



# Vegetarian



# Cuisine



# Cook



# Book



Joie de Vivre  
Joy of Living



Hosted by:

**Woodside Seventh-day  
Adventist Church**



What was paradise, but a garden full  
of vegetables and herbs and pleasure?  
Nothing there but delights.  
~William Lawson

# Water

beverage of choice

*Water is always the best way to hydrate and avoid empty calories, but if you think it's too blah and it's just not doing it for you, you can always spruce it up.*

*You have endless ways to make your very own concoction. **Jazz up your water** by adding some citrus — a slice or two of lemon or lime or a squeeze of orange can help make water more palatable. Try some watered-down juice, using more water than juice. Don't give up on water just yet!*



## Pina Colada

### INGREDIENTS

64 OUNCE CAN PINEAPPLE JUICE

4 OUNCE CAN FROZEN PINEAPPLE JUICE CONCENTRATE

½ CUP MOCHA MIX

¾ TEASPOON IMITATION COCONUT EXTRACT

**Combine all ingredients. Chill. Serve with crushed ice.**

Serves 8 (1 cup servings)

200 Calories

## Pomegranate Berry Smoothie

### INGREDIENTS

1 CUP POMEGRANATE JUICE CHILLED

1 CUP FROZEN CHERIES

1 CUP FRESH OR FROZEN RASPBERRIES

1 CUP FRESH OR FROZEN STRAWBERRIES

½ CUP FRESH OR FROZEN BLUEBERRIES

1 CUP MOCHA MIX OR SOY MILK (optional)

1 CUP ICE CUBES

**Combine all ingredients in blender and blend until almost smooth. Add ice cubes and continue to blend until smooth. *Filled with healthy antioxidants, this creamy smoothie recipe is bursting with flavor and good for you!***

# Strawberry Pineapple Jam

## INGREDIENTS

7 PIECES (RINGS) DRIED UNSWEETENED PINEAPPLE

1 CUP UNSWEETENED PINEAPPLE JUICE

1 CUP FROZEN UNSWEETENED STRAWBERRIES (OR FRESH)

**Soak pineapple in juice for one hour or until pineapple is soft. Put pineapple and juice in blender and blend until smooth. Add strawberries to blender and continue to blend until smooth.**

YIELD 2 ½ CUPS (40 - 1 tablespoon servings)

Calories 17

## Strawberries May Reduce the Risk of Heart Disease

**Strawberries** are not only delicious and nutrient-rich, new research from Harvard Medical School has found that they may offer heart disease protection. In a study of approximately 27,000 women in a decade-long Women's Health Study, women who ate the most strawberries – two or more servings per week – compared to those who reported eating none in the past month, were 14 percent less likely to have elevated C-reactive protein levels – a blood biomarker that signals the presence of inflammation in the body.

Why eat red? Science suggests the pigments that make up the red color in many fruits and vegetables like strawberries, tart cherries, and tomatoes are powerful disease-fighting antioxidants that may help reduce inflammation associated with hardening of the arteries and reduce certain risk factors for heart health.



# Vegetarian Three-Bean Chili

## INGREDIENTS

1 TABLESPOON OLIVE OIL  
1 ONION CHOPPED  
1 (15-OUNCE) CAN BLACK BEANS, RINSED AND DRAINED  
1 (15-OUNCE) CAN PINTO BEANS, RINSED AND DRAINED  
1 (15-OUNCE) CAN KIDNEY BEANS, RINSED AND DRAINED  
1 (14.5-OUNCE) CAN DICED TOMATOES, UNDRAINED  
1 CUP VEGETABLE BROTH  
1 GREEN BELL PEPPER, SEEDED AND DICED  
2 TABLESPOONS CHILI POWDER  
2 TEASPOONS GROUND CUMIN  
½ TEASPOON GARLIC POWDER  
SALT TO TASTE

In a stockpot heat olive oil over medium-high heat. Sauté onions until soft, about 5 minutes. Stir in black beans, pinto beans, kidney beans, tomatoes, vegetable broth, green bell pepper, chili powder, cumin and garlic powder; mix well and reduce heat. Cover and simmer for 20 to 30 minutes stirring occasionally. Season to taste with salt and pepper. Serve hot.

Makes 5 servings – approx 2 cups

Fiber 36gm

## Did You Know?

**Beans** are an often-overlooked source of incredible health benefits. They have a lot of carbs, leading people to believe they should be avoided and seen as a weight gain risk. Research has shown that the carbohydrates found in most beans are of the complex variety. Complex carbohydrates are not contributors to any sort of weight gain, instead providing the brain and muscles with a lot of good, stable energy supplies. It is recommended that you get about three cups of beans per week into your diet to achieve the best health results, but even as little as a cup per week can help you achieve impressive results!

# Vegan Cornbread

## INGREDIENTS

1 ½ CUPS CORNMEAL  
1 ¾ CUPS UNBLEACHED FLOUR  
½ TEASPOON BAKING POWDER  
½ CUP SOY MILK  
½ TABLESPOON ACTIVE DRY YEAST  
1 TEASPOON BROWN SUGAR  
¼ CUP UNBLEACHED FLOUR  
½ CUP CORN OIL  
½ CUP SOY MILK  
¼ CUP HONEY  
1 ½ TEASPOONS SALT  
½ CUP SOY MILK  
3 TABLESPOONS EGG REPLACER POWDER

Combine dry ingredients and set aside. Mix milk, yeast, sugar and ¼ cup flour. Set in a warm place until it is doubled in size. Combine oil, milk, honey and salt. Mix well with wire whip. Add cornmeal and yeast mixtures. Mix well. Combine water and Egg Replacer and whip until foamy. Add to batter and mix for 30 seconds. Spray a muffin pan (can use round or rectangular cake pan) with vegetable oil spray. Fill cups ¾ full of batter. Bake at 350 degrees F for 20 minutes or until golden.  
Serves 12-15



## Making your meal complete

*Cut a two-by-two inch sized piece of cornbread. Slice in half horizontally and lay open-faced on a dinner plate. Pour approximately 2 cups chili beans over cornbread. Top with shredded lettuce, diced tomatoes, diced bell peppers, sliced olives, chopped radishes, chopped green onion, avocado slices or guacamole, shredded soy cheese, and salsa as desired.*

**Total fiber for this meal 46gm**

**Total calories 786**

*(Eliminating avocado and cheese will reduce calorie intake by approximately 185 calories)*

## **Tips for Getting Started and Sticking with A Lifestyle Change Program**

1. Have a definite plan but avoid inflexibility. Go for moderation and balance.
2. Make modest beginning goals (unless you have a serious health condition that necessitates drastic change.) Generally speaking, excessive goals set you up for failure.
3. Make your plan part of your daily life.
4. Expect progress to be gradual.
5. Don't be hard on yourself. Old habits die hard. Cut yourself a little slack and don't wallow in guilt.
6. Don't be so health conscious that you make your family miserable.  
Consider one healthy lifestyle change you'd like your family to make. What can you do to make it appealing rather than appalling?
7. Be happy! Trust in Divine aid and thank the Lord for your success. A healthy grouch appeals to no one.
8. It may be helpful to put your resolution in writing and place it somewhere for a continual reminder.
9. Find an accountability partner.



## Making Food Choices

1. Use whole grain cereals and breads to provide rich minerals and vitamins.
2. Use a variety of legumes such as: split peas, beans, lentils, garbanzos, etc. for good quality protein with low calories.
3. Use vegetables. Yellow vegetables are high in vitamin A. Dark green leafy vegetables are a must for the total vegetarian. (Kale, collards, mustard greens, Swiss chard, etc.) One cup of greens supplies more calcium and riboflavin than milk. Vegetables are low in calories but supply an abundance of minerals and vitamins.
4. Use nuts but remember that they are nature's most concentrated foods and should be used sparingly. They are an unsaturated fat also high in minerals and vitamins. Non tropical nuts are lower in saturated fats.
5. Use an abundance of fruit. Strawberries, melons, and citrus are high in Vitamin C.

As we know, there is no one perfect food. The goal to strive for is to choose a wide variety of whole foods nearest their natural state to readily supply the essential nutrients in promoting health.



***“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.” CD 81***



# Water – “*Beverage of Choice*”

**Water is a fundamental nutrient for human life. It is necessary to every system of our bodies.**

Not only does it play host to the millions of chemical reactions that happen in our bodies every second, but it serves to keep our joints moving, our nutrients flowing, our body temperature regulated, and acts as a solvent to remove waste products from the 70 trillion or so cells constantly at work within us.

Roughly 70 percent of our body weight is water. In an adult this boils down to about 12 gallons, requiring consumption of about 10,600 gallons over a lifetime to maintain.

And you thought water was just for quenching thirst...

*Healthy Habits, David & Anne Frähm*

*A rule of thumb for knowing how much water you should consume each day is to divide your body weight by two. This reflects the total number of ounces. Divide this by eight to get the number of glasses.*

# Breakfast “*Like a King*”

I’m sure that someone probably told you when you were growing up that breakfast was the most important meal of the day. Guess what? They weren’t lying to you. It’s important to get the first meal in.

Studies have shown that students and employees perform better if they’ve had breakfast. People who eat breakfast have a higher intake of important vitamins and minerals and lower cholesterol levels. Eating breakfast prevents mood swings and irritability associated with morning hunger. Eating a good regular breakfast helps people to lose weight, improves blood hemoglobin levels, reduces blood sugar and improves thyroid function.

In the long-term, people who eat breakfast are more successful at maintaining a healthy weight. **In fact, studies indicate that morning calories are actually less fattening than evening calories**

The reasons to skip breakfast are few and mostly unsubstantiated. There are a host of breakfasts that take less than 5 minutes to prepare, and that you can enjoy while driving or walking. Next to your Spiritual breakfast, your second best weapon against a hectic and chaotic morning is breakfast. People who eat breakfast are more likely to enjoy their day and to make the best of it.

*A healthy vegetarian breakfast provides close to 1/3 of your daily nutrient needs and a sizable portion of fiber and phytochemicals as well. Of all of your meals, breakfast is probably the meal that changes the least when you become a vegetarian.*

# Recipes for Success

## *Ask, Believe, Claim*

*"Beloved, I pray that you will prosper in all things and be in health just as your soul prospers."*  
3 John 2

*"But thanks be to God which giveth us victory through our Lord Jesus Christ."*  
1 Corinthians 15:15

*"And every man that striveth for the mastery is temperate in all things."*  
1 Corinthians 9:2

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."* Galatians 6:9

*"I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach, or empty, with plenty or little. For I can do everything with the help of Christ who gives me the strength I need."* Philippians 4:12, 13

*"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"*  
2 Corinthians 12:9

*"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."*  
Matthew 7:7

*"Do you not know that you are the temple of God and that the Spirit of God dwells in you?"* 1 Corinthians 3:16

*"Therefore submit to God. Resist the devil and he will flee from you."* James 4:7

## ***GLOSSARY***

***CARDAMOM:*** The dried fruit, either whole or ground, of an herbaceous perennial grown mainly in the Far East. It is sweet and highly aromatic and the ground seed can be mixed with ground coriander and used as a cinnamon substitute. (Cinnamon can be irritating.)

***CAROB CHIPS:*** Carob chips and other processed carob candy should be used in moderation. Carob does have many benefits over chocolate, but manufacturers often process carob with oils, so that the product will perform more like chocolate. People with high lipid levels or degenerative diseases may wish to avoid these products. Carob powder is quite acceptable for those individuals.

***CAROB POWDER:*** A powder made from the locust bean pod, also called St. John's Bread. Carob is naturally sweet and high in calcium, phosphorus, potassium, iron, and magnesium. Its flavor, especially when toasted, is reminiscent of chocolate. However it does not contain caffeine, theobromine, methylxanthines, or other undesirable components of chocolate. Available in natural foods stores.

***CASHEWS:*** Cashews are actually a tropical fruit. They are available raw, roasted, or as butter. Contrary to popular belief, cashews are lower in fat than most nuts. Blended raw cashews give a creamy, rich texture and flavor to recipes, and have thickening properties when heated. They do need to be cleaned before using. Simply place them in a colander and rinse thoroughly with boiling water. Blanched almonds may be substituted for cashews in many recipes. However, the flavor and texture will be somewhat changed.

***CILANTRO:*** The leaves of the coriander plant are called cilantro (also called Chinese parsley). They are commonly used in Asian, Indian, and Mexican cuisines. The flavor of coriander is very different from the flavor of cilantro, even though they come from the same plant. Cilantro has a very distinctive flavor, so if you have not tried it before, experiment to find the right proportion for your taste. Look for fresh cilantro in the produce department of your grocery store, and dried cilantro in the seasoning department.

***ENER-G BAKING POWDER:*** This baking powder is made from calcium carbonate and citric acid. The company claims that it does not have the harmful characteristics of traditional baking powders. Ask for it at natural foods stores.

***ENER-G EGG REPLACER:*** This egg substitute is made from potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), and carbohydrate gum. The calcium lactate is not dairy-derived and does not contain lactose. For each egg in your recipe, use 1 ½ teaspoons Egg Replaces mixed thoroughly with 2 tablespoons water. Ask for it at natural foods stores.

**FOOD YEAST FLAKES:** Also called nutritional or primary yeast. A yeast grown specifically for use as a food, high in B vitamins, and used as a flavoring. Often confused with Brewer's yeast, which is a by-product of beer-brewing and has a somewhat bitter taste. To add to the confusion, some companies are calling their food yeast, "Brewer's" yeast. Look for food yeast in natural foods stores.

**INSTANT CLEAR JEL:** A precooked starch, derived from waxy corn. It thickens immediately upon contact with liquid, needing no heating to activate, thus processing in a blender is the best method for mixing, to prevent lumps.

**LIQUID AMINOS:** An unfermented soy sauce substitute made from soybeans. It is high in amino acids and minerals, but is about 30% lower in sodium than regular soy sauce. Look for it in natural foods stores. Similar products are "Aminotone" and "Mineral Bouillon." If you use a regular soy sauce in any of the recipes, reduce salt accordingly.

**MUSHROOMS:** Mushrooms are the fruit of edible fungi. Some are concerned about their safety. As with all produce, select fresh items, avoiding any that have bruises, black spots, or signs of mold. The common button variety of mushroom (champignon) is fresh when it looks plump with rounded caps folded around the gills. Fresh portobellos and shitakes are more mature mushrooms and will be flat, exposing the gills. Store fresh mushrooms in a paper bag in the refrigerator and use within a day or two of purchase. Clean them gently, holding them under running water to wash away dirt. There is some risk in eating raw mushrooms. They may become contaminated by handlers with poor personal hygiene (like other produce), or by having been grown in improperly prepared culture medium. Infection can be prevented by proper cooking. Hydrazines (substances found to be carcinogenic in animals) have been found in some species of mushrooms, such as the morels and the champignon. Cooking has been shown to reduce the level of hydrazines. If you wish to avoid mushrooms, try substituting diced eggplant in recipes calling for mushrooms.

**TOFU:** An inexpensive soybean product, high in protein, fat, phosphorus, potassium, vitamins, and a good source of calcium if a calcium-based coagulant was used in the processing (check label). Tofu is very versatile and can be used in both sweet and savory recipes. Look for it in the produce department of your grocery store. Select the varieties that do not contain soy protein isolate or concentrate. Use sparingly (2-3 times/week). If not using the whole package right away, keep it refrigerated, covered with water. Change the water at least every other day. Keeps 1-2 weeks.

## ***A FEAST FOR THE EYES***

The Romans recognized the value of giving food eye appeal. They took advantage of spices such as saffron along with the pigments in berries, pomegranates, grapes, carrots, beets and spinach to make common foods more appetizing.

The saying, “We eat with our eyes,” is true. A pleasing food presentation will help your other senses start to anticipate that something enjoyable is about to happen. A carelessly prepared meal can actually hinder digestion. Before each dish leaves the kitchen for the table, it should pass “beauty inspection.”

Color makes a powerful statement about food. The dazzling colors of ripe fruits and vegetables act as beacons, signifying that flavor, aroma and nutrition are at their peaks. The latest trend in nutrition is to “eat a rainbow,” and thus assure a wide spectrum of dietary vitamins, minerals and the colorful phytochemicals that act as antioxidants and anti-inflammatory and anti-cancer agents.

A meal of something as simple as fruit can be served on china. Use plates that contrast the food color. An odd number of foods on the plate look better than evens. On a table that is set tastefully, the simplest meal is elegant. Decorate entrees, vegetables, salads, smoothies, etc. with a garnish; carrot curls, carrot flowers, lemon twists, mint leaves, olive carrot barrels

- For garnishing use a strand of lemon or orange peel on the plate. Place a slice of fruit that contrasts with the color of food beside the peel. Make sure that the garnishes used compliment the food and colors. For instance adding red tomato for every green dish without relating to the taste makes no sense.
- Paint or drizzle or stripe across the plate using a sauce bottle. Use chocolate for desserts and barbecue sauce for meats.
- You can even use fresh herbs like scallion flower and rosemary sprig on the plate for garnishing. However, never garnish with anything inedible.
- Serve the carrots or cucumbers or onions in slices rather than serving it as a whole piece. Cut them in shapes that contrast such as triangle or thin long strips, or oval shapes. Place them around the food or just in a corner one after the other for that fine look. Remember not to place too much of it on the plate that your guest will not be able to eat it.
- For the finishing touch use props like napkin and fork. Place a folded napkin tucked under the plate or a fork casually placed at the background. Use anything that goes with the food and serving.

Color, texture, shapes, and arrangements work together for the art of plate presentation. However, make sure that the food tastes good also, for the full equation to your splendid work. Present it as a symbiosis between taste and aesthetics. Feast your eyes and your palate for that wonderful dinner experience.

## ***A SAMPLE VEGETARIAN MENU***

### *Breakfast*

**Main Dish - 1 cup or more:** Waffles, cereal, fruit crisp, whole wheat bread, etc.

**Protein Dish:** ½ cup beans or tofu, a vegetarian protein dish, one tablespoon nut butter or 1 tablespoons nuts.

**Fruit – 1-2 or more half cup servings:** oranges, grapefruit, tangerines, melons, apples, strawberries, pears, peaches, apricots, pineapple, blueberries, grapes, raspberries, bananas, etc. Calcium fortified fruit juice is another option.

**High Calcium Food:** One glass skim milk, low fat milk, or soy milk, ½ cup yogurt, or a calcium supplement.

### *Lunch*

**Entrée:** choose 2/3 to 1 cup or more legumes, peas, lentils or natural low-fat vegetable protein product.

**1 – 2 Vegetables**

**Raw Vegetable Salad or Raw Veggie Relish Tray with Dressing**

**2-3 or More Starch Servings:** 1 slice of whole grain bread, ½ cup brown rice or whole wheat pasta.

**High Calcium Food:** One glass skim milk, low fat milk, or soy milk, 1 cup cooked green leafy vegetable, or ½ cup yogurt, or a calcium supplement.

**Choose Healthful Desserts on an Occasional Basis**

### *Supper*

**A light evening meal is preferable when this is practical.**

### **Notes:**

**Amounts:** You may need more or less food than this – this is a sample outline.

**B12:** those who do not use dairy products should chew a B12 supplement without minerals 2-3 times a week.

**Calcium:** Women and children should get 2-3 servings of calcium rich foods (milk, yogurt, blackstrap molasses, collard or turnip greens) calcium fortified foods (soymilk or orange juice) or calcium supplements (250-350 mg. per serving x 2-3 servings) daily. Men should generally get 1-2 servings.

**Vitamin C** rich foods such as citrus fruits, kiwi, strawberries, papaya, broccoli, and potatoes should be eaten daily to enhance absorption of iron from beans, leafy green vegetables, and tofu.



## ***BASIC MEASUREMENTS***

### **U.S. LIQUID MEASURES**

Pinch = about  $\frac{1}{16}$  teaspoon

Dash = about  $\frac{1}{8}$  teaspoon

3 teaspoons – 1 tablespoon

2 tablespoons =  $\frac{1}{8}$  cup or 1 fluid ounce

4 tablespoons =  $\frac{1}{4}$  cup or 2 fluid ounces

5  $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup or 4 fluid ounces

8 fluid ounces = 1 cup or  $\frac{1}{2}$  pint

1 pint = 2 cups, or 16 fluid ounces

2 pints = 4 cups, 32 fluid ounces, or 1 quart

4 quarts = 1 gallon

### **U.S. WEIGHT MEASURES**

1 ounce =  $\frac{1}{16}$  pound

2 ounces =  $\frac{1}{8}$  pound

4 ounces =  $\frac{1}{4}$  pound

8 ounces =  $\frac{1}{2}$  pound

16 ounces – 1 pound

### **U.S. TO METRIC WEIGHT MEASURES (APPROXIMATE)**

1 ounce = 28 grams

2 ounces = 57 grams

4 ounces = 113 grams

8 ounces = 227 grams

16 weight ounces or 1 pound = 450 grams

### **Did You Know?**

**Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Add your ingredient and see how easy it comes out.**

## ***FOOD SEASONINGS***

Food seasonings can flavor your food using fewer high-fat ingredients, salt and sugar. Are there any general rules for using herbs?

Add salt to soups at the end of cooking and to dried beans and peas after they have already softened.

When preparing hot foods, add most herbs (other than bay leaves and rosemary) during the last 15 minutes of cooking, since they tend to lose their essential flavoring oils with longer heating. Cold foods, such as dips and dressings, turn out best when herbs' flavors have a chance to sit and blend with other ingredients over an hour or two. Cold foods may require more seasoning than hot foods.

Fresh herbs infuse foods with a greater depth of flavor than do dried. Fresh herbs have both more and less flavor than dried ones. Dried herbs have had some of their flavor elements concentrated and so they can seem stronger. But drying them causes some other tastes to be lost and so the flavors are diminished. Dried herbs cost less and are more convenient.

The general ratio to substitute fresh herbs for dried is 3 to 1. That is, use 3 times as much fresh herbs as dried herbs that recipes might call for. When using fresh herbs, use only the leaves and tender stems.

Store fresh herbs in the refrigerator, wrapped in a paper towel, inside a plastic bag. Loose leaves are best kept in the coldest part of a refrigerator in perforated bags. Some moisture is good for fresh herbs. Too much moisture promotes decay. Shake them as dry as possible before storing. It's a good idea to crumple a paper towel and put it into the bag under the herbs. It absorbs excess moisture and lengthens the useful life of the herbs. Delicate herbs, such as basil, mint, dill, and cilantro may keep longer in a glass of water, stems down like cut flowers.

Fresh herbs enhance cooking waters for vegetables. Either chop and drop them into the water so they'll be part of the finished dish or tie them in a little cheesecloth bag and remove them before serving.

Some common spices and baking ingredients are irritating to the intestinal and urinary systems. Some cause irritation to the nerves, increase blood pressure, or break down the mucus barriers in the stomach and bowel. Some may be linked to cancer of the liver.

**Irritating Seasonings:**

Allspice, cinnamon cloves, nutmeg  
Black, white pepper  
Cayenne pepper, chili pepper/powder  
Curry powder  
Ginger  
Vinegar

**Replacement Seasonings:**

2 parts coriander + 1 part cardamom  
Dried sweet basil, seasoning salt  
Paprika, cumin, bell pepper  
1 T coriander, 1 T cardamom, 1 T cumin,  
1 ½ t turmeric  
Cardamom  
Lemon or lime juice

## ***PRODUCE SELECTION***

Quality produce shopping is not a game of chance. Oftentimes money is wasted on bland, tasteless, and mediocre produce. There's a better way to find quality produce than shaking, thumping, pinching, and plucking. The keys are your eyes and nose.

**Lettuce:** The three predominant varieties of lettuce on the market are iceberg, romaine, and loose-leaf. **Iceberg** lettuce is the most common salad green. The head should be round and well formed with fresh-looking green outer leaves. **Romaine** has long, narrow leaves and sweet-flavored variety. The outer leaves should be slightly coarse and dark green in color. **Loose-leaf** lettuce is popular in red and green-leaf varieties. The leaves do not form a compact head, but grow up and out from a single stalk. When purchasing any type of lettuce, look for leaves that are fresh, crisp, and colorful. Check the butt (or cut) end. It should be a creamy color and smell sweet, not bitter. Once home, refrigerate the lettuce in a tightly closed plastic bag or sealed container. Lettuce should not be stored next to apples, pears, plums, avocados, tomatoes, or melons. These fruits give off an ethylene gas as they ripen, and cause rust spots on your lettuce.

**Carrots:** The majority of carrots today are sold in plastic bags. Peek through the plastic and select the package containing small to medium colorful, well-shaped (tapered, not with blunt ends) carrots. Check the ends for decay. They should not be yellowish, black, or deeply discolored. This signals old age. Hairy rootlets sprouting from the carrot's skin are also a sign of age. Carrots keep well in the refrigerator for several weeks. With loose carrots, remove tops if necessary, rinse in cool water, and place in a plastic bag before storing. Carrots are also harmed by the ethylene gas produced by the fruits mentioned. This gas will cause them to become bitter.

**Broccoli:** The key words for broccoli are firm and green. A purplish tinge on the buds may be present, depending on variety. Broccoli is available all year. Look for tightly closed buds in compact clusters. Broccoli should smell fresh. A strong, pungent odor signals maturity. Never purchase broccoli that has started to yellow. It will taste woody and tough. Store fresh broccoli in the refrigerator in a plastic bag.

**Mushrooms:** Time – it's the difference between a great mushroom and a throwaway. Mushrooms are quite perishable and should be used soon after purchasing. Select mushrooms with closed caps, no exposed undergills. Gills are a sign of age. Never buy mushrooms that feel sticky and tacky. Mushrooms should feel dry and smooth. Store your mushrooms in the refrigerator in an open basket or paper bag so they can breathe. A damp paper towel covering will help them retain moisture. Never soak mushrooms. Wipe them gently with a damp paper towel before using.

**Winter Squashes:** Winter squashes are now available year-round. These include many varieties, the most common being acorn, butternut, and hubbard. **Hubbard** squash is less popular because of its five-to fifteen-pound size. This warty-skinned squash can appear dark-green, light-blue, or orange in color. It should be firm, rock hard. When purchasing hubbard pre-cut, select one with crisp, clean flesh. Avoid pieces that are bruised or discolored. The **butternut** variety looks something like a huge peanut. The skin should be smooth and buff-colored. A greenish tint indicates a tasteless flesh. The **acorn** squash resembles a huge acorn. Select acorns with a deep dull blackish-green, unblemished skin. Traces of yellow-orange are fine, but avoid cords that are more than half orange. This is a sign of maturity, and the squash will be dry and stringy in texture. A shiny skin indicates premature picking. Winter-variety squashes have a shelf life of several months if stored in a cool, dark, well-ventilated area.

**Sweet Potatoes and Yams:** Yams and sweet potatoes are often confused at produce counters and occasionally labeled incorrectly. **Sweet potatoes** are light yellow to pale orange in color. Choose small to medium sizes tapered at both ends. Avoid sweet potatoes with discolored skins and growth cracks. **Yams** are moist and sweeter when cooked than sweet potatoes. They have a copper or brownish skin and deep orange flesh. Both sweet potatoes and yams are available all year, with their peak season in the cooler months. Store both in a dry, dark location, separate from your onions. Onions and potatoes give off a gas that shortens the storage life of the other.

**Pineapples:** For real quality, choose a pineapple by its color. The body should be yellow to golden orange. Avoid greenish, bruised, or dull-colored fruit. Soft spots are a warning sign, along with dried-out brownish crowns. Never select a pineapple with a double crown. It will have two cores. If possible, purchase the largest pineapple because the proportion of the edible flesh increases with size. Whole pineapples should not be stored below 50° F. This includes the refrigerator. The fruit may cut black if stored this way.

**Lemons and Limes:** Lemons and limes add color to any dining festivity. Choose **lemons** that have fine-textured skins and that weigh heavy for size. Rough-looking lemons usually have thick skins and less juice. A slight greenish cast to the skin is desirable. This signals that the juice will contain more acid. **Limes** should be selected weighing heavy for size. Brown spots on the skin are acceptable and will not affect the juice. Avoid yellow-skinned limes. This coloring is the result of sun overexposure and causes deterioration to begin.

**Cantaloupes:** For a sweet, orange-flesh cantaloupe, select melons that have a golden, light yellowish skin. If the rind is green, the melon was picked too soon; yellow indicates overripe. Cantaloupes should be completely covered with a creamy colored raised netting. Avoid melons with large smooth spots on the skin. Cantaloupes should feel heavy for size and smell fragrant and sweet. Cantaloupes do not become sweeter after they have been picked, but they do improve in juiciness and softness when stored at room temperature. Ripen at room temperature then refrigerate.

**Honeydew Melons:** Honeydew melons are the sweetest of the melon family. Select honeydews that are a creamy buttery color. Stay clear of honeydews with a dead-white rind. This indicates the melon was picked too soon. Notice the texture of the skin. It should have a velvety feel and may seem slightly tacky. An unripe honeydew will feel smooth, slick and hard. Patches of netting are fine, and freckles on the outer skin suggests a high sugar content. Honeydews, like cantaloupes, should feel heavy for size. A little give at the rind indicates ripeness. A soft, soupy honeydew, one that sloshes when gently shook, is probably overripe. Store honeydew melons in a warm area, out of direct sunlight, for a few days, then chill and serve.

**Watermelons:** Watermelons come in various sizes, shapes, and skin colors. Newer varieties offer no seeds, yellow meat, and small sizes. A ripe watermelon is the most difficult produce item to pick. The key to remember is that watermelons do not ripen after they've been picked. Begin with the skin. An immature melon will have a shiny skin, and an overripe melon a dull skin. Look at the belly of the watermelon. It should be slightly yellow or amber-colored. Avoid melons with greenish or white "ground spots." There are two kinds of watermelon buyers, those who are thumpers and those who are not. If you believe the watermelon quality can be determined by thumping, this is what thumpers say to listen for: a hollow sound indicates an overripe melon, a metallic sound, an under ripe melon. If the watermelon has a deep resonant sound, it's ready to eat. When purchasing watermelon out of season, your best bet is to buy pre-cut pieces. The meat of the melon should be red, not pink. You can store an uncut watermelon at room temperature for days, but make sure to refrigerate any pre-cut slices immediately.

**Grapes:** Grapes come in many, many varieties. The most popular are the Thompson seedless and the Flame seedless. Regardless of the variety of grape you choose, the same rules apply. Grapes do not ripen or improve with flavor once served from the vine. What you taste is what you get. Be aware that many stores consider tasting the fruit, even one grape, shoplifting. Look for colorful grapes that are firmly attached to a green, pliable stem. A dry, brown stem means the grapes are old. Color is important. With green varieties, the greener the grape, the lower the sugar content. The yellower the grape, the higher the sugar content. The darker the blue variety, the better the quality. Do not avoid grapes containing a powder like coating. This film is applied by Mother Nature for protection against direct sunlight. The heavier the coating, the fresher the grape. Once home, discard any bad grapes and store the rest in a plastic bag in the refrigerator. Moisture hastens decay, so do not wash them until ready to use.

## ***SHOPPING TIPS***

Good nutrition starts with smart choices in the grocery store.

The process starts even before you head to the grocery store, experts say. Before you set out for the market, plan your meals for the week, and create a list to shop from. Avoid impulse shopping. Check your refrigerator and freezer before shopping.

To save money, use coupons, check the weekly grocery ads, and incorporate sale foods into your meal planning.

Be familiar with prices so you know when a sale is a good buy. Compare brands – store brands often cost less than famous brands.

Shop when you are not hungry. An empty belly often results in impulse purchases that may not be the healthiest.

Go alone. You will probably spend less.

Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods lurk. Spend the most time in the produce section, the first area you encounter in most grocery stores (and usually the largest). Choose a rainbow of colorful fruits and vegetables. The colors reflect the different vitamin, mineral, and phytonutrient content of each fruit or vegetable. You may think dried apricots are too expensive yet pay over \$2.00 for a bag of potato chips. Many snack foods are not only high in price, but also in calories, with few vitamins, minerals or fiber.

Buy fruits and vegetables at peak of freshness or near-peak. If the item is overripe and ends up being discarded, it is not a bargain. (Beware of buying too much.) When choosing fruits, the largest item is not always the best. Medium size is often a better buy.

Buy food in quantity if you have space.

Using whole grains and dried legumes can result in big savings over ready-to-eat products.

Choose “real” foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Stay clear of foods with cartoons on the label that are targeted to children. If you don’t want your kids eating junk foods, don’t have them in the house.



Avoid foods that contain more than five ingredients, artificial ingredients, or ingredients you can't pronounce.

Manufacturers don't want to list sugar as the first ingredient, so they will often use more than one type of sugar. This hides the fact that sugar is the main ingredient. Common sugars are: corn syrup, maltose, dextrose, fructose, sucrose. Look for the number of grams of sugar per serving.

Always have on hand something that you can serve raw, something that cooks quickly, and something that cooks slowly, that you can prepare a day ahead. Have enough variety.

---

*Slim Down,  
Look Great,  
Be Healthy!*

# The Full Plate Diet



Website,  
free on-line book,  
and calorie counter

**[Fullplatediet.org](http://Fullplatediet.org)**