

Go green!

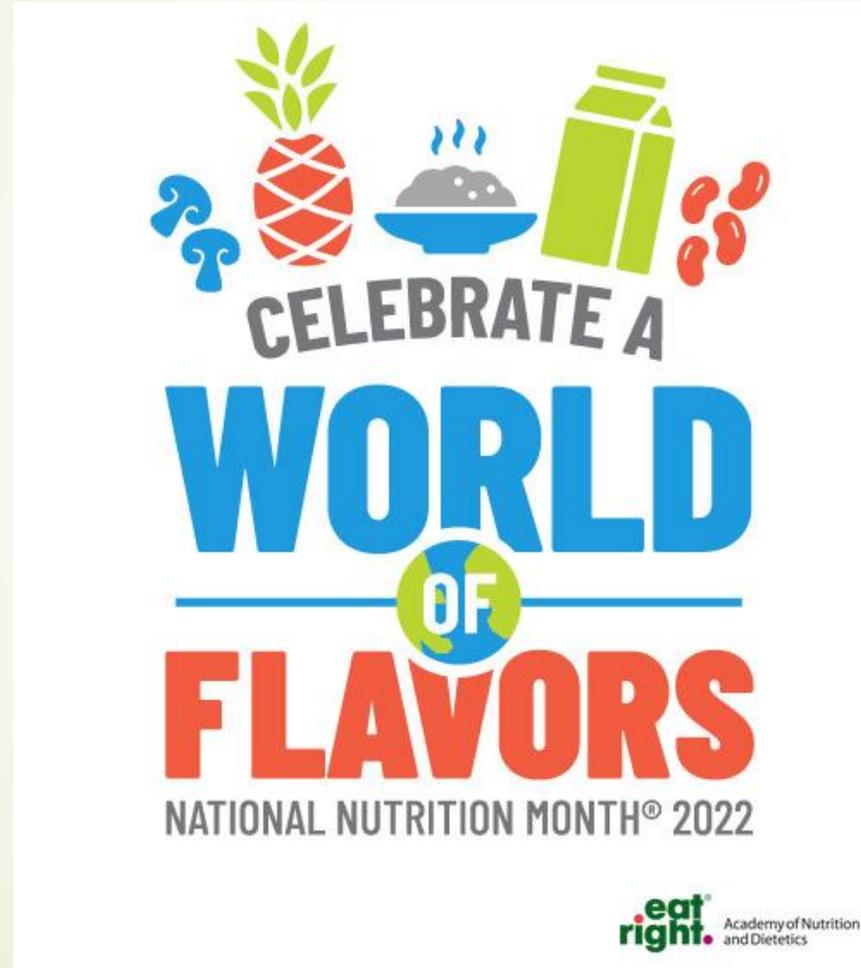
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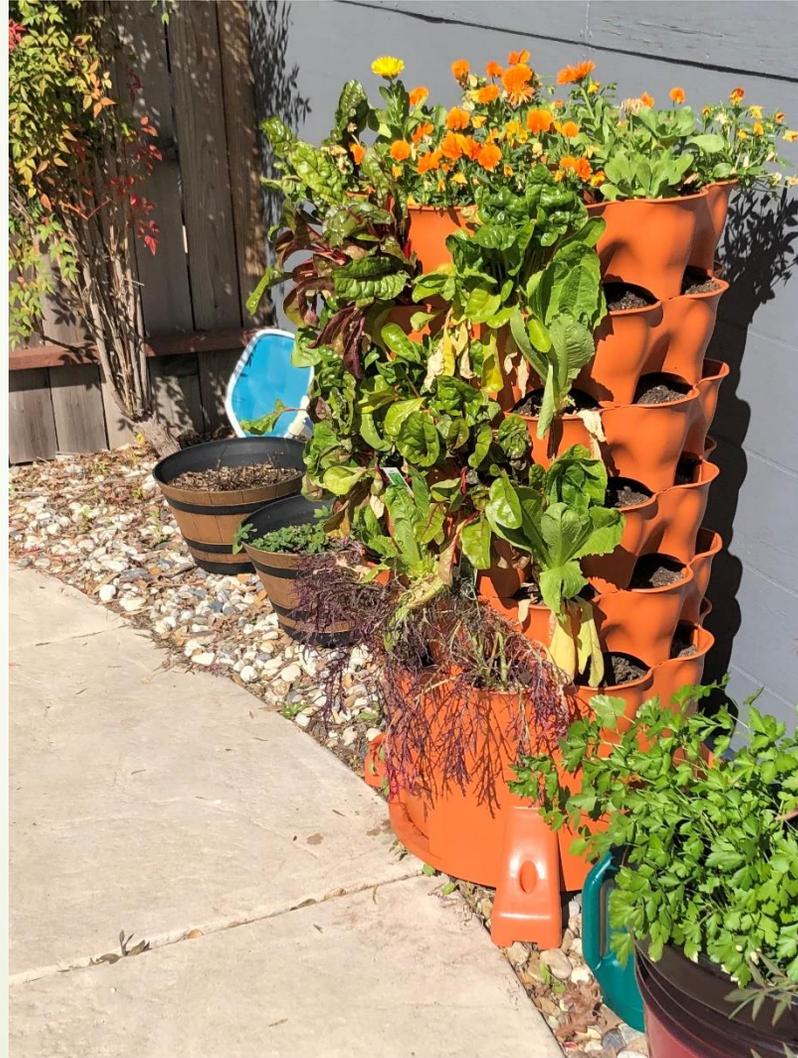
Happy National Nutrition Month!



Happy Mardi Gras!



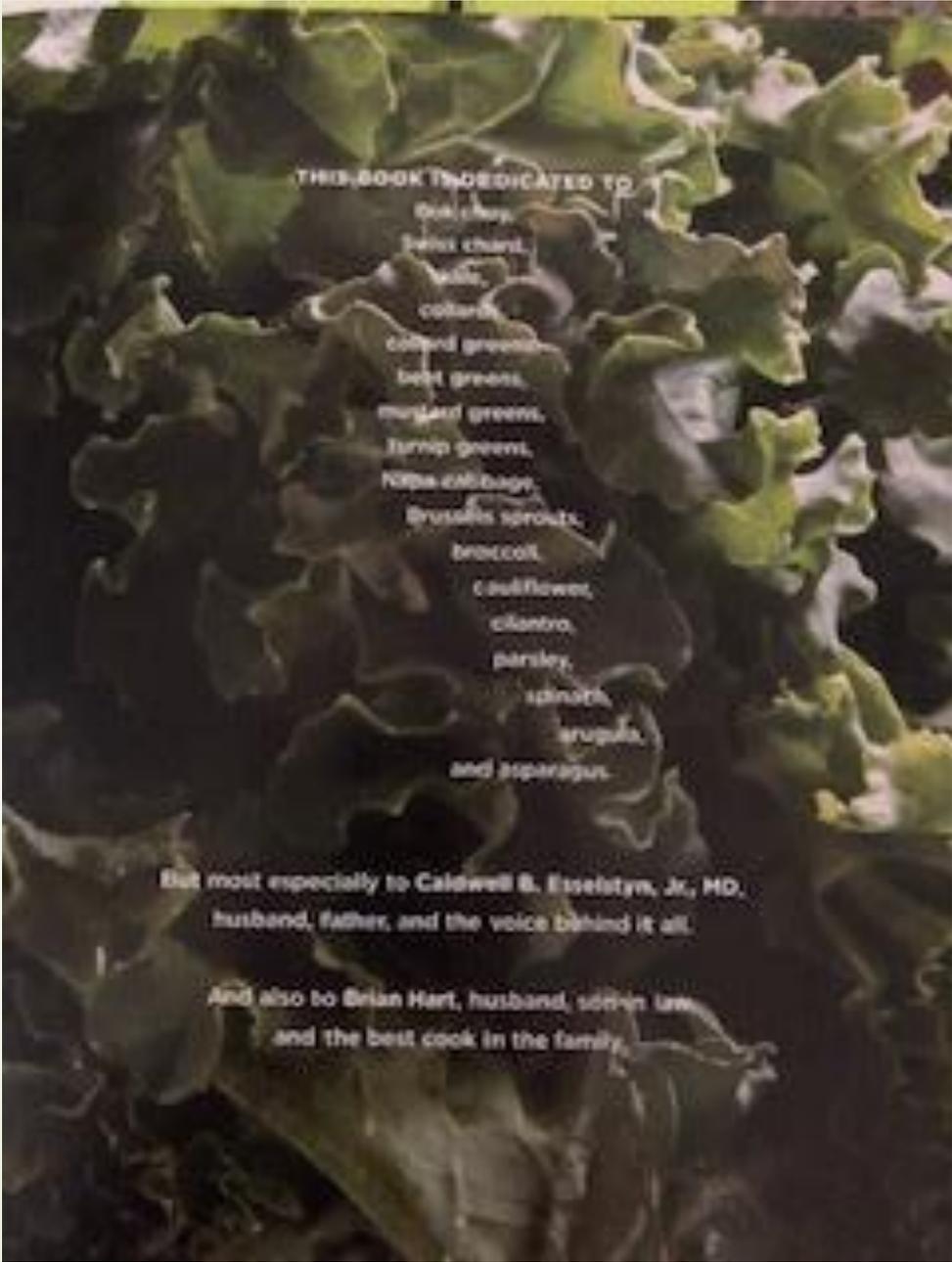
My Winter Garden



How many shades of green are there?

- Numerous leafy greens
- Green foods
- Saving 'green' \$\$\$
- Going green for the environment
- Being green – new, inexperienced





THIS BOOK IS DEDICATED TO

broccoli,
Swiss chard,
kale,
collards,
collard greens,
beet greens,
mustard greens,
turnip greens,
Napa cabbage,
Brussels sprouts,
broccoli,
cauliflower,
cilantro,
parsley,
spinach,
arugula,
and asparagus.

But most especially to Caldwell B. Essetryn, Jr., MD,
husband, father, and the voice behind it all.

And also to Brian Hart, husband, son-in-law,
and the best cook in the family.

Name that Green



1. Kohlrabi
2. Bok choy
3. Spinach
4. Broccoli
Raab
5. Chard
6. Collards
7. Mustard
greens
8. Beet greens
9. Kale (curly &
Tuscan)
10. Sorrel

Go with Greens



- Rich in antioxidants – beta carotene, lutein, anthocyanins
- Excellent source of folate, iron, Vitamins A & C, Vitamin K
- Associated with strongest protection against chronic diseases
- 20% reduction for heart attacks and strokes for every add'l serving/day
- Reduced risk of cancer



More reasons to go green....

- ▶ May help with weight loss by increasing feeling of fullness and curbing desire for junk foods
- ▶ Reduce risk of macular degeneration & glaucoma
- ▶ Good source of nitrates – turn to nitric oxide which is associated with lower CVD risk and lower BP
- ▶ Low in calorie density, high in nutrient density
- ▶ Mix with healthy fat to increase nutrient absorptions
 - ▶ Nuts & seeds, avocado, olives

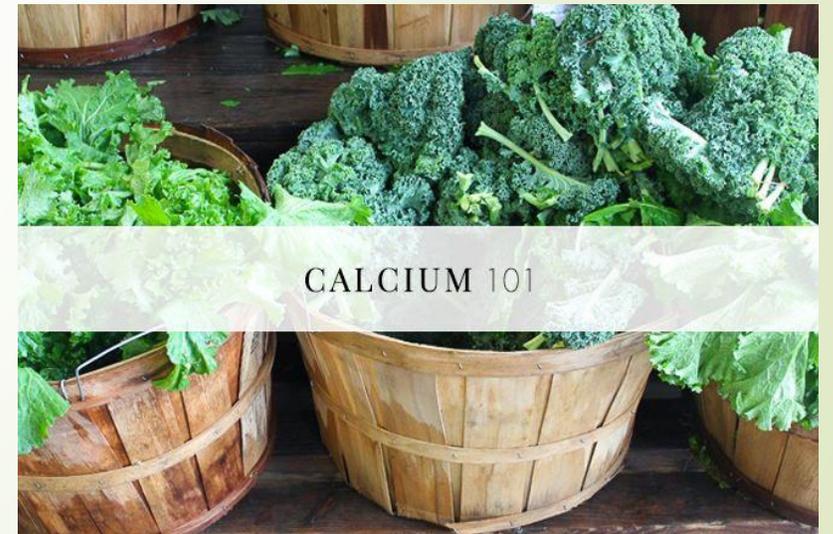


And if that wasn't enough...Calcium!

- Dark greens are excellent source of calcium
- High oxalates – which may block the absorption of calcium and increase risk of kidney stones
 - Beet greens
 - Chard
 - Spinach
 - Rhubarb (but John has taught me these are toxic!)
- Choose variety of greens

Other plant-based calcium foods

- Broccoli
- Tofu – if set with calcium
- Tempeh
- Tahini
- Almonds
- Black beans
- Oranges
- Seeds
- Blackstrap molasses



How many?

- 2-5+ servings daily
- This is in addition to your cruciferous veggies and other veggies
- Serving size:
 - 1 cup raw
 - ½ cup cooked





Caution with Coumadin

- Greens are source of Vitamin K – helps with clotting
- If on Coumadin, trying to avoid clots
- Doesn't mean you can't eat greens – just need to be consistent with them
- Protimes will indicate how to adjust Coumadin level
- Don't use it as an excuse not to eat greens



10 ways to eat more greens

1. Make savory oats. Cook oats with savory ingredients: mushrooms, garlic, onion, turmeric. Stir in greens at the end of cooking time.
2. Sauté: In a hot pan, add several handfuls of greens. Leave it be until the greens wilt. With a pair of tongs, turn over. Stir in some minced fresh garlic. Sprinkle with fresh lemon juice or a bit of vinegar. Season with salt and pepper.
- 3. Add it to Quesadillas: Finely chop greens. Add half a cup to white bean spread and put on each quesadilla before cooking.



More greens....

- ▶ 4. Add it to Soup or chili: Greens are a great way to up the nutritional value of canned soup. Just put a couple of handfuls in the bowl or pan before adding soup and heating on stovetop or in microwave.
 - ▶ 5. Hide it in Spaghetti sauce: roughly chop and stir into warmed sauce.
 - ▶ 6. Kale chips. Mix with a little seasoned hummus and lay out on cookie sheet. Bake at 250 for about 1 ½ to 2 hours.
 - ▶ 7. Make Pesto: With five minutes and a food processor, you can whip up a quick fresh, green pesto (nutritional yeast instead of cheese, tofu instead of oil)
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And more...

- 8. Use collard green as wrap
- 9. Scramble it in tofu.
- 10. Use it as your salad base: Top with mandarin oranges, red onions, toasted pecans and a balsamic vinaigrette.



Other green foods.....

- Eat your colors
 - The more color, the more antioxidants & nutrients
- Broccoli, cabbage, Brussels
 - Cruciferous veggies
 - Help reduce risk of cancer
- Split peas, peas, soy beans
 - High in fiber
- Green peppers, hot peppers, chilies
 - Great source of Vitamin C
- Asparagus, celery, green beans, zucchini
- Herbs: parsley, basil, oregano, etc.
- Avocado
- M&Ms 😊

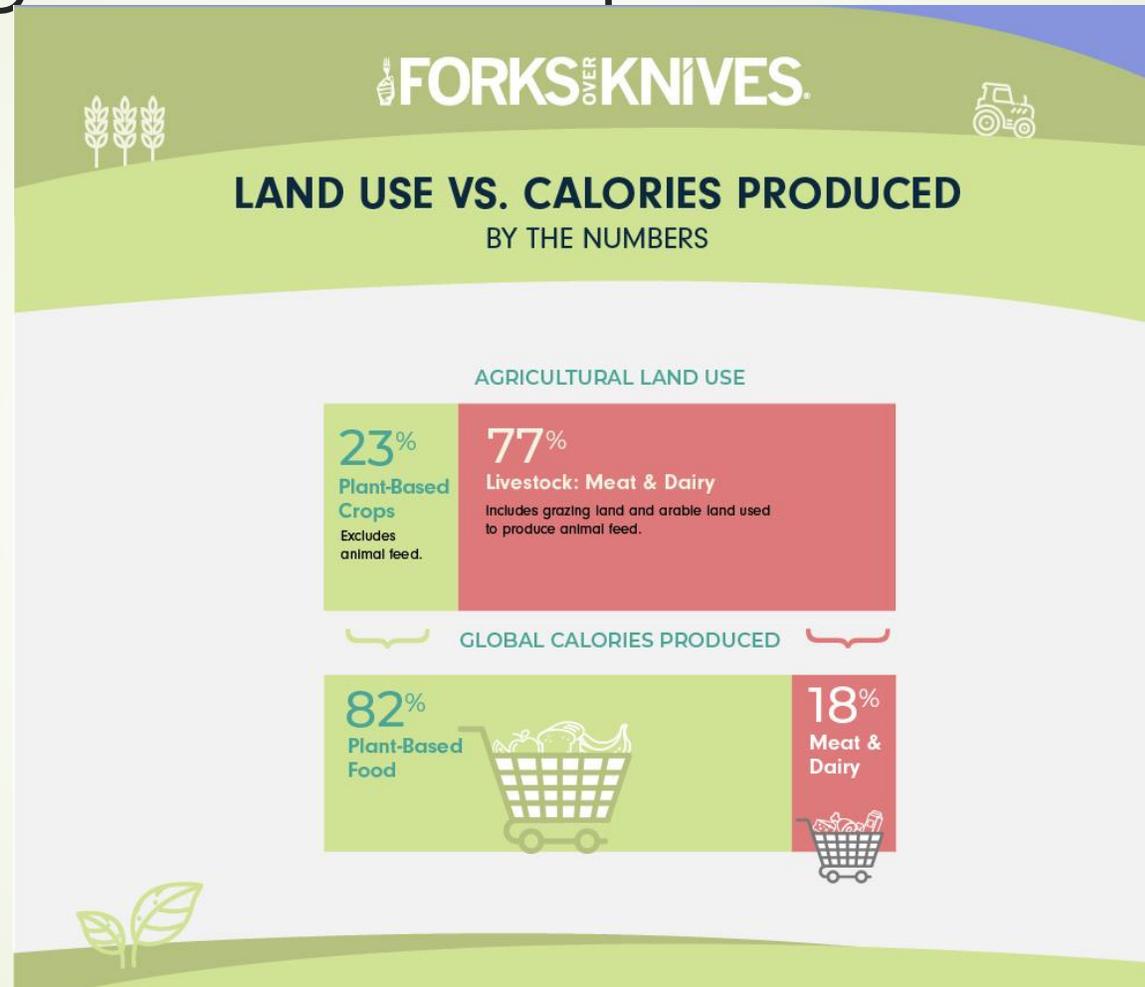


Saving 'Green'

- Eating plant-based can help your budget
- Buy in bulk
- Big box stores often have best deals
- Planned-overs
 - Cook extra and freeze or re-purpose
- Cook more from scratch
- Farmers' Markets and CSAs
- Limit convenience foods (you do the cooking instead)
- Eat at home more
- Start a garden
- Try www.plantbasedonabudget.com



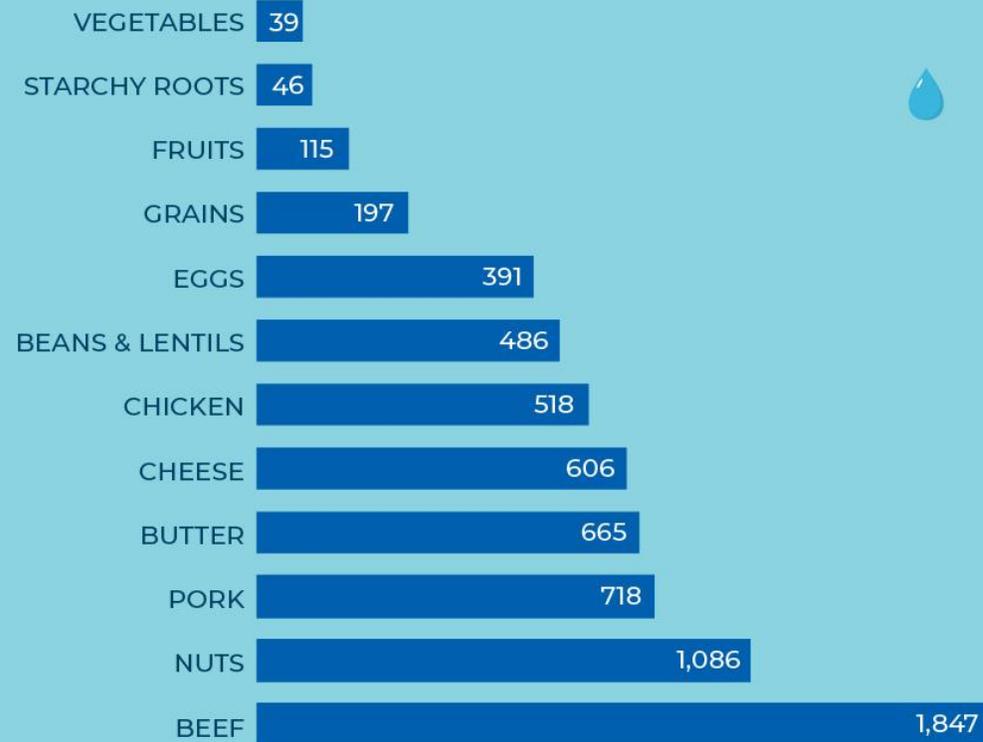
Go green for the planet





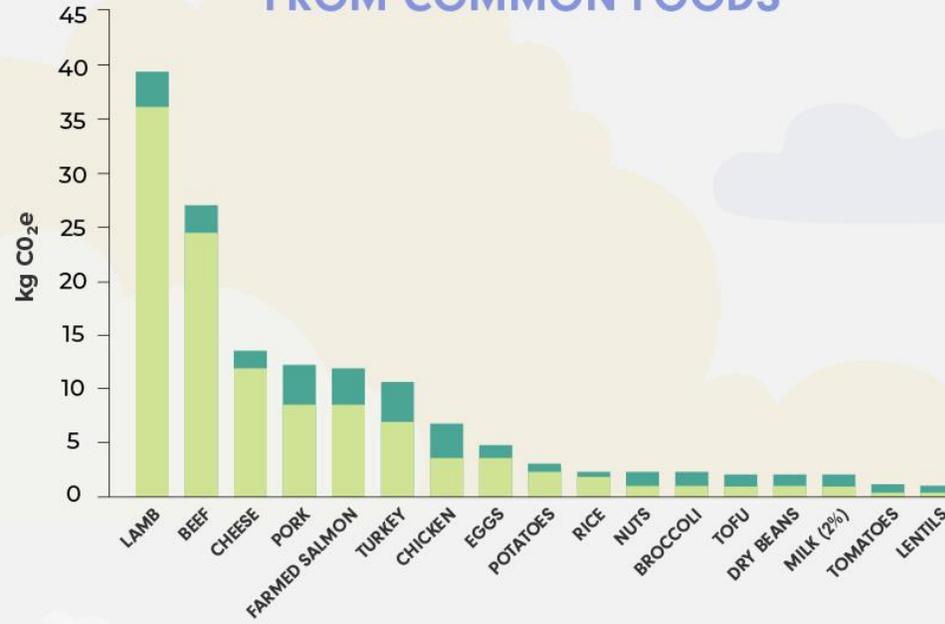
HOW MUCH WATER DOES IT TAKE?

GALLONS OF WATER REQUIRED TO MAKE ONE POUND OF FOOD





GREENHOUSE GAS EMISSIONS FROM COMMON FOODS



Kilogram (kg) of Consumed Food

Different foods have vastly different carbon footprints. The graph above shows total emissions, including production (**in green**) and all other emissions associated with bringing a product to market, such as processing, transport, and waste disposal (**in turquoise**).

SOURCE: Environmental Working Group, ewg.org





Meatless Monday

Here's how eating less meat measures up against other climate-saving actions:

Over a year:

- ✔ If you eat one less burger a week, it's like taking your car off the road for 320 miles or line-drying your clothes half the time. ¹⁰
- ✔ If your four-person family skips meat and cheese one day a week, it's like taking your car off the road for five weeks – or reducing everyone's daily showers by 3 minutes. ¹¹
- ✔ If your four-person family skips steak once a week, it's like taking your car off the road for nearly three months. ¹²
- ✔ If everyone in the U.S. ate no meat or cheese just one day a week, it would be like not driving 91 billion miles – or taking 7.6 million cars off the road. ¹³

What if you are 'green'?

- Purchase the basics – grains, beans, produce
- Look up recipes:
 - ForksoverKnives.com
 - Cardiac Wellness Program
 - PCRM.org
 - UCDIntegrativeMedicine.com
- Try a 21 day Kickstart
- Hang out with Cardiac Wellness Program a lot!!





My Recipe today

- ▶ 1 Tbsp olive oil (if subbing water or broth for oil, start with twice this amount and add additional 1 Tbsp as needed to prevent sticking) – **used low sodium broth instead of oil**
- ▶ 1 medium yellow or white onion, diced
- ▶ 1 medium red bell pepper, diced
- ▶ 3 cloves garlic, minced
- ▶ 1 ¼ cups dry black eyed peas (no need to soak)
- ▶ 3 ½ cups low sodium vegetable broth – **used the Plantstrong broth – only 20 mg/cup**
- ▶ 2 bay leaves
- ▶ 2 tsp smoked paprika
- ▶ 1/4 tsp cayenne pepper (omit for less heat)
- ▶ 2 Tbsp low sodium soy sauce or tamari **reduce as needed to lower sodium**
- ▶ 1 tsp liquid smoke (adds a smoky “bacon” flavor)
- ▶ 1/2 tsp each sea salt and pepper (optional)
- ▶ 1 small bundle collard greens, bulky stems removed, leaves chopped into bite-sized pieces (~6 cups chopped / or sub other sturdy green such as kale)

Go Green!!

- Whether you are trying to:
 - Get healthy
 - Stay healthy
 - Feel better
 - Look better
 - Save the planet
 - Save money



Plant-based eating can help you achieve your goals!