



# Choose Joyful Health

Move well. Feel good. Do what matters.

## What to Eat, Short and Sweet

### *Step Five: Seek the Source*

You're already reading the labels, and you are eating **real food**, including 2.5 cups of vegetables most days. You stopped drinking calories. You cut out the crap and stopped the sugar! You are choosing foods that reduce inflammation, such as cold-water fish and dark-skinned fruits and vegetables, with a variety of herbs and spices. You are working on replacing inflammatory oils with olive oil, organic butter and coconut oil. You are making huge progress.

Here's the next step in one easy-to-remember phrase –

### **“YOU ARE WHAT YOU EAT EATS” – Michael Pollan**

- Choose organic foods when you eat animal products. This includes all dairy products (butter, milk, cheese, yogurt), poultry (chicken, turkey, eggs, other birds) and other meats (beef, lamb, pork, etc.).
- Choose fish and seafood approved by the Marine Stewardship Council and Monterey Bay Aquarium “Seafood Watch.”
- Choose organic fruits and vegetables when you are purchasing the “Dirty Dozen,” or as much as your budget will allow: apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries, bell peppers, hot peppers, kale and collard greens.
- Choose organic when the crop is genetically engineered:

#### **Here's what you need to know about organic foods:**

- They are not genetically modified, pesticided, herbicided, injected with hormones or antibiotics.

I'm not going to write about all the dangers of pesticides, herbicides, genetically modified foods, artificial hormones, antibiotics, and other synthetic substances applied to plants and fed or injected into animals. The fact is you would never spray chemicals on your plate before you eat; therefore, it is not OK to spray chemicals on your food before it's harvested. There are many reliable sources of information on those topics in the Resource Guide.

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## Here is what you need to know about animal products:

- *You are what you eat. You are what you eat eats.*
- Animal products include butter, milk, cheese, eggs, chicken, beef, lamb, pork, goat, gelatin, broth, and any other animal or part of an animal you can consume.
- Eating organic products is always a good choice, but it's extra important when choosing animal products. That's because animal proteins and fats are condensed forms of everything that the animal ate in its lifetime. The pesticides and chemicals sprayed on the plants are consolidated and passed on to you.
- The animal should be fed what it would eat in nature. That means no antibiotics, no growth hormones, and no foods treated with chemicals. Cows eat grass, not corn. Purchase all animal products from a known source and/or ensure it has the USDA organic label.
- Purchase animal products from a known source, directly from local farms or community-supported agriculture groups. You can ask questions about the lives of the animals and their food. Next best is to purchase from a store that you know has standards in place to ensure the animals were treated and fed well. Earth Fare and Whole Foods Market both have detailed quality standards published on their websites. Small, independently-owned natural food stores often have someone available to answer questions.
- Choose beef from cows that were pasture-raised, and pasture-finished, and fed organic food when not in pasture. In most climates, cows do need to be fed for at least part of the year, because they cannot get enough nutrition from grass in the winter. Ask if the cow was "processed immediately," meaning they didn't have to wait around more than 24 hours in the place they were killed. Also ask if they were fed any grain in the last 90 days of life. Cows should not be killed in spring after a grain diet over the winter; this changes the meat quality.
- Choose chickens and eggs from chickens that were pasture-raised and organically-fed. Chickens are omnivores and should forage outside, which ensures a varied diet. "Cage free" and "free range" are not meaningful labels. That simply means that somewhere there is an open door through which a chicken could go outside. The chickens could be inside a factory their entire lives and never know the door is there and accessible to them. Go to [Marksdailyapple.com](http://Marksdailyapple.com) and read his article "Choosing Chicken: A Primal Purchasing Guide."
- When eating animals, use all parts and cook the bones for broth. The organs and bone broth provide nutrition that you miss if only eating muscle.
- Choose organic whole-fat milk. Best is non-homogenized, non-pasteurized and raw, which should only be consumed from local organically grass-fed cows.
- Eliminate processed "lunch" meats of all kinds.
- Mayonnaise, ranch dressing, Caesar dressing, and other creamy sauces/spreads are animal products. Look for olive oil, organic eggs, or make a small batch of homemade sauce.

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## **Key concepts about Genetically Modified (also called Genetically Engineered or GE):**

- Most GE “foods” are produced that way to enable heavy pesticide use.
- We truly just do not know enough yet about health risks of GE foods.
- 92% of Americans believe that GE foods should be labeled before they’re sold.
- 90+% of Alfalfa, Canola, Corn, Cotton, Papaya, Soy, Sugar Beets, Zucchini, and Yellow Summer Squash is GE.
- Until the laws change, the only way to know it’s NOT GE is to buy ORGANIC.

## **Key facts about ORGANIC PLANTS:**

- Organic plants have to work harder to survive bugs and environmental/weather conditions. This makes them stronger, their nutrients more dense and more powerful. That nutrition comes through to you.
- When choosing how to spend money on organic plants, use the Dirty Dozen/Clean Fifteen from the Environmental Working Group.
- The Dirty Dozen are produce items to purchase organic whenever possible because of their pesticide concentration: apples, celery, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries, bell peppers, hot peppers, kale and collard greens.
- The Clean Fifteen are produce items that are safer to buy conventional. Asparagus, avocados, cabbage, cantaloupe, cauliflower, eggplant, grapefruit, kiwi, mangoes, onions, papayas, pineapples, sweet corn, sweet peas, sweet potatoes.
- Eliminate “fake meat”, “fake cheese,” and packaged veggie burgers. Most are made from processed GE soy with many additives and inflammatory oils. Remember to read all labels. If you don’t understand it, don’t eat it.

## **Key facts about Fish and Seafood:**

- Choose wild-caught or sustainably-farmed seafood. Fish aren’t supposed to eat corn either. Look for products certified sustainable by the Marine Stewardship Council (MSC).
- Choose fish from Monterey Bay Aquarium’s “Super Green List,” meaning these fish are good for the earth and your health. Updates found at [www.seafoodwatch.org](http://www.seafoodwatch.org). List as of July 2016:

These items have levels of mercury below 216 parts per billion (ppb), provide at least 250 milligrams per day (mg/d) of omega-3s and are classified as a Seafood Watch "Best Choice."

- **Atlantic Mackerel**  
(purse seine, from Canada and the U.S.)
- **Freshwater Coho Salmon**  
(farmed in tank systems, from the U.S.)
- **Pacific Sardines**  
(wild-caught)

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- **Salmon**  
(wild-caught, from Alaska)
- **Salmon, Canned**  
(wild-caught, from Alaska)

## Other Healthy "Best Choices" \*\*

These items contain moderate amounts of mercury, provide between 100 and 250 mg per day (mg/d) of omega-3s and are classified as a Seafood Watch "Best Choice."

- **Albacore Tuna**  
(troll- or pole-caught, from the U.S. or British Columbia)
- **Sablefish/Black Cod**  
(from Alaska and Canadian Pacific)

## The Good News:

- If Step 5 seems intimidating, remember you have already made amazing strides!!
- Go back to the original questions: Is this a nutritarian food? Is it whole, real food? Is it the best choice I can make right now?
- There are 21 meals in a week. They don't all have to be perfect. Find a balance that works for you.
- When you eat at home, you know the source of your food. Use your ChooseJoyfulHealth Shopping Guide at the store.
- There are more and more restaurants serving high-quality, sustainably-sourced foods. Find them near home and when you travel. Spend your money there and let them know you support what they are doing! See the Resource Guide on ChooseJoyfulHealth.com.



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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  $\frac{1}{4}$  cup of assorted raw or dry-roasted nuts.
- Make salad dressing in blender: 1 cup olive oil +  $\frac{1}{2}$  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.

This week we focus on making some favorite comfort foods with some healthy changes!

### **Kale & Cashew Pesto (from [sweetashoney.co](http://sweetashoney.co))**

Blend in food processor:  $\frac{1}{2}$  c. cashews, 2 c. kale, 2 cloves garlic, juice from 1 lemon,  $\frac{1}{3}$  c. olive oil. Store in fridge for one week or freeze for one month. Freeze in small amounts to add to sauce or defrost to top veggies or eggs.

### **Cauliflower Pizza (adapted from Clean Eating Magazine)**

“Rice” 1 cauliflower or buy the packaged cauli-rice. Steam about 10 minutes, then drain over colander lined with a paper towel or cheesecloth. Let cool to room temperature and press as much water out as you can.

When cooled, mix with 2 whole eggs,  $\frac{1}{2}$  cup organic mozzarella,  $\frac{1}{2}$  cup organic parmesan, oregano, basil, pepper to taste. Spread mixture about  $\frac{1}{4}$  inch thick on pizza or cookie sheet lined with parchment or greased with organic coconut oil. Bake at 425 for 30 minutes.

While cauli-crust is baking, steam or saute any pizza toppings and prepare the kale pesto or open a jar of organic tomato/spaghetti sauce. When crust is golden brown, top with pesto or sauce and your desired toppings. Add more cheese to taste and bake 10-15 minutes.



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## **Eggplant Parmesan (adapted from Wellnessmama.com)**

Ingredients: 1 large eggplant or 2 small  
2 cups - combination of almond flour, ground flax seed, and chia seeds  
garlic, salt, pepper, basil, oregano, and other Italian seasonings  
3-4 eggs  
1 jar of organic pasta sauce  
organic Parmesan and Mozzarella cheese (about 1.5 cups)

About an hour before preparing, slice eggplants  $\frac{1}{4}$  inch thick and place in colander. Sprinkle with salt so the eggplant “sweats” out its bitterness.

Meanwhile, preheat oven to 350 F. Beat eggs in a bowl. On a plate mix your almond flour, flax seeds and chia seeds. Melt organic butter or coconut oil in saute pan.

Rinse off the eggplant and pat dry. Then put each slice first in the egg, then the flour mixture to bread it. Cook in saute pan. You can cook several at one time, about 3-4 minutes per side. When browned, place in casserole dish.

Top the eggplant slices with pasta sauce and cheese and bake about 20-30 minutes, or until the eggplants are soft when you pierce them with a fork. Serve on top of spaghetti squash or zucchini noodles.

## **Spaghetti Squash**

Cut squash in half and scoop out seeds. Bake for 45-60 minutes, cut side up. When cooked, scrape out the “spaghetti” strands and serve with olive oil, salt, pepper and any pasta sauce you desire.

## **EASY Make at Home Mayo for Recipes or Mixing with Tuna Salad (from goingcavewoman.com)**

Mix in food processor, blender or with immersion stick: 1 cup light olive oil, 1 large organic egg, 1 tbsp lemon juice, plus any herbs or seasonings, such as garlic or dill.



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

*Deep Nutrition, Why Your Genes Need Traditional Food* by Catherine Shanahan, MD, and Luke Shanahan – Read this book to get motivated and understand what is happening to your body when you consume processed foods.

USDA Article, “Organic 101: What the USDA Organic Label Means”

<http://blogs.usda.gov/2012/03/22/organic-101-what-the-usda-organic-label-means/>

10 banned foods in other countries, an article written by Dr. Mercola

<http://www.mercola.com/infographics/10-banned-foods.htm>

Non GMO Shopping Guide identifies products known to contain GMOs (since they’re not labeled!)

<http://www.nongmoshoppingguide.com/download.html>

Clean 15 and Dirty Dozen Organic Produce Guide

<http://www.ewg.org/foodnews/>

USDA Food Safety - Meat and Poultry Labeling FAQ

[http://www.fsis.usda.gov/wps/wcm/connect/e2853601-3edb-45d3-90dc-1bef17b7f277/Meat\\_and\\_Poultry\\_Labeling\\_Terms.pdf?MOD=AJPERES](http://www.fsis.usda.gov/wps/wcm/connect/e2853601-3edb-45d3-90dc-1bef17b7f277/Meat_and_Poultry_Labeling_Terms.pdf?MOD=AJPERES)

Humane Society – How to Decipher Egg Labels

[http://www.humanesociety.org/issues/confinement\\_farm/facts/guide\\_egg\\_labels.html](http://www.humanesociety.org/issues/confinement_farm/facts/guide_egg_labels.html)

Global Animal Partnership – 5 Step Animal Welfare Program

<http://www.globalanimalpartnership.org/>

Whole Foods Farm Animal & Meat Quality Standards

<http://www.wholefoodsmarket.com/farm-animal-meat-quality-standards>

Marine Stewardship Council (MSC) Fish to Eat List

<https://www.msc.org/cook-eat-enjoy/fish-to-eat>

Monterey Bay Aquarium Seafood Watch

[www.seafoodwatch.org](http://www.seafoodwatch.org)

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