

Without Becoming a Vegetarian

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HEALTH
Matters
GET YOUR BODY
TO LOVE YOU BACK
Rose Bank



Get the most from this presentation:

- Note taking
- Q & A chat or voice
- Resource section/links
- More details available in slide deck

www.RosieBank.com/healingwithplants

- Controversy
- Don't shoot the messenger





Agenda:

- Disclaimer
- Upgrading choices
- No one size fits all
- Myths
- Definition whole foods plant-based
- Health stuff
- Recipes







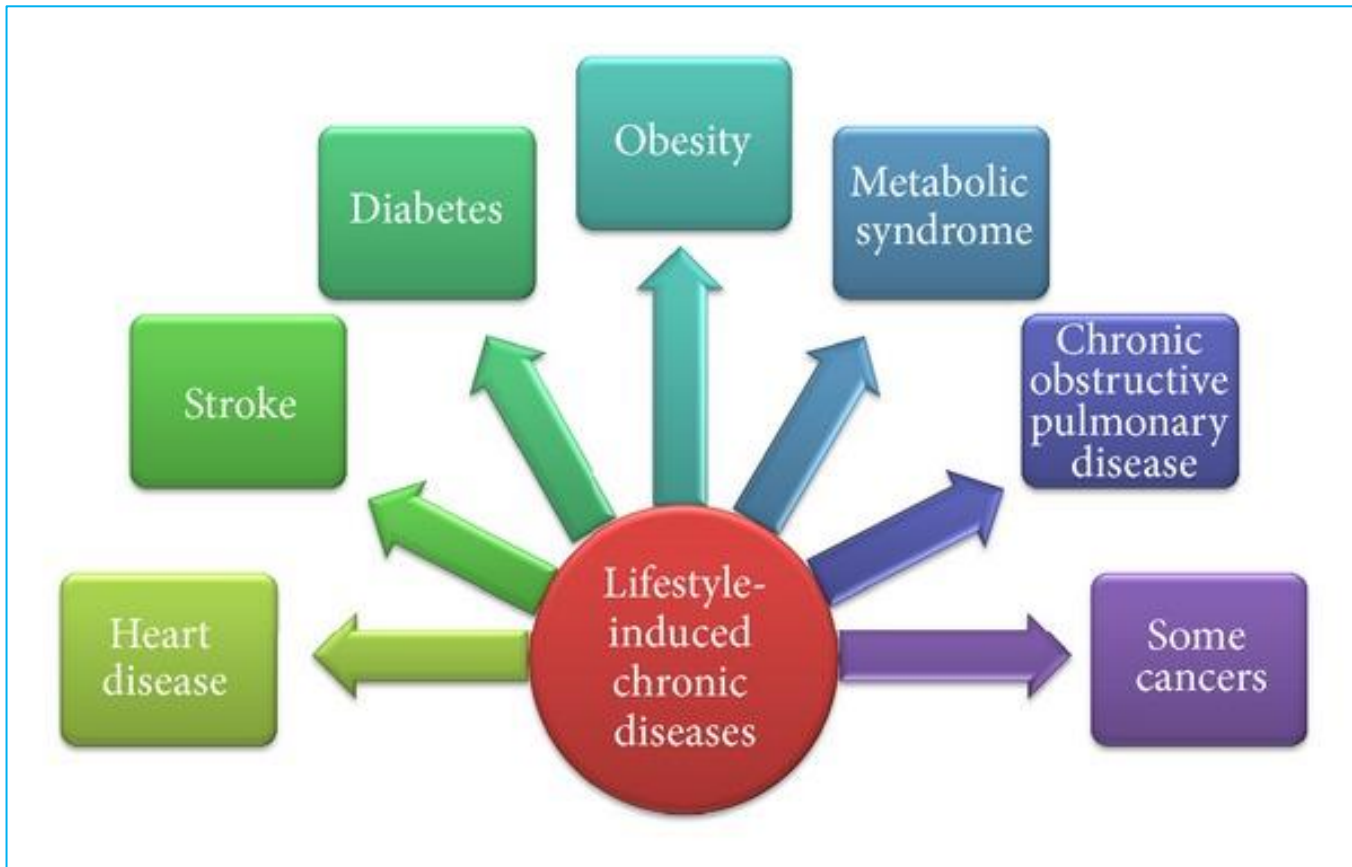
Food as medicine

No
guarantees

Reduce
risk



Reducing your risk



<https://unchronicle.un.org/article/lifestyle-diseases-economic-burden-health-services>

Whole foods plant-based

- Minimally refined and processed
- Free from additives, added sugar, salt, fat, flavorings, anything artificial
- Whole grains, fruits, veggies, seeds, nuts, legumes, tubers, spices, herbs
- Does not include food that comes from animal flesh or fluid
- Often living, like sprouts, contain enzymes

<https://www.healthline.com/nutrition/proteolytic-enzymes>





www.NutritionFacts.org



Myths

- Protein <https://www.pcrm.org/news/protein-myth>
- Amino Acids
- Calcium
- Muscle building
- Low fat means healthy
- All meat is bad, or all meat is good
- White meat is healthier than red meat
- Chicken and fish are healthy, red meat is not
 - <https://www.webmd.com/diet/news/20190604/chicken-no-better-than-beef-for-your-cholesterol>
- Diabetics should eat more protein and fewer carbs
 - <https://nutritionfacts.org/video/diabetes-as-a-disease-of-fat-toxicity/>
- Organic/grass fed/free range/grass finished is good for you
- The way to lose weight is to count calories and limit portion size
- Being an ovo-lacto vegetarian is just as good for my health as becoming a complete vegan.



Not all animal product
is created equally

- The World Health Organization has classified processed meats including ham, bacon, salami and frankfurts as a Group 1 carcinogen which means that there's strong evidence that processed meats cause cancer.
- Tobacco is also a Group 1 carcinogen
- Eating processed meat increases your risk of bowel and stomach cancer.
- If you've had cancer, maintaining a healthy diet can help prevent it from coming back.



Plant Proteins

That Pack a Punch.

Pick from these top plant sources to get more protein out of your plant-based diet.



Cooked Legumes

17g in 1 c. lentils

16g in 1 c. chickpeas

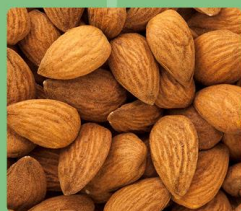
12g in 1 c. black beans

Soy

17g in 1 c. edamame

15g in 3 oz. tempeh

7g in 3 oz. firm tofu



Nuts and Seeds

9g in 1 oz. hemp seeds

8g in 1 oz. pumpkin seeds

7g in 2 T nut butters

6g in 1 oz. almonds

5g in 1 oz. chia seeds

Cooked Grains

8g in 1 c. quinoa

4g in 1 c. oatmeal



Cooked Vegetables

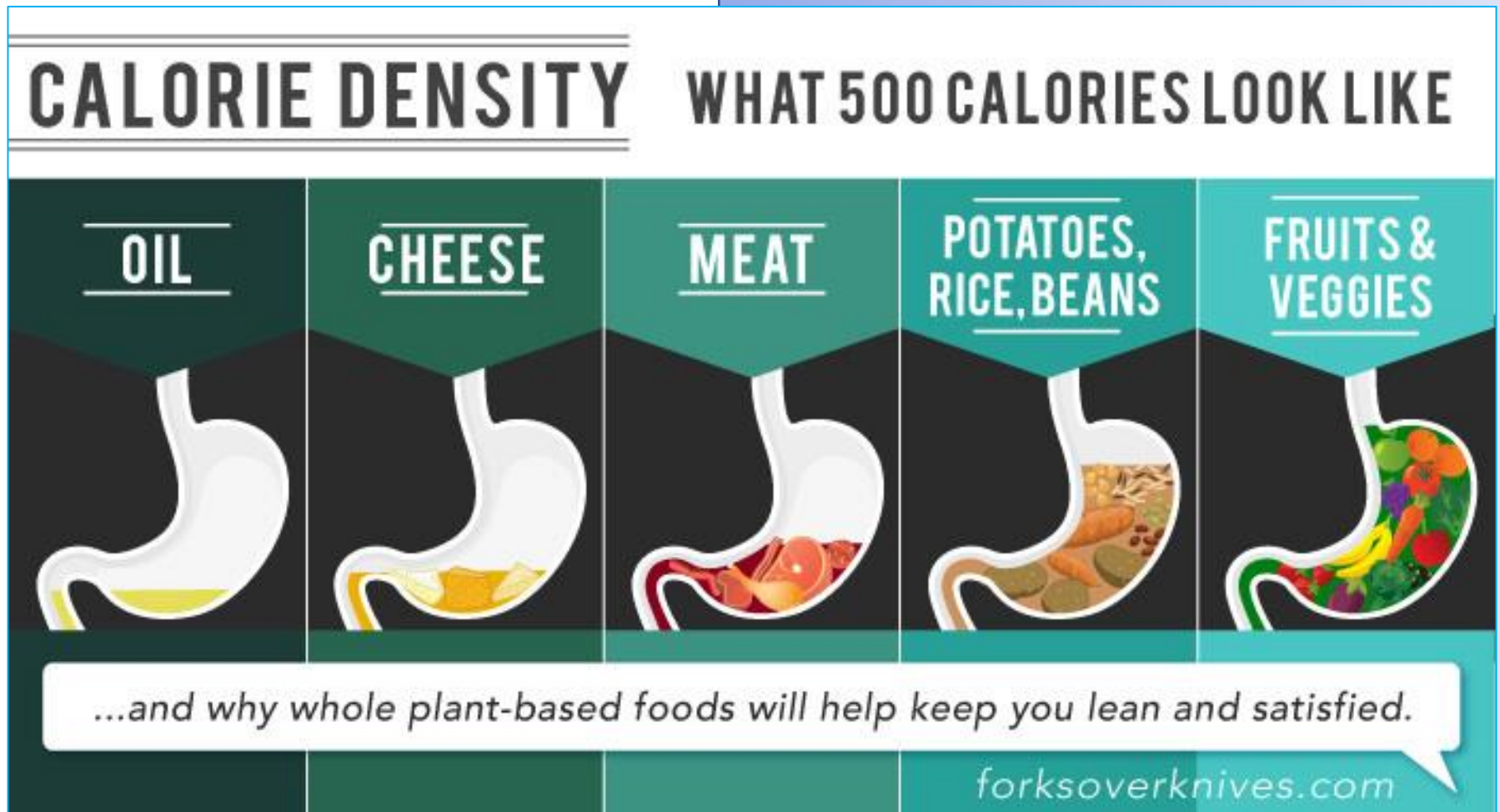
5g in 1 c. spinach

4g in 1 c. Brussels sprouts

2g in 1 c. broccoli



But weight...



IN FACT, TELLING PEOPLE TO
INCREASE THEIR INTAKES OF
FIBER-RICH FOODS MAY
ACTUALLY BE ONE OF THE
SINGLE MOST EFFECTIVE PIECES
OF ADVICE FOR WEIGHT LOSS.

Michael Greger

*How Not to Diet: The Groundbreaking Science of Healthy,
Permanent Weight Loss*

#kindlequotes



Mrs. Piggy said,
*“Don’t eat
anything heavier
than you can lift.”*



Eat better, not less

- Fiber versus fat
- Protein from plants
- Effect on insulin and blood glucose
- Effect on gut
- Effect on heart and vessels
- Effect on brain and cognition
- Effect on satiety



A photograph of a restaurant dish on a white plate. The dish includes two pieces of salmon with a dark, charred top and a reddish-brown sauce. To the left is a salad with green vegetables and orange carrots. To the right are golden-brown french fries. A green garnish is placed on top of the salmon. The background is blurred, showing a wooden table and a chair. A semi-transparent grey bar with the text "Where's the protein?" is overlaid across the middle of the image.

Where's the protein?



Where's the fiber?

Best practices

TASTE

Eat your
veggies first

Try all
plant meals

Adjust
your
proportions

Select a
do not eat
list

Today's
choices
matter



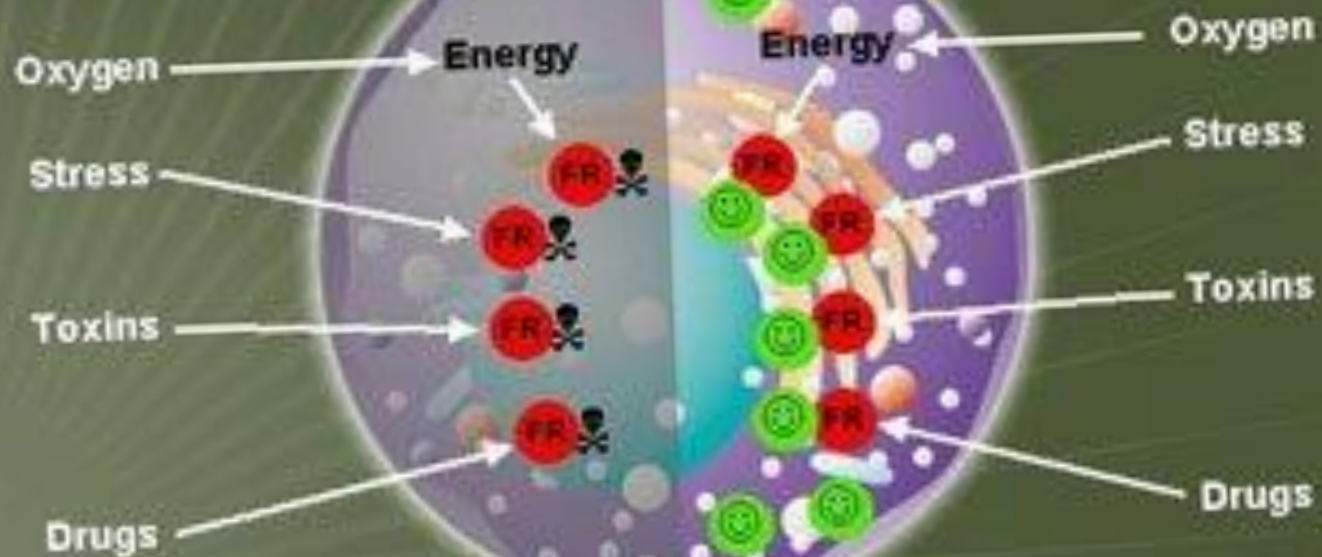
The Road to Health



Antioxidants

Free Radicals
Damage Cells

Antioxidants
Prevent Damage



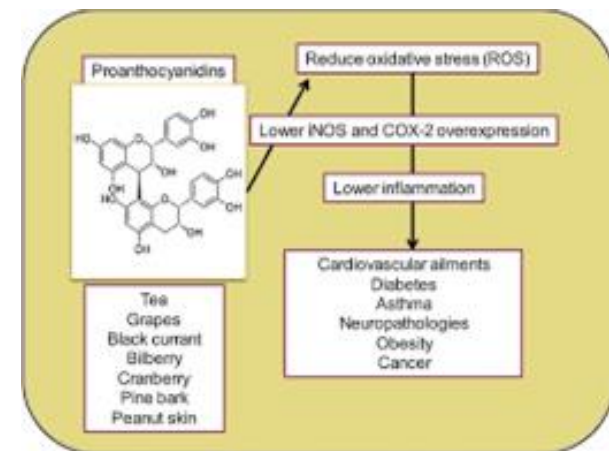
Antioxidants

Free Radicals
Damage Cells

Antioxidants
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- Phytonutrients
- Phytochemicals
- Proanthocyanidins
- Polyphenols
- Flavonoids



TOP 10 FOODS FOR PROANTHOCYANIDINS			
whole-detox.com			
CACAO BEANS 10,620 mg/cup	1	CHOKECHERRIES 937 mg/cup	6
SORGHUM (GRAIN) 3,653 mg/cup	2	HAZELNUTS 676 mg/cup	7
CHOCOLATE (UNSWEETENED) 2,160 mg/cup	3	BLUEBERRIES 610 mg/cup	8
COCOA POWDER 1,181 mg/cup	4	KIDNEY BEANS 538 mg/cup	9
PECANS 1,022 mg/cup	5	CRANBERRIES 461 mg/cup	10

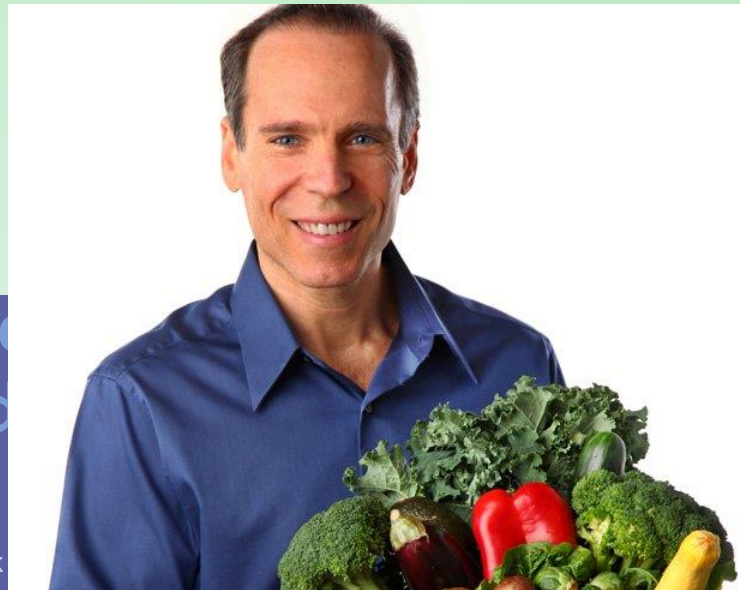
- **Inflammatory versus quelling inflammation**
 - Cancer, osteoarthritis, cognition, cardiovascular, respiratory
- **Alkaline versus acidic**
- **Excess animal fat and protein versus plant fiber**
- **AGE's – Advanced glycation elements → promote inflammation**
- **Gut considerations – veggies/prevotella and meat/bacteroides (enterotype)**



“The problem with the standard American diet, a primary cause of our current obesity epidemic, is the fact that the majority of foods consumed are high in calories and low in micronutrients.”

~ Joel Fuhrman

<https://www.drfuhrman.com>



veggies/prevote
meat/bacteroid
(enterotype)

Get Your Body to Love You Back

Daily Dozen

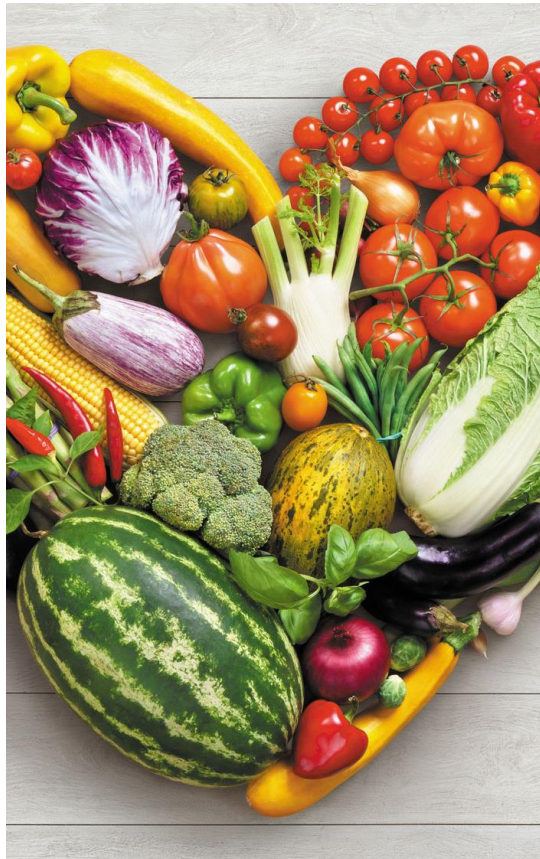
Michael Greger

www.nutritionfacts.org

- Beans
- Berries
- Other seasonal fruit
- Cruciferous veggies
- Leafy greens
- Other veggies
- Flax seeds
- Nuts and seeds
- Herbs and spices
- Whole grains
- Water
- Exercise/movement



Evidence based



“There are two kinds of cardiologists: vegans and those who haven’t read the data.”

~Dr. Kim Williams

American cardiologist. Current fellow of and former president of American College of Cardiology 2015 – 2016

When, where, how green leafies

- Kale
- Rainbow Chard
- Spinach
- Arugula
- Romaine
- Salads
- Wraps
- Over pasta
- Steamed
- Roasted with tofu

<https://www.onegreenplanet.org/natural-health/dark-leafy-greens-importance-nitric-oxide-production/>

Savory blend

<https://nutritionfacts.org/recipe/savory-spice-blend/>



Ingredients

- 2 tablespoons nutritional yeast *
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 2 teaspoons dried thyme
- 2 teaspoons garlic powder
- 2 teaspoons dry mustard (mustard powder)
- 2 teaspoons paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon celery seeds

Instructions

Combine all the ingredients in a spice grinder or blender to mix well and pulverize the dried herbs and spices. Transfer the blend to a shaker bottle or jar with a tight-fitting lid. Store in a cool, dry place.

* recommend those with Crohn's disease or hidradenitis suppurativa avoid nutritional yeast.

Veggie Taco

- Whole grain sprouted tortilla warmed in oven.
- Slather with black beans (drained), chopped tomato, chopped red onion, cubed Sriracha tofu, slivers jicama, sliced avocado, fresh salsa, roasted corn and cilantro.
- Squeeze some lime juice.
- The only limitation is your creativity.

Super simple meal



Super simple dessert

Fruit Soft Serve

- It does not get any easier than this!
- Have in your freezer frozen fruit. You can buy it frozen or freeze your own in a glass container.
- Take about a cup per serving and put it in your blender. You can add one pitted date per serving, ½ teaspoon of vanilla. Add about ½ cup of unsweetened almond milk. Blend until creamy.
- You can sprinkle dried coconut on top and some cacao nibs, chia seeds, sliced almonds
- Our favorites are mango, banana, and all berries.

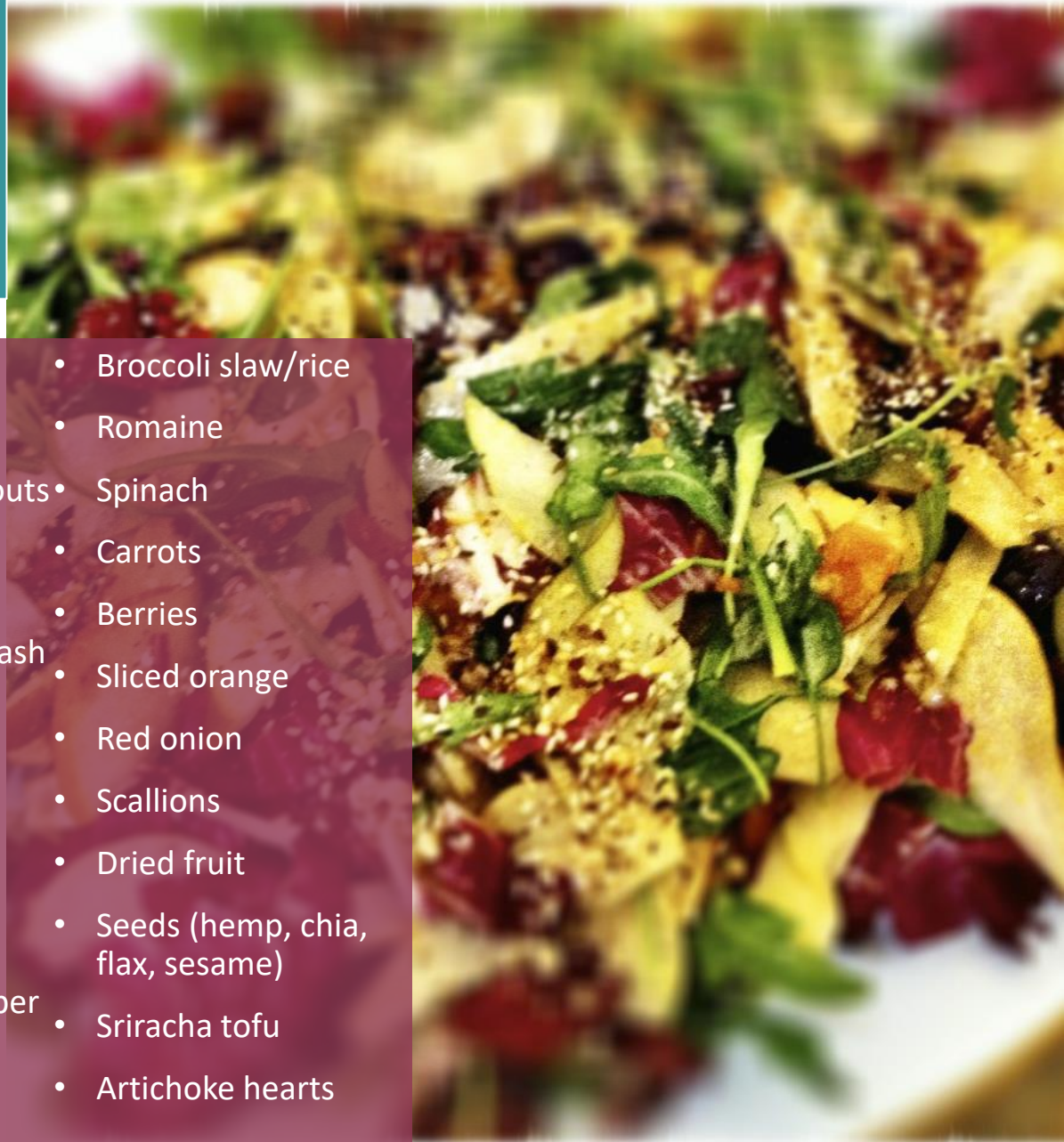
Super simple marinara sauce

Throw everything in the blender and blend until smooth:

- 1 cup sun-dried tomatoes
- 1 medium fresh tomato. (I always use more)
- 3 T olive oil*
- 2 large pitted dates
- 1 garlic clove
- 1 tsp [Dr. Greger's Savory blend](#)



Salad to change your life



- Baby kale
- Radish
- Cubed tofu
- Toasted nuts
- Sliced beets
- Fresh herbs
- Tomatoes
- Avocado
- Cooked beans
- Cubed tempeh
- Cooked quinoa
- Radicchio
- Snap peas
- Edamame
- Cooked lentils
- Homegrown sprouts
- Cubed cooked sweet potato
- Zucchini and squash
- Mushrooms
- Olives
- Cabbage
- Cooked or raw broccolini
- Roasted red pepper
- Roasted veggies
- Cooked or raw cauliflower/rice
- Broccoli slaw/rice
- Romaine
- Spinach
- Carrots
- Berries
- Sliced orange
- Red onion
- Scallions
- Dried fruit
- Seeds (hemp, chia, flax, sesame)
- Sriracha tofu
- Artichoke hearts



Multigrain rollups

- Cooked sweet potatoes
- Avocado slices
- Cooked beets
- Leafy greens
- Baked eggplant slices
- Sriracha tofu
- Herbs
- Black beans
- Homemade humus
- Corn
- Cashew cream sauce



Quinoa bowl

- Cooked quinoa
- Black beans (drained and rinsed)
- Cilantro
- Cubed sriracha tofu
- Chopped red onion
- Cubed avocado
- Broccoli, carrots, zucchini, cabbage
- Chopped red pepper
- Arugula
- Toasted pumpkin seeds
- Seasoning to taste
- Chopped mushrooms
- Chopped green onion
- Edamame
- Sweet potato
- Braggs amino acids
- Flavored vinegars

Cashew cream sauce Blend until creamy

1 ½ cups soaked cashews drained

1 T. nutrition yeast

One large garlic clove

One lemon ice cube

One T. at a time of water for desired consistency

Add kale or romaine to make it green

Add two teaspoon sriracha to make it red

Homemade humus food processor required

Can of beans – black or garbanzo

One lemon ice cube

One overflowing tablespoon tahini

Broccolini, English peas, roasted red pepper, cooked beets, broccoli rice, cooked sweet potato

Two cubes garlic

Seasoning (cumin goes well with black beans, but the sky is the limit. Mrs. Dash, chili flakes, curry powder, turmeric, cilantro)



Spice up your life (and your food)

- 
- **Lemon juice**
 - **Balsamic vinegar**
 - **Red wine vinegar**
 - **Rice wine vinegar**
 - ***Extra-virgin olive oil**
 - **Garlic**
 - **Ginger**
 - **Fresh herbs**
 - **Nut and seed butter**

Almond Ginger Dressing

- 1/4 cup maple syrup**
- 1/4 cup *EVOO**
- 1/4 cup unseasoned rice vinegar**
- 1 tablespoon Braggs Amino Acid**
- 1 teaspoon Asian sesame oil**
- 1 tablespoon almond or peanut butter**
- 1 teaspoon Sriracha sauce**
- 1 tablespoon minced fresh ginger**
- 1 large garlic clove, minced**

Blend in blender

Q&A



Go for a bump



- Energy
- Relief from chronic pain
- Clear thinking
- Joints feel good
- Belly, gut, pooping better
- Relief from cravings/want different food
- Lower body mass index (BMI)
- Lower rates of obesity, diabetes, and heart disease
- Improved liver enzymes



Resources



- www.nutritionfacts.org
- www.ForksOverKnives.com
- *The World Peace Diet* by Will Tuttle
- www.RosieBank.com/next-meal
- <https://rosiebank.com/work-with-rosie/>
- <http://www.nationearth.com/>
- <https://www.cowspiracy.com/>



“I don’t mind
dying, I just
don’t want it to
be my fault.”

Dr. Kim Williams

www.GetYourBodyToLoveYouBack.com