

Go Green!

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Happy National Nutrition Month!



Leafy Greens



<https://www.youtube.com/watch?v=rKYz-mirBXQ>

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

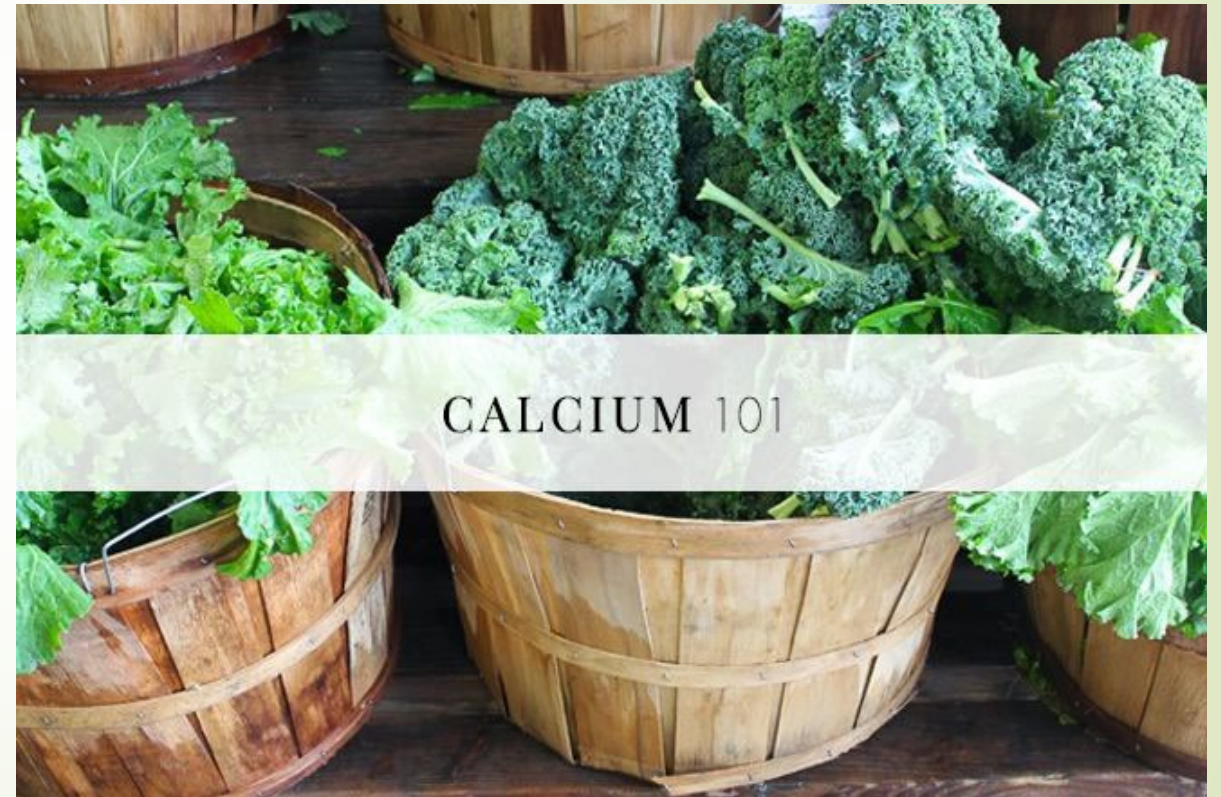


And if that wasn't enough...Calcium!

- 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
 - 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 to reduce risk of Cancer

- Healthy weight
 - Be active – sit less
 - Whole grains, fruits & veggies, beans – high fiber
 - Limit fast food and other foods high in fat, starch and sugar
 - Limit red and processed meat
 - Few sugary drinks
 - Limit alcohol
- 

Don't forget green tea

- Mature leaves are steamed, rolled and dried right after picking
- Taste more like the original fresh leaves
- Contain EGCG – powerful antioxidant
- Also shown to reduce cancer risk and inhibit tumor growth
- Anti-inflammatory actions too!
- Looking into effects on Alzheimer's





APPLES



ASPARAGUS



BLUEBERRIES



BROCCOLI AND
CRUCIFEROUS
VEGETABLES



BRUSSELS SPROUTS



CARROTS



CAULIFLOWER



CERRIES



COFFEE



CRANBERRIES



FLAXSEED



GARLIC



GRAPEFRUIT



GRAPES



KALE



ORANGES



PULSES: DRY BEANS.



RASPBERRIES



SOY



SPINACH



SQUASH (WINTER)



STRAWBERRIES



TEA



TOMATOES



WALNUTS



WHOLE GRAINS

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)

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

LAND USE VS. CALORIES PRODUCED

AGRICULTURAL LAND USE

23%

Plant-Based
Crops

Excludes
animal feed.

77%

Livestock: Meat & Dairy

Includes grazing land and arable land used
to produce animal feed.



GLOBAL CALORIES PRODUCED



82%

Plant-Based
Food



18%

Meat &
Dairy

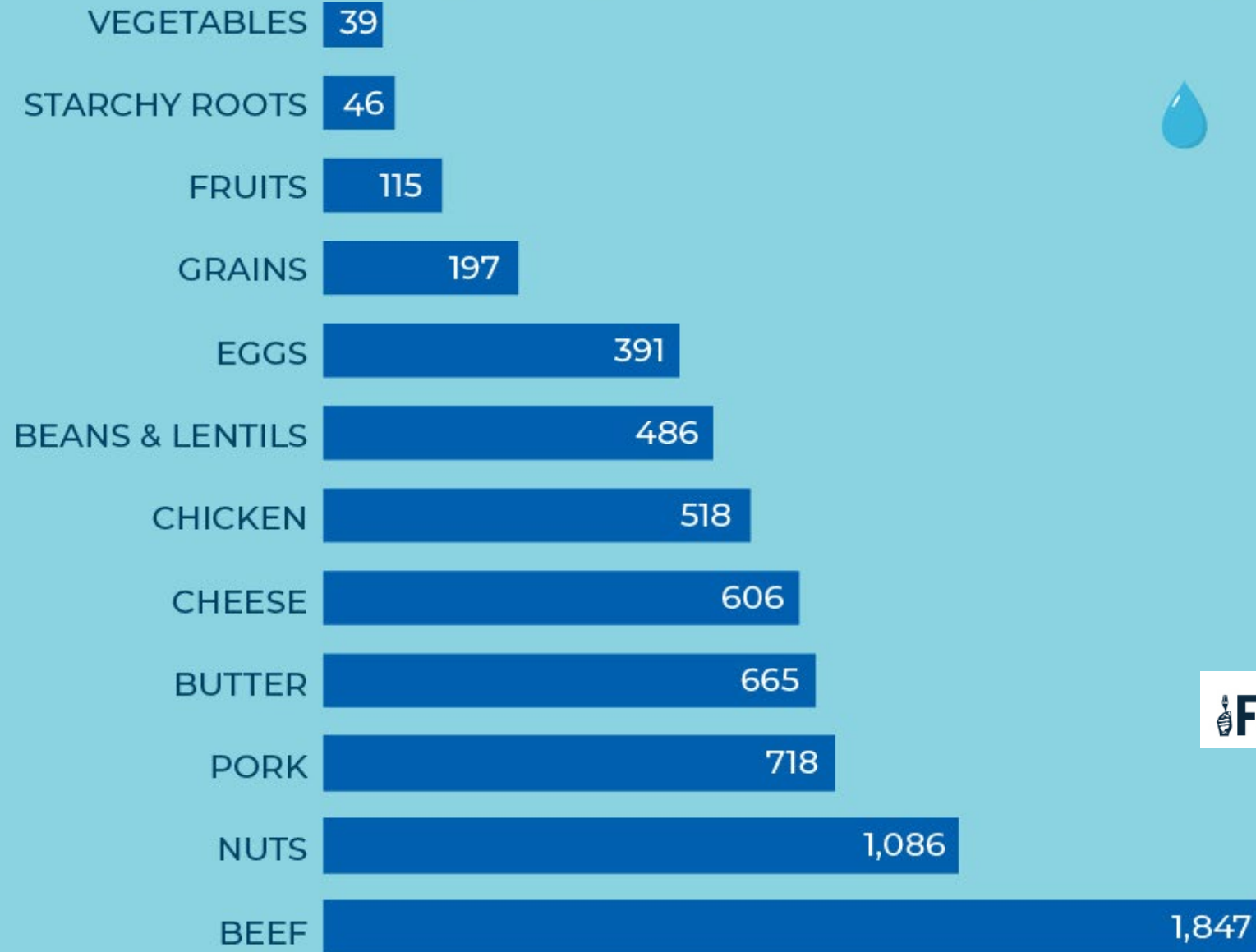




HOW MUCH WATER DOES IT TAKE?

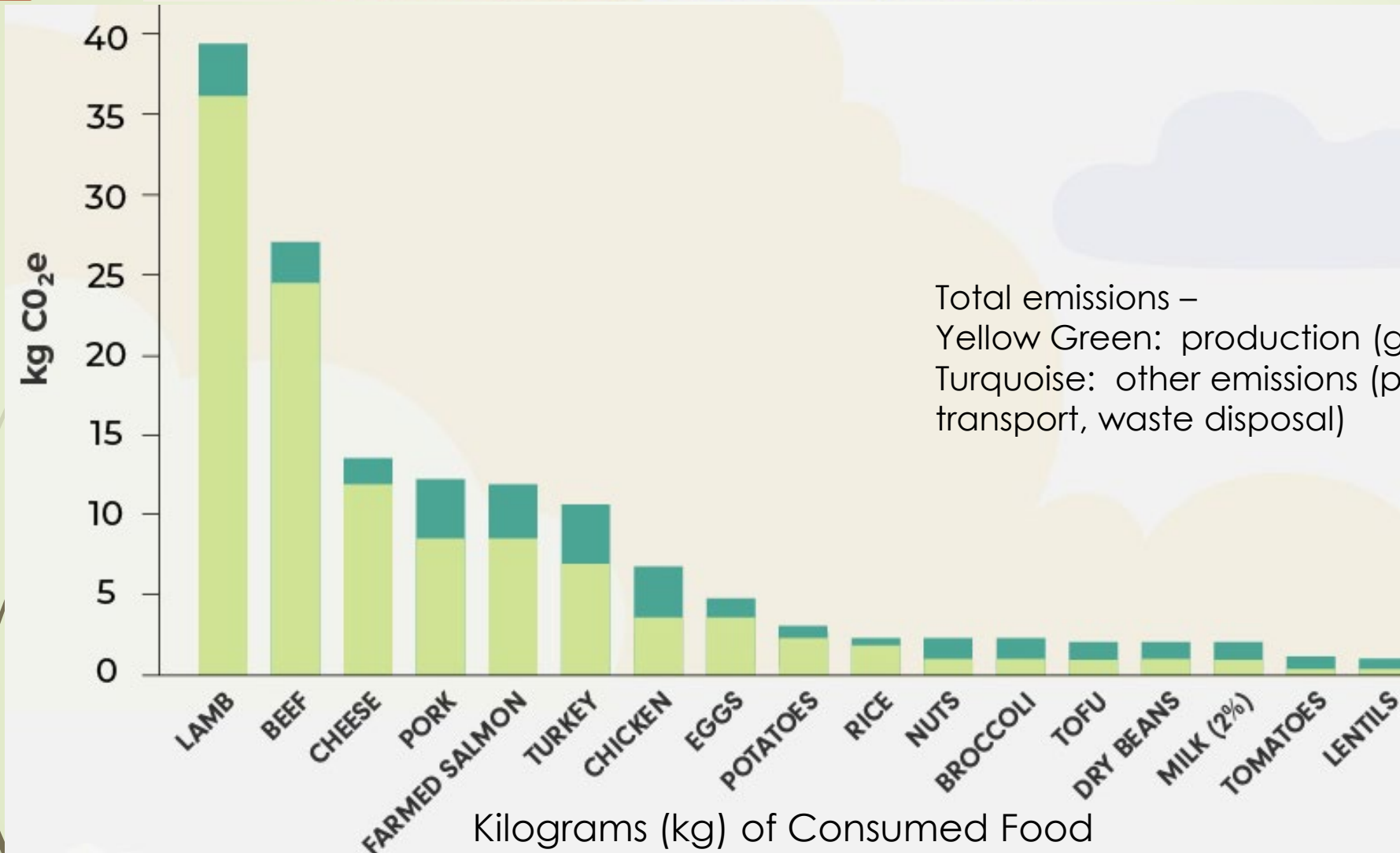


GALLONS OF WATER REQUIRED TO MAKE ONE POUND OF FOOD



 **FORKS OVER KNIVES.**

GREENHOUSE GAS EMISSIONS FROM COMMON FOODS



Source: Environmental Working Group, ewg.org

Meatless Mondays

- 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.
- 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.
- If your four-person family skips steak once a week, it's like taking your car off the road for nearly three months.
- 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.



My Recipe today: Red curry with Collards

- 3 cups coarsely chopped cauliflower
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 2 teaspoons grated fresh ginger
- 3 cups unsweetened, unflavored plant-based milk
- 3 tablespoons Thai red curry paste
- 1 fresh Thai chile, thinly sliced
- 1 teaspoon ground cumin
- 4 cups coarsely chopped fresh collard greens
- 1 12-oz. sweet potato, peeled
- 1 cup frozen peas
- 1 tablespoon cornstarch
- 2 tablespoons lime juice
- ½ teaspoon freshly ground black pepper
- 4 cups cooked brown rice
- ¼ cup chopped fresh cilantro
- 2 tablespoons chopped raw cashews
- Lime wedges

INSTRUCTIONS

- In a Dutch oven cook cauliflower, onion, garlic, and ginger over medium 3 to 4 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- Add milk, curry paste, Thai chile, and cumin. Bring to boiling. Stir in collard greens. Cover and reduce heat. Simmer 10 to 15 minutes or until greens are tender.
- Meanwhile, cut sweet potato lengthwise into 1-inch-wide planks. Using a vegetable peeler, shave flat 1-inch-wide noodles lengthwise from planks.
- Add sweet potato noodles and peas to the Dutch oven. Cook 2 to 3 minutes or until just tender. In a small bowl stir together cornstarch and 1 tablespoon water. Stir into the curry mixture; cook 1 minute or until slightly thickened. Remove from heat, and stir in lime juice and black pepper.
- Serve curry over rice. Sprinkle with cilantro and cashews, and serve with lime wedges.

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!**