



Plant Based Health

healthy food you can swallow

Mexican Horchata Smoothie

2 T. Vanilla Protein Powder
(soy)
1 ripe Banana
1 bunch of frozen Grapes
1 tsp Cinnamon
¾ cup Vanilla Rice Milk
Ice cubes



"It tastes like Horchata, the Mexican cinnamon drink usually made from Chufa nuts. Yummy! My daughters love this drink when we go to the Mexican grocery store." - recipe submitted by Allison Cate, of www.sbfamilies.com .

Southern Sunrise Smoothie

2 c. Collard Greens
2 c. Strawberries
3 Peaches
1/2 c. Grapes (for sweetness)
2 c. Rice or Soy Milk
Ice cubes

This smoothie makes me miss my days of growing up in Louisiana. It makes 6 cups, so that's enough for me to enjoy more of it the next day :)

Genetically Modified, Conventional and Organic Foods: What's the difference, where are they found & does it matter for health?

There are generally 3 types of foods that can be found at your local supermarket: Organic, Conventional and Genetically Modified. Let's explore the differences between them, where they may be in the grocery store and how they affect our health.

Organic Produce

What: Organic foods are produced without the use of pesticides, artificial fertilizers or genetic modification (1). Organic farmers focus on prevention by building healthy soils more resistant to disease & insects.

Health: Organically grown plant foods are not only more flavorful than conventionally grown crops, but are more nutrient-dense (2). It is estimated that organic produce contains approximately 30% more antioxidants and phytochemicals than conventionally grown produce (3). These nutrients play an important role in preventing cancer and boosting the immune system.

Where: Organic produce can be found in the produce aisle and is typically grouped together in an "organic section." Organic processed foods can sometimes be found intermingled in the middle grocery aisles but are most commonly found in the "natural health foods" section of the store.

Conventional Produce (also called non-organic foods)

What: Conventional produce is grown with the use of herbicides and pesticides, but they may not necessarily be grown from genetically modified seed. Conventional farmers do not use organic farming practices to prevent plant disease, but rely on chemicals to protect the plants. Conventional farming is perceived as advantageous due to its ability to produce more crops in a given area. However, a study at the University of Michigan disproves this theory (4).

Where: Conventionally grown is the most common type of produce in the fresh produce aisle.

Health: Some chemicals used in the production of conventional produce have been declared "carcinogens" by the FDA, meaning they may initiate the cancer process in the body. Dr. Gordon Saxe states that "choosing a plant-based diet that is also low in pollutants and pesticide residues will enable you to

control some of the major factors that have been linked to the risk of cancer and other degenerative diseases.”(2). RoundUp, the most commonly used herbicide, has been shown to cause brain, intestinal and heart defects in fetuses (5). Pesticides are also thought to produce xenoestrogens in the body which can contribute to endometriosis and other reproductive disorders.

Genetically Modified (GM) foods

What: GM foods are made from Genetically Modified Organisms (GMOs) in which the DNA has been altered in an unnatural way (6). This genetic modification allows the crop to withstand massive doses of herbicides and pesticides, while still bearing its fruit or vegetable. Scientists also introduce bacteria to the plant seeds to achieve insect, gene and herbicide tolerance (6).

The US FDA has approved more than 50 GM foods and the US is one of the only first-world countries to approve their use (7). Most other countries have banned the use of GMOs in food. The most genetically modified crops in the US are: **Soybeans** (91% of production is GM), **Corn** (85%), **Canola** (85%) and **Sugar Beets** (95%) (5).

Where: Few genetically modified foods are found in the produce aisle; they reign dominant in processed foods. In the “Better Health by the Plateful” publication of Johns Hopkins it is stated than “an estimated 75% of processed foods contain at least some genetically modified ingredients.”(7)

Health: There are considerable concerns about the ramifications of GM foods. Because the prevalent use of GM seed only began in the late 1990’s, there is no data to show the long-term effect of GM food consumption on our bodies. The bacterium introduced to increase disease tolerance are derived directly from viruses. Until long-term health effects are known, the two main health issues with GM foods are allergenicity and gene transfer:

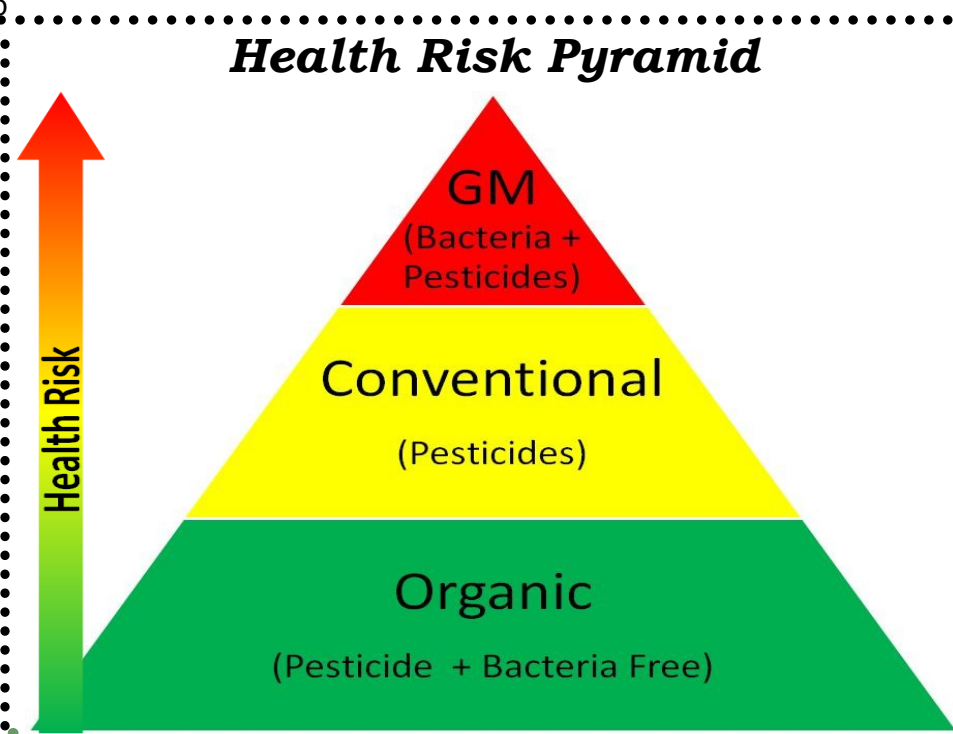
Allergenicity – the possibility that genes from commonly allergenic foods can be transferred to other foods through genetic modification.

Gene Transfer – Gene transfer from GM foods to the cells of our body may adversely affect human health. For example, if antibiotic resistant genes were used and modified, then they were transferred to the human body through consumption (6).

We have the power to prevent many disease and just as organic farmers build healthy soils to prevent crop disease, we can build healthy cells to prevent illness in our bodies.

References:

1. <http://www.organic-center.org/organic101.html>
2. <http://www.cancerproject.org/media/newsletter/apr07/ask.php>
3. <http://www.organic-center.org/science.nutri.php>
4. <http://www.ns.umich.edu/htdocs/releases/story.php?id=5936>
5. <http://www.organicconsumers.org/bytes/ob229.htm>
6. www.who.int/foodsafety/publications/biotech/20questions/en/
7. www.JohnsHopkinsHealthAlerts.com – Better Health by the Plateful
8. [http://www.foodnews.org/.](http://www.foodnews.org/)



Grocery Shopping Tips



1. Read PLU Code **Labels** on produce:
"We don't like 8, but 9 is fine"

Food Type	Labeling	Banana Example
Conventional	4 xxx	4011
Genetically Modified	8 xxxx	84011
Organic	9 xxxx	94011



2. Know the **Top 11 Foods** with the highest Pesticide Residue (Environmental Working Group)

Apples	Bell Peppers	Celery	Cherry
Grapes	Nectarines	Peaches	Pears
Raspberries	Spinach	Strawberries	

3. Pay Now or Pay Later

Why does organic food cost more? The cost of growing, harvesting, transportation and storage of organic food is comparable to conventional food. However, it must meet stricter regulations, requiring a more labor & management intensive paperwork process. According to The Organic Center, organic foods would be the same price or even less if the indirect costs of conventional farming (like cleaning polluted waters, increased health care for employees and replacement of eroded soil) were factored into the price (1).

As far as our health is concerned, the long-term costs due to increased incidence of cancer and other illnesses from non-organic foods may outweigh the short-term costs of purchasing a conventionally grown fruit or vegetable. This is a personal choice we each must make on our own.

Fun Video!

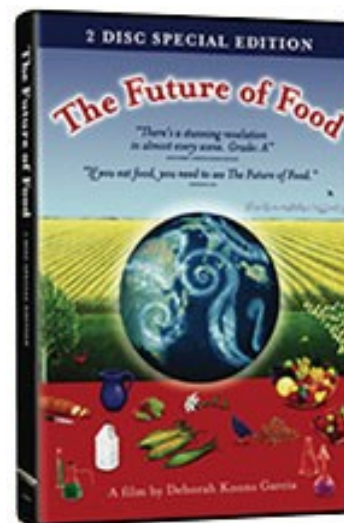
If you have 5 minutes, you and your kids will enjoy this entertaining spoof on Star Wars...starring "Cuke Skywalker" and "Obewan Cannoli" as they battle non-organic vegetables! Produced by the Organic Consumers Organization.
http://www.organicconsumers.org/articles/article_21059.cfm



The Future of Food DVD - watch it free!

This wonderful and informative documentary explores exactly what genetically modified foods are and how their expansion is affecting American farmers. You can now watch it free online at: <http://www.thefutureoffood.com/onlinevideo.html>

I highly recommend it!



Want to Lose Weight?

Someone I care about has been struggling with his weight. His ideal weight is about 185 lbs and he weighed 226. He is already vegan and feeling “full” is very important to him, so I constructed a new weight loss diet for him to try. He also exercises moderately (45 minutes, 3-4 times/week). In the first 4 weeks of testing, he lost 16 pounds! So, now I am looking for other volunteers to try it for 30-60 days. All you need is a scale, a blender and the willingness to follow a few simple guidelines, which include eating high-fiber breakfasts. If you’re interested, please email katherine@plantbasedhealth.com and I’ll send you the tracking forms and diet recommendations.



Paint for a Purpose ~ benefitting The Cancer Project

Join Katherine & Vivian on July 25th from 2-5pm to paint this beautiful picture. Enjoy free appetizers and lots of door prizes, and return home with your hand-painted work of art! Register online: <http://www.cancerproject.org/resources/painting.php>
\$45



Upcoming Classes



FoodforLife Diabetes

Food For Life - DIABETES

Thursday, October 21st, 7:00-9:00pm
Westside UU Church, 901 Page Ave, **Ft. Worth**,
Class is free due to a generous sponsorship
Sign up with Katherine 817-526-4811 or
katherine@plantbasedhealth.com



Food For Life CANCER

Thursdays, Sep 16 - Oct 7, 6-9pm
First Baptist Church of Grand Prairie, 122 NE 2nd St
Grand Prairie Register after Sep 1st by emailing
katherine@plantbasedhealth.com
Class is free due to a generous sponsorship

Tuesdays, Sep 28 - Oct 19 12, 10:30am - 1:30pm
Roanoke Recreation Center, 501 Roanoke Rd,
Roanoke Register at www.cancerproject.org
Class is free due to a generous sponsorship

Saturdays, Nov 6th & 20th, 9am-3pm
Westside UU Church, 901 Page Ave, **Ft. Worth**
Register at www.cancerproject.org
Class is free due to a generous sponsorship