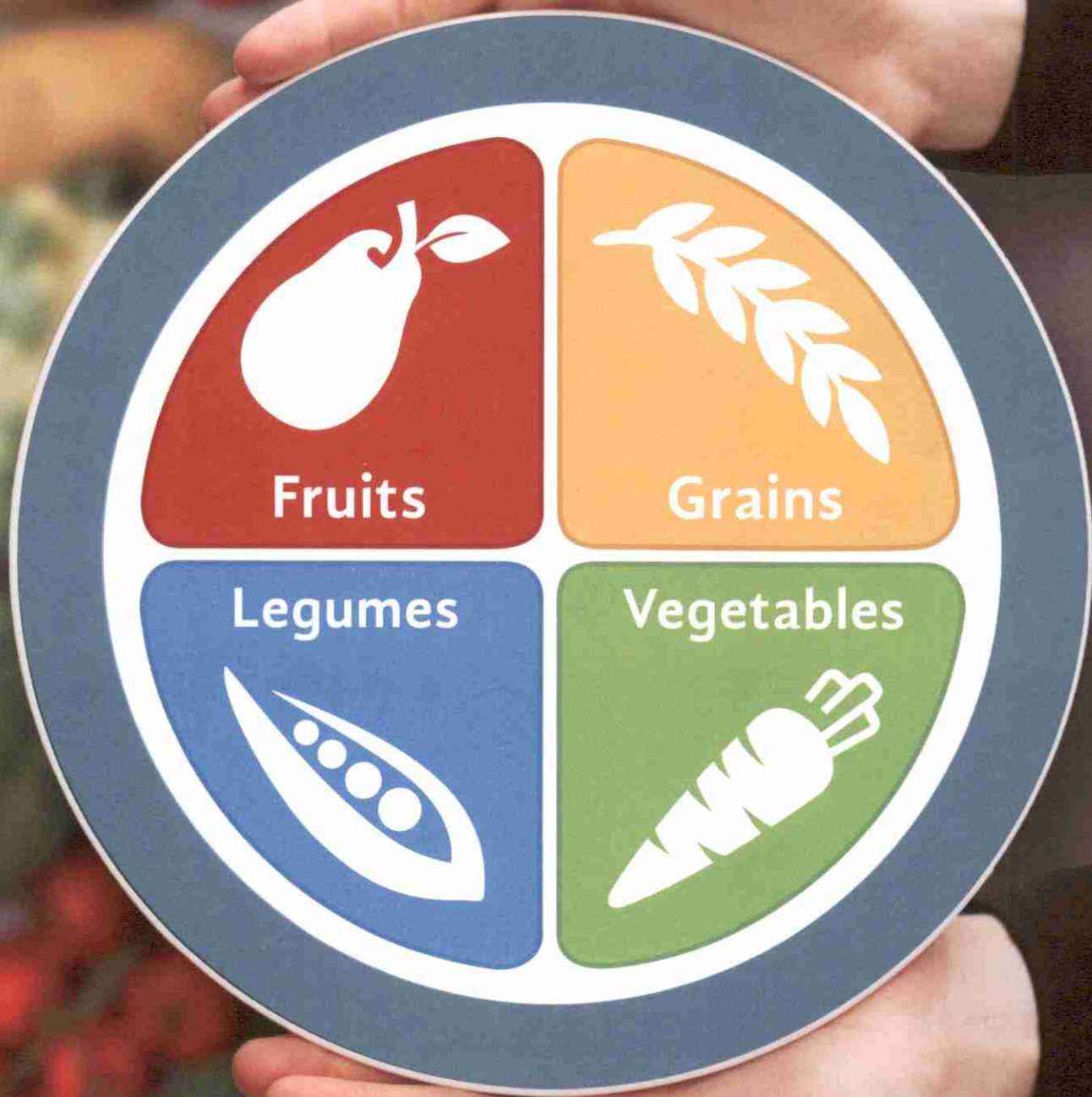


Nutrition for Health



Barnard
MEDICAL CENTER

**Physicians
Committee**
for Responsible Medicine

Washington, D.C.

In recent years we have learned how powerful nutrition can be.

By improving your diet, you can improve your body weight, cholesterol, and blood pressure, and tackle weight problems, diabetes, and many other conditions. This booklet provides the basics of good nutrition and shows you how to put them to work. Before we begin, let's mention a few important points:

Think big. Instead of having a healthy meal every now and then, you'll want to take full advantage of food power at every meal. Your investment will pay off beautifully.

Work with your health care provider. As you adjust your eating habits, you may need less medication. But don't change your medications on your own. Your health care provider will help you.

Get complete nutrition. You will want to be sure that you get complete nutrition. It's easy, and you'll see information shortly on how to do that. Do be sure to have a reliable source of vitamin B12, such as a B12 supplement, daily multiple vitamin, fortified cereal, or fortified soy milk. Vitamin B12 is essential for healthy nerves and healthy blood.



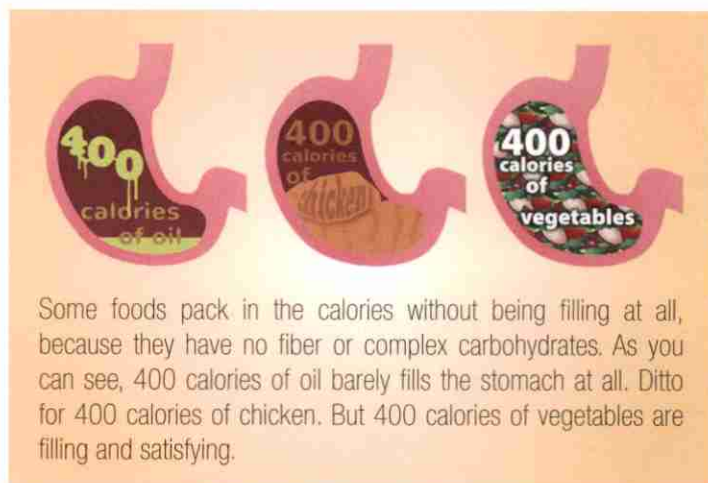
Keep learning. You will find many great books, DVDs, and websites ready to empower you with lifesaving information and practical tips.

Get the support you need. Getting involved with a cooking class or support group—and bringing a spouse or friend along—can help you on your way to better eating habits.

Tackling Weight Control

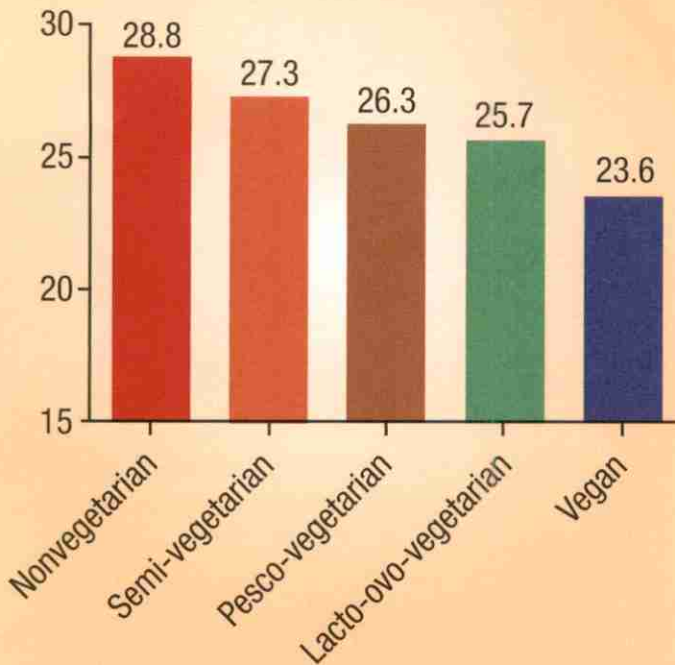
There are many ways to lose weight, and some are healthier than others. Studies from around the world show that people whose diets are drawn mainly (or entirely) from plant sources tend to be slimmer and healthier than people whose diets are based on meat and other animal products. It's easy to see why. First, these foods are loaded with fiber, which is filling but has essentially no calories. Animal products—meat, dairy products, and eggs—have no fiber.

Also, when you eliminate animal fat, you eliminate a big source of unwanted calories. All fats have 9 calories per gram, compared with only 4 calories per gram for carbohydrates.



Some foods pack in the calories without being filling at all, because they have no fiber or complex carbohydrates. As you can see, 400 calories of oil barely fills the stomach at all. Ditto for 400 calories of chicken. But 400 calories of vegetables are filling and satisfying.

Body Mass Index (kg/m²)



The Adventist Health Study-2 studied 60,903 adults whose diets varied greatly and checked their BMIs (body mass index). BMI is a measure of weight adjusted for height. A healthy BMI is below 25. As you can see, meat eaters were the heaviest. Those who ate no meat other than fish were somewhat slimmer, but the only group whose weight was consistently in the healthy range was the vegan group—those consuming no animal products. (Tonstad S, et al. Type of vegetarian diet, body weight and prevalence of type 2 diabetes. *Diabetes Care*. 2009; 32:791-796.)



Put to the test in clinical studies, plant-based diets help people lose weight very effectively. A healthy weight loss regimen follows these simple guidelines:

1. Plant-based. You will want to set aside meat, poultry, fish, dairy products, and eggs. A diet free of animal products is called a vegan diet or sometimes a “plant-based” diet.

2. Low in fat. You are already avoiding animal fats. For the best weight loss, it pays to also avoid foods that are high in vegetable oil, because they have 9 calories per gram, too. That means skipping cooking oils, oily dressings, nuts, seeds, avocados, and commercial products with added oils. When you read product labels, favor foods with less than 3 grams of fat per serving.

3. Rich in natural fiber. Fiber means plant roughage. It is in beans, vegetables, fruits, and whole grains. You'll want to feature fiber-rich foods at every meal.

Calories in a gram of fat: **9**

Calories in a gram of carbohydrate: **4**

Does a plant-based diet sound challenging? It's actually easier than you would guess, and you'll have a chance to test-drive it before you commit yourself. Later on, we'll look at a simple step-by-step method that lets you do just that.

Don't hurry. Gradual weight loss is perfectly fine. Losing a half-pound to one pound per week soon adds up to impressive weight loss.

Looking for Extra Weight Loss Power?

If you are looking for extra weight loss power or want to break through a plateau, try these steps:

1. Go on a search-and-destroy mission for fatty add-ons, like avocados, seeds, nuts, nut butters, and oily dressings. Saute with water or vegetable stock instead of oil. You may wish to work with your registered dietitian to track down hidden sources of fat.
2. Focus on simpler, less-processed foods, especially raw fruits and vegetables.

What About Carbohydrates?

The old myth was that pasta, bread, and rice are fattening. Not true. In fact, carbohydrate-rich foods are perfect for long-term weight control. Carbohydrates contain fewer than half the calories of fat, which means that replacing fatty foods with complex carbohydrates automatically cuts calories. But calories are only part of the story.

The body treats carbohydrates differently from fat calories. The difference comes from how the body stores the energy of different food types. If you overeat carbohydrates, your body uses them to build glycogen—stored energy in your muscles and liver. If you keep overeating and your body tries to turn carbohydrate into fat, it wastes 23% of the calories of the carbohydrate. In contrast, fat that you eat is easily converted into body fat. Only 3% of the calories in fat are burned in the process of conversion and storage.



Tackling Diabetes



Diabetes is a condition in which there is too much sugar (glucose) in the bloodstream. Normally, insulin moves glucose from your bloodstream into your cells (insulin is a hormone made in your pancreas). Once inside the cells, glucose is used for energy. It powers your muscles, your brain, and all the rest of you. But in diabetes, insulin is not working properly, so glucose builds up in the blood.

In **type 1 diabetes**, the pancreas has stopped making insulin. Researchers believe it may be caused by genetic factors, an immune reaction to cow's milk proteins, a lack of breastfeeding, viruses, and perhaps other factors.

In **type 2 diabetes**, the pancreas is still making insulin, but your cells resist insulin's efforts to escort glucose inside. In recent years we have learned that insulin resistance is related to the buildup of fat inside muscle and liver cells. Something about that fatty buildup interferes with

insulin's ability to work. This has dramatically changed our view of the best way to treat the condition. Instead of limiting carbohydrate-rich foods, we aim to tackle the fat buildup inside cells, using a low-fat, plant-based diet.

Gestational diabetes occurs during pregnancy and is similar to type 2.

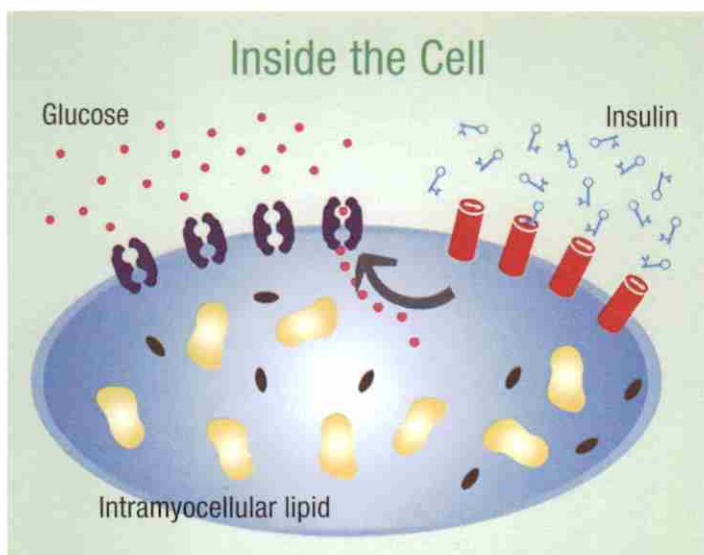
Type 2 is, by far, the most common type. In population studies, people who avoid animal products are much less likely to develop type 2 diabetes, compared with people eating animal products, including fish. In the Adventist Health Study-2, mentioned on the previous page, diabetes occurred in 7.6% of meat eaters and 4.8% of fish eaters, but in only 2.9% of people following vegan diets. In controlled research studies, plant-based diets improve blood sugar control, reduce body weight, and improve health in other ways.

The following steps help control type 2 diabetes:

1. Plant-based. You will want to skip meat, poultry, fish, dairy products, and eggs. This step eliminates animal fat, among other benefits.

2. Low in fat. You are already avoiding animal fats. It pays to also avoid foods that are high in vegetable oil. That means cooking oils, oily dressings, nuts, seeds, avocados, and commercial products with added oils. When you read product labels, favor those with less than 3 grams per serving. Remember, we are aiming to reduce the amount of fat that has accumulated in your cells.

3. Low-Glycemic-Index. The glycemic index (GI) is a way to separate foods that cause your blood sugar to rise sharply from those that are gentler on your blood sugar. That will help you maintain a lower blood sugar and may also reduce triglycerides (blood fats). The table on the following page shows high-GI foods—foods that can spike your blood sugar—along with healthy low-



In this diagram of a muscle cell, insulin molecules are depicted as tiny keys that attach to receptors on the cell's surface. Once attached, they signal channels to open (on the upper left side of the cell), allowing glucose molecules to enter the cell. However, as fat (called intramyocellular lipid) builds up, it interferes with insulin's ability to work.

Glycemic Index at a Glance

You will find detailed glycemic index tables on the internet. But here is what you really need to know:

Decrease High-GI Foods

Sugar
White and wheat breads
White potatoes
Most cold cereals



Choose More Low-GI Foods

Most fruits
Rye or pumpernickel
Sweet potatoes
Oatmeal, bran cereals



Surprisingly, fruit and pasta are both reasonably low-GI.

GI foods that make good replacements. You will find some surprises. Fruit, for example, tends to be low-GI, meaning that it is gentle on your blood sugar and can be eaten freely. And even though they are sweet, sweet potatoes are a better choice than white potatoes.

Caution: Hypoglycemia

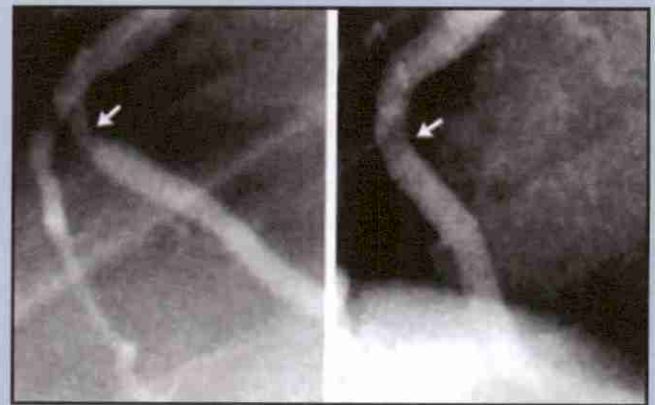
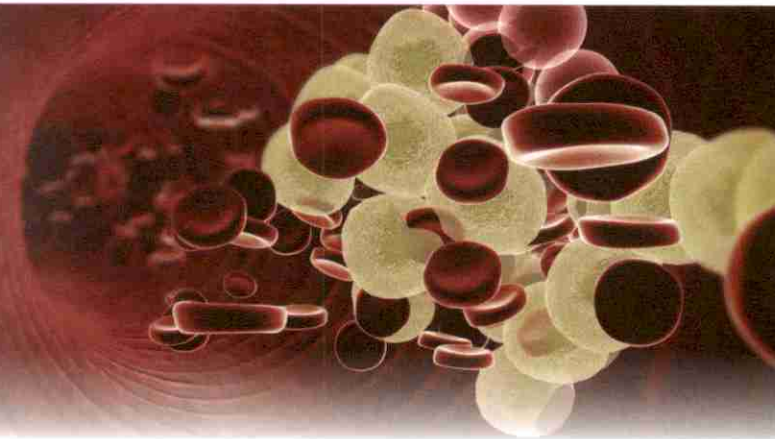
As you improve your diet, your blood sugar is likely to fall. That is good news—up to a point. But be careful. If you are taking insulin or other strong medications to reduce your blood sugar and make a powerful diet change, your blood sugar can fall too low. This condition, called hypoglycemia, can cause trembling, sweating, hunger, anxiety, dizziness, and a rapid heartbeat. If your blood sugar falls very low, you can lose consciousness.

It is important to ask your doctor if you are on medications that can cause hypoglycemia. You will want to check your blood sugar with a meter and carry glucose tablets in case of emergency. Your health care provider will give you more details about hypoglycemia.

Tackling Cholesterol

Reducing your cholesterol level can help you prevent heart disease and other health problems. In research studies, the healthiest cholesterol levels are found in people who avoid animal products (meat, dairy products, and eggs). They have healthier cholesterol levels compared with people who eat meat, including fish. All animal products contain animal fats and cholesterol, which tend to boost the amount of cholesterol in your bloodstream.

In 1990, Dean Ornish, MD, showed that a plant-based diet, along with a healthy lifestyle, can actually reverse heart disease—meaning that narrowed arteries begin to reopen without medications. Caldwell Esselstyn Jr., MD, used a combination of a low-fat, plant-based diet and cholesterol-lowering medications, showing that even patients with severe coronary disease can improve markedly.



Coronary angiograms of right coronary artery before (left) and showing 30% improvement (right) following approximately 60 months of a plant-based diet and cholesterol-lowering medication. (Courtesy Caldwell B. Esselstyn Jr., MD. Used by permission.)

The following steps help control cholesterol:

1. Plant-based. You will want to skip meat, poultry, fish, dairy products, and eggs. Plant-based foods are low in saturated fat and contain essentially no cholesterol.

2. Low in fat. You are already avoiding animal fats. It pays to also avoid foods that are high in vegetable oil. That means cooking oils, oily dressings, some nuts and seeds, avocados, and commercial products with added oils. When you read product labels, favor those with less than 3 grams per serving.

3. Low-Glycemic-Index. In the diabetes section above, we saw how the glycemic index helps control blood sugar. It can also help reduce triglycerides (blood fats, which are included on standard cholesterol tests). See the table for healthy replacements for high-GI foods.

4. Special-effect foods. Oats, beans, barley, and soy products have an extra cholesterol-lowering effect. It pays to include these foods in your routine. The same is true for almonds, walnuts, and some other nuts. But be sparing; nuts are fatty and can easily add unwanted calories. An ounce a day is enough.

Tackling Blood Pressure



Keeping a healthy blood pressure helps prevent heart attacks, strokes, kidney damage, and other problems. By now it won't surprise you that people who skip animal products tend to have low blood pressure. The reason is not just that they are slimmer (and, yes, slim people usually have healthier blood pressures). Plant-based foods are rich in potassium, which helps control blood pressure, and are usually low in sodium (which can raise blood pressure), unless sodium is added during processing. These same foods reduce the viscosity ("thickness") of the blood. That means blood is more like water and less like grease, so it flows more easily, which helps reduce blood pressure.

Because of these characteristics, a healthy plant-based diet can start to improve your blood pressure as soon as you begin. In addition to this quick blood pressure reduction, there is also a more gradual blood pressure drop that comes as you lose weight.

As your blood pressure improves, your doctor will keep an eye on your need for medications and may reduce them (do not change them on your own). This is important because, if the combination of a healthy diet and medications has reduced your blood pressure too much, you could become light-headed when you stand up, or even pass out.

The following steps will help you control blood pressure:

1. Plant-based. You will want to set aside meat, poultry, fish, dairy products, and eggs. This change will help you lose weight (which is good for your blood pressure), reduce your blood viscosity, and make room for potassium-rich vegetables and fruits.

2. Low in fat. You are already avoiding animal fats. For the best results, it pays to also avoid foods that are high in vegetable oil. See the section on weight loss, above.

3. Rich in natural fiber. Fiber means plant roughage. It is in beans, vegetables, fruits, and whole grains. Although it has essentially no calories, it fills you up and turns off your appetite. You'll want to feature these fiber-rich foods at every meal.

4. Minimal sodium. From step 1 above, you are already avoiding cheese, which is a high-sodium food. In addition, it pays to avoid using salt in cooking and check food labels (especially canned products and snack foods) for sodium content.



How to Begin a Plant-Based Diet

Taking advantage of the power of plant-based eating is easier than you can imagine. We'll break it into two steps.

Step 1. Check out the possibilities. For now, don't change anything. Your job for the moment is just to see which healthy foods you like. Photocopy the form on the next page or copy the headings onto a blank piece of paper. Over the next week, think about foods that happen to be entirely plant-based. Experiment with new foods, new recipes, and new products that you might see at the store. As you find the ones you really like, jot them down. Try these tips:

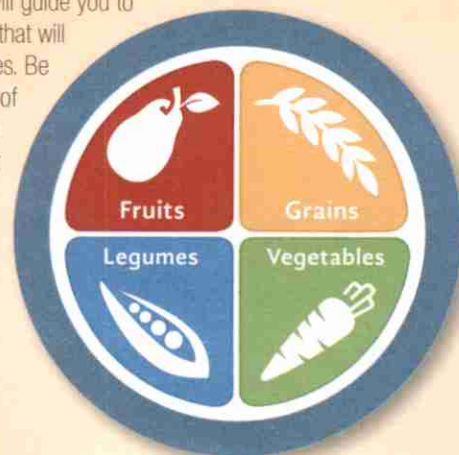
- Have a look at the suggestions on pages 7 and 8. You'll see many familiar possibilities.
- When dining out, think "international." The cuisines of Italy, Mexico, China, Japan, Thailand, and many other countries have many traditional plant-based staples: spaghetti marinara, bean burritos, vegetable stir-fries, veggie sushi, and vegetable pad thai—you get the idea.
- Think about meals that can be easily modified to be plant-based. For example, your daily bowl of cereal and milk can be modified by using soy milk or almond milk. Spaghetti with meat sauce can become spaghetti with tomato sauce. Substitutions also work for fast food. A submarine sandwich shop will gladly leave off the meat and cheese. A taco place will make you a bean burrito (hold the cheese).
- Try "transition foods." Instead of a hamburger, try a veggie burger. If you like, try veggie sausage or veggie bacon. These foods help you break away from unhealthy foods and serve as a bridge to healthier choices.

Step 2. Three-week test drive. OK, now that you've found lots of healthy foods you like, your job is to eat them! For 21 days, avoid animal products completely, and focus on the foods you've identified that you like. The menu may seem a bit light at first, but soon these foods will become good friends.

By the end of three weeks, two things will have happened. First, you'll be healthier. Chances are, you'll have lost weight. If you have diabetes, your blood sugar is probably improving. Your blood pressure and cholesterol are starting to improve, too. Second, your tastes are starting to change. As you lighten your meals, your tastes will come to embrace the healthier flavors.

Now that you are comfortable with a plant-based diet, it is a good time to make sure your foods fit the other requirements described above for whatever condition you are concerned about—going low-fat, high-fiber, low-GI, etc.

The Power Plate will guide you to the four food groups that will be your healthy staples. Be sure to add a source of vitamin B12, such as a daily multivitamin or a B12 supplement. B12 is important for healthy nerves and healthy blood. The recommended dietary allowance for adults is 2.4 micrograms daily.



Favorite Healthy Foods

In each category, jot down foods that are free of animal products and that you enjoy. Experiment with new foods, new products, and new recipes.

Breakfast

_____	_____
_____	_____
_____	_____
_____	_____

Lunch

_____	_____
_____	_____
_____	_____
_____	_____

Dinner

_____	_____
_____	_____
_____	_____
_____	_____

Snack

_____	_____
_____	_____
_____	_____
_____	_____

Suggested Meals *(See recipe ideas starting on page 11.)*

Healthy in a Hurry – Basic Meal Ideas

Breakfast	Lunch	Dinner
Oatmeal	Lentil or split pea soup	Veggie burger with baked sweet potato
High-fiber cereal with soy or almond milk	Black bean chili on a baked potato	Pasta and marinara sauce
Fruit smoothie	Steamed veggies, tofu or tempeh, and rice seasoned with soy sauce or hot sauce	Vegetable stir-fry over rice
Rye or pumpernickel toast with jam	Hummus sandwich with lettuce, tomato, and cucumber	Do-it-yourself bowl of your favorite beans, greens, and grains
Overnight oats – soaked oats with cinnamon, frozen fruit, and nondairy milk	Spinach salad with berries, slivered almonds, and balsamic dressing	Rice and beans topped with salsa or folded in a tortilla

More Suggested Meals *(See recipe ideas starting on next page.)*

Slightly More Elaborate – Recipe-Based Meal Ideas

Breakfast	Lunch	Dinner
Cinnamon-Raisin Oatmeal	Eggless Salad Sandwich on toast with pickles and tomatoes	Ginger Noodles with steamed kale
Blueberry Buckwheat Pancakes	Easy Bean Salad with baked sweet potato	Grilled Mushroom Steaks with brown basmati rice
Spinach and Mushroom Frittata	White Bean Salad with steamed broccoli	South of the Border Pizza with side green salad
Breakfast Sweet Potato Pudding	Tortilla Soup served with whole-grain bread	Hearty Chili Mac with cornbread
Fruited Breakfast Quinoa	Quickie Quesadillas	Lentil Artichoke Stew

Complete Nutrition

Protein. There is plenty of protein in beans, vegetables, and grains. Surprisingly enough, broccoli is about one-quarter protein, and spinach is about one-half protein. No wonder bulls and stallions eating their greens have such big muscles. The recommended dietary allowance for men is 56 grams per day and for women is 46 grams per day. This is easily achieved from healthful plant-based foods without the use of supplements.

Calcium and Iron. Green leafy vegetables (e.g., broccoli, kale, Brussels sprouts) and beans are rich in calcium and iron.

Vitamin B12. Vitamin B12 is essential for healthy nerves and healthy blood. Be sure to have a reliable source of this vitamin, such as a daily multivitamin or a B12 supplement with at least 100 micrograms per day.

Iodine. Iodine is needed for thyroid health. But we only need a little: just 150 micrograms per day. Sea vegetables, including dulse granules and the wrappers used to make veggie sushi, are rich in iodine. Including small amounts of sea vegetables in your diet is an easy way to get iodine. Iodized salt is also rich in iodine. While it's best to eat less salt, if you do use it, choose iodized salt. Note that sea salt and Himalayan salt usually lack iodine, as does the salt used to make packaged foods like soups and snacks. If you do not use iodized salt, supplement with 150 micrograms of iodine daily, or as directed by your health care provider.

Serving Sizes. Most people don't need to worry about serving sizes. Vegetables, fruits, beans, and whole grains are high in appetite-taming fiber, so serving sizes usually take care of themselves. But if you are wondering about what is a reasonable serving size, here are some simple guidelines:

Fruit • 3 or more servings a day

Fruits are rich in fiber, vitamin C, and beta-carotene.

Serving size: 1 medium piece of fruit • 1/2 cup cooked fruit

Legumes • 2 or more servings a day

Legumes (beans, peas, and lentils) are good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, soy milk, tempeh, and tofu.

Serving size: 1/2 cup cooked beans • 4 ounces tofu or tempeh • 8 ounces soy milk

Whole Grains • 5 or more servings a day

This group includes whole-grain bread, brown or wild rice, quinoa, farro, whole-grain pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Whole grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.

Serving size: 1/2 cup hot cereal • 1/2 cup cooked whole grain • 1 ounce dry cereal • 1 slice bread

Vegetables • 4 or more servings a day

Vegetables provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, chicory, or bok choy are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.

Serving size: 1 cup raw vegetables • 1/2 cup cooked vegetables

The Protein Myth

A plant-based diet provides all the protein you need, even if you are an athlete. Under a powerful microscope, a protein molecule would look like a string of beads. Each "bead" is an amino acid. A varied diet of beans, grains, and vegetables contains all of the essential amino acids. In other words, they provide all the protein your body needs. It was once thought that various plant foods had to be eaten together to get their full protein value, but current research suggests this is not the case. Nutrition authorities, including the Academy of Nutrition and Dietetics, hold that protein needs can easily be met by consuming a variety of plant foods over an entire day.



Healthy Breakfasts

Cinnamon-Raisin Oatmeal

Makes 4 servings



Hearty, old-fashioned rolled oats in the morning will keep you satisfied until lunchtime. Raisins add a bit of natural sweetness with no added sugar.

Ingredients:

- 4 cups water
- 2 cups old-fashioned rolled oats
- 1/2 cup raisins
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- Fortified vanilla soy or rice milk (optional)

Directions:

Combine all ingredients, except nondairy milk, in a heavy saucepan. Bring to a boil, lower heat, and cook, stirring occasionally, for about 10 minutes, or until cooked to your liking. Serve plain or with vanilla soy or rice milk, if desired.

Variations:

- For Cinnamon-Apricot Oatmeal, replace raisins with 1/2 cup chopped dried apricots. Cook as directed.
- For Cinnamon-Apple Oatmeal, reduce water to 3 1/4 cups and replace raisins with 1 apple, peeled and coarsely chopped. Cook as directed.
- Omit raisins, cook as directed, and top each serving with a dollop (about 1 teaspoon) of fruit-sweetened jam or jelly.

Nutrition Information: Per 1-cup serving: 210 calories, 2.6 g fat, 0.5 g saturated fat, 7 g protein, 41.7 g carbohydrate, 11.1 g sugar, 4.8 g fiber

Source: *Breaking the Food Seduction* by Neal Barnard, MD; recipe by Jo Stepaniak; ©Jo Stepaniak 2005, published by permission

Spinach and Mushroom Frittata

Makes 8 servings



Ingredients:

- 1/2 cup water
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups sliced mushrooms (about 1/2 pound)
- 2 teaspoons dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon celery seeds
- 1 10-ounce package frozen spinach, thawed
- 1 12.3-ounce package firm or extra-firm low-fat silken tofu
- 2 tablespoons dry couscous
- 1/4 cup fortified soy or rice milk
- Vegetable oil spray
- 1 tomato, thinly sliced

Directions:

Heat the water in a large pot or skillet. Add onion and garlic and cook until soft, about 5 minutes. Add mushrooms, basil, salt, pepper, nutmeg, and celery seed. Cook over medium-high heat, stirring often, until mushrooms are soft, about 5 minutes. Stir in spinach and cook over medium heat, stirring often, until mixture is very dry. Remove from heat. Preheat oven to 350 F. In a food processor or blender, process tofu until very smooth. Add to spinach mixture along with couscous and nondairy milk. Pour into a vegetable-oil-sprayed 9-inch pie pan. Arrange tomato slices around the outside edge. Bake 25 minutes. Let stand 10 minutes before serving.

Nutrition Information: Per slice (1/8 of frittata): 51 calories, 0.8 g fat, 5 g protein, 7.2 g carbohydrate, 214 mg sodium

Source: *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Bertron, RD; recipe by Jennifer Raymond, MS, RD

Blueberry Buckwheat Pancakes

Makes 16 3-inch pancakes



In this recipe, buckwheat and blueberries team up to make a terrific-tasting, health-protecting breakfast.

Ingredients:

- 1/2 cup buckwheat flour
- 1/2 cup cornmeal
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 ripe banana, mashed
- 2 tablespoons maple syrup
- 1 tablespoon vinegar
- 1 cup fortified soy or rice milk
- 1 cup fresh or frozen blueberries
- Vegetable oil spray

Directions:

Mix buckwheat flour, cornmeal, baking powder, baking soda, and salt. In a separate large bowl, combine mashed banana, maple syrup, vinegar, and nondairy milk. Add flour mixture, stirring just enough to remove any lumps and make a pourable batter. Stir in blueberries and add a bit more milk if the batter seems too thick. Preheat a nonstick skillet or griddle, and then spray lightly with vegetable oil. Pour small amounts of batter onto the heated surface and cook until tops bubble. Turn carefully with a spatula and cook the second sides until browned, about 1 minute. Serve immediately.

Nutrition Information: Per pancake: 55 calories, 0.5 g fat, 0.1 g saturated fat, 1.5 g protein, 11.8 g carbohydrate, 3.8 g sugar, 1.1 g fiber

Source: *Healthy Eating for Life to Prevent and Treat Cancer* by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

Breakfast Sweet Potato Pudding

Makes about 3 half-cup servings



Ingredients:

- 1/3 cup rolled oats
- 1/2 cup soy or rice milk
- 1 cup cooked sweet potato or yam
- 1 tablespoon maple syrup
- 1/4 teaspoon cinnamon

Directions:

Combine all ingredients together in a blender and blend until smooth.

Nutrition Information: *Per 1/2-cup serving:* 151 calories, 4.6 g protein, 31.1 g carbohydrate, 1.4 g fat, 55 g sodium

Source: *Turn Off the Fat Genes* by Neal D. Barnard, MD; recipe by Jennifer Raymond, MS, RD

Fruited Breakfast Quinoa

Makes about 6 half-cup servings



Quinoa is a highly nutritious grain that was a staple in the diet of the ancient Incas. It has a delicious flavor and a light, fluffy texture.

Ingredients:

- 1/2 cup dry quinoa, well-rinsed
- 1 1/2 cups vanilla rice milk
- 2 tablespoons raisins
- 1 cup chopped fresh or canned apricots
- 1/4 teaspoon vanilla extract

Directions:

Combine quinoa and rice milk in a medium saucepan. Bring to a slow simmer, and then cover and cook for about 15 minutes until the quinoa is tender. Stir in raisins, apricots, and vanilla, and then transfer about 1 1/2 cups to a blender and puree. Return pureed mixture to the pan and stir to mix. Serve warm or chilled.

Nutrition Information: *Per 1/2-cup serving:* 106 calories, 1.4 g fat, 0.1 g saturated fat, 2.4 g protein, 21.4 g carbohydrate, 8.3 g sugar, 1.5 g fiber

Source: *Foods That Fight Pain* by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

Healthy Lunches

Eggless Salad Sandwich

Makes 4 sandwiches



Ingredients:

- 1 15-ounce can garbanzo beans, drained
- 1 celery stalk, thinly sliced
- 1 green onion, finely chopped
- 2 tablespoons tofu mayo or other dairy- and egg-free mayonnaise substitute

1 tablespoon sweet pickle relish

8 slices whole-wheat bread

4 lettuce leaves

4 tomato slices

Directions:

Mash garbanzo beans with a fork or potato masher, leaving some chunks. Add celery, green onion, tofu mayo or dairy- and egg-free mayonnaise substitute, and pickle relish. Spread on bread and top with lettuce and sliced tomatoes.

Nutrition Information: *Per sandwich:* 271 calories, 4.6 g fat, 12.8 g protein, 49.2 g carbohydrate, 491 mg sodium

Source: *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Bertron, RD; recipe by Jennifer Raymond, MS, RD

Easy Bean Salad

Makes 10 servings



Ingredients:

- 1 15-ounce can kidney beans
- 1 15-ounce can pinto beans
- 1 15-ounce can black-eyed peas
- 1 10-ounce package frozen lima beans
- 1 cup frozen corn
- 1 large red bell pepper, diced
- 1/2 medium onion, diced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup low-fat Italian salad dressing

Directions:

Toss all ingredients together. Serve cold or at room temperature. May be covered and stored in the refrigerator for several days.

Nutrition Information: *Per serving:* 176 calories, 2.2 g fat, 9.7 g protein, 31 g carbohydrate, 508 mg sodium

Source: Jennifer Reilly, RD

Tortilla Soup

Makes 6 servings



Ingredients:

- 1 large yellow onion, chopped
- 1 bunch (1/2 cup) whole cilantro leaves, for garnish
- 10 yellow corn tortillas, sliced into thin strips
- 1 dried chipotle pepper, stemmed and seeded
- 6 cups vegetable broth
- 5 garlic cloves, chopped
- 1 zucchini, chopped
- 1 carrot, chopped
- 10 Roma tomatoes, cored and quartered
- Freshly ground black pepper, to taste
- 2 limes, cut in wedges, for garnish

Directions:

Preheat a large soup pot. Add onion and black pepper and cook, stirring frequently, until onion is pale brown and caramelizes, about 10 minutes. Stir in tomatoes, carrot, zucchini, and garlic and cook 10 minutes, stirring frequently. Pour in broth and add chipotle pepper. Bring to a semi-boil, and then reduce to a simmer and cook, covered, for 15 minutes. Stir in the tortillas and cook 10 minutes, until they soften. Remove and discard the chipotle pepper. Serve hot, garnished with cilantro and lime.

Nutrition Information: Per serving (1/6 of recipe): 147 calories, 1.6 g fat, 0.2 g saturated fat, 4.2 g protein, 32.5 g carbohydrate, 7.8 g sugar, 5 g fiber

Source: Isis Israel, Cancer Project Educational Alliance Partner, Saladmaster Senior Dealer

White Bean Salad

Makes 5 half-cup servings



Ingredients:

- 1 15-ounce can white beans, drained and rinsed
- 1 small red bell pepper, seeded and diced
- 1/2 cup finely chopped fresh parsley
- Juice of 1 lemon
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon garlic granules or powder
- 1/4 teaspoon black pepper

Directions:

Combine all ingredients in a large bowl and toss to mix. Let stand 10 to 15 minutes before serving.

Nutrition Information: Per 1/2-cup serving: 89 calories, 0 g fat, 6 g protein, 16 g carbohydrate, 183 mg sodium

Source: *Healthy Eating for Life to Prevent and Treat Diabetes* by Patricia Bertron, RD; recipe by Jennifer Raymond, MS, RD

Quickie Quesadillas

Makes 8 servings



Ingredients:

- 1 15-ounce can garbanzo beans, drained
- 1/2 cup water-packed roasted red peppers
- 3 teaspoons lemon juice
- 1 tablespoon tahini (sesame seed butter)
- 1 garlic clove, peeled
- 1/4 teaspoon ground cumin
- 8 corn tortillas
- 1/2 cup chopped green onions
- 1/2 cup chopped tomatoes
- 1/2 to 1 cup salsa

Directions:

Place garbanzo beans in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, about 1 to 2 minutes. Spread a tortilla with 2 to 3 tablespoons of garbanzo mixture and place

in a large nonstick skillet over medium heat. Sprinkle with onions, tomatoes, and salsa. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2 to 3 minutes. Turn and cook second side for another minute. Remove from pan and cut in half. Repeat with remaining tortillas.

Nutrition Information: Per 1/2 quesadilla: 135 calories, 2.7 g fat, 5.5 g protein, 24 g carbohydrate, 164 mg sodium

Source: *Healthy Eating for Life for Children* by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

Healthy Dinners

Ginger Noodles

Makes 6-8 servings



Ingredients:

- 1 package soba noodles (approximately 8 ounces)
- 3 tablespoons seasoned rice vinegar
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons finely chopped fresh ginger
- 2 garlic cloves, minced
- 1/2 to 1 jalapeno pepper, finely chopped
- 2 green onions, finely chopped, including tops
- 1/4 cup fresh cilantro (optional)

Directions:

Cook the noodles in boiling water according to the package directions. When tender, drain and rinse. Mix all the remaining ingredients, and then pour over the noodles and toss to mix.

Nutrition Information: Per 1-cup serving: 211 calories, 0.8 g fat, 0.2 g saturated fat, 8.8 g protein, 45.2 g carbohydrate, 5.2 g sugar, 4.5 g fiber

Source: *Turn Off the Fat Genes* by Neal D. Barnard, MD

Grilled Mushroom Steaks

Makes 4 servings



Ingredients:

- 4 large portobello mushrooms
- 1/2 cup balsamic vinegar

Directions:

Clean mushrooms well and leave whole. Place vinegar or other sauce in a small bowl. Brush mushrooms with this sauce on both sides and grill over medium coals for about 10 minutes on each side. Brush with more sauce while grilling. Serve at once alone or on buns with lettuce, tomatoes, onions, ketchup, and mustard.

Nutrition Information: Per serving (1 mushroom): 46 calories, 1 g fat, 3 g protein, 10 g carbohydrate, 3 mg sodium

Source: Mary McDougall of the McDougall Program, DrMcDougall.com

South of the Border Pizza

Makes 8 slices



Ingredients:

- 1 15-ounce can fat-free pinto or black refried beans
- 1 large fat-free pizza crust
- 1 1/4 cups salsa, divided
- 1/4 cup chopped green onions
- 1/4 cup chopped tomatoes
- 1/8 cup sliced black olives
- 1 tablespoon canned chopped green chilies
- 1 cup shredded lettuce

Directions:

Preheat oven to 450 F. Spread beans evenly over crust. Spread 1/2 cup salsa over beans. Layer green onions, tomatoes, olives, and chilies over beans and salsa. Bake for 10 to 12 minutes. Remove pizza from oven. Layer with lettuce and top with remaining 3/4 cup salsa.

Nutrition Information: *Per slice:* 160 calories, 0.9 g fat, 6.5 g protein, 32 g carbohydrate, 406 mg sodium

Source: Mary McDougall of the McDougall Program, DrMcDougall.com

Hearty Chili Mac

Makes 6 servings



Ingredients:

- 8 ounces pasta spirals or macaroni
- 1 onion, chopped
- 2 to 3 cloves of garlic, minced
- 1 small bell pepper, diced
- 3/4 cup textured vegetable protein
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can kidney beans, including liquid
- 1 15-ounce can corn, including liquid
- 1 tablespoon chili powder
- 1 teaspoon cumin

Directions:

Cook the pasta in boiling water until tender. Drain and rinse under hot water, and then set it aside. Heat 1/2 cup of water in a large pot, and then add the chopped onion and garlic. Cook until the onion is soft, about 3 minutes. Add the bell pepper, textured vegetable protein, crushed tomatoes, kidney beans, corn, spices, and an additional 1/2 cup water. Stir to mix, and then simmer over medium heat, stirring occasionally, for

20 minutes. Add the cooked pasta and check the seasonings. Add more chili powder if a spicier dish is desired.

Note: Textured vegetable protein is made from soybeans and is low in fat and high in protein. Look for it in natural food stores and the bulk section of supermarkets.

Nutrition Information: *Per serving:* 275 calories, 1 g fat, 14 g protein, 52 g carbohydrate, 549 mg sodium

Source: *Healthy Eating for Life for Children* by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

Lentil Artichoke Stew

Makes 6 servings



Ingredients:

- 1/4 cup vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon crushed red pepper (optional)
- 3 to 4 tablespoons freshly squeezed lemon juice
- 1 1/2 cups quartered canned or thawed frozen artichoke hearts
- 2 24-ounce cans chopped fire-roasted tomatoes, undrained, or 6 cups chopped fresh tomatoes plus 1 cup tomato juice
- 1 bay leaf
- 1 cup dry red lentils
- 2 cups water
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 2 large garlic cloves, minced or pressed
- 1 onion, chopped
- 1/4 teaspoon ground black pepper

Directions:

Heat the broth in a large saucepan. Add the onion and cook and stir over medium heat for about 5 minutes, until golden. Add the garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add the water, lentils, and bay leaf and bring to a boil. Reduce the heat and add the tomatoes and their liquid, the artichoke hearts, lemon juice, and optional red pepper flakes. Simmer for about 20 minutes, or until the lentils are tender. Remove and discard the bay leaf. Season with salt and pepper to taste.

Nutrition Information: *Per serving:* 176 calories, 1 g fat, 12 g protein, 34 g carbohydrate, 560 mg sodium

Source: *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, MD, and Jennifer Reilly, RD

Note to the Reader: This booklet does not take the place of individualized medical care or advice. If you are overweight, have any health problems, or are on medication, you should consult with your doctor before making any changes in your diet or exercise routines. A diet change can alter your need for medication. For example, individuals with diabetes, high blood pressure, or high cholesterol levels often need less medication when they improve their diets. With any dietary change, it is important to ensure complete nutri-

tion. Be sure to include a source of vitamin B12 in your routine, which could include any common multivitamin, fortified soy milk or cereals, or a vitamin B12 supplement containing 5 micrograms of B12 or more per day.

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Ingredient Substitution Chart



Meat Substitutes

Legumes, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

Vegetarian burgers, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

Seitan, made from wheat gluten, is well suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

Portobello mushrooms have a savory flavor for filling a meat layer in a dish or as “burgers” at your next barbecue, especially after being marinated in low-fat dressing and then grilled or heated in a frying pan.

Tofu, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat.

Oil Alternatives

Sauteing: Water or vegetable broth.

Baking: Applesauce or any variety of mashed beans can be used in place of oil, using a 1:1 ratio. Black beans are easily camouflaged into brownies and white beans into banana bread, as examples.

Egg Substitutes

One egg is equal to:

1/4 cup silken tofu, blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 teaspoons of Ener-G Foods Egg Replacer +
2 tablespoons lukewarm water

1 tablespoon ground flaxseed meal +
3 tablespoons water

1/4 cup mashed white potatoes or sweet potatoes

2 tablespoons potato starch, cornstarch, or arrowroot

2-3 tablespoons tomato paste

1/4 cup cooked oats

2-3 tablespoons bread crumbs

2-3 tablespoons flour

1 teaspoon baking powder

Dairy Alternatives

Milk: Equal portion of almond, oat, soy, hazelnut, or rice milk.

Creams: Almond milk (or any nut milk), soy milk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

Parmesan cheese: Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

Cheese: Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

Butter: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading.

Ricotta cheese: Firm tofu, drained and crumbled.



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