



Do a Pantry Makeover

To successfully embrace new healthy eating habits, you will want to make sure that you have the right supplies and have your kitchen area cleared of temptations and toxic, chemicalized artificial junk foods.

Step 1: Go into your kitchen pantry and refrigerator, pull out all of the food, and place everything on a table. Have several boxes or bags ready. Read all of the ingredient labels on your packaged and prepared foods.



Step 2: Look for added sweeteners **like sugar (including cane crystals, evaporated cane juice, demarara, turbinado, brown sugar, cane syrup), high fructose corn syrup, corn syrup, dextrose, glucose, sucrose, cyclamate, saccharin, sucralose or aspartame.** Put those foods in the "I am ready to let go of these foods and make a change for my health" pile.



When reading a label look for how many grams of sugar are in one serving. **Four grams of sugar equals one teaspoon of sugar.** For example, imagine you are going to have a glass of Cranberry-Juice Cocktail. Read the label and you will see that there are 41 grams of sugar in one 8 ounce serving. Then, divide four grams into 41 grams which equals 10 teaspoons of sugar in one 8-ounce glass of juice. Now that is a lot of sugar!

Choose alternatives like:

Agave Nectar

Agave Nectar is a natural sweetener made from the juice of the agave cactus. It is a Natural High Fructose concentrate obtained by natural physical processes of extraction and purification of agave extract juice. It is sweeter than refined sugar (approximately 1.4 times sweeter). Fructose does not stimulate digestive insulin secretion as do other sugars. It is less disturbing to the glycemic index.† In common parlance, it does not create a "sugar rush."

Honey

Everyone seems to love honey, one of the oldest natural sweeteners on the market. Honey is sweeter than sugar, with different flavors depending on the plant source. Some honeys are very dark and intensely flavored. Raw honey contains small amounts of enzymes, minerals, and vitamins. When replacing sugar with honey in a recipe, reduce the amounts of other liquids.

Maple Syrup

Maple syrup adds a nice flavor to foods, but is probably not a good idea to replace all sweeteners in a recipe with maple syrup. Make sure you buy 100 % pure maple syrup, not maple-flavored corn syrup. Organic varieties are best.

Molasses

Organic molasses is probably the most nutritious sweetener derived from sugar cane. Different types of molasses have different flavors, but most of them impart a very distinctive taste. Use less molasses than you would sugar.

Stevia

Stevia is available in several forms, including powdered leaves and liquid concentrates. Refined white powder stevia concentrates can be up to 210 times sweeter than sugar. Powdered leaf and liquid concentrates have a licorice-like taste. The leaf will not dissolve in beverages, so it's best used in cooking. All forms of stevia mix exceptionally well with other sweeteners. But it can impart a bitter taste. If you're not familiar with using stevia, start with a little and taste as you go.

Step 3: Look for **sodium, sodium nitrate, salt, MSG or lard, citric acid, put those items in the "I am ready to let go of these foods and make a change for my health" pile. Sodium nitrite** is linked to causing cancer, it's found in **processed meats like hot dogs, bacon, sausage**. Used to make meats appear red (a color fixer chemical).



Replace salty snack foods with sea vegetables (I'll talk more about them in week 2) and Celtic sea salt, Real Salt or Himalayan Pink salt.

Cheese Fries	1 order	400 mg
Soy sauce	2 tbsp	250 mg
Campbell's Vegetarian Vegetable Soup	240 g	790 mg
Hot dog	1	480 – 680 mg
Turkey breast, packaged	1 slice	180-340 mg
Wheat bread	1 slice	121-220 mg
Supreme Pizza	1 large slice	1,580 mg
Lasagna	1 order	2,000 mg
Ruben sandwich	1	3,270 mg

Adequate sodium intake is 1,200- 1,500 milligrams per day = 1 teaspoon of table salt! Avoid having more than 2,210 milligrams per day.

The average American adult eats closer to 4,000 milligrams of sodium every day!
Sources: American Medical Association and the Center for Science and Public Interest

Step 4: Look for **hydrogenated or partially-hydrogenated oils, high fructose corn syrup, MSG, corn starch, enriched wheat and enriched flour. Hydrogenated oils** (trans fat) are linked to causing heart disease, nutritional deficiencies, general deterioration of cellular health, and much more. Found in **cookies, crackers, margarine and many "manufactured" foods.** Trans fats are used to make oils stay in the food to extend shelf life. Sometimes also called "plastic fat."



Replace processed grain products with ancient grains!

Ancient Grains

Whole grains have been a central element of the human diet since the

beginning of civilization, when we stopped being hunter-gatherers and settled down in agrarian communities. People living in these communities, in all continents, had lean, strong bodies until very recently. In the Americas, corn was the staple grain people ate. In India and Asia, it was rice. In Africa, people had sorghum. In the Middle East, they had pita bread, tabouli and couscous. In Europe, corn, millet, wheat, rice, pasta, dark breads and even beer were considered health-providing foods. In Scotland, it was oats. In Russia, they had buckwheat or kasha. Very few people were overweight.

Whole grains are some of the best sources of nutritional support, containing high levels of dietary fiber and B vitamins. And, because the body absorbs them slowly, grains provide long-lasting energy.

The quickest way to create great grains easily is to experiment until you find what works for you. Here are the basic steps that we recommend:

1. Measure the grain and check for bugs or unwanted material and rinse in cold water.
2. At this point, you have the option to soak your grains for one to eight hours, which will soften them and make them more digestible as well as eliminate phytic acid. Drain the grains and discard the soaking water.
3. Add grains to recommended amount of water and bring to a boil.
4. A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (it interferes with cooking time).
5. Reduce heat, cover and simmer for the recommended time.

1 cup grains	Water	Cooking time
common grains:		
brown rice	2 cups	60 minutes
buckwheat (kasha)*	2 cups	20 minutes
Millet	2 cups	21 minutes
oatmeal (rolled oats)	3 cups	20 minutes
Quinoa	2 cups	21 minutes
misc. grains:		
Amaranth	2 cups	20 minutes
barley (pearled)	2-3 cups	60 minutes
barley (hulled)	2-3 cups	90 minutes
Bulgur	2 cups	20 minutes

cornmeal (polenta)	3 cups	15 minutes
Couscous	1 cup	5 minutes
Kamut	3 cups	90 minutes
oats (whole groats)	3 cups	90 minutes
rye berries	3 cups	2 hours
Spelt	3 cups	2 hours
wheat berries	3 cups	60 minutes
wild rice	2 cups	60 minutes

All liquid measures and times are approximate. Cooking times depend a lot on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and towards the end, and also to taste the grains to see if they are fully cooked or starting to burn.

*You can change the texture of grains by boiling the water before you add the grains. This will keep the grains more separate and less mushy. This is the only way to cook kasha. Do not add kasha to cold water, it will not cook properly. For a softer, more porridge-like consistency, boil grain and liquid together.

Cooked grains keep very well. Busy people can prepare larger amount of grains and simply reheat with little oil or water later in the week.

Step 5: Look for **excitotoxins** -- aspartame, monosodium glutamate and others. These neurotoxic chemical additives directly harm nerve cells, over-exciting them to the point of cell death, according to Dr. Russell Blaylock. They're found in **diet soda, canned soup, salad dressing, breakfast sausage and even many manufactured vegetarian foods.** They're used to add flavor to over-processed foods.



REMEMBER: ALWAYS READ THE INGREDIENT LIST. If you need a chemistry degree to pronounce the list, it's not real food.

Most boxed food is "fast" food or "convenient "food. Mashed potatoes, chips, macaroni and cheese, pasta, instant rice, muffin and cake mix, stuffing, cereal, crackers and cookies.

This type of packaged food robs your body of real nutrients. Buy packaged foods that sound like you could make them yourself, with ingredients you could buy easily.

Step 6: What to do with the "I am ready to let go of these foods and make a change for my health" pile? You have two choices, you can donate the "food" to a local food pantry or you can throw it away. Focus on adding in whole foods and "crowding out" the processed foods.

Stock up on yummy, nutritious and delicious foods

Why eat organic?

Organic farming is sustainable, supports the earth and tastes better!

The average conventionally grown apple harbors 20 to 21 artificial poisons on its skin, even after rinsing. And did you know that strawberries have more pesticides on them than almost any other type of produce? Fresh, organic produce contains on average 50 percent more vitamins, minerals, enzymes and other micronutrients than conventionally farmed produce. Organic fruit and vegetables are much more flavorful. And keep in mind that organic food is not really more expensive than conventionally farmed foods, as we pay for conventional foods with taxes. We spend billions of dollars every year cleaning up damage to our water supply caused by agrochemicals.



Originally, all foods were "organic" – grown and prepared without pesticides, herbicides, chemical fertilizers, hormones, irradiation to prevent spoilage, microwave cooking, etc. They were also unrefined, whole foods, or with at most minimal refinements. Since World War II and the advent of chemical farming and food processing, soils and foods around the world have been depleted of minerals and other nutrients.

As a result, food of both vegetable and animal origin is not only deficient in nutrients, but also full of pollutants and chemicals. The modern denaturing of foods through massive refining and chemical treatment deeply affects their life force, making them unable to foster equilibrium and health.

Pesticides, which have been shown to cause cancer as well as liver, kidney and blood disease, must be dealt with by the immune system. As pesticides

accumulate in our tissues, the immune system becomes weakened, allowing other carcinogens and pathogens to affect our health.

Top ten reasons to shop and eat organic foods

1. Organic produce is not covered in poisonous chemicals. The average conventionally-grown apple harbors 20 to 21 artificial poisons on its skin, even after rinsing.
2. Fresh organic produce contains on average 50 percent more vitamins, minerals, enzymes and other micronutrients than intensively farmed produce.
3. Going organic is the only practical way to avoid eating genetically-modified food.
4. If you eat dairy or meat products, eating organic has never been more essential to safeguard your health. Intensively reared dairy cows and farm animals are fed dangerous antibiotics, growth hormones, antiparasite drugs and many other medicines on a daily basis, whether they have an illness or not. These drugs are passed directly onto the consumers of their dairy or meat, which contribute to meat-related diseases like coronaries and high blood pressure.
5. Common sense says that organic is safe food.
6. Organic produce simply *tastes* better. Fruit and vegetables are much more flavorful. Experiment with an organic carrot and a conventionally grown carrot. Which is sweeter?
7. Organic farms support and nurture our habitat. Over the last thirty years, intensive farming has led to dramatic erosion of the soil, leaving it denatured.
8. Organic food is not more expensive than conventionally farmed foods, as we pay for conventional foods through taxes. We spend billions of dollars every year mitigating damage to our natural water supply caused by agrochemicals.
9. The few extra cents you pay for organic food may save you hundreds, if not thousands of dollars in doctors' bills.
10. You are worth it!

“The Dirty Dozen”: The top 12 foods to buy and eat organic are:

1. Apples
2. Bell Peppers
3. Celery
4. Cherries
5. Grapes (imported)
6. Nectarines
7. Peaches
8. Pears
9. Potatoes
10. Red Raspberries
11. Spinach
12. Strawberries



The following non-organically raised fruits, and vegetables have the least amount of pesticide residue:



Asparagus
Corn

Avocados
Kiwi

Bananas
Mangoes

Broccoli
Onions

Cauliflower
Papaya

*Source: Environmental Working Group. <http://www.ewg.org>

Source: Environmental Working Group's "Shopper's Guide to Pesticides in Produce." More information available at:
<http://www.foodnews.org/reportcard.php>

Buy locally-grown food and support farmers markets to save money and support the environment.