

# Family Nutrition Packet

I sincerely hope that the information in this packet will be read and you will take it to heart. When it comes to your health, it's really your decision because ultimately you choose how you are going to live your life. You will decide for the rest of your life on how you are going to fuel your body. Food is fuel and the plant kingdom is the only type of food that gives you the energy you need to sustain a long, healthy life. The sun, soil and water give plants its energy. When we eat plants, we get the energy we need to run, swim, play ball and think. Empty calories like chips, sodas, hamburgers, cookies, etc, may fill you up, but they won't give you the protection you need to fight off disease and give you the energy you need to live a long healthy life. Plant foods give your body the ability to fight off disease. No other part of the food pyramid or Del Taco or McDonald's can do that.

Some scientists and doctors will say that upwards of 70% of disease is directly related to what we eat and drink. I believe that now more than ever. We are seeing an epidemic of disease in children and teens. We are seeing diseases that we used to see in only adults. Diseases like pediatric cancer, pediatric diabetes, pediatric arthritis, high blood pressure, high cholesterol, etc. We are also seeing more and more children being diagnosed with ADD and ADHD. Western Medicine's solution to this problem is drugs. Many doctors don't even look at nutrition as playing a role in a child's behavior patterns or brain activity because they haven't been taught about nutrition. It's sad but true.

I'm happy that you came to hear the information presented and I want you to know that I am committed to helping you in this educational process. This is a great starting point and the rest is up to you!

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## Important Statistics and Quotes

Leading causes of death in the United States:

- Heart Disease (heart attacks and stroke)
- Cancer
- Physician error, medication error, adverse events from drugs and surgery
- Diabetes

*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.

*T. Colin Campbell PhD:* "Both Diabetes and obesity are merely symptoms of poor health in general. They rarely exist in isolation of other diseases and often forecast deeper, more serious health problems, such as heart disease, cancer and stroke. Two of the most frightening statistics show that diabetes among people in their thirties has increased 70% in less than 10 years and the percentage of obese people has nearly doubled in the past thirty years."

*Dr. William Sears:* "We are eating factory processed nutrition which is genetically unknown food to our bodies."

*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*

*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 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."

*Newsweek November 30th, 1998:* "Laboratory researchers had started discovering dozens of new chemicals in common fruits and vegetables. These compounds were showing a remarkable ability to disrupt the formation of tumors. Tumors don't appear of out nowhere. They take years of even decades to produce discernable masses, and our bodies get many chances to eliminate them along the way...Fruits and vegetables can help to neutralize the free radicals that degrade cellular DNA. They even help protect each other."

*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

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

...Many packaged foods contain harmful Ingredients.

- Sugar - 4 Grams = 1 Tsp.  
Sucrose, Corn Syrup, High Fructose Corn Syrup, Brown Sugar, Turbinado Sugar, Honey, Molasses, Fructose, Dextrose
- Aspartame - (NutraSweet, Equal, Splenda, etc.)
- Monosodium Glutamate - (MSG)
- Hydrogenated Fats (Trans Fats)
- Refined, Enriched and Fortified
- Nitrates and nitrites
- foods with dyes or #'s

## **How Sugar Harms**

(Excerpts taken from The Family Nutrition Book. William Sears, M.D.)

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 fats. 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 bakery 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.**

**Why fiber is so important:**

- |                                       |                                            |
|---------------------------------------|--------------------------------------------|
| Fiber curbs overeating                | Fiber reduces cancer risk                  |
| Fiber steadies your blood-sugar level | Fiber increases peristalsis                |
| Fiber slows fat absorption            | Fiber binds carcinogens                    |
| Fiber reduces cholesterol             | Fiber promotes healthy intestinal bacteria |
| Fiber promotes regularity             |                                            |

**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 |                  |                 |                     |

**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 acids". It's basically a molecule that has its head on backwards. 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. Even if a label says it's low in heart damaging saturated fat, it may still contain a large amount of trans fats. 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 the French fries so popular with children may be full of cholesterol-raising trans fats even if the establishment claims it uses "100% vegetable oil" for cooking.

Current label laws in the US do not require food manufacturers to include information about trans fats in nutrition labeling.

### **Nitrates/nitrites** (Taken from The Family Nutrition Book by Dr. William Sears)

Nitrates and nitrites, which are preservatives added to food, especially processed meats, form carcinogenic compounds in the intestines. It's best to stay away from the deli meats 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.

**Enriched, Refined or Fortified** (Taken from The Family Nutrition Book by Dr. William Sears)

Enriched is often a tip-off 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 whole-wheat counterparts.

**Immune Builders**

**Good Fats:**

- Avocadoes
- Raw nuts
- Wild Salmon
- Olive oil
- Flax seeds
- Nut butters

**Good Carbohydrates:**

- Fruits
- Vegetables
- Whole grain cereals/  
breads
- Sprouted cereals/breads
- Brown rice
- Oatmeal/cream of wheat
- Whole wheat pasta
- Sweet potatoes
- Whole grain crackers

**Good Protein:**

- Wild Salmon
- Cold water fish
- Buffalo
- Organic chicken
- Organic eggs
- Organic Tofu/soy
- Lentils/legumes
- Plain yogurt
- White cheese

**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.
- ☞ Send fruits and vegetables as a snack in packed lunches.
- ☞ Serve fruit and vegetables as a snack at home.
- ☞ Serve salads first at dinnertime, when kids are hungriest.
- ☞ Try new fruits and vegetables – don't assume your kids won't like them.  
(Sometimes a child needs to be exposed to a new food 14 times before they'll eat it.)
- ☞ Give your kids concentrated fruit and vegetable snack foods. (Juice Plus+ Gummies and Chewables.)

**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. You are what you eat!
- ☞ All people, including children, manufacture free radicals as a by-product of metabolism. These free radicals cause destruction and aging of cells and body, including cancer. The more active a child is, the more free radicals are created! 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.
- ☞ Did you know that 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.

**Why Juice Plus?**

Medical Science reminds us every day that good nutrition and good healthy go hand in hand, especially when it comes to the healthy benefits of eating fresh, raw fruits and vegetables. Researchers continue to find phyto-nutrients in fruits and vegetables that support our immune system, impede the development of degenerative diseases, and contribute to good health in many ways.

Many people find fruits and vegetables too inconvenient and too expensive and fail to get the recommended 7-13 servings every day.

Juice Plus is the next best thing to fruits and vegetables. Certainly everyone should be encouraged to eat more fruits and vegetables, but we know that most people simply won't do it. Juice Plus provides a vital nutritional support system to complement an individual's diet.

People take Juice Plus because

- It contains fruit and vegetable juice powders concentrates in a capsule, chewable or Gummie
- It is convenient
- It is inexpensive
- It is the most thoroughly researched whole food based supplement on the market

### **Juice Plus Orchard and Garden**

Apples	Pineapple	Broccoli
Acerola Cherries	Beets	Tomato
Oranges	Carrots	Spinach
Papayas	Kale	Lactobacillus Acidophilus
Peaches	Parsley	Garlic, Oats & Barley
Cranberries	Cabbage	Enzyme Blend

### **Juice Plus Vineyard Blend**

Blueberries	Grape Juice Powder	Green Tea
Blackberries	Ginger Root	Bilberries
Grape Seed	Raspberry	Elderberries
Cranberry	Red Currant	Black Currant
Artichoke	Arginine	L-carnitine
Coenzyme Q10	Natural plant enzyme blend	

## ***The Importance of Nutrition for School-Aged Children***

Food is fuel. We don't want our children "running on empty." Our children require "good fuel" (nutrients) for their growing bodies and they are harmed by "bad fuel" (highly processed empty calories).

As parents and teachers, we want our children to have a successful school experience. Research shows children who have a healthy diet, have better attention span, academic success, athletic success and self-esteem than children who don't. They miss less school, see the doctor less, and take fewer over the counter and prescription drugs.

### ***We want our children well.***

If our children are sick, they either miss school, or come unable to give their best effort, infecting other children along the way. Food can boost immunity or depress it. For example, phytonutrients in fruits and vegetables enhance immune function (as measured by T-cells, cytokines, B cells and NK cells), while sugar actually depresses immune function.

Health risks for children who are undernourished (yet overfed) include more colds, flues, and higher risk for obesity, Type II Diabetes and juvenile cancer.

New scientific studies are also linking poor nutrition to Attention Deficit Disorder (A.D.D.). In his book, Family Nutrition, Dr. William Sears highlights numerous studies linking deficiency of omega 3 fats and DHA (key dietary fats that build and protect brains), deficiency in key nutrients and excess of dietary sugar to A.D.D. *Family Nutrition, "A.D.D. - A Nutritional Deficiency", pp. 300-301.*

### ***We want our children to have high self-esteem.***

The better our children feel about themselves, the better they will do in school. The US Surgeon General has declared obesity the number one health problem in the country. Dr. Sears reminds us that obesity is not only a grave health concern, but also social, academic, athletic and self-esteem issue. We need to teach our children how to choose foods that will give them fuel without making them fat.

Doctors at Children's Hospital and Health Center in San Diego surveyed hundreds of children to measure the quality of their own lives, based on physical, social and academic criteria. "Obese children overwhelmingly reported lower quality of life than their healthy peers - scoring just 67 points out of 100, to the healthy children's 83 - and ranked nearly equal with juvenile cancer patients. Obese children also reported skipping school more than their healthy peers, opting to stay home rather than endure teasing and weight related ailments. Partly because of this absence, the study revealed that obese children and teens are four times more likely to have academic trouble in school than are healthy students."

*Orange County Family, October, 2003, p. 20.*

There may be times for desserts and junk food, but for the most part, it's our job as parents and teachers to set a good example and help our kids develop good habits in childhood.

### **Sandwich Ideas**

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

### **Snacks and Sides Ideas**

Fresh fruit with dip	Broccoli dip
Fruit Salad	Baked chips
Fruit cups	Banana
Dried fruit	Raisins
Fruit Leather (read ingred.)	Raw nuts
100% Applesauce	Dry cereal
Apple, carrots, celery slices w/ nut butter to dip	Plain Yogurt with fruit, nuts, granola, raisins, dried cranberries
Carrots, celery & pita bread triangles w/Hummus for dipping	Granola bars (watch ingred.)
Baba ghanouj (roast eggplant puree) for dipping veggies	Nut butter spread on whole wheat crackers
Hard Boiled Eggs	

### **Trader Joe's Shopping List**

#### **\*Snacks, Dried Fruit, Trail Mixes, Nuts**

Organic Baked Blue Tortilla Chips	Lundberg Organic Whole Grain Rice Cakes
Organic Bananas	Organic Fruit Leathers
Organic Lightly Salted or Raw Nuts and Seeds	Pirate's Booty
Organic Mini Pretzels	Soy Nuts
Organic Corn Chips	

#### **\*Fruits Sauces, Preserves And Nut Butters**

Organic Almond or Peanut Butter	Organic Fruit Spreads
Organic Preserves	Organic Maple syrup
Organic clover and Tropical Honey	Organic Tahini

#### **\*Breads and Crackers**

Barbara's Organic Go Go Grahams	TJ's Rich Golden Rounds (like Ritz)
Organic Flourless Sprouted Seven Grain Bread	TJ's Woven Wheats Wafers (like Triscuits)
Organic Italian Bread	TJ's Brand (name?) (like Wheat Thins)
Organic whole wheat Tortillas	Whole Wheat Hamburger and Hotdog Buns
Organic Wafer Thin Crackers	Sprouted Bagels
Organic Whole Wheat French Bread	Sprouted breads
TJ's brand Whole Wheat Honey Bread	Corn Tortillas

## Healthy Substitutes

### Instead of Sugar

Stevia  
Sucanat  
honey  
apple Sauce  
molasses

### Instead of Coffee

Teccino  
Cafix  
herbal teas  
warm water and lemon

### Instead of Mayo

plain yogurt

### Instead of Soda

herbal iced tea  
½ 100% juice/ ½ carbonated water

### **\*Cereals, Grains and Pasta**

Envirokids Organic Cereals  
Honey Nut O's  
Sweetened Corn Puffs  
Barbara's Organic Crispy Wheat Cereal  
Nature's Path Organic Flax Plus  
Variety of Regular or Whole-Wheat Pastas

Nature's Path Organic Granola  
Envirokids Crispy Rice Bars  
TJ's or Annie's Organic White Cheddar Mac and Cheese  
TJ's Strawberry and Blueberry Cereal Breakfast Bars  
Nature's Path Organic Optimum Slim Cereal

### **\*Frozen Items**

Organic 3 Cheese Pizza  
Organic Green Beans  
Organic Peas  
Organic Corn  
Organic Italian Vegetarian Pizza  
Organic Raspberries  
Organic Wild Blueberries

Mixed Fruit Medley  
Chicken drumettes  
Antibiotic and Hormone free chicken breasts or tenders  
Wild Kobe Salmon (when in stock), Halibut, cold water fish  
Black Bean and Corn Enchilada  
Vegetable Burrito  
Buffalo

### **\*Soups, Chiles, Beans**

Organic Fat Free Baked Beans  
Organic Vegetarian Refried Beans  
Organic Chicken and Vegetable Broths

Organic Creamy Butternut and Squash Soup  
Organic Lentil Vegetable Soup  
Kidney, garbonzo, white, black beans

### **\*Sauces, Dressings and Condiments**

Annie's Natural dressings  
Organic Basil and Marinara

Organic Dried Tomato Basil Pesto  
Organic Marinara Sauce

### **\*Produce**

Organic Apples, Bananas, Strawberries, Blueberries, Oranges, Kiwi, tomatoes  
Organic Red Potatoes  
Organic Individually Packaged Baby Carrots and Dip  
Individually Packaged Celery and Peanut Butter Snacks  
Organic Lettuce and Spring Mixes  
Organic Baby Spinach

### **\*Beverages**

Look For a Variety of Organic Unfiltered Fruit Juices  
Westsoy Organic Flavored and Non-Flavored Soymilks  
Bottled Water by the case

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

Organic Eggs, Earth Balance, Light Whipped Cream Cheese, Plain Yogurt  
(If you cannot find your favorite kind of dairy product labeled organic, look for \*RBST free products)  
Organic Edemame Dip                      Hummus  
Salsa Pico De Gallo                      Organic Tofu  
Organic Soy Beverages                      Organic Chicken

## ~Healthy Homemade Recipes~

### **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)  
Goddess Dressing (Trader Joes or favorite salad dressing)

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 salad dressing 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.

### **Standard Stock for Healthy Soups:**

4-6 cloves of garlic (minced)  
½ onion  
½ cup red, yellow and green peppers (optional)  
4 cups organic vegetable broth or cage free, free range chicken broth (Traders Joe's or health food store)  
1 can 15 oz. tomato sauce  
2 cups water  
4 bay leaves  
1 tbsp. dried parsley (or fresh)  
1 tbsp. dried basil (or fresh)

(Sauté garlic, onions and peppers in a little bit of butter or in ¼ cup water or broth in large cooking pot)

### **Lentil Soup:**

Place pre-soaked lentils and beans in broth (above) and simmer for 1 hour  
(Trader Joe's has a 16 oz bag of 17 different beans and lentils or just create your own mixture...about 2 cups dried.  
Make sure to soak lentils and beans overnight before you add to broth.)

Add 2 cups potatoes (red, yellow or white. More color is more nutrition)  
2 cups carrots  
Cook until potatoes and carrots are done. (About 1 hour) Can also cook in a crock pot on low all day!

### **Minestrone Soup**

1 package sweet or spicy Italian sausage. Pre-cook (Trader Joe's has no nitrates) (Can substitute firm tofu for sausage)	2 medium zucchini 2 cups fresh spinach 1 15 oz. can kidney Beans 2 cups shell noodles (Whole wheat is best!)
1 15 oz can corn or frozen corn (optional)	

Add all ingredients except noodles. Bring to boil.  
Add noodles and keep on boiling until noodles are done. Usually 5 to 7 minutes.

## Meatball Soup

1 lb. Ground buffalo, turkey or chicken or meatless soy (Trader Joe's) 1 Tbsp Worcestershire Sauce  
½ cup breadcrumbs 1 tsp. parsley  
1 egg 2 cups chopped potatoes  
1 garlic clove minced 1 cup chopped carrots  
½ onion chopped 1 15 oz. can stewed tomatoes

Combine first 7 ingredients in bowl and mix together with hands. Form into balls about the size of a walnut. Cook meatballs in skillet until outside is brown. There should be virtually no fat. Add meatballs and remaining ingredients to broth (above). Simmer until vegetables are cooked.

## 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 Oil  
¼ Lemon Juice  
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.

We have all the above soups with a nice big salad with lots of greens. Besides all the regular things on salads like tomatoes and cucumbers try some other topping 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	peanuts pine nuts
mandarin oranges			

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**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 tsp. Dry mustard powder
1 med. Red onion, finely diced	1 tsp. turmeric
5 Tbsp tofu dressing (see below)	salt & pepper to taste
2 Tbsp fresh lemon juice	

In Med. Bow., 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.

## Tofu Dressing

1 package organic silken Tofu	2 Tbsp dried basil
1/2 cup cider vinegar	½ cup water
2 tsp. Sea salt	1 cup extra virgin olive oil
½ tsp. Black pepper	

Place all ingredients except oil in a blender and puree. With motor running slowly, drizzle in the oil until the mixture is smooth and creamy

## Tofu Maple Spread for Dipping Fruit

1 cup silken Tofu  
½ tsp. Cinnamon  
½ tsp. Vanilla extract  
¼ cup maple syrup (brown rice syrup, raw honey, Sucanat)  
Blend together all ingredients in a food processor until smooth and creamy. Refrigerate

## **Pasta Salad with Tofu Dressing**

1 lb. Whole wheat pasta cooked according to package instructions  
1 package frozen corn, blanched and rinsed with cold water  
1 red onion, diced  
2 avocados, diced  
1 pint cherry tomatoes, halved  
1 large zucchini, chopped  
1 recipe Tofu dressing (recipe above)

## **Peanut Noodles**

8 oz. Pasta, linguine (1 package)  
3 tsp. Organic peanut butter  
½ tsp. Kosher salt or sea salt  
2 tsp. Soy sauce or Braggs liquid aminos  
1 tsp. Sesame oil  
1 tsp. Sugar  
½ tsp. Vinegar, white wine  
2 garlic cloves, minced  
1 tsp. Onion, grated or minced

Cook linguine according to package instructions in boiling water; drain. In large bowl, mix all the remaining ingredients together. Add linguine to sauce and toss to coat well. Refrigerate. Good to pack for kid's lunches! May want to add raw or cooked broccoli for variety.

Bring water to boil, add berries, Sucanat and cinnamon. Cook until sugar is dissolved, stirring constantly. Set aside. In small bowl mix cornstarch with enough cold water to make a paste. Stir into warm berry mixture and bring to a boil again. Puree in blender. Refrigerate. Great to warm up and put on pancakes, waffles, French toast or ice cream!

## **Suggested Reading**

Beating Cancer with Nutrition	Patrick Quillin, PhD., R.D., C.N.S. Noreen Quillin
The China Study	Colin Campbell Ph.D.
Dr. Atwood's Low Fat Prescription for Kids	Charles Atwood, M.D.
Dr. Sears' LEAN Kids	William Sears, M.D.
Enzymes, the Missing Link to Radiant Health	Humbart "Smokey" Santillo, N.D.
Excitotoxins, The Taste that Kills	Russell L. Blaylock, M.D.
Family Nutrition Book	William Sears, M.D.
Foods that Heal	Bernard Jensen, D.C.
From Here to Longevity	Mitra Ray, Ph. D. (fromheretolongivity.com)
Prescription for Nutritional Healing	James F. Balch, M.D., Phyllis A. Balch, C.N.C.
Spontaneous Healing	Andrew Weil, M.D.
The Way to Eat	David L. Katz, M.D., F.A.C.P.M.
The Maker's Diet	Jordan S. Rubin N.M.D., Ph.D.
What your Doctor didn't learn in Medical School	Stuart M. Berger, M.D.
Your Body's Many Cries for Water	F. Batmanghelidj, M.D.
Fast Food Nation	Eric Schlosser
What the Bible Says about Healthy Living	Rex Russell M.D.