



EATING WHOLE FOODS FOR HEALTH

The start of the new year means BOOMING business for the Health and Fitness industries and these companies not only love it, but they depend on it! They depend on all the new year resolutions and they depend on most users to fall off the wagon. All the gym and diet food memberships that are being highly utilized now, will soon slide back down into normal usage range and those memberships will soon become more like a donation. Don't fear, not using those diet supplement foods or products you're subscribed to is okay, as long as you take away some healthy habits towards healthy living.

NOT ALL CALORIES ARE CREATED EQUALLY

The problem with "dieting" often comes from the restricting aspect of what we are eating. Whether we restrict the number of calories we eat in a day or a certain macronutrient (carbohydrates, proteins, or fats) in the foods we choose, following these types of guidelines in a diet turns a large amount of our focus to the food label for counting calories or grams of certain nutrient. Getting too wrapped up in the "diet" pulls us away from the real importance of healthy eating—"How is this food benefiting my overall health."

Whole foods—foods that have been grown or have lived speak the same language as our bodies. Our metabolism knows what to do with the food without the confusion of chemicals and highly processed ingredients getting in the way. This direct communication allows our bodies to break down the food and capture ALL the vitamins and nutrients stored inside. Next time you are at the grocery store, think about shopping only the perimeter of the store. This way, you will avoid pre-packaged foods and are getting majority of fresh, whole foods!

THE WHOLE-FOODS DIET

There's no clear definition of what constitutes a whole-foods diet. Some people focus on eating only plants, while others eat mostly plants but also include some animal products in their diet. Regardless, the basic principles of a whole-foods, or clean diet are:

- Emphasizes whole, minimally processed foods
- Limits or avoids animal products
- Focuses on plants, including vegetables, fruits, whole grains, legumes, seeds, and nuts
- Excludes refined foods, like added sugars and salt, white flour, and processed oils
- Pays attention to food quality, often choosing locally sourced, organic foods

WHOLE-FOODS SHOPPING LIST

- Fruits: berries, citrus fruits, pears, peaches, pineapple, bananas, etc.
- Veggies: kale, spinach, tomatoes, broccoli, cauliflower, carrots, asparagus, peppers, etc.
- Starchy vegetables: potatoes, sweet potatoes, butternut squash, etc.
- Whole grains: brown rice, rolled oats, farro, quinoa, brown rice pasta, barley, etc.



- Healthy fats: avocados, olive oil, coconut oil, unsweetened coconut, etc.
- Legumes: peas, chickpeas, lentils, peanuts, black beans, etc.
- Seeds, nuts, and nut butters: almonds, cashews, macadamia nuts, pumpkin seeds, sunflower seeds, natural peanut butter, tahini, etc.
- Unsweetened plant-based milks: coconut milk, almond milk, cashew milk, etc.
- Spices, herbs, and seasonings: basil, rosemary, turmeric, curry, black pepper, salt, etc.
- Condiments: salsa, mustard, nutritional yeast, soy sauce, vinegar, lemon juice, etc.
- Plant-based protein: tofu, tempeh, plant-based protein sources or powders with no added sugar or artificial ingredients.
- Beverages: coffee, tea, sparkling water, etc.

IF ADDING ANIMAL PRODUCTS, CHOOSE QUALITY PRODUCTS:

- Eggs: pasture-raised when possible.
- Poultry: free-range, organic when possible.
- Beef and pork: pastured or grass-fed when possible.
- Seafood: wild-caught from sustainable fisheries when possible.
- Dairy: organic dairy products from pasture-raised animals whenever possible.

FOODS TO AVOID:

- Fast food: French fries, cheeseburgers, hot dogs, chicken nuggets, etc.
- Added sugars and sweets: table sugar, soda, juice, pastries, cookies, candy, sweet tea, sugary cereals, etc.
- Refined grains: white rice, white pasta, white bread, bagels, etc.
- Packaged and convenience foods: chips, crackers, cereal bars, frozen dinners, etc.
- Processed vegan-friendly foods: plant-based meats like Tofurkey, faux cheeses, vegan butters, etc.
- Artificial sweeteners: Equal, Splenda, Sweet'N Low, etc.
- Processed animal products: bacon, lunch meats, sausage, beef jerky, etc.



ingredients:

- 1 lb. ground beef, pork or turkey
- 1 large onion, diced
- 1 small head of cabbage
- 2-3 carrots
- 4-5 cloves, garlic, minced
- 1 tablespoon grated fresh ginger
- ½ teaspoon black pepper
- 2 tablespoons sesame oil
- 1 tablespoon vegetable oil
- 1/4 cup soy sauce

instructions:

1. Cook & crumble ground meat with onions in a very large skillet until meat is cooked through. Do not drain. You'll need to select a skillet large enough to contain all the cabbage, divide everything evenly into two skillets if necessary.
2. While meat & onions are cooking, cut cabbage into thin shreds; set aside. Peel carrots with a vegetable peeler then either dice small or use the peeler to shave off thin slices; set aside.
3. Combine garlic, ginger, pepper, sesame oil, vegetable oil, and soy sauce in a small bowl and stir to combine; set aside.
4. Add cabbage and carrots to ground meat then cook & stir over medium-high heat for 3-4 minutes.
5. Add soy sauce mixture then stir well.
6. Reduce heat to medium and continue cooking for 5-10 minutes or until cabbage is tender.

Looking Ahead: March will focus on Packing a Healthy Brown Bag Lunch

QUICK HEART HEALTH FACTS & STATS



1 MILLION

People who will have a Heart Attack or die from Coronary Heart Disease this year



795,000

People who will have a stroke this year



16.5 MILLION

Americans age 20+ who are living with Coronary Heart Disease



356,000

Cardiac arrests that occur outside a hospital each year