 ml) ice cubes

Emerald Smoothie

2 cups (310 g) fresh, ripe pineapple, with core (or a 2-inch-thick slice)
1 stalk celery (7-inch stalk), halved
1 cup (30 g) spinach leaves, gently packed and 1/2 cup of Kale
4 ounces (113 g) vanilla soymilk
2 cups (480 ml) ice cubes
sweetener to taste if pineapple is a bit tart

Going Green Smoothie

1 cup (160 g) green grapes
1/2 cup (78 g) pineapple
2 cups (60 g) fresh spinach
1 cup of Kale or Collard Greens
1/2 ripe banana, peeled
1/2 cup (120 ml) water
1/2 cup (120 ml) ice cubes

Kale & Pear Green Smoothie

1 cup (160 g) green grapes
1 orange, peeled
1/2 Bartlett pear
1 banana, fresh or frozen, peeled
1 cup (70 g) kale
1/2 cup (120 ml) water
2 cups (480 ml) ice cubes

Detox Elixir

1 1/2 cups (360 ml) water or aloe juice
1/3 cup (20 g) fresh parsley
1 3/4-inch wedge red cabbage
1/2 cup (30 g) dark, fresh bitter greens, such as mustard greens, kale, collards, or dandelion
1" piece fresh ginger
1/2 lemon, scrubbed and unpeeled
1/2 small beet
pinch cayenne pepper or 1/4" slice of jalapeno pepper
to taste smart sweetener (i.e. stevia, agave)
1 cup (240 ml) ice cubes

Wheat Grass Smoothie

1/2 cup (120 ml) water
1 cup (160 g) grapes
1/2 cup (75 g) pineapple
1/2 cup wheat grass
1 cup (240 ml) ice cube

Oil Free Salad Dressings

1/3 cup chopped nuts (walnuts, cashew, almonds or pecan)
½ cup chopped fresh fruit (plums, peaches, mango, berries)
¼ cup unsweetened soymilk, almond milk or fruit juice
1 Tbsp sour ingredient (lemon or lime juice, vinegar)

Puree all ingredients in a high powered blender.
For a thinner dressing add more liquid

Tips & Tricks:

- After pureeing stir in an extra Tbsp full of flavor (Dijon mustard, fresh herbs, fresh ginger, candied ginger, sesame seeds, ground flax seeds, etc.)
- Soak dried fruit such as cranberries, chopped dates, figs or golden raisins in hot water until softened and use as a substitute for half of the fresh fruit.
- Instead of nuts use nut or seed butters (peanut, cashew, almond, tahini, sunflower seed butter, etc.)
- For an extra thick dressing use unsweetened apple sauce in place of fruit juice

Try these Combinations:

- cashews + peaches+ Orange juice + white wine vinegar
- almonds + blueberries + soy milk + lime juice
- Walnuts + plums + apple juice + lemon juice
- Pecans + peaches + sherry vinegar + water (+ candied ginger)

Cranberry Orange dressing

2 cups cranberries
1/3 cup water
1/3 cup orange juice
sweetener if desired

Simmer cranberries and water 4-5 minutes, until berries just begin to pop.
Remove from heat. Add orange juice. Press through a sieve. Chill. Discard cranberry skins. The dressing will thicken slightly as it chills.

Bread Toppings

Marinated Goat Cheese

8 oz log
2 Tsp olive oil
¼ tsp black pepper
2 cloves garlic minced
4 sprigs rosemary
8 leaves fresh basil

Combine, refrigerate. Use on bread or pasta.

Sweet Potato-Pine Nut spread

1 large sweet potato or yam, baked, scraped from skin
2 Tbsp pine nuts
1-2 Tbsp maple syrup
1 tsp sunflower oil
¼ tsp cinnamon, pinch of sea salt

Puree in a food processor

Mixed grilled vegetable bruschetta

eggplant
Red and yellow peppers
Tomatoes
Onions
Garlic, fresh mashed
Salt
molasses
red wine vinegar
thyme, basil
xtra virgin olive oil

Grill or broil veggies. Make dressing. Mix all.
Use over pasta, on pizza, as a dip, on toast.

Bean Dip

Kalamata Olive Hummus

Chick peas, kalamata olives (greek olives), crushed garlic, olive oil, lemon juice, salt and pepper

Black bean Hummus

2 cups black beans, 2 cloves crushed garlic, ¼ cup tahini, olive oil, salt and pepper, 2 tsp tamari, 1 tsp ground cumin, ½ cup chopped fresh cilantro, 2 Tbsp water if needed

Jalapeno Hummus

Chick peas, jalapeno peppers, Olive oil, crushed garlic, lemon juice, salt and pepper

Tex Mex Hummus

black beans, jalapeno peppers, crushed garlic, olive oil, lemon juice, salt and pepper

Fiesta Mexicana 3 Bean Dip

Garbanzo beans, white canelli beans, pink pinto beans, crushed garlic, olive oil, lemon juice salt and pepper (try a little cumin)

Fat free Hummus, spicy

chick peas, lemon juice, apple cider vinegar, water, crushed garlic, jalapeno pepper, crushed red pepper, salt and pepper

Honey Cipotle Pita Dip

Great northern white beans, chipotle peppers, honey, crushed garlic, olive oil, lemon juice, salt and pepper

Fat Free Hummus, lemon dill

Chick peas, lemon juice, apple cider vinegar, water, crushed garlic, lemon juice, salt and pepper

Classic Hummus

2 cups chick peas
1/3 cup tahini
1 Tbsp lemon juice
Olive oil and/or water
3 cloves crushed garlic
Salt and pepper to taste
optional: 1 tsp cumin
paprika to taste
hot sauce
lemon zest

Puree in a food processor

Edamame Hummus

Shelled edamame, water, lemon juice, tahini, parsley, olive oil, garlic, sea salt, cumin, coriander.

Process in food processor.

Lemon-Rosemary White Bean Spread

1 ½ cups cooked canellini or other white beans
1 tsp minced rosemary, preferably fresh
Grated zest and juice from 1 lemon
¼ tsp freshly ground pepper, sea salt

In a small heavy sauce pan combine olive oil, rosemary, lemon zest and pepper. Heat for 1 min. Let steep for 10-15 min. Puree all until fluffy

Sweet Treats without Sugar

Raw Organic fudge

2 cups raw cashews, no salt
¼ cup coconut oil
½ cup coco powder
½ cup agave nectar

Place cashes in food processor and process for 8-10 minutes until you have a nice shiny cashew butter. This will make about 1 cup cashew butter. Next, stir in the remaining ingredients. Pulse. Finally spread the mixture in an 8x8 pan on top of parchment paper and refrigerate for 2 hours. Cut and serve (chilled). Makes 12 servings.

Raw chocolate Cia Energy Bars

1/3 cup raw unsweetened coco powder
1/3 cup chia seeds
½ tsp vanilla extract
1 cup raw almonds, ground up
1 ½ cups dates (moist ones, not dried up)

Puree dates in food processor until thick paste forms.

Add coco powder, chia seeds and vanilla extract. Pulse until combined. Add almonds and pulse until almonds are well distributed.

Press between wax paper, ¼ inch to ½ inch thick. Chill overnight. Cut into bars and dust with oat flour or coco powder to prevent sticking.

Louminous Kitchens.com

Gluten Free Bars

Apricot Bum Bar

Brown rice syrup
Grape seed oil
Coconut flakes
Walnuts
Almonds
Pumpkin seeds
Sesame seeds
Apricots
Raisins
Dried cranberries
Apple juice
Cinnamon
Ginger
Nutmeg

Hemp Bum Bar

Gluten free rolled oats
Oat flour
Chocolate chips
Grapeseed oil
Hemp seeds
Sugar
Sea salt
Raisins
Vanilla extract

Raw "Go Younger" bar (bought at Whole Foods)

Almonds
Apricot kernels
Cashews
Agave
Vanilla
Star anise
Himalayan salt
Mulberries
Aronia berries
Barberries
Bilberries
Raisins

Protein Sources

Source	Protein g	Cholesterol mg	Calcium mg	Fat g		Magnesium mg	Iron mg	Fiber g	Energy kcal
				Total	Saturated				
Soybeans, mature seeds, raw	36.490	0.000	277.000	19.940	2.884	280.000	15.700	9.300	416.000
Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	30.940	96.000	7.000	8.140	2.870	29.000	1.140	0.000	206.000
Chicken, broilers or fryers, light meat, meat only, cooked, roasted	30.910	85.000	15.000	4.510	1.270	27.000	1.060	0.000	173.000
Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	29.800	84.000	14.000	7.780	2.190	27.000	1.070	0.000	197.000
Winged beans, mature seeds, raw	29.650	0.000	440.000	16.320	2.303	179.000	13.440	?	409.000
Turkey, all classes, breast, meat and skin, cooked, roasted	28.710	74.000	21.000	7.410	2.100	27.000	1.400	0.000	189.000
Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	28.300	89.000	8.000	7.740	2.760	26.000	2.120	0.000	191.000
Lentils, mature seeds, raw	28.060	0.000	51.000	0.960	0.135	107.000	9.020	30.500	338.000
Finfish, halibut, Atlantic and Pacific, cooked, dry heat	26.690	41.000	60.000	2.940	0.417	107.000	1.070	0.000	140.000
Peanuts, spanish, raw	26.150	0.000	106.000	49.600	7.642	188.000	3.910	9.500	570.000
Broadbeans (fava beans), mature seeds, raw	26.120	0.000	103.000	1.530	0.254	192.000	6.700	25.000	341.000
Finfish, salmon, chinook, cooked, dry heat	25.720	85.000	28.000	13.380	3.214	122.000	0.910	0.000	231.000
Beans, kidney, royal red, mature seeds, raw	25.330	0.000	131.000	0.450	0.065	138.000	8.700	24.900	329.000
Mungo beans, mature seeds, raw	25.210	0.000	138.000	1.640	0.114	267.000	7.570	18.300	341.000
Peanuts, virginia, raw	25.190	0.000	89.000	48.750	6.361	171.000	2.550	8.500	563.000
Seeds, pumpkin and squash seed kernels	24.540	0.000	43.000	45.850	8.674	535.000	14.970	3.900	541.000
Pumpkin and squash seed kernels	24.540	0.000	43.000	45.850	8.674	535.000	14.970	3.900	541.000
Beans, kidney, california red, mature seeds, raw	24.370	0.000	195.000	0.250	0.036	160.000	9.350	24.900	330.000
Nuts, walnuts, black	24.350	0.000	58.000	56.580	3.628	202.000	3.070	5.000	607.000
Yardlong beans, mature seeds, raw	24.330	0.000	138.000	1.310	0.339	338.000	8.610	11.000	

Beef, ground, regular, cooked, broiled, medium	24.070	90.000	11.000	20.690	8.130	20.000	2.440	0.000	289.000
Peanut butter, chunk style,	24.050	0.000	41.000	49.940	9.580	159.000	1.900	6.600	589.000
Nuts, pine nuts, pignolia, dried	24.000	0.000	26.000	50.700	7.797	233.000	9.200	4.500	566.000
Mung beans, mature seeds, raw	23.860	0.000	132.000	1.150	0.348	189.000	6.740	16.300	347.000
Beans, kidney, all types, mature seeds, raw	23.580	0.000	143.000	0.830	0.120	140.000	8.200	24.900	333.000
Beans, white, mature seeds, raw	23.360	0.000	240.000	0.850	0.219	190.000	10.440	15.200	333.000
Beans, cranberry (roman), mature seeds, raw	23.030	0.000	127.000	1.230	0.316	156.000	5.000	24.700	335.000
Mothbeans, mature seeds, raw	22.940	0.000	150.000	1.610	0.364	381.000	10.850	?	343.000
Seeds, sunflower seed	22.780	0.000	116.000	49.570	5.195	354.000	6.770	10.500	570.000
Beans, kidney, red, mature seeds, raw	22.530	0.000	83.000	1.060	0.154	138.000	6.690	15.200	337.000
Beans, navy, mature seeds, raw	22.330	0.000	155.000	1.280	0.331	173.000	6.440	24.400	335.000
Beef, variety meats and by-products, tongue, cooked, simmered	22.110	107.000	7.000	20.740	8.930	17.000	3.390	0.000	283.000
Beans, yellow, mature seeds, raw	22.000	0.000	166.000	2.600	0.671	222.000	7.010	25.100	345.000
Beans, great northern, mature seeds, raw	21.860	0.000	175.000	1.140	0.356	189.000	5.470	20.200	339.000
Beans, black, mature seeds, raw	21.600	0.000	123.000	1.420	0.366	171.000	5.020	15.200	341.000
Lima beans, large, mature seeds, raw	21.460	0.000	81.000	0.690	0.161	224.000	7.510	19.000	338.000
Nuts, almonds	21.260	0.000	248.000	50.640	3.881	275.000	4.290	11.800	578.000
Nuts, pistachio nuts, dry roasted, without salt added	21.240	0.000	108.000	45.730	5.525	120.000	4.180	10.300	570.000
Beans, small white, mature seeds, raw	21.110	0.000	173.000	1.180	0.304	183.000	7.730	24.900	336.000
Beans, pink, mature seeds, raw	20.960	0.000	130.000	1.130	0.292	182.000	6.770	12.700	343.000

Smart Stick Hand Blender

The versatile stick design of the Cuisinart® Smart Stick® Hand Blender lets users blend ingredients right in pots, pitchers, bowls, or the clear plastic beaker that's included. A powerful 200-watt motor operates with an easy one-touch control. Blends drinks, purées soup, mixes pancake and crêpe batters in seconds! Both stainless steel blending shaft and beaker are dishwasher-safe.

Product Dimensions: 2.13" x 2.60" x 14.00"

Features

- Powerful 200-watt motor handles more blending tasks
- Stick design reaches into pots, pitchers, and bowls to extend blending options
- Ergonomically designed grip offers comfortable hold and more control while blending
- Operates with a one-touch control for easy, one-handed blending
- Dishwasher-safe blending shaft and beaker make cleanup effortless
- Limited 3-year warranty



\$29.95

<http://www.cuisinart.com>

Vitamix 5200 Blender

- **High performance, new container, new look:** The new standard for high performance blending. This model is perfect for those who don't plan to grind grains.
- **Wet blade container:** Tough, durable, state-of-the-art 64-oz. BPA Free container made from Eastman Tritan copolyester is designed to deliver consistent results every time.
- **Consistent processing every time:** Perfectly smooth whole food juice and smoothies, steaming hot soup from fresh produce, low-fat frozen treats.
- **Cooler, more efficient motor:** Custom-designed for Vitamix, a new standard in blender performance.
- **Easy-to-remove 2-part lid:** Features a twist-off lid plug, conveniently marked with measurement—perfect for adding ingredients while machine is running.
- **More elegant, updated package:** Soft touch switches, designer label, beautiful shell, all new DVD and cookbooks!



Available in: White, Black, Red, and Brushed Stainless (\$50 extra)

VALUE: \$565.00

PRICE: \$449.00

www.vitamix.com Go there now and make this investment into your health!