

Dietary Suggestions

Collected by Theresa Crabtree

Beans and Legumes

Beans: Cook thoroughly, eat small amounts to avoid gas. Consider adding epazote seeds or leaves to reduce gas.

Beans, to cook faster: Bring water to a boil (3 cups for each cup of beans). Add the beans to the boiling water and cook for 2 minutes. Remove from heat, partially cover pan and let beans soak for one hour. After one hour, drain and rinse with cold water and freeze.

When ready to use, thaw quickly under running water. Boil five cups of water for every cup of beans. Add the beans, lower the heat and cook 30-50 minutes.

There are differing opinions as to whether beans need to be combined with brown rice, corn, nuts, seeds or wheat to make complete proteins.

Butter Substitute

Avoid saturated fats which clog the arteries and create other health problems. Try these instead: flax seed oil, almond butter, sesame seed butter, and products like Spectrum Spread.

Chocolate

Choose dark chocolate that uses cocoa butter or raw cacao.

Cheese

Avoid dairy as much as possible. Search the web for recipes on how to make vegan cheeses.

Eggs

Eggs are a high-stress food, consider avoiding, *especially when the eggs are not from organically fed free-range chickens.*

Did you know that white eggs are bleached and you ingest those toxins when you eat the eggs?

Fruits

Eat locally grown, in season, unsprayed and organic whenever possible.

Grains and Starches

Brown rice and grains can be prepared in large quantities and stored in the refrigerator for several days. Rice is best reheated by placing it over a double boiler or steamer for 3-5 minutes.

Potatoes: Steam or bake, garnish with: chives, sunflower seeds, no-salt seasonings, stuff with left-over veggies and broth.

Whole Grain Foods: Choose cereal, muffins, pancakes, crackers and breads made from buckwheat, barley, millet, mesquite, rye or oats.

Cereals: The following tend to be more gentle on the digestive system: rice, cream of rye, cream of buckwheat, millet, whole grain oatmeal, unsweetened granola and multi-grain cereals.

Use a variety of grains such as quinoa, polenta, amaranth, couscous, various rices and even sweet potatoes as a base for your morning breakfast bowl.

Avoid products made from bleached and enriched flour because the grains have been stripped of all nutrition. Consider whole grains such as spelt, brown rice, cracked or sprouted grains.

Liquids

Use natural fruit juices that do not contain corn syrup or other sugars.

Vegetables juiced at home, drink as soon as possible after juicing. These are much tastier and are not loaded with salt, sugars, artificial flavors, colors and preservatives.

Spring water (6-8 glasses daily) Avoid flouridated water which is a by-product of aluminum industry and is toxic.

Herbal teas

Nondairy milks: nuts or grains. These can be purchased at health food stores or can be made fresh in a blender.

Be wary of drinking cow's milk, especially in the U.S., it is laced with toxic growth hormones and when pasteurized, the heating process kills beneficial enzymes which aid in digestion.

Milk fat clogs the arteries causing a host of diseases. After all, cow's milk was designed for baby cows, not humans.

Meatless Protein

Did you know that fruits and vegetables contain protein? If eaten in sufficient quantities with beans, legumes and nuts, there is no need to eat meat as a source of protein.

Salads

Greens: Using a variety of organically grown greens such as spinach, romaine, endive, parsley, red lettuce, cauliflower and cabbage will ensure a variety of calcium, vitamins and minerals.

Veggies: Turnips, beets, green beans, avocados, water chestnuts, zucchini, snow peas, jicama, cucumber and sprouts add flavor, nutrients and variety to your salads.

Seeds and Nuts: Adds flavor, texture, protein and healthy fats.

Beans and legumes: Kidney beans, pinto, garbanzo, sprouted lentils, just to name a few add even more variety, protein and nutrients.

Why organic? Most soils are depleted of minerals due to years of overuse and the application of herbicides, pesticides and chemical fertilizers. Plants grown in this environment absorb these toxins and are depleted in minerals. You the consumer, then ingest these toxins while receiving minimal minerals from these plants.

Salad Dressings and Marinades

Here are some of my favorite ingredients for salad dressings: Play around with the amounts to find what pleases your palate. Be creative!

Use cold-pressed oils (flax, olive, grapeseed, almond). The heat process can destroy the oil's enzymes and nutrients.

Lemon or key lime juice

Molasses makes a good sweetener

Olive oil vinaigrettes (1P vinegar, 2P oil)

Apple cider vinegar has a tremendous amount of health benefits

Blackstrap Molasses

Spices like: rosemary, basil and oregano

Table Salt Substitute

Use sea salts, powdered kelp or nori.

Avoid table salts because they are highly acidic and cause high blood pressure as well as many other disorders.

Avoid salted foods such as: canned foods and soups, cheese, olives, salad dressings, catsup, pickles, etc. They usually have a high content of low-grade sodium.

Seasonings and Flavorings

Avoid: Table salt, refined sugars and MSG

Herbs: Find your favorites such as basil, oregano, fennel, marjoram, thyme, dill, tarragon, cayenne Consider growing your own. Herbs are easy to grow, most are perennial and many can be grown in pots.

Flavoring: garlic, spices, lemon juice, onions, spike, dried veggies, apple cider vinegar, tamari, miso, seaweed and dulse

Seeds and Nuts

These are high in calories, so you may want to use sparingly if you are trying to lose weight. However, they are packed with healthy nutrients and oils and are a good source of protein.

Garnish in salads, breakfast cereals, casseroles and veggie dishes.

Some are acidic while others are alkaline. Visit the pH page for more information.

Soups

Homemade or canned that have “no added salt or sugar.”

For complete proteins, mix legume or bean soups with a grain.

Salt Substitute: 1 tsp miso to one cup of soup.

If you are going to add meat bones to your soup base, include a few tablespoons of vinegar to pull out calcium. Avoid eating meat, for a high amount of calcium is needed to digest it. This is a reason why so many people suffer calcium loss.

Spreads

Try these healthy choices: hummus, applesauce, naturally sweetened fruit preserves, almond butter, sesame butter and vegennaise.

Sprouting

Sprouting beans and legumes is easy and highly nutritious since these "live" foods are full of enzymes.

Sweeteners

Natural fruit juice, pure maple syrup, barley malt, brown rice syrup, blackstrap molasses, raw honey, stevia, sucanat, turbinado and date sugar. Avoid corn syrup and artificial sweeteners, read more in the "Sweeteners" section on the Health page.

You would do well to research the names of sugars and chemical additives that the food industry uses so that you can recognize them on the labels of food products.

Vegetables

Eat raw or lightly steamed to avoid destroying enzymes, vitamins and minerals.

Leafy green veggies: Eat raw or lightly steam until tender but not soggy, after steaming, dress with a mixture of olive oil, lemon juice and sea salt. *There is a lot of research proving that green leafy vegetables, when eaten fresh and raw contain high amounts of calcium that is readily absorbed by the body.*

Broccoli, Brussel Sprouts, Cauliflower: steam and dress with lemon juice.

Root Veggies: Rutabagas, Turnips, Parsnips, Beets and Yams. Steam, bake or serve whole, mashed or julienned.

Squash: Steam until soft, then puree in a blender which makes it sweet. Add nutmeg or cinnamon or slice and saute in olive oil or broth.

Celery and Carrots: Enjoy raw, sliced or lightly steamed. Add maple syrup and cinnamon to carrots for a yummy treat. Add onions and parsley to spice up celery.