



# Choose Joyful Health

Move well. Feel good. Do what matters.

## What to Eat, Short and Sweet

### **Step Two: Eat Real Food (Cut Out the Crap!)**

**The most important things you can do are:**

- 1) Stop eating Crap! (junk food, fried food, cookies, chips, etc.)**
- 2) Choose Real, Whole, Pure Food.**
- 3) If it comes in a package → READ THE LABEL – every time! Pay attention!**

*“The evolutionary collision of our ancient genome with the nutritional qualities of recently introduced foods may underlie many of the chronic diseases of Western civilization.”*  
-from “Origins and evolution of the Western diet: health implications for the 21st century” –  
*American Journal of Clinical Nutrition*

### **Here’s what you need to know about Real, Whole, Pure Food...**

- It’s close to its natural state (not too many steps in making it).
- It’s not fake food with non-food ingredients.
- It has its real color.
- It’s not enriched, bromated, hydrogenated, partially hydrogenated, fractionated, or isolated.
- It existed in 1850 (Pick any year before antibiotics and grain processing.)
- Oils are processed mechanically – Cold-pressed (not with heat)
- It is nutritionally intact (not destroyed by frying).
- It is the full-fat, original version.
- Your definition of Real v. Fake/Crap food will evolve over time.

### **Here’s what you need to know about Reading Labels...**

- 1) Rule #1: NEVER eat Hydrogenated Oils.
- 2) Rule #2: NEVER eat High Fructose Corn Syrup
- 3) Don’t believe the front of the package. You MUST read the back of the package, the nutrition label and the ingredient list.

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- 4) Ingredient list – The shorter the list, the better. Aim for less than 2-3 lines of text. Ingredients are listed in quantity order, meaning the first several ingredients make up most of the food. You should recognize the first three ingredients as real, whole foods (not sugar).
- 5) Look at portion size and estimate how many portions you will realistically eat to feel full/satisfied with that food. Calories are not the only consideration, but do pay attention to calories of the real number of servings you will eat.
- 6) Consider sodium. The FDA labels typically use 2400 mg as the daily allowance for sodium. 1500 is recommended for people with health conditions. So if you are buying a packaged product to substitute for one meal, aim for 500 mg or less of sodium per serving (considering you would just eat that one serving).
- 7) Avoid monosodium glutamate, sodium glutamate, artificial colors & flavors, and FD&C colors. Avoid things that are bromated and isolated.  
If you don't know what it is, don't eat it! Please look it up and get informed.
- 8) There are many apps to help with label reading, that help define if a product is good to eat. If you have one, make sure you understand their criteria. I haven't found one (yet) that I trust completely.

## Strategies for Success

- Continue being a Nutritarian! Choose nutrient-dense foods. Replace packaged food with whole, real foods that are close to nature like vegetables, fruits, beans, whole grains, nuts, seeds, organic animal products.
- Eat foods that existed in 1850
- Eliminate “fake meat”, “fake cheese,” and packaged veggie burgers. Most are made from processed GE (genetically engineered) soy with many additives and inflammatory oils. Remember to read all labels. If you don't understand it, don't eat it.
- Eliminate processed “lunch” and deli meats, low-fat cheese and “cheese foods” of all kinds. Replace with real meat, baked and then sliced, and real cheese.

## Ask yourself these questions to stay on track and Achieve Level 2

- Is this real, whole, pure Food?
- Is this food recognizable from its natural state?
- How many steps did it take to get to me? And do I understand them?

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## **A quick note about Real, Whole Food and Sodium**

The Recommended Daily Allowance for sodium is:

2300 mg for healthy adults (about 1 tsp.)

1500 mg for “sensitive populations” such as adults over 50, those diagnosed with hypertension, diabetes or chronic kidney disease.

*Guess what?* When you choose real, whole food instead of packaged, processed foods, you will automatically lower your sodium intake.

## ***What is enriched flour?***

In the 1870s, people started refining flour (by removing the germ and bran of the grain) to increase shelf-life and improve appearance. By the early 1900s it was clear that the germ and bran had offered valuable nutrients, and manufacturers supplemented with iron and B vitamins (folic acid, riboflavin, niacin, and thiamine).

It's like you give me a wrinkled, brown \$20 bill (the whole grain), and I give you back a crispy, clean \$5 bill (enriched flour). Who won?

Avoid enriched flour and choose 100% whole wheat or 100% whole grain flours.



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**MEAL PLANNING - Prepare quickly or make ahead on the weekend. The more you prep, the more variety you can have during the week. That's up to you, how much you like to cook, and your tolerance for eating the same foods.**

## Weekend Prep

- Grocery Shopping with list
- Wash all fruit and place on counter/table.
- Prep veg snacks – Wash/chop carrots, celery, sugar snap peas, bell peppers and any veggies. Bag in zip-lock bags. For longer storage, store end-up in a short glass of water.
- Wash and prep salad and cooking vegetables in bite-size pieces.
- Make bags with 1/4 cup of assorted raw or dry-roasted nuts.
- Make salad dressing in blender: 1 cup olive oil + 1/2 cup apple cider vinegar + 1 tbsp Dijon mustard + 1 garlic clove + salt and pepper. Store in fridge and take some of it to work.
- Boil eggs for easy breakfasts, snacks or salad toppings.
- Each night after work, prep your lunch bag and put nuts and fruit in your workbag.

## Breakfasts

**Green Machine Smoothie:** (adapted from Dr. Mark Hyman's book *Eat Fat, Get Thin*) – Mix in blender: 1 cup unsweetened almond milk, 1/4 cup full-fat coconut milk from can, 2 big handfuls spinach, 1/2 avocado, 2 tbsps hemp seeds, juice of 1 lime.

**Simple Creamy Yogurt** – Organic yogurt with 1 c. fresh or frozen berries plus 3-4 tablespoons of ground flax and/or chia and/or other nuts/seeds.

**Super Veggie Omelet** – In organic butter, saute 1/2 onion and a handful of sliced mushrooms. Add 2 whisked eggs plus 2-3 tablespoons of organic yogurt, milk, or almond milk. Cook about 2-3 minutes. As the eggs firm up, add 2 cups baby spinach and 2 small chopped roma tomatoes. Flip the omelet and serve!

**On the go - Miso Soup.** Purchase organic miso paste, any kind, in the produce/cold section of grocery. Mix 1 tablespoon miso with hot (not boiling) water. Boiling water will kill the good probiotics in the miso. Whisk until paste dissolves. Drink from your travel coffee mug and have a piece of fruit and 1/4 bag of nuts on the way to work.

## Lunches & Dinners

### Massaged Kale Salad

This is another one that you can't mess up and can be eaten for lunch or dinner or taken to a party.

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Put these ingredients in large mixing bowl: Big bag of Pre-washed, Chopped Kale (12-16 oz) - stems removed and torn into bite-sized pieces, 2 Avocados, spooned out (no need to chop or cut evenly), Sea Salt and pepper as desired.

Mix dressing in a bowl and whisk, or blend in blender: 1/4 c. Olive Oil, 1/2 c. Apple Cider Vinegar, 2-3 tablespoons Lemon\* (to taste or use less vinegar and more lemon), 3-4 tablespoons Tahini (sesame seed paste) Use more tahini to make it thicker.

Add dressing to the bowl of kale and avocados. Massage the ingredients together well. The vinegar, lemon and salt will help soften the kale. Next add: Diced celery, Grated carrots, Sesame Seeds, Golden raisins, Tomatoes, Edamame, any and all veggies and fruits that you like.

Makes a lot of salad, you can store in the fridge for 2-3 days. After that the avocado will be too brown so eat it up!

## Marinated Herb Portobello Mushrooms

(Recipe adapted from book: Vegan Table by Colleen Patrick-Goudreau)

To make 4-6 servings: 8-10 large portobellos, 1 cup balsamic vinegar, 1 cup organic soy sauce or Bragg's liquid aminos, 1 cup water, 2-3 sprigs of fresh rosemary, oregano, and thyme (1 tsp dried). Dust off dirt from mushrooms with paper towel and remove stems from mushrooms. In large flat bowl or dish, prepare the marinade with vinegar, soy sauce, water and herbs. Stir and add your mushrooms flat on the bottom, making sure they are covered up. Marinate in fridge for 30 minutes to 24 hours. When ready to cook, warm coconut oil or organic butter to medium heat in the sauté pan and add mushrooms. Cook for 3-5 minutes on each side. Then pour some of the marinade on the mushrooms and cook 5-7 minutes more on each side.

Serve on a bed of wilted spinach or chard greens, with veggie spiral noodles, Greek cauliflower rice, or 1/4 cup of your chosen whole grain (quinoa, amaranth, buckwheat). Mushrooms can also be reheated later, or served on toast as an open-faced sandwich.

**Greek Cauli-Rice.** Ingredients: 1 head cauliflower, 1 -2 tablespoon organic butter, coconut oil, or ghee, 1/2 cup diced onion, 1/4 cup lemon juice, 1/2 red bell pepper, 1/2 cup grape tomatoes (sliced in half), olive oil, salt and pepper to taste. Optional: add feta cheese, capers, and sliced olives. Look at the store for pre "riced" cauliflower in a bag.

## Instructions

1. Chop the head of cauliflower into big chunks, just small enough to fit in your food processor.
2. Chop in processor 5-10 seconds until it makes very small pieces.
3. In a saute pan, heat butter or coconut oil and brown onion.
4. Add cauliflower and all other ingredients except cherry tomatoes

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5. Cook to desired texture (5-7 minutes for cauliflower, depends on what you add).
6. Add tomatoes at the end, depending on how soft you want them to be.
7. Serve immediately as a bed of "rice," drizzled with olive oil.

You can also season for other flavors: **Curry:** Add 1 tsp. each curry powder, cumin, fennel, fresh grated ginger, fresh or dried turmeric, and cilantro and lime juice to taste.

**Fried Rice:** Any combination of sautéed veggies, such as peas, carrots, snow peas, water chestnuts, 1-2 scrambled eggs, 1 Tbs. sesame seeds, grated ginger, 1-2 Tbs. organic tamari or soy sauce.

**Italian:** Add zucchini, 1-2 chopped cloves of garlic, 1 Tbs. dried oregano, thyme, rosemary, fresh basil, fresh or sundried tomatoes.

**Lemony Chickpea Soup.** Adapted from *Clean Eating* magazine. Ingredients: organic butter, 2 stalks celery, 1 diced onion, 3 chopped garlic cloves, 1 tsp each cumin and coriander, 1/4 tsp turmeric, 1/8 tsp cayenne, 1.5 to 2 cups cooked chickpeas or 2 cans, 6 cups broth or water, 1 tsp salt and pepper to taste, plus 1.5 cups fresh chopped parsley and/or cilantro or mint. (I added 2 cups of cabbage)

Cook celery, onion and garlic in 2 tbspn butter. Add cumin, coriander, turmeric, cayenne. Add chickpeas, broth, pepper. Boil, then simmer 10-15 minutes. Remove 1-2 cups of the soup and blend in blender. Stir it back in. Squeeze 1/4 lemon into each bowl, add herbs. Enjoy alone as a light meal or serve with veggies and/or fish/chicken/turkey.

**Roasted Eggplant with Feta and Honey.** Slice whole eggplant in 1/4 inch rounds. Coat baking dish/cookie sheet with butter or coconut oil and lay eggplant rounds flat on the sheet. Bake for about 20 minutes at 400 degrees. Remove and top with crumbled feta cheese and cook for 5 more minutes. Drizzle with olive oil and honey and serve with salad, cooked beans or fish/chicken.

**Lemon-Herb Fish.** Line a broiler pan with foil and place mackerel, halibut or salmon fillets on the rack that sits in the broiler pan. IN a bowl combine 2 tbspn lemon juice, 2 tbspn each parsley and dill, 1/4 tsp salt, pepper to taste. Baste fish with the lemon mixture. Broil 4" from heat element, about 10 minutes per inch of thickness of the fish. Check every few minutes and add more lemon-herb mix. Serve with Cauli-rice or 1/4 cup of your chosen whole grain.

## Strategies for Success – Restaurants

Choose local, independent restaurants where the chef(s) can respond to your requests. Many, but not all, chain restaurants cannot adapt recipes (some foods come frozen with ingredients already mixed together). Subway and Panera are good chain choices when on the road. At Subway you can eat lots of vegetables, and Panera is fairly selective about their ingredients.

Ask if the salad dressing is made in-house, and if so, what are the ingredients. Ask about other sauces on the menu.





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## Sources and Resources – More reading to scare and inspire you

Panera Bread's No-No list of Banned Foods

<https://www.panerabread.com/panerabread/documents/panera-no-no-list-05-2015.pdf>

Earth Fare Market's "Boot List" of ingredients and processes they do not allow in the store

[https://www.earthfare.com/~media/V3/Files/Boot%20List/9-7\\_New%20Boot%20List.pdf](https://www.earthfare.com/~media/V3/Files/Boot%20List/9-7_New%20Boot%20List.pdf)

How to Read Food Labels Without Being Tricked from Authority Nutrition

<http://authoritynutrition.com/how-to-read-food-labels/>

"A Brief History of the Enrichment of Flour and Bread" by Russell M. Wilder, M.D.

Journal of American Medical Association, *JAMA*. 1956;162(17):1539-1541.

doi:10.1001/jama.1956.72970340006010. December 22, 1956

<http://jama.jamanetwork.com/article.aspx?articleid=319273>

"Origins and evolution of the Western diet: health implications for the 21st century"

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3. Anthony Sebastian,
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7. James H O'Keefe, and
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