

# Holistic Cooking

## Getting started

### Building your holistic pantry

In holistic cooking, we make adjustments and substitutions of conventional ingredients to ensure we are cooking with food that enhances the healing and nourishing properties of our meals. Refer to the table below to see the ingredients we reach for at the grocery store and the ones we leave behind.

Cooking fats and oils	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>• Extra virgin olive oil for dressings and low-heat cooking. Do not cook with olive oil at medium-high heat as the beneficial compounds begin to denature and it becomes carcinogenic.</li> <li>• Avocado oil for high-heat cooking, searing meats, etc.</li> <li>• Coconut oil (in moderation) for high-heat cooking, or as a substitute for butter in baking.</li> <li>• Grass-fed butter.</li> <li>• Ghee is clarified butter originating in India. It is high in antioxidants and vitamins E and A.</li> <li>• Toasted sesame oil for finishing, sauces, and dressings.</li> <li>• Truffle oil for finishing, sauces, dressings.</li> <li>• Udo's Oil is a blend of unrefined oils, usually including sesame, flax, sunflower, and coconut. It's used for finishing, sauces, and drizzling.</li> </ul>	<ul style="list-style-type: none"> <li>• Soybean oil</li> <li>• Canola oil</li> <li>• Corn oil</li> <li>• Cottonseed oil</li> <li>• Margarine/Crisco</li> <li>• Rapeseed (canola) oil</li> <li>• Sunflower oil</li> <li>• Peanut oil</li> <li>• Margarine</li> </ul> <p>The above vegetable oils are typically made with genetically modified plants. They've been linked to reproductive problems, low birth rates, hormonal issues, mental decline, liver problems, cancer, and heart disease. As they are generally highly refined, they lack flavour and nutrients and so are not ideal for cooking. They are PUFAs (polyunsaturated fatty acids), which are prone to rancidity and high in free radicals.</p>



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Sweeteners	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>Maple syrup</li> <li>Coconut sugar</li> <li>Honey</li> <li>Date sugar</li> <li>Dates</li> <li>Unsweetened applesauce</li> <li>Dried fruit</li> <li>Dark chocolate chips</li> <li>Banana</li> <li>Molasses</li> <li>Mirin</li> <li>Monk fruit or stevia</li> </ul>	<ul style="list-style-type: none"> <li>White sugar</li> <li>Brown sugar</li> <li>Cane sugar</li> <li>High fructose corn syrup</li> <li>Corn syrup</li> <li>Artificial sweeteners (e.g., aspartame, saccharin, acesulfame potassium, neotame, sucralose, etc.)</li> </ul>

Spices, seasoning, and aromatics	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>Seaweeds (e.g., nori, dulse, arame, wakame, kombu, etc.)</li> <li>Himalayan salt or kosher salt</li> <li>Nutritional yeast</li> <li>Herbamare</li> <li>Variety of dried herbs and spices</li> <li>Garlic</li> <li>Ginger</li> </ul>	<ul style="list-style-type: none"> <li>Iodized table salt</li> <li>Seasoning mixes with added sugar</li> </ul>

Vinegars/acids	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>Apple cider</li> <li>Red wine</li> <li>White wine</li> <li>Rice wine</li> <li>Ume</li> <li>Balsamic</li> <li>Chinese black</li> <li>Sherry</li> <li>Citrus juice (e.g., lemon, lime, orange, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>White sugar</li> <li>Brown sugar</li> <li>Cane sugar</li> <li>High fructose corn syrup</li> <li>Corn syrup</li> <li>Artificial sweeteners (e.g. aspartame, saccharin, acesulfame potassium, neotame, sucralose, etc.)</li> </ul>

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Flours and thickeners	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>• Arrowroot powder</li> <li>• Tapioca starch</li> <li>• Almond flour</li> <li>• Coconut flour</li> <li>• Buckwheat flour</li> <li>• Chickpea flour</li> <li>• Whole wheat flour</li> <li>• Psyllium husk powder</li> </ul>	<ul style="list-style-type: none"> <li>• All-purpose flour (okay in moderation)</li> <li>• Corn starch</li> </ul>

Grains	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>• Quinoa</li> <li>• Millet</li> <li>• Brown rice</li> <li>• Buckwheat groats (technically a seed, not a grain)</li> <li>• Farro</li> <li>• Oats</li> <li>• Barley</li> </ul>	<ul style="list-style-type: none"> <li>• Refined grains</li> <li>• White pasta</li> <li>• White bread</li> <li>• White rice</li> </ul> <p>Not to say these ingredients should never be eaten, but whole grains have more nutrient quality and fibre, so they are healthier options.</p>

Nuts and seeds	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>• Nut and seed butters</li> <li>• Almond, walnut, brazil nut, cashew, hazelnut, pine nut, pecan, chestnut</li> <li>• Pumpkin seed, sunflower seed, hemp seed, chia seed, flaxseed, sesame seed</li> </ul>	<ul style="list-style-type: none"> <li>• Non-organic peanuts</li> </ul>

Beans and legumes	Fermented foods
Ideal ingredients	Ideal ingredients
<ul style="list-style-type: none"> <li>• Beans such as black, kidney, cannellini, pinto, turtle, cranberry, edamame, adzuki, fava, navy, mung, chickpea, gigante</li> <li>• Lentils</li> <li>• Green and yellow split pea</li> </ul>	<ul style="list-style-type: none"> <li>• Sauerkraut</li> <li>• Gochujang</li> <li>• Nato</li> <li>• Miso</li> <li>• Kimchi</li> <li>• Tamari</li> <li>• Kefir</li> <li>• Tempeh</li> <li>• Yogurt (including plant-based)</li> </ul>

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Miscellaneous	
Ideal ingredients	Leave these behind
<ul style="list-style-type: none"> <li>• Pasture-raised eggs</li> <li>• Avocado-oil mayo</li> <li>• Dijon</li> <li>• Hot sauce</li> <li>• Worcestershire - vegan, gf</li> <li>• Pasta sauce</li> <li>• Canned tomato</li> <li>• Tomato paste</li> <li>• Cured anchovy</li> <li>• Capers</li> <li>• Coconut milk</li> <li>• Unsulfured/unsweetened coconut flakes</li> </ul>	<ul style="list-style-type: none"> <li>• Artificial flavours and colours (e.g., potassium benzoate, potassium sorbate, benzene, BHA, BHT, etc.)</li> <li>• Processed deli meats</li> </ul>

## Food for thought

If you've got various items from the 'Leave these behind' list in your home right now, don't fret! You can slowly replace items with the more ideal option as you run out of them. When you're ready to do this, you can try shopping at bulk or waste-free shops and store your ingredients in glass jars for easy access.

