

# Plant Based Health

healthy food you can swallow



## Happy Thanksgiving!

from Katherine, Vivian, Debbie and Kay



### Baked Apples by Katherine

1. Preheat oven to 350 degrees. Mix all ingredients, except apples, pecans and 1 T of maple syrup, in a large bowl. Add apples and toss until well coated.
  2. Pour into a 9x9 baking dish and cover with foil. Bake for 20 minutes, remove foil and bake for 20 more minutes.
  3. Toss pecans in maple syrup and sprinkle on top of the apples during the last 5 minutes of baking.
- Makes 6 c.

*\* I added 1 T of melted vegan butter to the pecans because I wanted a little more richness. Although, we don't use added oils/butter, I convinced myself that 1 T divided by 6 people would be acceptable in this low-fat dish. :)*

- 4 T. + 1T. Maple Syrup or Agave Nectar
- 1/2 c. Non-dairy Milk
- 1/3 c. Oatmeal
- 1 t. Vanilla
- 1/2 t. Cinnamon
- 1/4 t. Nutmeg
- 3 Apples, sliced into 12ths
- 1/2 c. Pecans, chopped

- 1 Leek, sliced thin, both white and green parts
- 4 c. of peeled Pumpkin, cut into 1" cubes
- 4 Carrots, diced
- 4 Parsnips, diced
- 5 Stalks of Celery, diced
- 10 c. of low-sodium Vegetable Broth
- 2 c. dried Red Lentils
- 1 T. of ground Mace\*

*\*Mace is a spice found in most grocery stores, has a cinnamon-pepper flavor and is slightly stronger than the flavor of nutmeg. Be careful not to add too much mace, it is a very potent spice.*

1. Place all the vegetables in a 10 qt saucepan and sauté for 5 minutes over medium heat. 2. Add vegetable broth, lentils and mace and mix well.
3. Cover and simmer for 30 minutes.
4. Makes 12, 2-cup servings. Enjoy! It tastes even better the next day...

### Fall Pumpkin and Lentil Stew by Vivian



## Survival Tips for the 10,000 Calorie Holiday

### by Katherine

The end of the year holidays are fast approaching and we can all use some tips on how to bring healthier choices to those special feasts.

As an example of how carried away we can get at the holiday dinner or buffet table, the average American consumes a staggering 10,000 calories throughout Thanksgiving Day! And, according to the Caloric Control Council, this over-consumption of calories leads a gain of one pound of weight that will never be lost.

Luckily, there are many simple tricks to keep our days of celebration from turning into days of waistline expansion:

#### **Lower Fat, Cholesterol and Calories**

*All oil, vegetable or not, is 100% fat and each gram contains 9 calories.*

- Sauté without oil to keep fat and calories low. Use a few tablespoons of water, if necessary
  - Many homemade sauces have less sugar than canned sauces
  - Swap vegetable broth or white wine for butter when adding flavors to foods
- Minimize the amount of animal products because they are much higher in fat than plant foods
- Substitute rice milk for traditional milk in baked goods – this will lower fat and eliminate cholesterol
  - Use apple juice concentrate in place of corn syrup to sweeten foods

#### **Increase Fiber**

*Fiber is found in all plant foods and provides a sense of “fullness” and satisfaction. The more fiber we eat, the fewer calories we will consume.*

- Serve whole-wheat baked goods instead of those made with refined white flour
  - Add a side of leafy green vegetables or beans to meals
  - Serve a high-fiber appetizer to snack on before a special meal
  - Use pureed white beans rather than heavy cream to thicken soups
- Don't overcook vegetables; overcooking can destroy nutrients that provide a full feeling in the stomach

Meals made at home are healthier, more nutritious and have less fat than store-bought processed foods. At home, you likely do not add preservatives, high fructose corn syrup and excess oils, all of which can wreak havoc on our waistlines. By using these tips above and our recipes, you can eat to your heart's content!

## Spicy Cranberry Orange Salsa

by Vivian

#### **Ingredients**

½ c. fresh Cranberries  
 3 navel Oranges  
 3 T. Turbinado sugar or Agave Nectar  
 1-2 chopped Jalapeno  
 1 small Shallot  
 1 t. ground Coriander  
 ½ t. ground Cumin



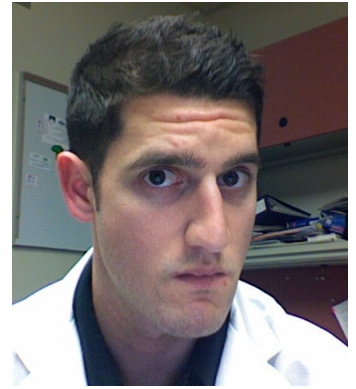
#### **Preparation**

1. Zest one of the oranges and set aside the zest. With a knife, cut away the peel and pith from all oranges. Coarsely chop.
2. Place the oranges and remaining ingredients in a food processor and pulse until coarsely chopped.
3. Let sit at least an hour at room temperature before serving. Makes 1 1/2 cups.

*This month in....*

# Joe's Corner

## “Fish Oil Supplementation for Breast Cancer?”



As a dietitian, I am concerned about supplementing with fish oil for breast cancer prevention and want to offer a different perspective on the fish oil hype [Fish Oil May Reduce Cancer Risk, 7/12/10].

First, scientific studies have found major health risks associated with fish oil intake. Researchers have found high levels of contaminants such as organochlorine pesticides, methyl mercury, and polychlorinated biphenyls (PCBs), even in molecularly distilled fish oil. And the omega-3s in fish oils are actually highly unstable molecules that tend to decompose and unleash dangerous free radicals. Furthermore, the global supply of fish is in danger and the distribution of fish oil does not promote ecologically sustainable practices.

Fish consumption has actually been tied to breast cancer. A study from *Nutrition and Cancer* shows that postmenopausal women who consume a mere 25 grams of fish per day (just under 1 oz) have a 14 percent greater risk of developing estrogen-positive breast cancer.

Fish and fish oil intake have also been tied to increased diabetes risk. In a recent Harvard study, researchers followed 195,204 adults for 14 to 18 years and found that those who consumed more fish or fish oil had a higher risk of developing diabetes. The risk increase was modest for occasional fish eaters, but rose to a 22 percent increased risk for women consuming five or more fish servings per week.

Microalgae-based DHA supplements provide the benefits of omega-3s without any harmful contaminants or potential allergens. If health-conscious adults want to supplement omega-3, plant sources are a safer option & can work as efficiently as fish oil. However, it may not be necessary according to health professionals.

Professor Frank Sacks with the Harvard School of Public Health reports that with adequate intake of plant omega-3s, essential fatty acid supplementation is likely unnecessary. According to Sacks and other nutrition experts from the World Health Organization, it is likely fine to rely on plant sources of omega-3 for the conversion of long-chain omega-3s (EPA/DHA).

If our diets weren't so high in fat, we would not need to supplement omega-3s. As people consume more fatty meat and other animal products, their total fat intake increases dramatically, especially in the form of omega-6, and the body cannot efficiently process the essential fats that occur naturally in healthful plant foods like walnuts, flax seed, dark green leafy vegetables, and soybeans. When the ratio of essential fatty acids is geared toward omega-6, metabolism of both fats becomes altered.

High-fat diets are a major risk factor for heart disease, diabetes, and some cancers, including breast cancer. If we would address this underlying risk factor and lower our total fat intake, we would have no reason to supplement essential fatty acids—and we would have much lower rates of cancer and other chronic diseases.

A low-fat diet rich in fruits, vegetables, nuts, seeds, and legumes can provide all the essential fatty acids we need—and it helps fight heart disease, obesity, type 2 diabetes, and some cancers.



***Joseph Gonzales, R.D., is a dietitian for The Cancer Project in Washington D.C. He holds a Bachelor of Science in Nutrition from Bastyr University.***



Saturdays, Jan 8 - 29th  
10-11:30am

Roanoke Rec Center  
501 Roanoke Rd, Roanoke

Register at [www.cancerproject.org/kids/](http://www.cancerproject.org/kids/) or  
email [Debbie@plantbasedhealth.com](mailto:Debbie@plantbasedhealth.com)

*Class is free, ages 9-12 welcome*

### Our VegNews Video of the Month (click to watch)

*"Eating for Cancer Prevention"*



*Creamy Harvest Pasta*

### For more holiday recipes:

- Whole Grain Stuffing
- Tofurky
- Sweet Potato Casserole
- Steamed Brussels Sprouts
- Mashed Potatoes
- Mushroom Gravy
- Pumpkin pie

Check out last year's November newsletter here:

[www.plantbasedhealth.com/index.php/newsletters](http://www.plantbasedhealth.com/index.php/newsletters)

## Last Classes of the Year



Food For Life - DIABETES

**Thursday**, November 11th, 6-8pm  
Meadowlakes Retirement Community,  
5000 Meadowlakes Drive, **N Richland Hills**  
Class is free due to a generous sponsorship  
Sign up with Katherine 817-526-4811 or  
[katherine@plantbasedhealth.com](mailto:katherine@plantbasedhealth.com)



Food For Life  
CANCER

**Saturdays**, Nov 6th & 20th, 9am-3pm  
Westside UU Church, 901 Page Ave, **Ft. Worth**  
Register at [www.cancerproject.org](http://www.cancerproject.org)  
*Class is free due to a generous sponsorship*  
**Only 8 seats left!**

**Intro-Only Classes:** **Wednesdays**, Nov 10th, 17th &  
24th, 2-4 pm, Baylor Hospital - Irving Cancer Cen-  
ter, 2001 N MacArthur Blvd, Ste 120, Irving  
Register at 972-579-4310 - **patients & family only**