

How to Eat Healthy on a Budget

Presented by Lois Orth-Zitoli of Full Circle Health

Five ingredients to *avoid*

Partially hydrogenated oil

Contain high levels of trans fats. Trans fats increase harmful LDL cholesterol and decrease good cholesterol- both of which contribute to heart disease. (found in nearly every processed or commercially baked or packaged food because they never spoil)

High Fructose Corn Syrup

Converts to fat more than any other sugar. It alters the metabolic rate in a way that favors fat storage. It increases the risk of type 2 diabetes, coronary heart disease, strokes, and cancer. (Found in most sodas, candy, commercially baked breads and crackers because it is much cheaper than real sugar)

Artificial Colors & Flavorings

Are chemical compounds made mainly from coal-tar derivatives. They have been linked to allergic reactions, asthma, skin rashes, hyperactivity, headaches and fatigue. They are used to give color and flavor back to food lost during processing.

Sugar

The average person eats about 180 pounds of sugar a year. It triggers a vicious cycle of sugar cravings, increased insulin production, increased appetite, more sugar intake, and more insulin production, until you are in a cycle of cravings, bingeing and crashing all day long.

COKE – A 2-liter bottle of regular soda contains 56 tsp. of sugar

Artificial sweeteners

(aspartame, saccharin, sucralose, sorbitol, acesulfame-K) commonly used in sugar-free baked goods, chewing gum, gelatin desserts soft drinks and diet foods. They have been linked to headaches, dizziness, hallucinations and cancer in lab rats.

DIET COKE – aspartame, saccharin

♥ If you avoid the 5 ingredients listed on the previous page, what foods will you be eliminating from your diet? Take a moment here to write down all of the foods that you eat on a regular basis that contain 1 or more of these ingredients:

Nutritional habits to permanently improve your quality of life!

- ✓ Less white sugar and high fructose corn syrup (HFCS); **eat more sweetened foods naturally**
- ✓ Less white flour; **more whole grain flours like spelt, whole wheat, oat and barley**
- ✓ Less processed grains (white, enriched flour); **more whole grain (brown rice, quinoa, millet)**
- ✓ Less hydrogenated oils, canola oil, soybean oil; **more unrefined oils such as extra virgin olive oil, sesame oil, flax oil and organic butter**
- ✓ Less artificial colors and flavors; **more naturally flavored and colored whole foods, i.e. homemade food.**
- ✓ Less conventional, factory farmed meats, poultry & dairy (hormones, steroids, antibiotics); **more organic dairy, locally raised beef & poultry, pasture fed is best; other sources of protein such as beans.**
- ✓ Less canned foods; **more of fresh, frozen and fermented**
- ✓ Less MSG (monosodium glutamate); **more natural spices.**
- ✓ Less artificial sweeteners and corn syrup; **more natural sweeteners (agave nectar, maple syrup, raw honey, brown rice syrup, stevia)**
- ✓ Less soda, coffee; **more water, green & herbal teas, 100% fruit juices, fresh vegetable juices**
- ✓ Less boxed cereals; **more whole grain cereals**
- ✓ Less margarine; **more organic butter**
- ✓ Less lunch meats; **more nitrate-free organic meats**
- ✓ Less fast foods; **more of 'slow' foods, home-cooked foods, fresh foods, quality restaurant food**

Strategies for Healthy Eating and Cooking on a Budget

- 1.) **Buy in bulk whenever possible.** A large bag of brown rice or dried beans will make many more meals and be more economical than buying canned beans or a small bag of rice.
- 2.) **Cook once, Eat two or three times.** For example, when I cook homemade oatmeal I will make enough for 3 breakfasts for each member of my family. I'll add dried fruit like raisins or cranberries and spices like cinnamon or cardamom. When the oatmeal is cooked, I add ground flaxseed (for the omega-3 fatty acids and to keep bowels regular) and chopped almonds or walnuts (for protein). Then, on a busy work or school morning, I scoop out a portion, add some milk and heat it in the microwave. Breakfast on the go!
- 3.) **Eat from all colors of the rainbow.** At every meal, look at your plate. Are the foods on your plate colorful? Remember, every pigment in a fruit or vegetable represents a different benefit to your health. Greens improve circulation, purify the blood and strengthen the immune system. White foods such as garlic, onions and fennel are anti-viral and anti-bacterial.
- 4.) **Eat more real food, fruits, vegetables, beans and whole grains.** If you currently eat a lot of processed food, (food out of boxes, fast food, etc.), go on a processed food holiday. For one week, give up your usual fare and eat only real food. See what this does to your energy level!
- 5.) **Cook more, Eat less restaurant food.** It goes without saying that if you are on a budget, eating out is going to drain your food dollars faster than eating fresh, simple meals prepared at home. But if you are not used to cooking, don't panic. If you currently do not cook any meals at home, then set a goal for yourself to prepare 2 meals at home a week. When you can do that with ease, then move to 3 meals a week. And remember.....
- 6.) **Practice cooking.** As with any skill you are trying to master, the more you practice the better you will get at it. If you burn the rice, so what? Next time it will be better.

Reality Check.....Have you noticed how cheap fast food is? Very tempting, right? You can thank government subsidies for that. Here is what I have to say on that subject:

The body wants nutrition, not calories. There's lots of calories in a Big Mac, lots of salt and sugar too, not much nutrition though. Our bodies' are such amazing machines that in the absence of nutrition, our brains' will tell us to keep eating until our nutritional requirements are satisfied. If you overeat on a regular basis, look at the quality of the foods you are eating. Make adjustments a little at a time and be patient with yourself. Add in more fruits and vegetables, beans and whole grains. Use meat as a condiment. New habits take at least six months to develop and take hold so that they are easy to sustain as part of a new healthy lifestyle.

The Dirty Dozen

(exposed to the highest level of pesticides)

1. peaches
2. apples
3. bell peppers
4. celery
5. nectarines
6. strawberries
7. cherries
8. kale
9. lettuce
10. grapes (imported)
11. carrot
12. pears

The Environmental Working Group (EWG) research has found that people who eat the 12 most contaminated fruits and vegetables consume an average of 10 pesticides a day. Those who eat the 15 least contaminated conventionally- grown vegetables ingest fewer than 2 pesticides daily. Go to www.foodnews.org for a complete list.

Recipes

Basic instructions for cooking beans

1. Check beans for rocks and broken beans, then rinse.
2. Soak for six hours or overnight, cover beans with an inch of water. Small and medium-size beans may require less soaking. Note: If you've forgotten to presoak the beans, you can bring them to a boil in ample water to cover. Turn off the heat, cover the pot and let stand for one hour.
3. Drain the beans and discard the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3 to 4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a few bay leaves and garlic cloves. A 3 inch piece of kombu (a type of seaweed) can be added to the cooking water. Kombu increases digestibility of beans, decreasing symptoms like gas sometimes experienced by bean eaters.
7. Cover, lower the temperature and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.
8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt.
9. Cook until beans are tender.

On Saturday or Sunday sort and rinse 2 bags of red kidney beans and brown rice and soak. Cook beans and rice ahead for the upcoming week. The focus on the recipes this week is to add in red kidney beans. If you do not desire this many beans in one week, substitute other healthy recipes from prior week's menus.

Red Kidney Beans and Brown Rice

Ingredients

- *Kidney beans, previously rinsed, soaked and rinsed again
- *1 onion, chopped
- *4 cloves of garlic, minced
- *1/2 tsp. ground turmeric (helps to reduce inflammation in the body)
- *1 tsp. dried oregano
- *Salt and freshly ground pepper to taste

In a soup pot, sauté the onion, garlic and spices for 5 minutes. Add beans and simmer for 60-90 minutes and season with salt.

Serve with brown rice, sautéed greens and homemade corn bread

*Note - Reserve 2 cups cooked beans to make refried beans, reserve 2 cups for chili, and ½ for salad add in, any remaining beans can go into the minestrone soup on Friday

Mexican Bean Salad

For salad

½ cup kidney beans

½ cup corn

½ bunch chopped fresh cilantro

½ onion chopped

1 yellow or red pepper

2 stalks celery

Large bowl of mixed greens, ½ cup red kidney beans, ½ cup thawed corn, ½ bunch chopped fresh cilantro, chopped onions, 1 julienned red or yellow pepper, and chopped celery. Top with grated cheese.

Monterey Jack or Cheddar Cheese

For vinaigrette

2 Tbsp. fresh lime juice

2 Tbsp. Olive oil

Salt and pepper

Whisk together all vinaigrette ingredients.

Toss salad ingredients with vinaigrette in a large bowl until well combined.

Vegetarian Chili

Ingredients

2 cups beans

½ cup dry red wine

2 tbsp olive oil

1 cup chopped onion

½ cup chopped green or red pepper,

½ cup chopped zucchini (optional)

½ cup frozen corn

3 cloves garlic minced

1 can whole peeled tomatoes

1 tsp oregano

1 tbsp chili powder

½ tsp cumin

Salt to taste

salsa or cayenne pepper to taste

Sauté chopped onion, garlic, green pepper, add red wine, can of tomatoes, oregano, chili powder, cumin and beans, add a little water if needed, simmer 30 minutes. Add cayenne and salt to taste,

Suggested toppings: plain yogurt, shredded cheese and/or chopped cilantro

Suggested accompaniments: Brown rice or whole wheat macaroni

Mexican Pizza

Ingredients

2 cups beans
One onion
2 garlic cloves
Soft corn taco shells
Grape seed oil
Sliced black olives
Monterey Jack or Cheddar Cheese
*cilantro
*Plain Greek yogurt

Refried beans – sauté one minced onion in olive oil till soft add 2 minced cloves of garlic, add beans, pinch of salt and mash with potato masher. Add little water and cover for 10 minutes on low.

Use soft corn taco shells, (the kind you buy in the dairy section in a stack); heat grape seed oil in a hot cast iron skillet or griddle pan, cook shell, one at a time, each side until crispy. Drain on paper towels. Lay shells out on a cookie sheet, spread a layer of beans, top with sliced black olives, salsa and grated Monterey Jack or cheddar cheese. Place in oven on 450 degrees till cheese is melted. Can top with *minced cilantro and *plain Greek yogurt.

Minestrone Vegetable Soup

Ingredients

2 tbsp olive oil	Better than Bouillon Vegetable
1 onion, chopped	flavoring to taste, if using water
3 - 4 carrots, chopped	1 cup cabbage, thinly sliced
1 cup cubed potatoes	½ cup fresh parsley chopped
2-3 stalks celery	1 bay leaf
4 garlic cloves, thinly sliced	1 tsp dried basil
1 can (28 ounces) whole or diced tomatoes, undrained	1/2 teaspoon hot red pepper sauce (optional)
1 cup red kidney beans (or whatever you have left from the week)	Salt and freshly ground black pepper to taste
8 cups water or broth	

Cooking Directions: Heat a large saucepan over medium-high heat, add oil, then onion; cook 5 minutes, stirring occasionally. Stir in carrots, potatoes, celery and garlic, cook another five minutes. Add tomatoes, water, bouillon, cabbage, spices and beans; simmer covered 30-45 minutes. Optional - may add 1 cup uncooked pasta for last 15 minutes. Season to taste, add hot sauce, salt and pepper, if desired.

Serve with salad and toasted Ezekiel buns (a sprouted grain bun found in freezer case at Whole Foods)

Easy Brown Rice

1 cup of short or long grain rice
1 1/2 cups of water
1 tsp of sea salt

Note: Before cooking the brown rice soak it in warm water for 1 to 8 hours. All whole grains contain phytic acid in the outer layer of the bran. Phytic acid combines with certain minerals in the body, such as calcium, magnesium, copper and iron, and can block absorption in the intestines, which may lead to digestive disorders, mineral deficiencies and bone loss. Soaking grains neutralizes phytic acid and makes the grains easier to digest.

Rinse rice after soaking.
Add water and salt and bring to a boil.
Cover. Reduce heat to low.
Simmer for 30 minutes, then check for doneness, cook longer if necessary.
When it is done, remove from heat and let rice sit for another 10 minutes.
Fluff rice with a fork before serving.

Easy Breakfast Porridge

1/2 cup of leftover brown rice
2 tblsp. of raisins, dried cranberries or 1/2 cup of frozen blueberries
1 tblsp. of ground flax seed
1 tblsp. of chopped nuts
soy, rice or dairy milk

Combine all ingredients in a bowl, heat and enjoy!

Healthy Snacks

- ***Help avoid that 3pm crash!***
- Trail mix (mix nuts, seeds, dried fruits, raisins, cranberries, dark chocolate chips)
- Fresh Fruit, yogurt with walnuts
- Apples or Celery with all natural peanut butter
- Whole grain crackers with a healthy spread (avocado, organic peanut butter/apple butter/almond butter, canned sardines)
- Hummus with whole grain pita bread, baby carrots
- White bean dip with cucumbers, peppers
- Sweet potato fries
- Kale chips
- Lara bars, Kashi chewy granola bars, Odwalla nourishing food bars

Resources for Healthy Recipes

<http://www.eatingwell.com/>

<http://www.danispies.com/>

<http://www.wholefoodsmarket.com/>

Contact Lois Orth-Zitoli to schedule your health consultation today. Because you attended this lecture, you will receive an a special rate of \$50 for this one-on one consultation. Lois can be reached at 312-391-4715 or lois@fullcirclehealthinc.com
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