



Where Food Nourishes Body, Mind & Spirit!

January 2016 !!!!

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Everyone needs beauty as well as bread, places to pray and play where nature heals and gives strength to body and soul alike. John Muir

NEWS YOU CAN USE!

January Green Nosh & Member News

Chef Challenge 2016

New Books!

New Year/New You

Health Information

Florida Food for Life Classes



Happy, Joyous & Health-Filled 2016 to All!

New Year, New Goals and the Perfect opportunity to take stock of health. Ask yourself.....

What are my health and wellness goals for 2016?

Am I satisfied with my weight and energy level?

What am I willing to do to take charge of my health and wellness?

Am I open to learning the evidenced based science on how food choices impact health - weight, lipid numbers, preventing & even reversing chronic conditions?

The good news is that change is possible and can happen in a relatively short amount of time by making the right food choices. Be aware of increasing your daily fiber intake, and include a good amount of greens, legumes, veggies and fruit among your daily meals. Those changes will start the tune-up your body is craving. Your cells will thank you and your heart will smile! Read on for more VIP info!!!

January 2016 Green Nosh



Let's repeat the fun and camaraderie we all enjoyed at our December Plant Based Yankee Swap at Sara Chase's home in Harwich Port. Nate Fanara of the Green Lotus catered our meal. Good, healthy food, as only can Nate can prepare, was enjoyed by all. Here's the What, When, and Where for January's Gathering:

When: January 17th, Sunday, 1 PM

Where: The Home of member, Paige Mansfield
50 Starlight Lane, Eastham, 02642

Directions: Rt. 6 into Eastham, right at Old Orchard Rd.
heading east; 1st right off Old Orchard is
Starlight Lane, (Last house on right of cul de sac)

Note: Paige has a friendly 25 lb dog - just in case
anyone has allergies to our canine companions!

Kudos: To Paige for opening up her home to our Green
Nosh Group

What: Bring a plant based dish for our potluck. If you're so
inclined, bring the recipe to share with the group, or email
recipe to Joanne who will post on her website. (I'll miss
seeing everyone!)

RSVP: Either email or call Alvan Hathaway: 508-694-6653 or
Bennyg576@aol.com by January 12th.

Green Nosh Membership



At a recent Green Nosh Committee Meeting, we decided it's time to update our membership list. We certainly want to send information and event happenings to those folks who desire to be part of our group and/or who are interested in hearing about our monthly gatherings and future events. I'm sure you'll agree that we all receive way too many emails, so we're aware of not burdening folks with additional notices.

That said, to help with updating and organizing our lists, **Charlotte Edgecombe, our wonderful, savvy Treasurer**, has agreed to take on **Membership Chairmanship**, as well.

If you are already a member or if you desire to become a member, please **email or phone Charlotte with your complete contact information**, if you haven't already done so.

Dues: Membership in the Green Nosh runs on a Calendar year, from January to January. Membership dues of \$20 per year are due at this time. If you have not sent your dues to Charlotte Edgecombe, Treasurer, consider mailing your check in now so we can better plan our expenses over the coming months. Thanks for your attention to this. And remember, folks interested in our group can attend 3 Gatherings at no cost. We want folks to experience what our Group has to offer to ensure that participation in the Green Nosh is right for them.

Checks should be made out to Charlotte Edgecombe with "for Green Nosh Group" noted on the bottom of the check. (That's how the bank set it up!!) Charlotte can be reached at: 508-398-8516 or cell: 508-221-0533.

Her email is: Edgecombe@comcast.net

Her address: 36 Whistler Lane, Dennis Port, MA 02639

If you have any questions or suggestions regarding membership and/or our Green Nosh Group, feel free to contact Alvan Hathaway, Co-Coordinator. Alvan will be more than happy to talk with you. You can reach Alvan at: 508-694-6653 or email: Bennyg576@aol.com

Plant Based Chef Challenge 2016

I'm thrilled to report that many of last year's participating restaurants are eager for a return of this event. A few told us they want to "UP" their plant based food choices. How exciting is that? Their enthusiasm is infectious. Restaurants are finally waking up to customers' demands for healthy food options. Now that we've lit the fire under their bellies, let's keep it burning!

However, to repeat the Challenge we really need assistance. Alvan Hathaway and I are looking for two more people to be on the Chef Challenge Committee. The Committee will select participating restaurants, plan the event, and then approach restaurants to invite them and explain with chefs/owners the Challenge and expectations.

We're also looking for folks from different parts of the Cape who can help with distributing advertising flyers in their area, and to periodically distribute and collect the voting slips at each restaurant.

We're targeting approximately fifteen restaurants again.

If you're able to volunteer and give some time to this worthwhile effort, please contact Joanne by no later than March 1st. Let me know how you are able to help! And thank you!! Together we can spread health throughout our Cape!



Underground Bakery, Dennis



Chef Diego Gerardi, Gerardi's, Yarmouth



The Latest Publications in Plant Based Nutrition

“Proteinaholic: How Our Obsession with Meat is Killing Us and What We Can Do About It” by Dr. Garth Davis

Dr. Davis is an acclaimed surgeon who became a specialist in weight loss and bariatric surgery. Surprising health concerns in his 30's led to his personal exploration of the protein explosion occurring in the weight loss industry. Society's evolving obsession with protein was staggering, and he sought to find out why. Vigorous self-study and research led to a dramatic paradigm shift for him and in his practice. He explains the health industry's focus on protein, explaining why it is detrimental to our health. Dr. Garth, a weight loss expert, emphatically concluded, “Too much protein is actually making us sick, fat, and tired.” Dr. Davis' rigorous research and riveting self-disclosures make this book an eye-opening study for folks interested in ‘right’ nutrition.

It's available on Amazon both in hard copy and in Kindle. I downloaded the book and can't stop reading it!!

“How Not to Die” by the one and only Dr. Michael Greger.

Now on the Best Seller List!!! Dr. Greger has put together a compendium of research on the top medical conditions that are killing us. The what, how and why of each disease and chronic condition, as only Dr. Greger can tell it, are his gift to the public, all in the hopes of reversing these chronic conditions - terrible illnesses that are impacting individuals, families, and stressing our health care system to the limit.

Dr. Greger is the real deal, a one in a million individual who uses his tremendous, humble brilliance and talents to make a difference for the greater good. He keeps no personal profit from his book sales. Instead, proceeds are given to charity and to support Nutrition Facts. org.

No wonder he receives a standing ovation anytime and anywhere he lectures. He is truly loved and appreciated.

His latest work was my gift to me this Christmas. It's captivating!



A good time to let go of the OLD (the Standard American Diet – SAD), embrace the NEW, (the growing paradigm shift toward whole foods, plant based nutrition), and you will experience a NEW YOU- more energy, more vibrance, younger looking and feeling. How's that for a New You in a New Year – 2016?

To help you on the journey, here are a few hints for this New Year.....

Increase your daily fiber intake. Try for 40 grams of fiber daily. To help you.....

Start your day with a heaping bowl of oatmeal. Top it with berries, bananas, ground flax meal, and sprinkle with cinnamon. Be creative. Maybe add a dollop of cocoa! Yummy. Then.....

Have a huge salad every day.

Start with a variety of different lettuces. Add the wonderful cruciferous veggies to your salad – some shredded kale, arugula, bok choy, broccoli, etc. There are so many choices.

Add some beans or edamame, mushrooms, avocado, sprouts, peppers.

Don't forget a veggie from the allium family – scallions, shallots or red onion

Sprinkle with some seeds or chopped nuts

Let's not forget some berries, mango or oranges on your salad

Top with a fat free (Oil free) dressing. You can purchase those dressings in the grocery store or Whole Foods or make your own. My favorite is Chef AJ's Yummy Sauce which is on my website. (It's my go-to favorite dressing that I bring to restaurants!)

On Sundays make a HUGE pot of hearty, healthy soup – loaded with beans and greens. There are so many great soup recipes to choose from.

For folks just tip-toeing into the tasty, healthy world of plant based nutrition, check out this 3-week Plan:

Week 1: just make every breakfast plant based. Have whatever for lunch and dinner.

Week 2: Make both breakfast and lunch plant based.

Week 3: Make your dinner plant based, too.

By the end of 3 weeks you'll be eating the way our bodies were meant to eat! Before long you'll be losing your cravings for fatty, sugary and salty foods. You'll be craving the foods that will make your cells smile, achieve weight loss, lower lipid numbers. And when your doctor asks you how you did it, tell it – "It's the FOOD, doc!"

Check out these websites for recipes and ideas: These are my go-to sites:



www.pcrm.org/health/diets/recipes

www.21daykickstart.org

www.fatfreevegan.com

www.straightupfood.com

www.drmcDougall.com/newsletters/recipeindex.html

www.forksoverknives.com/category/recipes

www.nutritionfacts.org

www.engine2diet.com

www.happyherbivore.com

The following have been recommended as the **TOP 15 OIL-FREE, Plant Based Sites:**

Forks Over Knives (listed above)

Happy Herbivore (above)

Straight Up Food (above)

Fat Free Vegan Kitchen (above)

Fat Free Vegan Recipes

Oh She Glows

The Vegan 8

Engine 2 Diet (above)

Plant Powered Kitchen

Potato Strong

Plant Based Katie

Feasting on Fruit

Vegan Runner Eats

Cooking with Plants

The Plant Strong Vegan



Flours – the Ins and the Outs

What's **OUT**:

White Flour – that highly refined flour which can lead to a host of chronic conditions: obesity, diabetes, cardiovascular

What's **IN**: (Meet the new kids on the block 😊)

Almond flour

Coconut flour

Garbanzo Bean flour

Spelt flour

Quinoa flour

White whole-wheat flour

Almond Flour: Nutrient Dense, Rich in magnesium, calcium, potassium, Vitamin E, and packs 6 grams of protein per $\frac{1}{4}$ cup. Has 3 times the fiber of white flour. This flour contributes to longer satiety and prevents spikes in blood sugar levels.

Can substitute up to 50% of white flour when preparing cakes, quick breads, cookies and pie crusts. Cannot use in recipes for making dough (it doesn't rise). Keep in mind that it's higher in calorie count than white flour with 160 calories per $\frac{1}{4}$ cup vs 100 calories per $\frac{1}{4}$ cup. Still, better to choose almond than white. It can be stored in fridge or freezer up to 18 months. Remember to use at room temperature.

Coconut Flour: This gem has 10 times more fiber than white flour, boasting 10 grams per $\frac{1}{4}$ cp. A study published in the *Journal of Nutrition* found that adding coconut flour to sweet treats lowers their glycemic index to help keep blood sugar levels under control.

Best used in cake, bread and muffins recipes. Just exchange 10-20% of the white flour for the coconut. Coconut flour absorbs a lot of moisture so let batter sit for a bit to better judge the consistency. One might have to increase the wet ingredients to make up for that absorbency. Grain and gluten free coconut flour has 120 calories per $\frac{1}{4}$ cup. Store in fridge or freezer for up to 18 months. Use at room temp.

Garbanzo Bean Flour: Similar to calorie amount in white flour - (0 calories per ¼ cp). BUT this flour has, are you ready?, 50% more protein and five times more fiber and provides 10% of the daily value of iron per serving than white flour! What a powerhouse! And it has resistant starch, an indigestible carb that doesn't throw blood sugar levels into a frenzy. It has a significantly lower glycemic index than wheat flour and is an excellent choice for people with diabetes. If you need help with weight loss and hunger cravings, start using this flour instead of wheat and white!

You can use this flour in place of cream in soups. It adds a rich, dense texture and flavor, and cuts fat and calories. Can be used as a thickener in place of cornstarch. However, when baking, substitute no more than 25% of this flour. If you use too much, your baked goods will have a beany flavor. It works extremely well in making hummus, falafels, flatbreads or as a thickener. Can be stored in fridge or freezer up to 24 months. Again, use at room temp.

Spelt Flour: I love this flour. You can exactly substitute this flour for white flour as called for in any recipe. Spelt flour has a nutty flavor and very light texture. Has a wee bit more calories than white flour (120 per ¼ cp), but has 4 times the fiber. Note that though spelt may be wheat free, it is NOT gluten free. If you have celiac disease or wheat allergies, avoid using spelt flour.

Spelt works best in cookies, crusts, breakfast pastries and pancakes (It's my go-to flour when making pancakes), but it's more fragile than white flour so don't overmix. With breads and muffins you can substitute 50% of spelt for white flour. Can be stored in fridge or freezer up to 30 months. Use at room temp.

White Whole-Wheat Flour: This flour is clearly whole wheat flour, but made from a different variety of wheat that is lighter than regular whole wheat. (I just learned something new!!) Has the same calorie count as white, but packs extra B vitamins and fiber (3 grams per ¼ cp).

Best for cookies, bars, breads, muffins and pancakes. Can be stored in the fridge or freezer up to 30 months. Use at room temp.

Quinoa Flour: This is one of the newer flours on the horizons. Isn't it wonderful how these products are gracing our shelves and offering better choices for health and wellness?

It contains all nine essential amino acids needed for protein building. Quinoa flour is gluten free and glycemic friendly, with a nutty flavor and 3 times more energy enhancing iron than the dastardly white flour. (110 calories per ¼ cp.) Can substitute up to 50% of white flour in recipes.

Can be used when making crackers and pizza dough, but keep in mind quinoa flour has a bitter smell and coarse in taste, so make foods that balance those factors. Store in fridge or freezer up to 18 months; use at room temp.



Source for Flour Information: Naturalhealthmag.com, December/January 2011 issue



Food for Life Class Schedule in Naples, Florida 2016

(OK - I admit to feeling guilty for even saying the "F" word while the cold pours into my beloved New England. Remember, with each passing day, daylight gets longer and we move closer to Spring!)

The following classes , sponsored by Cancer Alliance of Naples (CAN), are FREE to the public, thanks to a generous grant to CAN from the Martin Foundation.

Registration a must for all classes. Either email or call instructor, Joanne Irwin at 239-784-0854 or joanneirwin72@gmail.com

January 12th - 10 am - 2 pm

Exploring how Foods Fight Disease, and How we can Replace Dairy and Meat
Class held at Cancer Alliance of Naples, 990 First Ave. South, Suite 200

February/March 4- Week Series for Cancer Prevention, Survival & Overall Health and Wellness

Thursdays, Feb. 25th, Mar. 3rd, 10th and 24th

11 am - 1 pm

Classes held at River Park Community Center

301 11th St. North

5 openings left for this series

April 4 Week Series for Cancer Prevention, Survival & Overall Health and Wellness

Tuesdays, from 5 - 7 pm

April 5th, 12th, 19th and 26th

River Park Community Center (address above)

All classes involve DVD education, cooking demonstrations and enjoying a variety of prepared dishes, PLUS growing camaraderie among class participants!

*Happy, Healthy & Peace-Filled New Year to Everyone
and for our chaotic World!*