

Affordable Nutrition

Affordable nutrition is about saving money on food cost AND health costs.

Using the Eating for Health model, some shopping, preparation and cooking hacks and pantry tips, anyone can make healthy eating more affordable and effective.

Proper nutrition is a major form of health investing. When a person consistently eats poor quality food, they deplete nutrient reserves in

their bones, soft tissues, organs, glands, skin and hair. They wear the results of being overdrawn nutritionally — an unhealthy appearance — and feel the warning signs of ill health, which typically manifest as fatigue, pain and mood-swings.

Many people consider “health” and “health food” to be expensive luxuries that only the affluent can afford. One of the main goals of Affordable Nutrition is to change this misconception. When you plan and shop carefully to prepare wholesome, unprocessed meals for yourself and your family instead of eating out, quite the opposite is true.

The Affordable Nutrition program was developed to empower the homeless, seniors and families on fixed incomes, living in food deserts, and anyone who wants to be healthy but who lack resources.

Intro

Affordable Nutrition was developed by Jessica and Ed Bauman and taught at the Mary Isaac Center for homeless in Petaluma, CA. This center provides a 4-6 month homeless support programs to help people get off the street, train in different things and move towards being productive with a home. This program includes shelter, great food, clothing, access to computers, trainings in job interviews and resumes, financial literacy, job referrals, with supportive rides and healthy living. Affordable Nutrition was well received and we learned a lot of from our students about how to improve it and make it more practical.

Food is unquestionably cheaper when prepared at home from fresh ingredients. The healthiest foods in the world — unprocessed whole grains, beans, vegetables, fruits, nuts, and seeds — are very affordable.

See Affordable Nutrition e-book sample on Foundation Hall

SOUL: S (sustainable) O (organic) U (unadulterated) L (local) Food

A Holistic View of Health and Nutrition

Eating for Health

Every bite of what one eats and each sip one drinks becomes the matrix of their cells, tissues, organs, mind and body, so eating a variety of fresh, whole foods on a daily basis is an essential form of self-care and preventive medicine.

Eating for Health is a whole foods approach to nutrition developed by Ed Bauman, PhD to provide an alternative to the USDA MyPlate and other unbalanced diet approaches, ranging from those that are overly protein or fat-heavy, to those that advocate exceptionally low protein and fat.

The *Eating for Health* programme promotes high quality whole foods, suited to individual needs, tastes and ethnicities. It takes into consideration biochemical individuality and lifestyle, the factors that make all of us unique beings with unique requirements.

This flies in the face of many current dietary trends, which often cater to the public craving for structured diets and strict rules. Thus we see several popular trends — the Paleolithic, KETO and ancestral diets; Mediterranean, vegetarian, and vegan diets; low-carbohydrate, high protein; low-fat; and the more restrictive diets such as Gut and Psychology Syndrome (GAPS); allergen-free; and FODMAPs (omission of fermentable sugars). All of these can indeed play an important role in health promotion — for *some* people — the *Eating for Health* philosophy makes room for the concepts engendered by them all, but with a flexible, non-dogmatic approach.

Genetics, biochemistry, psychology, physiology, age and sensitivities all influence one's optimal choices of food. Clearly, one size does not fit all with nutrition or shoe selection. It never has and never will.

First Rule of Affordable Nutrition

Take time to look at your diet, needs and habits. Ask yourself these questions:

- 1) Are you on a fixed income? How much do you have to spend per week on eating. How much money can you allocate for food?
- 2) What areas of your health would you like to change?
- 3) What changes are you making to your diet?
- 4) What foods do you need to buy to support these changes, and

- what foods do you need to eliminate?
- 5) Do you have access to a kitchen to cook in, a refrigerator, microwave or stove?
 - 6) What is in your cupboards? Do you need to clear out your cupboards of old, junk food or unhealthy foods? Stock it with quick cooking nutritious foods.
 - 7) When can you plan, shop, prepare meals for several days to a week?
 - 8) Access to recipes for meals, beloved recipes and new ones.

Quick Pantry Meal Items list pdf: scroll down

Second Rule of Affordable Nutrition

Learn about the four levels of eating, Eating for Health approach

Four Levels of Eating

Level one: Eating for pleasure

This level is an immature and impulsive approach to eating, aimed at maximizing pleasure and minimizing emotional pain. Eating at this level is for immediate gratification.

Level two: Eating for energy

Easy, quickly accessible foods, such as peanut butter, breads, pastas, chips, and pizza are common Level two foods. Little concern is placed on the quality of the food eaten or the likely nutrient loss due to processing, possible pesticide residues, environmental toxins or added hormones, antibiotics, coloring and artificial flavors.

Level three: Eating for recovery

The inevitable cumulative effects of Level one and Level two eating are poor body composition —frequently obesity — and diminished energy, health and brightness of mood. Level three eating involves following a disciplined, reduced choice diet. However, after a time, the prescribed diet is no longer satisfying and producing the promised effects. The choice then is to stay longer with the rigid, reductionist diet approach, or to slip back to Level one-two eating patterns. Geared to the general public, not to individual needs.

Level four: Eating for Health

The goal of this level is a) lifelong learning about optimum nutrition, b) the healing effects of foods, c) self-awareness concerning food choices and eating behaviors, and 4) an aesthetic and spiritual approach to the culinary arts.

It shares some qualities with Level three, but allows for more personal choice, variety, seasonality and individuality according to one's personal needs, tastes, ethnic origin and commitment level.

Food choices at Level Four are not made by formula, but rather by discerning what the body needs and what the best available choices are at a given time. At this level, we choose among a wide variety of healthful, organic foods, as well as a variety of dietary patterns. We exercise moderation in the amount of food we eat, and take more time and care in its preparation and presentation. Food is understood and appreciated as an instrument of personal healing and sharing with community. Nourishing ourselves becomes a wise, mature and loving act of awareness cultivated through daily practice.

At this level of eating, the concept of *S.O.U.L. Food becomes important*. This concept suggests that produce be as Seasonal as possible; all foods be Organic as much as possible, Unrefined, and as Locally grown as possible. Choosing S.O.U.L. foods is a powerful tool for ensuring fresh foods with high nutrient-density, and the acronym reminds us that eating provides not only good nutrition but spiritual nourishment as well.

- Eating for Health Approach Chart pdf: see below

Third Rule of Affordable Nutrition

Changing Habits

- 1) Hydration
- 2) Breakfast is important
- 3) Portion Distortion and serving sizes
- 4) Preparing meals from scratch at home and cooking larger amounts to eat several times or freeze.
- 5) Community shopping and cooking with others

Fourth Rule of Affordable Nutrition

Lowering shopping costs

- 10 Ways to Save Money on Food Shopping pdf: see below

Fifth Rule of Affordable Nutrition

Have fun and enjoy

1. On the Go / Healthy Fast Foods
 2. Healthy Desserts
- Three cooking videos
 - Summer Solstice, with native chef Crystal Wahpapah with wild rice berry summer salad (includes interviews with Kevin and Ceylon Locke, chief Phil Lane and)
 - Chef Lizette Marx and Ed Bauman with
 - Chef Lizette Marx and Ed Bauman with

What Happens if You Are Homeless, Live in a Food Desert or Can Only Order Online.

- 1) Assess how much money you have, living situation and needs.
- 2) Making educated food choices by not just eating at cheaper fast food restaurants if you can help it.
- 3) Large stores such as Costco, Amazon, Grocery Outlet, Trader Joes and Walmart offer organic foods, though there are issues around organic labelling from different countries. Now you can order online also, if you have a place to send things.
- 4) Read labels. Choose simpler foods.
- 5) When ordering from a restaurant, fast food place, or soup kitchen, use knowledge of Eating for Health to choose healthy as possible.
- 6) Most food pantries have some healthy food choices.

Affordable Nutrition

Open with ▼

Ten Ways To Save Money On Food Shopping: How to eat cheap, but healthfully, despite rising grocery costs

Article by Kathleen M. Zelman, MPH, Reviewed by Louise Chang, MD — www.webmd.com

We're paying more these days not only at the gas pump but also at the grocery store. Blame it on rising oil prices, disappointing crop yields, global warming, and/or the weak dollar. Robert Earl, director of nutrition policy for the *Grocery Manufacturer Association*, says there are many factors affecting food prices.

What it all means is that shoppers are looking for ways to save money when they're food shopping without sacrificing nutrition. WebMD.com asked some experts for tips and strategies on saving money on your grocery bill while still eating healthfully.

Planning Can Help You Save Money on Food

Planning ahead is the most important step to getting more bang for your buck at the grocery store, Katherine Tallmadge, RD, a spokesperson for the *American Dietetic Association (ADA)*, says:

"Take inventory of what you have on hand so you don't overbuy, create a detailed shopping list based on your needs and weekly menu plan, and take into account how you plan on using leftovers."

Have a light snack before you go shopping, and stick to your grocery list to help avoid impulse pur-



chases or costly mistakes like falling for the displays at the end of the aisles.

Before you plan your weekly menu, check the ads to see what's on sale and use coupons to take advantage of sales and other offers. You can even sign up online to receive coupons and email alerts from your favorite grocers.

Healthy Food Is Cheaper Food

Eating healthier foods can actually save you money, according to a 2002 study published in the *Journal of the American Dietetic Association*. The researchers found that when families went on weight loss diets, they not only lost weight but reduced their food budgets.

The savings came from reducing portion sizes and from buying fewer of the high-calorie foods that tend to increase the amount spent at the grocery store, according to authors of the yearlong study.

Ten Ways To Save Money On Food Shopping: How to eat cheap, but healthfully, despite rising grocery costs—CONTINUED

People tend to spend a lot on those "extras" — foods that add calories but little nutritional value, like sodas, bakery items, and chips.

You can get more for your money if you consider the nutritional value of food for the price. For example, sodas and flavored drinks deliver mostly empty calories and could easily be replaced with less expensive sparkling water with a splash of a 100% fruit juice like cranberry.

"When my clients start eating more healthfully, their grocery bills plummet," says Tallmadge, author of the book *Diet Simple*.

She recommends comparing food prices based on the number of servings you'll get, along with the food's nutritional contribution. For example, a pound of peaches yields three to four servings. So when you divide the cost per pound, the cost is usually quite reasonable. "The ideal food is nutrient-dense, not calorie-dense, and the least expensive may be fresh, frozen or canned," Tallmadge says.

If you're craving something sweet...

"Save money by passing on calorie-dense cakes and cookies; instead, opt for seasonal fruit," says ADA president Connie Diekman, RD. "Fruit is fat-free, high in nutrients and fiber, and a natural energizer."

Look for sales or coupons for light ice cream or non-fat frozen yogurt to enjoy with your fruit, and you have a delicious, fat-free, low-calorie dessert.

Food Shopping Strategies

Here are 10 simple strategies to beat the rising cost of food and help your grocery dollars go further:

- 1. Buy produce in season.** Check the food section in your newspaper to find the best buys for the week, based on fresh produce in season. Food in season is usually priced to sell. During the summer months, corn on the cob can cost as little as 10 cents an ear; at other times of the year, it may cost 10 times as much. Also, shop your local farmers' market for great deals on local produce; the prices won't include shipping costs.
- 2. Use sales and coupons.** Planning meals around what's on sale can lower your grocery bills, especially if you also use coupons (make sure they're for item you would buy anyway). Sunday newspapers are full of coupons and sales circulars to get you started. It's also a good idea to stock up on staples when they're on sale. "Buy one, get one free" is basically a technique to get you to buy twice as much as you need at half the price. At some markets, though, the product rings up half-price — so you don't have to buy more than one to get the savings. Use your freezer to store sale items that can be used at a later date.
- 3. Brown-bag it.** Making lunch and taking it with you is a great money-saver and an excellent use of leftovers for meals at work, school, or wherever your destination. "Packing your lunch not only saves you money, but you can control all the ingredients so they are healthy and low in calories," says Diekman, who is nutrition director at Washington University. Pack a simple sandwich, salad, soup, wrap, and/or a hearty snack of cheese. Use freezer packs and containers to keep food at the proper temperature unless you have access to a refrigerator.



Ten Ways To Save Money On Food Shopping: How to eat cheap, but healthfully, despite rising grocery costs—CONTINUED

8. **Buy prepackaged only if you need it.** Unless you have a coupon or the item is on sale, buying prepackaged, sliced, or washed products comes with a higher price tag. Still, people living alone may find that smaller sizes of perishable products or bags of prepared produce eliminate waste and fit their needs best, despite the extra cost. You can also save money (and boost nutrition) by passing up the aisles with processed foods, cookies, snack foods and soda.
9. **Buy and cook in bulk.** Joining a bulk shopping club, like *Sam's®* or *Costco®*, can be cost-effective if you frequent the club regularly. Bulk purchases can be a great way to save money — as long as they get used. You might also look in your community for shopping cooperatives that sell food in bulk at a substantial savings. Cooking in bulk can save both money and time, says Tallmadge. "Prepare food in bulk and freeze into family-sized portions, which saves time in the kitchen," she suggests. For example, making a big batch of tomato sauce will be less expensive (and probably tastier) than buying some.
10. **Plant a garden.** For benefits that go beyond cost savings, plant your own produce. There's nothing better than a summer-fresh tomato from the garden. Tomatoes even grow well in containers if you don't have space for a garden, and some neighborhoods offer community gardening spaces. Start small, and see how easy it is to grow fresh herbs or a few simple vegetables. And if you invest a little time in freezing or canning your harvest, you can enjoy summer's bounty all year long.



Challenge Question

Which strategies am I going to use in the next 7 days to save money on food and eat healthier?

1. _____
2. _____
3. _____



Ten Ways To Save Money On Food Shopping: How to eat cheap, but healthfully, despite rising grocery costs—CONTINUED

- 4. Think frozen, canned, or dried.** Next time you're gathering ingredients for a recipe, try using frozen, canned, or dried foods. They may be less expensive than fresh, and can be equally nutritious. Produce is typically frozen, canned, or dried at the peak of ripeness, when nutrients are plentiful. Fish and poultry are often flash-frozen to minimize freezer damage and retain freshness. With frozen foods, you can use only the amount you need, reseal the package, and return it to the freezer. If it's properly stored, there's no waste. Canned foods are often sitting in a bath of juice, syrup, or salty water, and usually require rinsing. Dried fruits are concentrated in flavor and a great addition to salads, cereals and as a snack. Buy the form that gives you the best price for your needs.
- 5. Save on protein foods.** When possible, substitute inexpensive, vegetarian sources such as beans, eggs, tofu, and legumes for more expensive meat, fish, or poultry. Eat vegetarian once a week or more to increase your consumption of healthy plant foods while saving money. Eggs are an excellent, inexpensive source of protein that can be eaten for breakfast, lunch or dinner. You could also try using a smaller portion of meat, fish, or poultry and extending the dish with whole grains, beans, eggs, and/or vegetables.

When you do buy meat, choose smaller portions of lean cuts. For example, lean cuts of beef are those that include the terms "loin" or "round." (You can tenderize lean cuts of meat mechanically or by marinating it.) You can also buy a whole chicken and cut it up instead of paying the butcher to do it for you, or buy the cheaper "family pack" and portion it into airtight freezer bags.
- 6. Waste not, want not.** Before you toss perishable food into your grocery cart, think about exactly how you'll use it. The Environmental Protection Agency estimates that Americans generate roughly 30 million tons of food waste each year. Using leftover vegetables, poultry, or meat in soups, stews, salads, and casseroles minimizes cost and demonstrates your creativity in the kitchen. For example, have a roasted chicken for dinner one night, and use the leftovers for dinner the next night. Try topping a bed of fresh greens with vegetables, fruits, and slices of leftover chicken. Add a loaf of whole-grain bread, and presto! You've got a nutritious meal in minutes. You can also eat leftovers for breakfast or take them with you for lunch.
- 7. Go generic.** Consider buying store brands instead of pricier national brands. "All food manufacturers follow standards to provide safe food and beverage products of high quality," says Earl. Many grocery companies buy national-brand products made to their specifications and simply put their own label on the products. Read the ingredient list on the label to be sure you're getting the most for your money. Ingredients are listed in order by weight. So when you're buying canned tomatoes, look for a product that lists tomatoes, not water, as the first ingredient. Also look for simpler versions of your favorite foods. For example, buy oatmeal or simple flaked or puffed cereals that contain fewer additives and are less expensive (and often healthier) than fancier cereals.



The Additive Game

The purpose of this exercise is to demonstrate how certain ingredients recur in processed foods.

INSTRUCTIONS: Working in groups of 4 and using your highlighter, identify all additives in the given ingredient list. Remember that all forms of sugar (including high fructose corn syrup) and any unpronounceable ingredients are additives. Use the *Food Additives Chart* on the page 32 and your highlighted list to determine which additives are safe to consume and which are not. Answer all questions and look for similarities between products.

Some things to look out for are:

➤ **Sugar comes in many guises, including:**

- corn syrup
- high fructose corn syrup
- barley malt
- cane sugar
- dextrose
- lactose
- malt syrup
- sucrose
- sorbitol

➤ **Hydrogenated oils** — All of these contain trans-fats. Labels can say "trans fat-free!" even if they contain up to 0.5 g of trans-fat per serving:

- hydrogenated
- partially hydrogenated
- trans-fats
- shortening

Allows the manufacturer to claim "no cholesterol."

Food #1 Ingredients:

Strawberry filling (corn syrup, dextrose, strawberries, cracker meal, apples, whey starch, partially hydrogenated soybean oil, citric acid, xanthum gum, red #40), enriched wheat flour, partially hydrogenated soybean oil, corn syrup, sugar, whey, dextrose, salt, baking powder, baking soda. Vitamins and minerals: niacinamide, iron, vitamin A (palmitate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), and folic acid.

What additives are safe to eat?

What additives are not safe to eat?

LESSON THREE: Reading Labels and Making Healthy Food Choices

Key Additives to Avoid and Their Health Risks—CONTINUED

How many types of	MSG (monosodium glutamate)
Common allergic and behavioral reactions, including:	<ul style="list-style-type: none"> ➤ headaches ➤ dizziness ➤ chest pains ➤ depression and mood swings ➤ also a possible neurotoxin
Is this	Preservatives (BHA, BHT, EDTA, etc.)
YES: <input type="checkbox"/>	<ul style="list-style-type: none"> ➤ allergic reactions ➤ hyperactivity, possibly cancer-causing ➤ BHT may be toxic to the nervous system and the liver
What c	

Other Concerns
<ul style="list-style-type: none"> ➤ Food Waxes (protective coating of produce, as in cucumbers, peppers, and apples): may trigger allergies, can contain pesticides, fungicide sprays, or animal by-products. ➤ Plastic Packaging: Carcinogenic (vinyl chloride); immune reactions, lung shock

Artificial Flavors
<ul style="list-style-type: none"> ➤ allergic or behavioral problems

Refined Flour
<ul style="list-style-type: none"> ➤ low-nutrient calories ➤ carbohydrate imbalances ➤ altered insulin production

Salt (excessive)
<ul style="list-style-type: none"> ➤ fluid retention ➤ blood pressure increases

Olestra (an artificial fat):
<ul style="list-style-type: none"> ➤ diarrhea ➤ digestive imbalances

Guess This Food #9

Ingredients: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin), partially hydrogenated cottonseed oil, dehydrated vegetables (green peas, carrot, green bean), salt, freeze dried chicken, whey, buttermilk, nondairy creamer (corn syrup solids, partially hydrogenated soybean oil, whey, sodium caseinate, sugar, dipotassium phosphate, mono- and di-glycerides), butter powder, hydrolyzed vegetable proteins, monosodium glutamate, xanthan gum, onion powder, cheddar cheese powder, chicken fat, natural flavors, soy sauce powder, garlic powder, chicken powder, spices, potassium carbonate, sugar, carrot and tumeric oleoresins as color, sodium alginate, disodium guanylate, disodium inosinate, sodium triphosphosphate, citric acid, tocopherols, sodium citrate and sodium sulfite to preserve freshness.

Key Additives to Avoid and Their Health Risks

Adapted from "The Staying Healthy Shoppers Guide" by Elson Haas

This is a list of the most common additives that you should avoid while shopping, and their respective health risks. Make sure to read your ingredients label carefully to identify additives in your food.

Hydrogenated Fats (also listed as Trans Fats)

- cardiovascular disease
- obesity

Artificial Food Colors

- allergies
- asthma
- hyperactivity
- possibly carcinogens

Guess This Food #8

Ingredients: Corn syrup, enriched flour (niacin, iron, thiamine mononitrate, riboflavin, sugar, water, partially hydrogenated vegetable and/or animal shortening (contains one of more of: canola oil, corn oil, cottonseed oil, soybean oil, beef fat), eggs, skim milk, contains 2% or less of: whey, modified food starch, salt, leavening (baking soda, monocalcium phosphate, sodium acid pyrophosphate, sodium acid pyrophosphate), mono- and di-glycerides, lecithin, sodium stearoyl lactylate, and artificial flavors, artificial colors (red 40 and yellow 5), sorbic acid (to retard spoilage).

Nitrites and Nitrates

These substances can develop into nitrosamines in the body, which can be carcinogenic.

Sulfites (sulfur dioxide, metabisulfates, and others)

- allergic reactors
- asthmatic reactors

Sugar and Sweeteners

- obesity
- dental cavities
- diabetes and hypoglycemia
- increased triglycerides (blood fats)
- candida (yeast)

Artificial Sweeteners (Aspartame, Acesulfame K, Saccharin)

The government cautions against the use of any artificial sweetener by children and by pregnant women. Anyone with *phenylketonuria* (PKU) problem metabolizing phenylalanine, an amino acid, should not use Aspartame (*Nutrasweet*®).

- behavioral problems
- hyperactivity
- allergies
- possibly carcinogenic

The Staying Healthy Shoppers Guide: Feed Your Family Safely is available here: www.amazon.com/Staying-Healthy-Shoppers-Guide/dp/089087882X

Environmental Working Group (EWG) 2022 Shopper's Guide to Pesticides in Produce™

More than 70 percent of non-organic fresh produce sold in the U.S. contains residues of potentially harmful pesticides, EWG's 2022 Shopper's Guide to Pesticides in Produce™ finds. The 2022 guide, which analyzes the latest test data from the Department of Agriculture and Food and Drug Administration, also reveals that over 50 percent of potatoes, spinach, lettuce and eggplant had detectable levels of at least one of three bee-killing neonic insecticides banned in the European Union but still allowed for use on U.S. produce.

EWG'S Clean Fifteen For 2022

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet potatoes

Key Findings

- Almost 70 percent of the Clean Fifteen fruit and vegetable samples had no detectable pesticide residues.
- Avocados and sweet corn were the cleanest produce – less than 2 percent of samples showed any detectable pesticides.
- Just under 5 percent of the Clean Fifteen fruit and vegetable samples had residues of two or more pesticides.
- The first six Clean Fifteen items tested positive for just three or fewer pesticides per sample.

EWG'S Dirty Dozen For 2022

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

Key Findings

- More than 90 percent of samples of strawberries, apples, cherries, spinach, nectarines and grapes tested positive for residues of two or more pesticides.
- Kale, collard and mustard greens, as well as hot peppers and bell peppers, had the most pesticides detected, 103 and 101 pesticides in total, respectively.
- A single sample of kale, collard and mustard greens had up to 21 different pesticides.

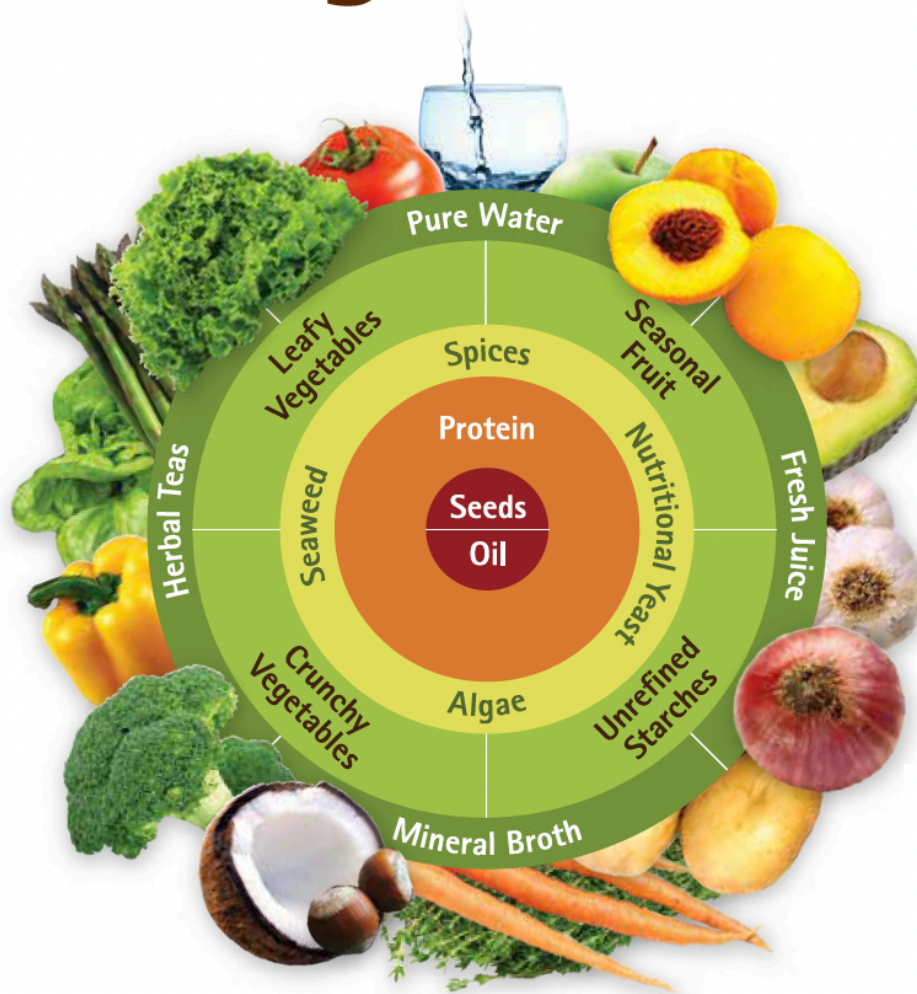
Guess This Food

#7

Ingredients: Enriched macaroni, dried cheddar cheese, corn starch, partially hydrogenated soybean oil, dried tomato, salt, buttermilk, sugar, hydrolyzed vegetable protein and other natural flavorings, dried onion, dried corn syrup, disodium phosphate, dried garlic, dried corn syrup, disodium phosphate, dried garlic, sodium caseinate, citric acid, dipotassium phosphate, FD&C yellow No., 5 and other artificial color, sodium sulfite and BHA.



Eating for Health



Eating for Health Serving Chart							
Food Group	Seeds/Oils	Protein	Leafy Vegetables	Crunchy Vegetables	Unrefined Starches	Seasonal Fruit	Booster Foods
Daily Servings	2-3	2-4	2-3	2-3	2-4	2-4	2-4
Serving Size	1 Tbs oil 2 Tbs seeds	3 oz animal 6 oz vegetable	1 cup	½ cup	½ cup whole grain, 1 medium root vegetable	½ cup or 1 medium piece	1 tsp to 1 Tbs
Examples	flax, sunflower, sesame, almonds	poultry, fish, eggs, milk, beans	salad mix, spinach, kale	broccoli, string beans, onions, celery	grains, bread, yams, winter squash, corn, millet, rice	berries, apple, grape, citrus	nutritional yeast, algae, spices, seaweed

Eating For Health™ Portion Size Guide

by Jessica Bauman, B.S.

Whether you want to lose weight or just eat healthy, keeping track of how much you eat is essential for positive dietary choices. Use this guide to help you figure out how many servings to put on your plate and how to keep yourself on track towards your health goals. Remember, moderation is the key!

1/2 plate vegetables:

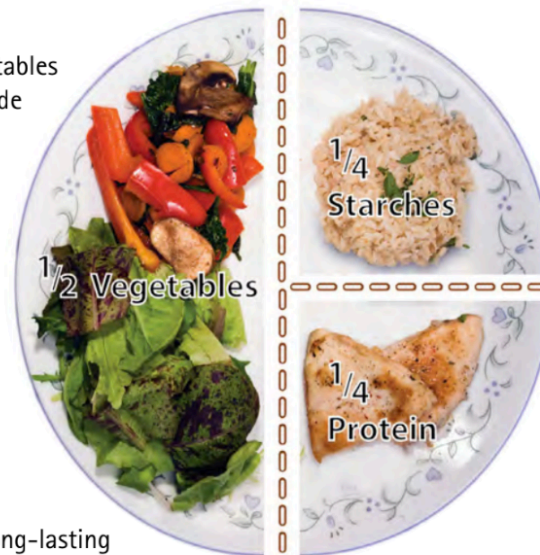
Fill up half of your plate with raw or lightly-cooked vegetables for a crunchy, taste-filled experience! Remember to include many different colors and types (cabbage family, root veggies, etc.) for a full array of nutrients.

1/4 plate lean protein:

3 ounces of lean protein (baked, broiled, or grilled) will help you to stay satiated, sustain your energy throughout the day, and protect your heart and waistline. Twice as many vegetables as protein for *Eating For Health™*!

1/4 plate healthy starches:

Whole grains, like brown rice, contain fiber to give you long-lasting energy, and B-vitamins to protect your heart. Try yams, potatoes, and squash! While considered vegetables, they have high starch content and should be placed on this part of the plate. The more colorful your starch, the better!



Adapted from an article by Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD, www.healthyeating.webmd.com

Portion Control Tips

- Chew your food slowly and savor each bite. Learn to enjoy the food you're eating.
- Wait 15 minutes before getting a second helping of food. This gives your body time to register that food has been eaten and to tell you that it's full.
- Have an apple, small leafy salad (watch the dressing!), or cup of broth 15 minutes before mealtime to induce fullness faster and prevent you from overeating during the meal.
- Put all food away right after a meal is cooked or served. If you really want seconds, you can make the extra effort to get it all back out again!
- Leave some food on your plate. Most people decide whether or not they are "full" based on the amount of food on their plates and overeat accordingly. Learn to listen to your body by intentionally leaving behind a little bit of food at each meal and eventually learn to take less overall.



How To Meal Plan—CONTINUED

Tips to help you stay on track:

- Keep a well-stocked pantry.
- Try to use what you have on hand first.
- Recreate something similar to what you crave.

You can even photocopy the worksheet to help you plan meals for months to come. If photocopying becomes impractical, investing in a good white board can help you make weekly meal planning a part of your life.

Steps For Meal Planning

STEP 1:

What food do I already have?

Every piece of food that you throw out represents money that you spent buying it. Start by cleaning out your refrigerator. Throw away anything that's way past its shelf life, smells funny, or has mold. Make note of food that is edible but borderline. This will be the food that you will focus on first to integrate into your meal plan. If you can reduce the amount you throw out by eating smart, you're automatically saving yourself money.

- Write the borderline foods on the top of your *Meal Planning Worksheet* on page 54, in the section where it says "Foods to Use."

STEP 2:

Are there any times when I'm not going to have time to cook?

See if there are any meal times when you won't have time to cook. This could be a lunch at work, a dinner eaten on the road, or simply a meal after a very long day when you know you won't want to

cook. These will be quick meals and will come from leftovers or no-cook meals prepared earlier in the week.

1. Mark the meals that you won't have time to cook on your *Meal Planning Worksheet* with a Q.
2. Count the number of Q's and write that number at the top next to "Number of Quick Meals Needed."

STEP 3:

Do I have any home-cooked or pre-made frozen meals that are ready to go?

If you keep a well-stocked pantry, you can use some of the meals you find there for your quick meal solutions. Look in your freezer and pantry and think creatively, like making soup.

1. Write down the ready-to-go meals that you have in the boxes marked with a Q for quick meals.
2. Write the number of quick meals you still need next to the "Number of Double Batches Needed."

STEP 4:

When and how many meals will I have to cook? What do I want to eat?

Write down what you want for the rest of the week. This is the bulk of the work in making a weekly meal plan.

- Once you have a few ideas, write down each meal in an empty box in the *Meal Planning Worksheet*.

STEP 5:

Create a grocery list

1. Write down any ingredients you need to buy for the week.



How To Meal Plan—CONTINUED

2. If you're using a recipe, mark the page and cookbook title in the corresponding meal box as a reference for the week.

STEP 6: Can I save prep time?

You should have some ingredients that are used in many recipes and meals throughout your meal plan. Prepping a larger amount of these items all at once saves time and can help you stick to your meal plan.

- Take note of prep that will need to happen the night before and write it in the "Prep For Tomorrow" column.
- Note where you can save prep time.

STEP 7: Shopping!

Take your filled-out *Meal Planning Worksheet* with you to the store. Be prepared to make substitutions if something is on sale. When you get home, wash any produce, put the food away, and get ready to

enjoy a week of hassle-free, planned, nutritious, fast, and easy meals!

Make notes as you go along for substitutions or suggestions for later on in the week under "Key/Notes." Over time, you're welcome to create a color "key" to help make the prepping or shopping process faster (i.e., produce highlighted in green, meats highlighted in yellow, etc).

Conclusion

As you get practice planning meals and using a *Meal Planning Worksheet*, the process gets easier and more efficient. Creating a meal plan takes a little time at first, but can ultimately promote the skills of good budgeting, healthy cooking, and nutritious eating for a lifetime. Your health, sense of well-being, and wallet will thank you!

For more information see the charts and *Meal Planning in Action: A Working Example* in Appendix B.

Meal Planning Tips

- Look for recipes that include food you already have.
- Avoid recipes that are time-consuming
- Let inspiration guide you, but don't get stuck with exact ingredients.
- Never underestimate the power of reincarnated leftovers! Keep in mind that you can always make a slightly larger batch and freeze it for later.
- Pick items like casseroles, stews, stir-fries, meats, and grains, which require minimal extra work to double or triple.
- Keep an ongoing list of your favorite simple meals. Every time you come up with a good, new meal combination, write it on your list and put it somewhere you can find easily.
- Invest in a good set of microwavable or glass storage containers, ideally small enough to hold a single serving. Disposable plastic baggies also work well for single-portion foods. Great for freezing a single-portion each for later.
- See the article *Creative Uses For Grains, Fruits, Vegetables, and Leftovers* on pages 62-65 for extra inspiration on turning leftovers into a new creation.



The People's Grocery In Oakland, CA We had several Bauman College graduates teach affordable healthy cooking programs and help deliver the much need food to the food desert in Oakland, CA. One of them is teaching a cooking class in this video.

<https://www.globalonenessproject.org/library/films/peoples-grocery>

Although it is now closed due to financial troubles of trying to expand (buying property to open a brick and mortar store), this is a model can change people's lives and community. Very inspiring.

From article about the People's Grocery. OAKLAND, CALIFORNIA Like many American cities, Oakland lacks adequate public transit and sufficient access to healthy food to nourish its large, ethnically diverse and substantially low-income population, of which about 50% are African American, 20% Latino, 20% White and 10% Asian. The People's Grocery is one of a number of progressive healthy-living organizations have sprung up around the Bay Area in the last ten years with the intent of improving these conditions.

The People's Grocery is literally a market on the move. It travels around residential Oakland three days a week, all year long, parking its distinctive red truck at senior centers, public schools, parks and community centers. In low-income neighborhoods where more traditional markets have not been able to sustain themselves, mobile markets can better serve large, home-bound populations of seniors and people with disabilities.

Although PPS encourages markets to operate from a stationary location because market sites promote Placemaking and the use of public space, well-established farmers markets may consider developing a mobile market to better reach communities with poor access to fresh foods.

The People's Grocery maintains an in-house garden that provides about 30% of the produce it sells. The other 70% is bought and picked up from a network of about 14 farmers and gardeners at nearby farmers markets. In addition to fresh fruits and vegetables, the truck sells eggs, beans, dairy products, vitamins, soaps and packaged foods like healthy snacks.

The brightly colored truck is the People's Grocery hallmark, but the organization is also known around the city for its youth programs and strong partnerships with prominent healthy living organizations. The West Oakland YMCA, for instance, is home to the People's Grocery summer camp program. In a short time, these partnerships have built up the reputation of the People's Grocery as a grassroots organization that is making a substantial impact on Oakland's food security.

Health Areas You Can Improve

- 1) Food sensitivities and create an easy and enjoyable hypo-allergenic food plan.
- 2) Eat well to manage stress and cool inflammation.
- 3) Maintain mood and blood sugar stability.
- 4) Build Immune Resilience.
- 5) Provide clarity of thought and neuro-protection.
- 6) Gut-brain-nerve supportive foods, herbs and spices.
- 7) Microbiome (GI) supportive foods, herbs and spices.

Where to order herbs, foods online:

- 1) vitacost.com: a food and supplement company
- 2) Mountain Rose herbs - for dried herbs

Bauman Wellness video

- 1) **Honoring the Summer Solstice with Kevin Locke, Phil Lane, Crystal Wahpepah and Ceylan Locke.** In addition to talks, Crystal Wahpepah delightfully demonstrates how to make Native Wild Rice Strawberry Salad. [Click here](#)

