

Plant Based Health

healthy food kids (and you) can swallow



Cooking for Kids

When preparing meals for kids, its important to consider a few nutrition elements. We've created an easy way to remember this, by using the 1st letter of each word in this sentence:

Whole Food Is Right For Kids

W = Whole foods provide complex carbohydrates kids need for energy. They also don't have add sodium, fats, hydrogenated oils and chemicals. Whole foods are whole grains, beans, vegetables, seeds, nuts and fruit.

F = Fiber is important for a healthy digestive tract and to remove toxins from the body. Fiber is only found in plant foods and is especially high in beans.

I = Iron helps kids grow strong. The best sources of iron are beans and leafy, green vegetables because they contain "non-heme" iron that the body can easily get rid of if it gets too much.

R = Rainbow colors. Each plant food has a unique mix of vitamins & minerals, so its important to eat from all colors of the rainbow so kids get all of the antioxidants and cancer-fighting compounds they need.

F = Fat. Kids need *healthy* fats like avocados, soybeans, nut butters and seeds.

C = Calcium is found in beans and leafy green vegetables. Although calcium is important for building strong bones, so are the 17 other phytonutrients found in leafy greens.

The dip and yogurt recipes are loaded with protein, fiber, calcium, iron and vitamin C. The smoothie doesn't just take you back to your childhood, it will also give you lots of fiber and vitamins A & C to boost the immune system and grow healthy teeth, eyes, bone & hair!

Super-Healthy Bean Dip

- 1 1/2 c. Black Beans
- 1 c. Spinach
- 3/4 c. Salsa
- 1 t. Cumin
- Pinch of Salt



Add all ingredients to a food processor or blender and process until smooth. Serve with veggie pieces

or homemade baked tortilla chips. Don't worry, you can't taste the spinach!

Fruity Quinoa Yogurt

- 1/2 block firm, silken Tofu (or 1 small avocado)
- 1c. Strawberries
- 1/2 c. cooked Quinoa
- 1 t. Maple Syrup
- 1/2 t. Vanilla



Add all ingredients to a food processor or blender and process until blended.

Eat straight or with apple slices.

Dreamsicle Smoothie

- 1 or 2 Oranges
- 3 Peaches
- 1 c. Rice or Soy Milk
- Ice cubes
- 1 Banana
- Ice Cubes (optional)
- Blend until smooth.



35 New Cancer Project Recipe Videos are Online!
(visit: www.plantbasedhealth.com to view them)

Ambrosia



Berry Applesauce

Breakfast Scramble



Broccoli Salad

Colorful

Corn Salsa

Chinese Fried Bulgur

CREAMY SPINACH DIP

Edamame

Chocolate Cherry Nirvana Smoothie



Fiesta Salad



Creamy Cruciferous Risotto



Fruited Breakfast Quinoa



HOMESTYLE SQUASH & PINTO BEANS

Quinoa Tacos

Texas Caviar



Tomato Soup with White Beans



+ many more!



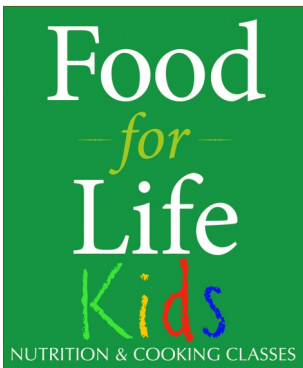
Painting with a Purpose Raised \$2500!

Thanks to 44 students in Grapevine and 12 students in McKinney for participating in our painting fundraiser! The money raised will help fund "Food For Life" classes in DFW. The food was delicious and the paintings were beautiful!

USE YOUR GROCERIES TO HELP THE CANCER PROJECT!



"PCRM Food For Life-Texas", the parent non-profit group of The Cancer Project, is now enrolled in Kroger's Neighbor-to-Neighbor donation program. With every purchase you make, Kroger will make a donation to fund our classes here in DFW at **no cost to you**. To enroll, print and bring [this sheet \(click here\)](#) to your cashier at checkout. They will link your Kroger plus card to PCRM-FFL-Texas and all future purchases will result in donations to our program. This is a simple way to help us continue our work here in DFW. Thanks for your support!



"Food For Life - Kids" is finally here!

Wednesdays, Sept 22nd - Oct 13th (6-7:15pm)

Roanoke Recreation Center, 501 Roanoke Rd., Roanoke

Age: 9-12 Cost: Free

Register online at www.cancerproject.org/classes

The National School Lunch Program: The journey from malnourishment to obesity



Last year, I attended the National Conference on Childhood Obesity and was stunned to learn that over one-third of American children are obese. I listened to lecture after lecture and was saddened to know their futures would inevitably include higher rates of diabetes, heart disease and cancer. Also, this generation is predicted to have shorter life-spans than their parents. How could a thriving first-world nation be sick with declining life spans?

Fast-forward to July and the National School Nutrition Conference in Dallas. It was clear what a powerful influence school food marketing has over children. I witnessed wall-to-wall samples of “French fries that are healthier than carrots” and “fun shaped processed meats”. With the addition of chemical injections and artificial flavorings, literally anything is possible with food. This type of nutrition can blur the understanding of adults, so how will our kids know what foods are truly good for them? My personal favorite were apples injected with artificial “flavorings” to taste like pomegranates – I listened intently as the sales rep explained that apples weren’t sweet enough for kids anymore because they eat so much sugar, so they have to make them sweeter with these chemicals. Interesting...

It was the first time I realized that the school lunch program is truly an industry. And, like all industries, a profit must be made. That’s fair, but where does the money come from and how did it become such an unhealthy venture?

This question led me to explore the National School Lunch Program (NSLP). During World War II, at least 40% of rejected U.S. military recruits were turned away for reasons related to poor nutrition (1). Stunted growth and muscle weakness were among the most common problems. In 1946, military leadership urged Congress to pass the NSLP to improve the health and well-being of our nation’s children. In conjunction, the commodity program was developed to provide low or no-cost food items to the NSLP while also providing a guaranteed market for agricultural products. In short, the federal government began to subsidize the cost of certain foods. Producers of meat, dairy and feed crops received 73% of direct subsidies for food production while fruit and vegetable farmers received 1% (2). In 2005, the federal government, through the commodities program, purchased \$385M of beef and cheese primarily for school lunches and only \$50M of fresh fruits and vegetables. School districts can contract with food processors to turn these raw commodities into processed foods like hot dogs, bologna, chicken nuggets and pizza. Foods not provided in the commodity system must be purchased by the school districts. Without government subsidies, healthier, less processed foods most often cost more to the district.

The NSLP provides a free lunch for 28 million children from low-income families each day. Unfortunately, for many of them, this is their only meal for the day. And, it is often a poor source of nutrition. NSLP meals are typically high in fat and sugar and most commonly include:

- 1) **Processed Meats** - loaded with carcinogens and cholesterol. Studies show that children who eat 12 or more hot dogs per month are 9 times more likely to develop childhood leukemia.(3).
- 2) **Cow’s Milk and dairy products** - are the highest source of saturated fat in children’s diets. In addition, they provide cholesterol and have shown to increase production of hormones that can fuel certain types of cancers. Strawberry and chocolate flavored milks contain more sugar than a soft drink. Approximately, 1/3 of American children are lactose intolerant or allergic to milk. The commodities program does not include non-dairy, calcium rich milks (which are also cholesterol free), and due to the increased price for schools, are not offered as alternatives.



3) **A Lack of Fiber & Antioxidants** - Fiber helps eliminate carcinogens, lower cholesterol, maintain a healthy body weight and regulate blood sugar. Antioxidants strengthen the immune system and fight disease. These are found in plant foods, like vegetables, fruits, beans and grains. While processed breads are plant foods, they are very low in fiber. The NSLP program, primarily made of animal products and processed grains, does not meet fiber requirements for children.

4) **A Lack of Healthy Options** - Students who choose to be healthy are left with few options. If meat is the only protein offered in the lunch line, the student is forced to go without. If beans or tofu were offered, the student would benefit from protein, fiber, calcium and iron.

The Healthy School Meals Act (H.R. 4870) is in Congress right now and proposes much needed changes to the NSLP. Visit www.HealthySchoolLunches.org for resources for parents, schools and concerned community members. Read more about recommend changes, schools that are making a difference and ways to get involved and talk to your congressmen. Also, you can follow a teacher who ate school lunch for a year at fedupwithschoolunch.blogspot.com.



References:

1. [Too Fat to Fight Report](#) - by Retired Military Leaders
2. www.HealthySchoolLunches.org
3. [PCRM Leukemia Factsheet](#)



PCRM Event with Rip Esselstyn

During the School Nutrition Conference, PCRM held an event for school lunch officials to sample healthy vegetarian options for use in their schools. It was encouraging to hear that students have been asking lunch staff to provide vegetarian options more and more! Rip Esselstyn, author of *The Engine 2 Diet*, presented a wonderful lecture on the advantages of plant-based diets, which were new to most of the attendees. Thanks to our great volunteers, the event was a great success! (Joyce Ann Yates, Amy Hollander and Jean Yarborough are pictured here with Rip)

Upcoming Classes



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

Special Combo!

Gentle Yoga + Food For Life Cancer class
Yoga: 3-4pm, Class: 4:15-6pm (\$20 in advance)
Saturday, Oct 2, Colleyville Family Karate Studio
4709 Colleyville Blvd, Colleyville
Saturday, Oct 9, Dallas Meditation Center
727 S. Floyd Dr, Richardson
Register with lynne@yogaindfw.com



**Food For Life
CANCER**

Thursdays, Sep 16 - Oct 7, 6-9pm

First Baptist Church of Grand Prairie, 122 NE 2nd St
Grand Prairie Email katherine@plantbasedhealth.com
to register

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