

# *Affordable Nutrition*

THIRD EDITION



**Bauman Wellness**  
food • arts • community

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**Affordable Nutrition** was created to serve as a guide for holistic nutrition professionals to serve their communities to fulfill our mission to transform society by teaching people to eat well to be well. Nowadays, as many as two-thirds of our population either doesn't know how to cook or prefers to purchase pre-packaged convenience food with significant dollar and health costs (Hyman, 2018, *Food Revolution Summit*). The pivot toward wellness is for us to offer community programs that encourage folks to make traditional foods that connect them to their past, that they can share with their friends and family with rich stories and pride.

**Affordable Nutrition** is a return to local, empowered, diverse grass roots culture. This is an essential antidote to the problems of our age; hunger, poverty, violence, illness and climate change. *Eating For Health™* is an achievable and cost-effective path to personal and societal peace, health and recovery.

Thanks for your participation in changing the world, one choice and one bite at a time.

— Dr. Ed Bauman

*Healing From The Ground Up*



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# *Affordable Nutrition*

THIRD EDITION

Jessica Bauman, B.S. and Dr. Ed Bauman



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# *Bauman Wellness Manifesto*

## **Mission**

To promote individual and collective healing through quality training in integrative wellness to empower people to live well, recovery from chronic illness, and build personal and social resilience to weather the storms of change.

## **Vision**

To integrate healing foods, social emotional arts and diverse community collaboration to create vitality and live intentionally to cultivate dynamic and diverse ecosystems within, amongst and around us.

## **Aim**

To nourish wellness in the family, workplace, and community by offering skills training and ongoing support for individuals to incorporate simple wellness practices into their daily lifestyle.

## **Principles**

1. Wellness is a positive state of being.
2. Wellness and Illness are the outer poles of a quality-of-life continuum.
3. Wellness is characterized by vitality, joy, and resilience.
4. Wellness reflects individual, family, community, workplace, media, and environmental interactions.
5. Wellness is sustained and strengthened by nourishing individual, family, and community life.
6. Art is vital to our well-being as it opens us to see and feel the world around us in a fresh way.
7. Illness indicates a lack of resources needed to resolve insults, injuries, and threats to well-being.
8. Acts that harm the biosphere harm all organisms.
9. Social injustice and lack of diversity, equity, inclusion, perpetuate societal unwellness.
10. Networking within community circles is a key to well-being. The greater the quality and diversity of one's connections, the greater the vitality, intelligence, and resilience.

# Preface

This workbook was created to serve as a guide for holistic nutrition professionals to serve their communities to fulfill our mission to transform society by teaching people to eat well to be well. Since the first printing of this book, ten years ago, the rich have gotten richer, the poor have gotten poorer, and the sick have gotten sicker; a tragic report card for our communities and culture. I have witnessed, firsthand that people from every socio-economic stratum and ethnic background love homemade whole foods. Nowadays, as many as two-thirds of our population either doesn't know how to cook or prefers to purchase pre-packaged convenience food with significant dollar and health costs (Hyman, 2018, Food Revolution Summit).

The pivot toward wellness is for us to offer community programs that encourage folks to make traditional foods that connect them to their past and that they can share with their children and family with rich stories and pride. I love it when our daughter calls us and asks my wife or I, "How can I make that yummy pumpkin pie, without dairy or sugar, and with that tasty gluten-free crust? Which herbs and spices will give my soup the taste that Dad creates when he makes a mushroom soup, not from the can, but from scratch?"

In 1995, I taught the Bauman College Nutrition Consultant Training program in San Francisco wherein Spanish was the primary teaching language. I taught with a Chilean naturopathic doctor. He lectured in Spanish from notes I created to Latino students. I translated in English to non-Spanish speakers who were Anglo and Asian. I taught in English, and he translated my words and concepts into Spanish. The most memorable part of the training was when the students brought traditional foods to share for snack or potluck lunches from their country of origin. I asked that they share the story of how they learned to make these dishes and whether they were staples or celebratory foods. The students learned to replace any unhealthy ingredients, such as refined sugar, white flour, GMO corn, soy or canola oil, trans-fats, hormone enriched meat, and artificial ingredients, preservatives, etc. with **S.O.U.L.** (seasonal, organic, unprocessed, and local) ingredients. The pride and joy they expressed when sharing native recipes was returned in kind by our class when we ate the naturally flavorful and lovingly prepared food. As part of their learning process, students reported on the cost per dish, length of preparation time, and sourcing of ingredients.

## Food for People, Not for Profit

When digging into the progressive food, health, and transformation movement, some 50 years ago, we chanted slogans such as "power to the people," "food for people, not for profit" and "give peace a chance," I protested for awhile, and then took action to create the change I wished to see. The first step was to rent and later purchase with four others, an organic farm outside of Amherst, Massachusetts. There, I learned to grow organic food, raise free-range chickens, bake whole grain bread, and prepare nourishing meals on a wood-burning stove. I quickly learned the skills of canning, freezing, fermenting, and dehydrating to "put up" the bounty of food that we grew. The next step was to organize a community food buying club, wherein people from diverse backgrounds would place orders for produce and dry goods and distribute these to our members



at 10-20% above the wholesale price. This service brought folks together, who volunteered on distribution day, and came together to discuss other ways we could have affordable food and community services. This was a citizen initiative, not one started by or dependent on local, state, or federal agencies. We decided to open one of the first organic restaurants in the country, *Home Comfort*, where I served as a chef and program coordinator. In addition to providing incredible food at very reasonable prices, we also hosted music at meals, meditation classes, poetry, art, and family activities. Just as the hearth is the center of a warm home, our restaurant became the center of our rural community. I loved offering a "hands on" Soup-to-Nuts cooking class to teach folks how to make the dishes we served at the restaurant, and how to procure and prepare healthy food on a budget of limited time and money.

While the times have changed in the past 50 years, the problems we are facing with food scarcity, safety and cost have escalated. It is no coincidence that as our naturally fertile soils have been depleted, seeds have been genetically modified, and chemicals have saturated our air, water, and food supply that our national health has significantly worsened. Drugs, both pharmaceutical and recreational, are not a solution to what ails our population. People are starving for quality food and commercial free, non-dogmatic education.

Poverty is more than a state of low income; it is also poor mental and physical health, with limited access to healthy food, community gardens, farmers' markets, backyard gardens and a caring, resourceful community. Now is the time for us to share our knowledge of healing foods, culinary herbs, and family meals with one another, and with those around us. I advocate for and envision a return to local, down-home culture as folks power down and lively up. This is a very achievable path to peace, health, and recovery whose time has come. Thank you for your participation in this return to our roots.

---

*"Do not let what you cannot do interfere with what you can do."*

– John Wooden



*Dr. Ed Bauman*  
*Sebastopol, California*

# Acknowledgments

I would like to thank Irema Sivcevic and Naomi Tomoda from the bottom of my heart for their tireless work on this project and constant dedication.

When Bauman College first embarked upon this project, we had no idea how it would finally emerge or the extent to which it would evolve. To this end, I owe Irema and Naomi a huge heartfelt thanks for their constant thoughtfulness, contribution in weekly meetings and utter dedication. Their work has been invaluable. This project owes much to them.

For the inspiration, mentoring, guidance and support that I've received in life and in work, I am eternally in debt to Ed Bauman, my dad. I am also in debt to my mother, Chris Clay Bauman, not only for her job as my mother, but for her patience in transforming my intellectual ideas into a physical reality for the *Portion Control Guide*. She has contributed many hours of hard work and creativity. Her skill really shines. I'm blessed to have such a wonderful and inspiring family.

I would like to thank Karen Rotstein, Oshyan Greene and Marlina Eckel for their oversight and input. This project would not be possible without the entire Bauman College staff, who helped share their own recipes, experiences and support.

Last, but certainly not least, I would like to thank the woman behind this beautiful layout and book design, Phyllis Peterson. I have never worked with anyone who is more organized, more dedicated and yet, utterly a pleasure to work with. She has turned my simple words into a beautiful book. As both my co-worker and certainly my friend, thank you for putting this together. I've enjoyed it immensely.

This has been a wonderful collaborative process. Enjoy!



Jessica Bauman, B.S.  
*Bauman College Community Outreach Administrator*  
*May, 2010 – Sebastopol, California*



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# Introduction to *Affordable Nutrition*

**E**veryone has to eat. Growing, preparing, and eating food have been part of our daily experience as far back as the caveman. What we eat, how we treat our bodies, and the mindfulness we bring to these activities has a deep impact on our health and well-being and can help us to experience inner peace in stressful times. *Affordable Nutrition* builds upon that existing tradition. It adds new skills, science-based knowledge and hands-on experience for any stage of life and any budget.

Many people consider "health" and "health food" to be expensive luxuries that only the affluent can afford. One of the main goals of *Affordable Nutrition* is to change this misconception. When you shop carefully, make your food purchases at local farm stands or farmers' markets, and prepare wholesome, unprocessed meals for yourself and your family, quite the opposite is true. According to the *U.S. Department of Agriculture (USDA)*, only \$0.19 of every dollar spent on processed food actually goes towards the ingredients in the food. The rest goes towards packaging, shipping, and advertising. Food is unquestionably cheaper when prepared at home from fresh ingredients. The healthiest foods in the world – unprocessed whole grains, beans, vegetables, fruits, nuts, and seeds – are very affordable.



### How To Use This Guide

---

Each lesson in this workbook is built around a concept (the lecture), a skill (the activity), and a cooking demo using a produce item or box of local produce (the cooking experience). The recipes used in the cooking demos, as well as others, are included in Appendix C for you to make during the week. If you do nothing else with this program, try out a recipe or two each week. You may actually enjoy learning to cook, which will super-charge your transition to healthier eating.

Each lesson includes a series of articles related to concepts covered in the lecture and activity, provided for your knowledge and enjoyment. They can serve as a future reference for you or as concurrent reading as you work through the course. We recommend that you read the articles for each lesson prior to class so you can ask questions and clear up any areas of confusion. Each lesson ends with a **"Learn, Do, Reflect"** section, a series of questions to help you get the most out of the program.

#### Learn

This area prompts a review of the most important concepts in the lesson. This is helpful as a review of the subject matter to make sure you have gained an understanding of the topic.

#### Do

This area encourages you to implement the skills learned in class throughout the rest of the week.

#### Reflect

This area is a space for your personal thoughts and feelings. Spend some time with yourself and gain a deeper understanding of how the process is working for you on every level.

While **"Learn"** and **"Do"** are academic, **"Reflect"** invites you to focus in on your experience.

**"Reflect"** represents the most important part of the workbook. In the process of transition, you will examine and integrate the change you are experiencing as you answer the **"Reflect"** section.

#### Guess This Food Boxes

There are 15 "Guess This Food" boxes scattered throughout the workbook. Each box contains the ingredients for a common processed food and invites you to guess what it is. Your homework will be to guess the food and say what you think it is.

*Affordable Nutrition* guides you through all aspects of transforming your eating habits. It explains holistic nutrition in simple terms, instructs you in cooking tasty meals, and discusses the inner process of choosing better health. As you work your way through the lessons, you will learn to listen to your body, refine your tastes and build better habits. It offers a healthy mix of knowledge-building lessons, exercises to increase your practical skills, concepts for reflection, and shopping/cooking guides so you can pick and choose what is useful to you, wherever you are in the process.

Everyone is different. Thus, everyone will use this workbook in his or her own way. The key to successful dietary transition is learning to prepare healthy foods at home. We highly encourage you to try our recipes, even if you've never cooked before. They are easy and affordable to make, whatever your skill level and budget.

Change is the one constant in our lives, so we are constantly in transition. Change is challenging, yet it brings great opportunity. We invite you to use this guide to build better food habits, develop a tasty and cost-effective repertoire of recipes, and transition smoothly into a happier, healthier you.

*Stay Well,*

*Jessica Bauman, B.S.*

*May, 2010 – Sebastopol, California*





## LESSON ONE:

# Eating For Health™

## Introduction

**N**utrition is the organic process of nourishing or being nourished, the processes by which our bodies assimilate food and use it for growth and maintenance. Ideally, consideration for nutrition would be a part of every day and every meal. Yet, as chronic disease climbs to staggering proportions (at least 133 million Americans or 45% of the U.S. population is inflicted with at least one chronic disease, according to *RAND Corp.*), it appears that true nourishment has become secondary.

This chapter brings you information and practical tools for bringing nourishment back into your life. The suggestions provided are adaptable to your own unique circumstances and are quite cost-effective.

This chapter will help you create a sustainable eating, cooking, and shopping "system" using the *Eating For Health™* model. To really make the model work for any budget, it is important to cook at home. Whatever your skill level, from beginner to expert, we highly encourage you to try at least two of the recipes each week.

**This week, we recommend cooking the following recipes from Appendix C:**

- Buckwheat Kasha
- Power Eggs
- Cabbage Apple Slaw
- Black Bean Salad

### Lesson Outline

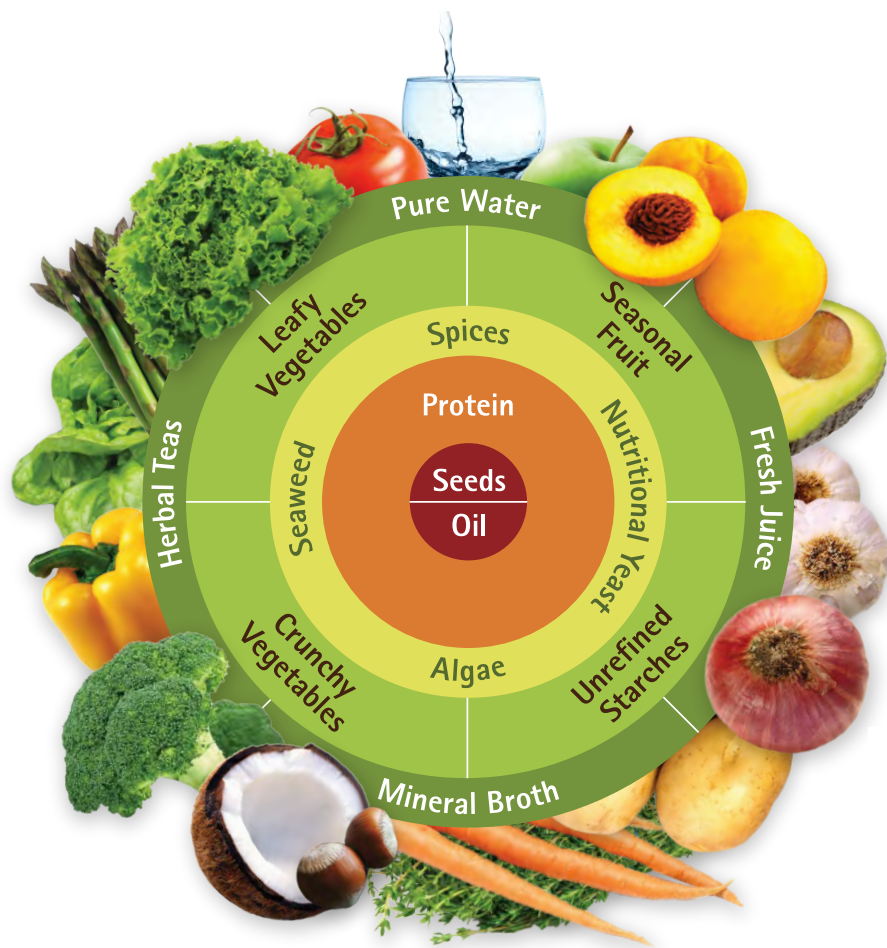
- Influencers of taste:
  - Biological
  - Social
  - Environmental
- Current eating habits of the group
- Complexity of modern food environment
- What is *Eating For Health™*?
  - Individualized
  - Anti-inflammatory
- Local/Seasonal vs. Conventional
- Taste test comparison
- SMART goals
- Cooking demonstration

### Core Competencies

1. Listing 3 properties of fruits and vegetables and 3 reasons why they are important.
2. Understanding and experiencing the complexity and impact of the modern food environment on food and diet choices.
3. Naming 3 different ways that vegetables could be integrated into one's current meals.



# Eating For Health™ Model



Eating for Health Serving Chart							
Food Group	Seeds/Oils	Protein	Leafy Vegetables	Crunchy Vegetables	Unrefined Starches	Seasonal Fruit	Booster Foods
Daily Servings	2-3	2-4	2-3	2-3	2-4	2-4	2-4
Serving Size	1 Tbs oil 2 Tbs seeds	3 oz animal 6 oz vegetable	1 cup	½ cup	½ cup whole grain, 1 medium root vegetable	½ cup or 1 medium piece	1 tsp to 1 Tbs
Examples	flax, sunflower, sesame, almonds	poultry, fish, eggs, milk, beans	salad mix, spinach, kale	broccoli, string beans, onions, celery	grains, bread, yams, winter squash, corn, millet, rice	berries, apple, grape, citrus	nutritional yeast, algae, spices, seaweed

Created by Dr. Ed Bauman

## Eating For Health™ Is...

- Diversified, plants-based diet
- Whole foods
- Unpackaged
- No additives, preservatives, pesticides, antibiotics or hormones
- Local and Seasonal
- Rainbow of colors
- Stay away from the "whites"— white sugar, white flour, white rice...
- Mindful of your body and surroundings
- Importance of community
- Importance of the Earth



### *Guess This Food* #1

**Ingredients:** Enriched parboiled long grain rice (preserved with BHT), wild rice, hydrolyzed vegetable protein, monosodium glutamate, dried onion, salt, dextrose, beef extract, dried torula yeast, dried parsley, dried celery, dried garlic, partially hydrogenated vegetable oil, natural flavors, artificial flavor.

### *Guess This Food* #2

**Ingredients:** Skim milk, water, sugar, partially hydrogenated soybean oil, modified food starch, salt, sodium stearoyl lactylate, artificial flavor, color added (including FD&C yellow #5).

**Health Claim:**  
"No Preservatives, No Cholesterol!"



## *Eating For Health™ Guidelines*



1. Increase intake of local, seasonal, fresh, organic foods
2. Drink plenty of purified water each day, about ½ cup (4 ounces) every hour. To determine the total amount you need, divide your weight in half and drink that many ounces of water
3. Read labels and avoid foods with artificial ingredients
4. Decrease intake of refined and artificial sugars, white flour products, unnatural fats, added hormones, preservatives, colors, and antibiotics
5. Diversify sources of proteins, fats, and carbohydrates
6. Ingest 1 gram of protein per kilogram (2.2 lbs.) of normal body weight
7. Eat protein by ten in the morning and 1-3 more times during the day
8. Eat protein to curb sugar cravings
9. Minimize caffeine intake to 50mg or less (1 cup black tea, 3 cups green tea, or ½ cup coffee or espresso)
10. Eat more monounsaturated fat (olives, avocados, almonds) than saturated fat (animal, dairy, coconuts) or polyunsaturated oils (soy, corn, sunflower)
11. Decrease consumption of glutinous grains (wheat, rye, oats, barley) to prevent digestive disturbance and inflammation
12. Increase consumption of gluten-free grains (rice, corn, millet, quinoa, buckwheat, amaranth), which are mineral rich and easy to digest
13. Increase consumption of leafy (e.g. kale), crunchy (e.g. broccoli) and starchy (e.g. yam) vegetables to provide abundant minerals
14. Eat three portions of vegetables in a meal to 1 serving of protein and 1 serving of fat for pH balance.
15. If body temperature is cold, eat more proteins, essential fatty acids, seaweeds, and warming spices such as ginger and cayenne
16. If body temperature is warm, eat more cooling foods, such as fruits, vegetables, and green herbal teas and spices like mint, rosemary, lemongrass, and rooibos
17. Determine a diet direction according to your metabolic tendency: Building if metabolism is fast, Cleansing if metabolism is slow, or Balanced if metabolism is neither fast nor slow
18. Add booster foods to the diet to increase energy, detoxification, and antioxidant activity
19. Undertake a simplified diet or fasting program seasonally, including colon cleansing and increased spiritual practice
20. Enjoy your food and let others eat in peace

**Thanks for working on your health and sharing this important information.**

**Blessings and Peace to All!**



## Recommended Booster Foods

### Green powder blends (spirulina, blue green algae, chlorella, etc.):

1 tsp. 3 times daily

- High protein and essential fatty acid content
- Good source of trace minerals, B vitamins, beta-carotene, and enzymes
- Easily digested and assimilated
- Good for detoxifying and cleansing the blood and liver
- Supports the immune system

### Lecithin: 2 Tbsp. granules daily

- Main constituent of cell membranes
- Found in high amounts in brain and nerve tissue
- Good source of choline, inositol, and linoleic acid (Omega-6)
- Supportive to liver, aids fat metabolism
- Assists Vitamin A and Thiamine (B1) absorption

### Sea vegetables: 1-4 Tbsp. daily

- Cleanse lymphatics and alkalize blood
- Support endocrine and central nervous system
- Rich source of B vitamins, calcium, and trace elements
- Soothing to mucosal membranes, aid elimination



### Flax seeds: 2-3 Tbsp daily

- High nutrient and fiber content
- Supportive to the nervous and endocrine systems
- Help to stabilize cell membranes
- Support formation of anti-inflammatory prostaglandins
- Soothe and restore gut mucosa



### Garlic: Use liberally in cooking, 1-4 cloves daily

- Detoxifies cadmium
- Enhances immune function (antimicrobial, anti-viral)
- Lowers blood pressure and blood lipid levels
- Contains vitamins and minerals

### Ginger: Use liberally in cooking

- Antioxidant properties
- Stimulates circulation and digestion
- Contains important vitamin and mineral nutrients

### Cayenne: Use liberally in cooking

- Aids digestion and circulation
- Good for heart, lungs, kidneys, spleen, stomach, pancreas
- Supportive to nerves when used with lobelia
- Excellent source of Vitamin C, flavonoids, B vitamins, and folic acid

## *The Complete Eating For Health™ Program*

### **SAMPLE DIETARY RECOMMENDATIONS**

*Clean protein (replace seafood), largely plant-based diet with culinary herbs and spices.*

#### **Breakfast**

- ½ cup cooked brown rice or oatmeal
- 1 cup plain, whole milk yogurt (cow, goat or coconut)
- ½ cup berries or sliced fruit
- 2 Tbsp. flax, sunflower, or pumpkin seeds
- 8 oz. water with lemon, tea (green or herbal) or coffee or black tea (preferably black)

#### **Lunch**

- 1 cup cooked gluten-free grain: brown rice, millet, quinoa or buckwheat
  - 1 cup dark green leafy salad greens
  - ½ cup grated or chopped tri-colored seasonal vegetables
  - ½ cup cooked lentils, garbanzo, black, pinto or green beans
- OR
- 3-4 oz. clean animal protein (wild seafood, pasture-raised meat, free range poultry)
  - 1 Tbsp. fermented foods (sauerkraut, kimchi, pickles)
  - 1 tsp. hydrated sea vegetables (kelp, dulse, arame, nori, hiziki, or spirulina)



## *The Complete Eating For Health™ Program—CONTINUED*

### **Afternoon Snack**

- 1/2-1 cup sliced carrots, celery, cucumbers, or apple
- 1 Tbsp. almond or sunflower butter or sesame tahini
- 8 oz. water or tea (green or herbal)



### **Dinner (by 6PM)**

Baked yam, winter squash, or organic potato topped with:

- 2 Tbsp. pumpkin seeds
- 1 tsp. nutritional yeast
- 4 oz. organic goat, cow, or coconut yogurt
- OR
- 2 oz. sheep feta cheese

1 cup steamed cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts) cooked

- 1 large chopped onion
- 4 cloves garlic
- 1/2 tsp. turmeric or curry powder



Seasonings may include:

- Bragg's Liquid Amino's Sauce®*
- Tamari
- OR
- Savory herbal seasonings

### **Dessert (2 hours after a main meal)**

- 1 cup fresh seasonal, organic fruit with:
- 3 Tbsp. chopped almonds, walnuts, pecans, or cashews
- 1/2 tsp. grated lemon, orange, or tangerine peel
- 1/2 tsp. cinnamon, nutmeg, cardamom, and/or ginger powder



### **Beverages**

Drink 3 liters of filtered water with lemon or customized herb tea blend.



## *Review and Self-Reflection*

*Please complete this worksheet over the course of the next week and use it to track your changes, behaviors, feelings, and questions. We will share the information at the beginning of class next week in small groups. Congratulations! You're one step closer to a healthier, happier you.*

### **LEARN:**

Did you learn something new last week? \_\_\_\_\_

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What is E4H? \_\_\_\_\_

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Why is local, seasonal food better than conventional, imported food? \_\_\_\_\_

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According to the E4H model, what foods and beverages should you eat the most of? Give an example of each: \_\_\_\_\_

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*Review and Self-Reflection—CONTINUED*

**DO:**

What new fruits or vegetables did you try this past week? \_\_\_\_\_

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What foods from the E4H model did you eat during the week? \_\_\_\_\_

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Have you "killed" or "wounded" any Nutritional Bandits in your diet last week? Woo Hoo! Remember that reducing your consumption counts as a serious wound! What Nutrition Bandits did you reduce or eliminate?

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Did you cook any recipes from the manual? What were they? \_\_\_\_\_

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**REFLECT:**

How did the process of trying to eat healthier make you feel? \_\_\_\_\_

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*Review and Self-Reflection—CONTINUED*

Did you feel a stronger connection to your food when you cooked and prepared your own meals?

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What about when/if you ate slowly and consciously? Please describe: \_\_\_\_\_

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Did you run into any obstacles in your quest to eat healthier? \_\_\_\_\_

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How could those obstacles be overcome for next week? \_\_\_\_\_

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Did the knowledge you gained last week help you make any healthy food changes? Please describe:

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Did you make any recipes from the book? Please list which recipes were tried and any comments:

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**QUESTIONS:**

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## LESSON TWO:

# Healthy Food Plate— Portions and Proportions

### Introduction

#### Definition of PORTION:

A portion is an individual quantity of food or drink taken as part of a meal.

As one can imagine, the portion of food consumed will determine the number of calories consumed. Excess calories and a sedentary diet almost always results in more body fat. America is a very fat nation. In 28 states, more than 25% of adults are now obese, up from 19 states in 2007. Even a pound of excess body weight drastically affects the rest of the body and one's overall state of health and well-being. The solution? Portion control! Consuming fewer calories can help you maintain or lose weight.

This chapter explains what a portion is, and why portioning is important. It includes a visual guide for your daily food portions. We've also included tips to help you stay satiated, curb sugar cravings, and create healthier meals. Learning to integrate healthy portions into home cooking is a skill you can learn for life-long health.

#### This week, we recommend cooking the following recipes from Appendix C:

- Emerald Salad
- Superfood Popcorn
- Tuscan Beans in a Summery Tomato Ragu

#### Lesson Outline

- What is a portion? Portions vs. Servings vs. Plate size
- Draw your plate
- Portion distortion history
- Exercise and fast food favorites
- The plate method
- Recommended serving sizes and visual cues
- Portion Jeopardy
- Cooking demonstration

#### Core Competencies

1. Identifying the correct number of servings and personal portions in common foods.
2. Utilizing the plate method.
3. Understanding why portion size matters.
4. Track SMART goals.



## *Eating For Health™ Portion Size Guide*

by Jessica Bauman, B.S.

**W**hether you want to lose weight or just eat healthy, keeping track of how much you eat is essential for positive dietary choices. Use this guide to help you figure out how many servings to put on your plate and how to keep yourself on track towards your health goals. Remember, moderation is the key!

### **1/2 plate vegetables:**

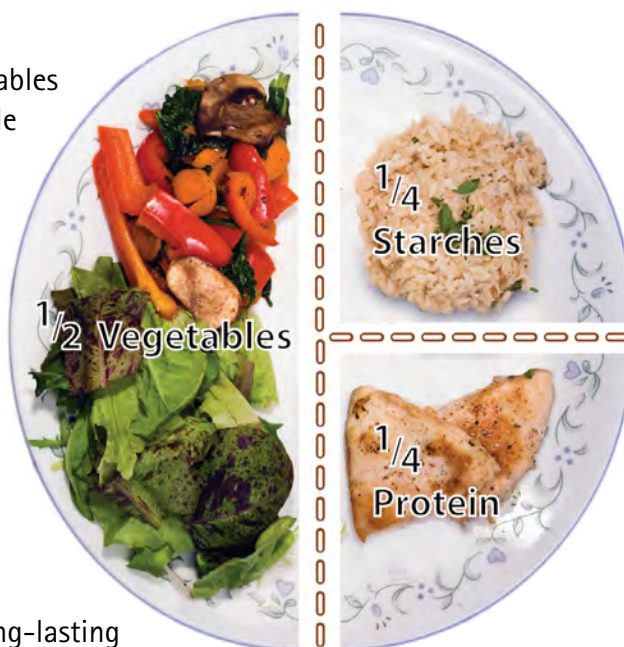
Fill up half of your plate with raw or lightly-cooked vegetables for a crunchy, taste-filled experience! Remember to include many different colors and types (cabbage family, root veggies, etc.) for a full array of nutrients.

### **1/4 plate lean protein:**

3 ounces of lean protein (baked, broiled, or grilled) will help you to stay satiated, sustain your energy throughout the day, and protect your heart and waistline. Twice as many vegetables as protein for *Eating For Health™*!

### **1/4 plate healthy starches:**

Whole grains, like brown rice, contain fiber to give you long-lasting energy, and B-vitamins to protect your heart. Try yams, potatoes, and squash! While considered vegetables, they have high starch content and should be placed on this part of the plate. The more colorful your starch, the better!



Adapted from an article by Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD, [www.healthyating.webmd.com](http://www.healthyating.webmd.com)

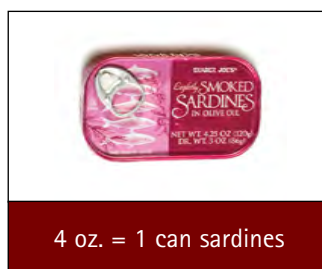
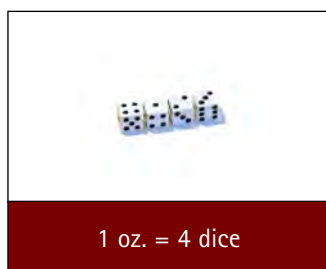
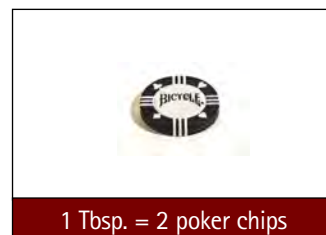
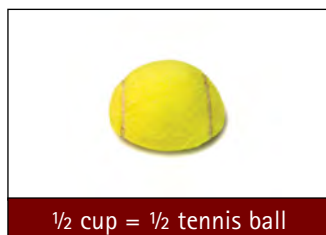
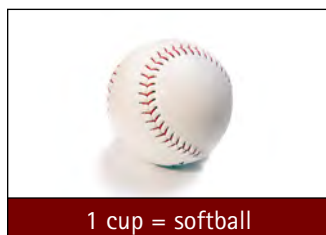
### *Portion Control Tips*

- Chew your food slowly and savor each bite. Learn to enjoy the food you're eating.
- Wait 15 minutes before getting a second helping of food. This gives your body time to register that food has been eaten and to tell you that it's full.
- Have an apple, small leafy salad (watch the dressing!), or cup of broth 15 minutes before mealtime to induce fullness faster and prevent you from overeating during the meal.
- Put all food away right after a meal is cooked or served. If you really want seconds, you can make the extra effort to get it all back out again!
- Leave some food on your plate. Most people decide whether or not they are "full" based on the amount of food on their plates and overeat accordingly. Learn to listen to your body by intentionally leaving behind a little bit of food at each meal and eventually learn to take less overall.



## Portion Comparison Key

These common household objects are a helpful visual cue for how much food is on your plate. If your food is about the size of a softball, for example, that means that you have approximately 1 cup of food on your plate. Use this guide with the *Macronutrient Serving Size Guide* below, which can tell you how much food you should serve yourself.



## Macronutrient Serving Size Chart

PROTEIN	SERVING SIZE
Cottage cheese (low fat)	1/2 cup
Yogurt (low fat)	1 cup
Eggs (whole)	2 large
Meat (lean)	3 oz.
Poultry	3 oz.
Fish ( <i>salmon, mackerel, trout</i> )	4 oz.
Tofu	6 oz.
Soy protein powder	1 oz.

OILS	SERVING SIZE
Oil	1 Tbsp.
Nuts	1 Tbsp. or 1 oz.
Butter	2 tsp.
Avocado	1/3 medium

COMPLEX CARBOHYDRATES	SERVING SIZE
Whole grain pasta	1 cup
Whole grains	1/2 to 3/4 cup
Whole grain bread	1 1/2 slices
Root and cruciferous vegetables	1 cup cooked
Leafy green vegetables	1/2 cup cooked 1 cup uncooked
Higher sugar fruits (like bananas)	1/2 cup
Lower sugar fruits (like berries)	1 to 1 1/2 cups



## Portion Size Comparisons

Check out the food categories below for easy-to-see serving size guidelines.

### Crunchy and Leafy Green Vegetables



1 cup salad greens = 1 softball



1 cup cucumber = 2 decks of cards



1/2 cup cooked greens = 1/2 tennis ball

### Fresh Fruit



1 cup strawberries = 1 softball



1/2 large apple = 1 softball



1 oz. dried fruit = 1 ping pong ball

### Whole Grains and Starches



1 slice bread = 1 can sardines

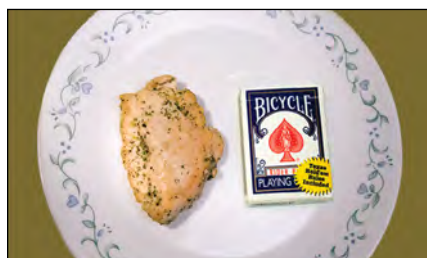


1 cup squash = 1 softball



1/2 cup brown rice = 1/2 tennis ball

### Protein



3 oz. chicken = 1 deck cards



4 oz. tempeh = 1 deck cards



1/2 cup garbanzo beans = 1/2 tennis ball



Portion Size Comparisons—CONTINUED

Oils



1 oz. mixed nuts = 1 ping pong ball



1 Tbsp. olive oil = 2 poker chips



1 Tbsp. butter = 2 poker chips

Dairy



1/2 cup yogurt = 1/2 tennis ball

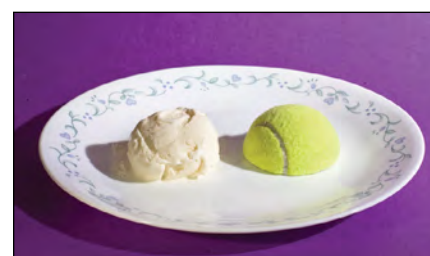


1 oz. cheese = 4 dice

Desserts



1 slice cake = flip cell phone



1/2 cup ice cream = 1/2 tennis ball

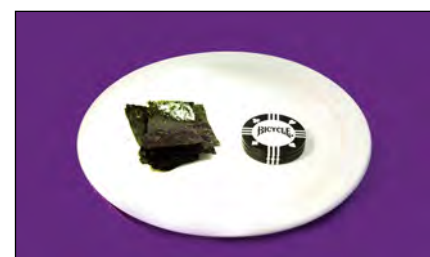


1 oz. chocolate = dental floss

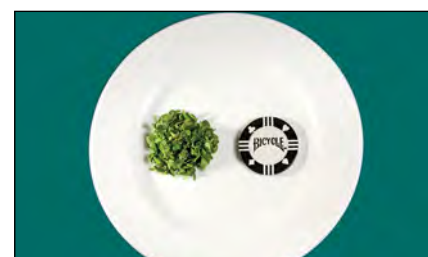
Booster Foods



2 Tbsp. nutritional yeast = 2 poker chips



1 oz. nori sea vegetable = 2 poker chips



1 Tbsp. spices = 1 poker chip

## Portion Distortions

This section compares single servings of everyday food items with the common supersize portions seen and served by restaurants.

### Beverages

Most "convenience" beverages are filled with sugar, high-fructose corn syrup, caffeine, artificial flavors, and/or dairy products. Even whole fruit smoothies or juice, while excellent when consumed in an appropriate size, becomes unhealthy when consumed in large quantities. But most people only guzzle one drink, right? Shown is information about the appropriate single-serving size of some popular beverages, versus what is typically served. We've poured a smoothie and a coffee into individual 8-oz. servings to show how many portions each "single" drink contains; a difference of 230 calories and 230mg caffeine, respectively. Over the course of a year, consuming 230 extra calories each day can result in an additional 16 pound weight gain!

### Guess This Food

#3

**Ingredients:** Water, corn syrup, cultured buttermilk, vinegar, garlic juice, cellulose gel, sugar, salt, skim milk, sour cream (dried), onion (dried), xanthan gum, malto-dextrin, monosodium glutamate with potassium sorbate and calcium disodium EDTA as preservatives, lactic acid, natural flavor, propylene glycol alginate, cultured skim milk (dried), artificial color, phosphoric acid, lemon juice concentrate, green onion (dried), spice, DL-alpha-tocopherol acetate (vitamin E).

**Health Claim:**  
"Fat Free and Cholesterol Free"

### SMOOTHIE:

**Calorie Difference (avg.): 232 calories**

Single Serving Size: 8 oz., 161 calories

Common Serving Size: 20 oz., 393 calories



20 oz.

8 oz.

8 oz.

4 oz.

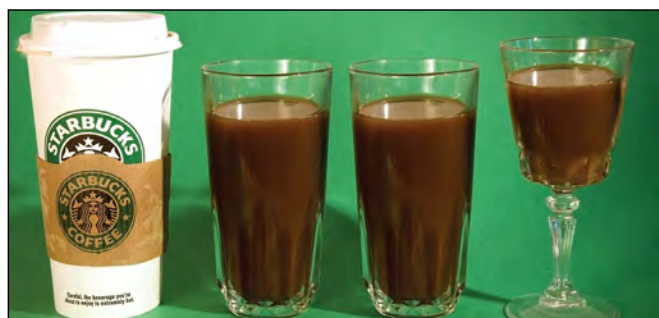
(leftover)

### STARBUCKS COFFEE:

**Caffeine Difference (avg.): 230 mg.\***

Single Serving Size: 8 oz., 185mg. caffeine

Common Serving Size (Venti): 20 oz., 415mg. caffeine



20 oz.

8 oz.

8 oz.

4 oz.

(leftover)

*Did you know:  
A Venti Starbucks®  
Mocha has 450 calories  
and 53 grams of sugar?*





Portion Distortions—CONTINUED

**Breakfast**

Breakfast is one of those meals that almost everyone eats more than they think they are eating (when they remember to eat breakfast!). A 1/2 to 3/4 cup serving of cereal is not a lot of food. We've shown it, at right, along with the amount that many people serve each morning, thinking that they're eating a single portion.

Another favorite (over-sized) breakfast item is the bagel. In the photos below we've included a "Starbucks" size bagel next to the proportion of that bagel that would be considered a single portion by weight. Notice that it's less than a full size bagel — a full 255.5 calories less.

**BOXED CEREAL:** Difference: 250 calories

**Single Serving Size:**  
3/4 cup = 150 cal.



**Common Serving Size:**  
2 cups = 400 cal.



**BAGEL:** Difference: 255.5 calories

**Appropriate Serving Size:**  
1/2 small bagel  
OR  
1/3 large bagel  
40g = 105 cal.



**Common Serving Size:**  
1 large Starbucks® bagel  
130g = 357.5 cal.



*Guess This Food* #4

**Ingredients:** Rolled oats (with oat bran), rolled whole wheat, brown sugar, partially hydrogenated vegetable oil (soybean and/or cottonseed oil), non-fat dry milk, dried unsweetened coconut, oat bran, honey, corn syrup, raisins, crisp rice (rice, sugar, salt, malt), brown sugar, partially hydrogenated vegetable oil (soybean and/or cottonseed), corn syrup solids, glycerin, high fructose corn syrup, almonds, raisin juice concentrate, sorbitol, salt, cinnamon and cinnamon extractives, BHA (a preservative), citric acid (a stabilizing agent).

**Health Claim: "No Cholesterol"**



*Portion Distortions—CONTINUED*

**Fast Food**

Everyone's favorite portable meal: the burrito! With its zesty filling of salsa, rice, beans, guacamole, and sometimes meat, if desired, it's hard to resist. What most people are not aware of is just how much food (and therefore calories) the common burrito holds. Shown below is the appropriate portion serving size for a burrito eaten by an average 30-year-old male, next to a full size burrito.

NOTE: *With both Mexican rice and a flour tortilla, the burrito is a high-carbohydrate, low whole grain choice. We strongly recommend that you either skip the rice or skip the tortilla. This will make a more balanced meal choice.*

**BURRITO: Difference: 685 calories**

**Appropriate Serving Size:**  
½ burrito,  
567.5 calories



**Common Serving Size:**  
Full burrito,  
1,135 calories



*Portion Sizes and Obesity:  
Responses of Fast Food  
Companies*

*Adapted from the Journal of Public Health Policy; journal citation*

**B**ecause the portion sizes offered by fast food chains are often two to five times larger now than when first introduced, health authorities have called on fast-food chains to decrease the sizes of menu items. Since the early 1980s, increases in the portion sizes of foods commonly eaten away from home have paralleled increases in average body weights and the national rate of obesity.

From 2002 to 2006, scientists from New York University examined responses of fast-food chains to such calls by evaluating the sizes of sodas, French fries, and hamburgers at three leading chains and comparing them to sizes observed in 1998 and 2002.

Although McDonald's recently phased out its largest offerings, current items are similar to 1998 sizes. The meat sizes of hamburgers at *McDonald's*®, *Wendy's*®, and *Burger King*® range from 8-12 ounces. All exceed the amount of protein recommended by the USDA for an entire day, (5.5 ounces meat for a 2,000 calorie diet). The 12-ounce burger exceeds the amount recommended for over two days. By comparison, the only size hamburger at *McDonald's*® in 1955 was 1.6 ounces, 6 times smaller.

Fast food chains have all increased their portion sizes over the last decade, even while health authorities are calling for portion size reductions. It is time to bring some accountability and question the "Supersize" super calorie *Standard American Diet* (SAD).



## How Much Exercise Is Needed to Burn Off Fast Food Favorites

**A**lmost everyone knows that most fast-food favorites are high in calories, but few have a specific idea of just how much. To fully illustrate just how unhealthy fast food is, we've listed the amount of exercise needed to burn off each food item to not gain weight. In a "Why not?" society, our health and well-being depend upon our ability to make informed decisions about our food.

As time goes on, when you're faced with a chocolate brownie, you'll remember how much work your body would need to do to burn off the excess calories.

NOTE: The calorie content of foods listed below is based on official website information at the time of publication. Minutes of exercise are averages based on a 155-pound person. The greater the weight of the person, the more calories burned per minute.



**DONUT**  
Dunkin Donuts Chocolate Frosted Donut  
**(230 calories)**  
59 minutes of walking at 3 mph



**ICE CREAM**  
Häagen-Dazs Vanilla Ice Cream  
**(0.5 cup; 270 cal.)**  
29 minutes of running at 5 mph



**HAMBURGER**  
Burger King Original Whopper With Cheese  
**(770 calories)**  
94 minutes of swimming (slow to moderate laps)



**BROWNIE**  
Au Bon Pain Chocolate Chip Brownie  
**(380 calories)**  
129 minutes of Hatha style yoga



**PIZZA**  
Pizza Hut Large Hand-Tossed Style Cheese Pizza  
**(1 slice; 320 calories)**  
39 minutes of swimming slow to moderate laps



**FRIES**  
Wendy's Large French Fries  
**(540 calories)**  
77 minutes of biking at 10-11.9 mph



**CHOCOLATE CHIP COOKIE**  
Panera Chocolate Chipper  
**(440 calories)**  
62 minutes of biking at 10-11.9 mph



**BREAKFAST SANDWICH**  
McDonald's Egg McMuffin  
**(300 calories)**  
32 minutes of running at 5 mph



**BURRITO**  
Taco Bell Burrito Supreme, Beef  
**(410 calories)**  
70 minutes of dancing



**CINNAMON ROLL**  
Starbucks Cinnamon Roll  
**(500 calories, varies by location)**  
85 minutes of dancing



**FRIED CHICKEN**  
KFC Bucket Meal  
**(1,725 calories)**  
228 minutes of biking at 10-11.9 mph



**NACHOS**  
Taco Bell Nachos Bell Grande  
**(760 calories)**  
109 minutes of aerobics

## *GOOD DAY Nutrition and Activity Journal*

Name: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_

TIME	LENGTH OF MEAL	FOOD TYPE AND AMOUNT	LIQUID TYPE AND AMOUNT	WHERE AND WITH WHOM	FEELINGS BEFORE MEAL	FEELINGS AFTER MEAL

TIME / ENERGY / EMOTIONS BEFORE AND AFTER ACTIVITY	TYPE OF ACTIVITY	LENGTH OF ACTIVITY	LOCATION OF ACTIVITY AND WITH WHOM



## BAD DAY Nutrition and Activity Journal

Name: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_

TIME	LENGTH OF MEAL	FOOD TYPE AND AMOUNT	LIQUID TYPE AND AMOUNT	WHERE AND WITH WHOM	FEELINGS BEFORE MEAL	FEELINGS AFTER MEAL

TIME / ENERGY / EMOTIONS BEFORE AND AFTER ACTIVITY	TYPE OF ACTIVITY	LENGTH OF ACTIVITY	LOCATION OF ACTIVITY AND WITH WHOM



## *Summary of GOOD DAY / BAD DAY Findings Worksheet*

Client Name: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_

Summarize difference in a GOOD DAY and BAD DAY'S diet: \_\_\_\_\_

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Problem foods and beverages: \_\_\_\_\_

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Healthful alternatives to problem foods and beverages: \_\_\_\_\_

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## Review and Self-Reflection

Please complete this worksheet over the course of the next week and use it to track your changes, behaviors, feelings, and questions. We will share the information at the beginning of class next week in small groups. Congratulations! You're one step closer to a healthier, happier you.

### LEARN:

What's the difference between a portion and a serving size? \_\_\_\_\_

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How many servings of each food group should be in a basic balanced meal? \_\_\_\_\_

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What visual cues can you use to determine how big a serving of meat should be? \_\_\_\_\_

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How do refined sugars and carbohydrates affect your body? (HINT: remember the "Blood Sugar Roller-Coaster.") \_\_\_\_\_

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How do you determine how many teaspoons of sugar are in a packaged product, using the Nutrition Facts? \_\_\_\_\_

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*Review and Self-Reflection—CONTINUED*

**DO:**

Draw the average amount of protein that you consumed this week on a blank piece of paper.

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Draw the average serving of carbohydrates that you consumed this week on a blank piece of paper.

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Was this different than the week before? Bigger, smaller, or about the same size? \_\_\_\_\_

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Did you change any of your portion sizes during the week as a result of last week's class?

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**REFLECT:**

How did the process of trying to eat healthier make you feel? \_\_\_\_\_

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Did last week's lesson make you rethink your food consumption amounts? If so, how did this affect your behavior? \_\_\_\_\_

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*Review and Self-Reflection—CONTINUED*

Was it hard to adjust your portion sizes? Why or why not? \_\_\_\_\_

\_\_\_\_\_

Did you feel hungry after adjusting your portion sizes? After a particular meal or food? Please list:

\_\_\_\_\_

\_\_\_\_\_

Did any of the portion control strategies listed in the workbook help you to control your portions, eat less, or eat more mindfully? If so, which ones: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments on recipes (please list which recipes you tried and provide feedback): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**QUESTIONS:**

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\_\_\_\_\_



## Tips From Great Chefs

**B**efore beginning to prepare any meal, regardless of how simple or how complicated, take the following steps to heart:

- Read through the entire menu and its recipes in advance.
- Place all ingredients for a particular recipe on, or in, individual trays, plates, or bowls according to the specific steps in the recipe.
- Each item should be washed, chopped, measured, separated; or whatever is called for before you begin to cook.
- This organizational technique, known as *mise-en-place* (from the French, meaning "putting in place") is the most valuable lesson cooks have learned from the pros. We strongly urge you to cook this way.
- Note that when a recipe calls for a particular ingredient to be cut in a certain size or shape, it matters.

- The final result is often dependent upon the textures and color, as well as the flavor, of the ingredients.
  - For example, when you make a salsa, you will find the salsa tastes different when the ingredients are all different sizes and shapes compared to when they are a uniform dice.
- Use only the best ingredients available. All good chefs and cooks stress this.
- Try to find the exact ingredient called for, but if you cannot, substitute as suggested in the recipe or use your common sense.
- Rely on your taste buds. They will not lie!
- Don't forget to clean up as you work.

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**SOURCE:** *Southwest Cooking*, Arlene Feltman-Sailhac, available on Amazon.com: [www.amazon.com/Southwest-Cooking-Gustibus-Presents-Cookbooks/dp/1884822142](http://www.amazon.com/Southwest-Cooking-Gustibus-Presents-Cookbooks/dp/1884822142)



# APPENDIX C: Recipes

## Introduction

In this appendix we present a selection of nutritious recipes based on fresh, whole foods. We've covered all the bases for you, including breakfasts, desserts, lunches, snacks, and dinners. All recipes were picked for their nutrient content, taste, and affordability. We are committed to making sure that every recipe is affordable and tasty.

None of these recipes are static. We highly recommend that you get creative, figuring out ways to use what's on hand and substituting ingredients, flavors, spices, and even cooking methods.

As always, we encourage you to follow your instinct and inspiration, and your body's cues. After all, you are the co-creator in the *Eating For Health™* process. We invite you now to create!



## Breakfast

### Brain Booster Vitality Shake

SERVINGS: 1

Nut milk is great for those who might have dairy allergies, but it's also a fantastic product for anyone looking to boost alkalinity and overall health in the body. Look for unsweetened nut milk at the store to reduce overall sugar consumption and increase nutrient value.

#### INGREDIENTS

- 1 cup nut milk
- 1/2 cup plain yogurt
- 1/2 tsp. cinnamon
- 1/2 tsp. cardamom
- 2 Tbsp. almond butter
- 1/2 frozen banana

#### DIRECTIONS

1. Blend all ingredients together in a blender until very smooth in consistency.

#### OPTIONAL:

- 1 scoop green powder or *Vital Scoop*™

#### Nutrition Facts

- Serving size: Entire recipe (8.1 oz.)
- Percent daily values based on the *Reference Daily Intake* (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.
- One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
<b>Calories</b>	368.87
Calories From Fat (55%)	203.21
% Daily Value	
<b>Total Fat</b> 24.21g	<b>37%</b>
Saturated Fat 5.86g	<b>29%</b>
<b>Cholesterol</b> 7.35mg	<b>2%</b>
<b>Sodium</b> 91.97mg	<b>4%</b>
<b>Potassium</b> 792.02mg	<b>23%</b>
<b>Total Carbohydrates</b> 31.46g	<b>10%</b>
Fiber 3.69g	<b>15%</b>
Sugar 15.87g	
<b>Protein</b> 12.3g	<b>25%</b>



**Breakfast—CONTINUED****Sumptuous Morning Shake**

SERVINGS: 1

**INGREDIENTS**

1 cup low fat milk or yogurt  
 2 Tbsp. flax seeds or meal  
 ½ cup frozen berries, kiwi, pineapple or mango  
 ½ ripe banana

**DIRECTIONS**

1. Blend all ingredients until smooth.
2. Add in water or juice for a thinner consistency.

**OPTIONAL:**

- 1 tsp. buffered vitamin C powder
- 1 Tbsp. protein powder or whey
- 1 tsp. green powder or *Vital Scoop*™

**Nutrition Facts**

- Serving size: ½ of a recipe (4.7 oz.)
- Percent daily values based on the *Reference Daily Intake* (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.
- Four of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.

Amount Per Serving	
<b>Calories</b>	189.85
Calories From Fat (26%)	50.09
% Daily Value	
<b>Total Fat</b> 5.9g	9%
Saturated Fat 0.94g	5%
<b>Cholesterol</b> 3.72mg	1%
<b>Sodium</b> 79.23mg	3%
<b>Potassium</b> 518.44mg	15%
<b>Total Carbohydrates</b> 28.52g	10%
Fiber 5.9g	24%
Sugar 20.25g	
<b>Protein</b> 6.61g	13%



## Breakfast—CONTINUED

### Breakfast Bowl

SERVINGS: 1

This is a simple, high-fiber, all natural alternative to cereal in the morning. The whole grains and nuts help to maintain energy throughout the morning. The yogurt provides healthy probiotics.

#### INGREDIENTS

- ½ cup brown rice, cooked (or use creamy coconut rice)
- ½ cup plain yogurt
- 1 Tbsp. flax seeds or meal
- ½ piece of fruit, cut up
- 1 Tbsp. nuts, chopped (OPTIONAL: cinnamon, honey or dried fruit)

#### DIRECTIONS

1. Place rice, yogurt, flax seeds, and nuts in a bowl.
2. Mix.
3. Top with fresh fruit, and garnish with more flax seeds or nuts.

#### Nutrition Facts

- Serving size: Entire recipe (10.9 oz.)
- Percent daily values based on the *Reference Daily Intake* (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.
- One of the recipe's ingredients was not linked. This ingredient is not included in the recipe nutrition data.

Amount Per Serving	
<b>Calories</b>	336.85
Calories From Fat (31%)	105.42
% Daily Value	
<b>Total Fat</b> 12.51g	19%
Saturated Fat 2.21g	11%
<b>Cholesterol</b> 7.35mg	2%
<b>Sodium</b> 95mg	4%
<b>Potassium</b> 564.31mg	16%
<b>Total Carbohydrates</b> 45.67g	15%
Fiber 7.7g	31%
Sugar 16.74g	
<b>Protein</b> 13.23g	26%



**Breakfast—CONTINUED****Power Eggs**

SERVINGS: 1

*This is the ultimate power breakfast. The protein will keep you full for hours to come, and the kale provides an early morning energy and fiber boost to keep you revitalized and strong.*

**INGREDIENTS**

- 1/2 Tbsp. olive oil
- 1 clove garlic, crushed and chopped
- 2 eggs
- 1/2 cup kale, cleaned, stemmed and chopped
- 1/2 cup brown rice, pre-cooked
- 1/4 to 1/2 can smoked herring, salmon or smoked salmon (2 slices)
- Salt, pepper or hot sauce to taste

OPTIONAL: Other seasonal dark, leafy greens make an excellent addition as well. Feel free to substitute according to what's already on hand.

**DIRECTIONS**

1. In a medium frying pan, heat up the olive oil on medium heat. Add garlic, and cook until garlic is starting to brown, about 30 seconds.  
OPTIONAL: Add fresh or dried herbs.
2. Add kale. Stir fry for about 30 seconds or until kale is starting to wilt.
3. Add in the eggs and salmon. Beat eggs lightly in the pan, mixing up the eggs, kale and salmon. Cook until the eggs begin to congeal.
4. Let eggs cook, alternating between stirring and not stirring. Add rice when eggs are almost set.
5. Cook until rice is hot, and eggs are just fully cooked.
6. Serve with hot sauce or plain yogurt.

**Nutrition Facts**

- Serving size: Entire recipe (8.3 ounces)
- Percent daily values based on the *Reference Daily Intake* (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.
- Two of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.

Amount Per Serving	
<b>Calories</b>	328.61
Calories From Fat (51%)	168.98
	% Daily Value
<b>Total Fat</b> 18.93g	29%
Saturated Fat 4.49g	22%
<b>Cholesterol</b> 430.82mg	144%
<b>Sodium</b> 424.54mg	18%
<b>Potassium</b> 380.5mg	11%
<b>Total Carbohydrates</b> 18.55g	6%
Fiber 1.79g	7%
Sugar 1g	
<b>Protein</b> 21.6g	43%



**Breakfast—CONTINUED**

**Veggie Scramble Wraps**

SERVINGS: 2

**INGREDIENTS**

- 1 tsp. olive oil
- 1 cup chopped fresh or frozen vegetables ( bell peppers, onions, broccoli, mushrooms)
- 1 cup egg substitute
- 2 6-inch flour tortillas
- 1/4 cup grated low-fat cheddar cheese

**DIRECTIONS**

1. Coat medium skillet with olive oil and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in a pan or in the oven for 30 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.

**Nutrition Facts**

- Serving size: 1/2 of a recipe (14.2 ounces).
- Percent daily values based on the *Reference Daily Intake* (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	398.85
Calories From Fat (25%)	98.09
% Daily Value	
<b>Total Fat</b> 11.22g	17%
Saturated Fat 2.68g	13%
Cholesterol 4.72mg	2%
Sodium 633.28mg	26%
Potassium 955.48mg	27%
<b>Total Carbohydrates</b> 48.08g	16%
Fiber 10.06g	40%
Sugar 1.5g	
<b>Protein</b> 29.28g	59%





**Breakfast**—CONTINUED**Zippy Breakfast**

SERVINGS: 1

**INGREDIENTS** $\frac{3}{4}$  cup cooked rice or grain of choice

Juice of 1 lemon or lime

1 to 2 tsp. olive or flax oil

1 to 2 tsp. soy sauce

 $\frac{1}{2}$  avocado, sliced

1 firm tomato, chopped

*Zip Spice Blend*, to taste (see *Basic Spice Blend* to make your own)**DIRECTIONS**

1. Start with warm rice, in a bowl. Slice the avocado and tomato on top.
2. Drizzle the oil, soy sauce and lemon juice on top.
3. Sprinkle with spices to taste.

**NOTES:**

1. You can add chopped bell pepper, sunflower seed sprouts or soaked almonds over the top for some extra crunch.
2. Grains that work particularly well include brown rice, millet, quinoa, buckwheat and wild rice.

**Nutrition Facts**

- Serving size: Entire recipe (12.8 oz.)
- Percent daily values based on the *Reference Daily Intake* (RDI) for a 2000 calorie diet.
- Nutrition information calculated from recipe ingredients.
- Two of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.

Amount Per Serving	
<b>Calories</b>	344.21
Calories From Fat (41%)	141.02
% Daily Value	
<b>Total Fat</b> 16.57g	<b>25%</b>
Saturated Fat 2.37g	12%
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 284.57mg	<b>12%</b>
<b>Potassium</b> 742.25mg	<b>21%</b>
<b>Total Carbohydrates</b> 45.43g	<b>15%</b>
Fiber 8.94g	36%
Sugar 4.4g	
<b>Protein</b> 6.71g	<b>13%</b>





# Conclusion

To eat for health affordably, is to develop consistent, conscious eating habits. There may come a time when we don't have as much quality food to eat due to world shortages or disasters. Let's make each bite count towards our restoring our nutritional reserves to help us build strength, intelligence, and resilience. Affordable Nutrition reminds us that as we eat better, we feel better and begin to appreciate the subtle textures, aromas, and flavors in the food. As we eat more slowly and mindfully, we enhance our digestion and assimilation of the nutrients in the foods.

All people have an intrinsic love of life. Cheap food is expensive in the long run, to our health and to the health of our planet. Tragically, 46% of children under 18 have already been diagnosed with a chronic illness (Dr. Zach Bush, 2019). This is directly responsible to them growing up eating food that is nutrient-poor, and saturated with chemicals, additives, and pesticides. **S.O.U.L.** (seasonal, organic, unprocessed, and local) food will appeal to children and adults unless they have an emotional block to self-nourishment. I have seen children who have never eaten a fresh vegetable be curiously skeptical of a raw green bean or slice of fresh red pepper, then dunk it in a pleasant dip, take a bite, and say, "I like it!" This gives me hope.

All of us deserve and require fresh, healthy foods so we can become intelligent, resourceful, and peaceful human beings. The time is NOW for each of us to wake up and smell the garlic (rather than the coffee). By *Eating For Health™*, you and your family will be well fortified to deal with the demands of pollution, stress, aging, and planetary change, both good and bad. Nature is the remedy for our over-reliance on chemicals, technology, and processed food. By eating real, whole, plant-based foods and pastured grazed animal foods, we are bringing back the DNA of life into our cells, supporting our growth and regeneration.

Holistic health reminds us that the whole is greater than the sum of its parts. Keys to health, happiness, and longevity are to: (1) eat well every day; (2) dial in and hold onto a positive attitude, come what may; (3) stretch, move, and breathe deeply throughout the day; (4) connect with your own true self; (5) align with other kindred souls; and (6) connect with the source of creation through gratitude, service, and kindness. I wish you and your health, happiness and fulfillment of your hopes and dreams.





*"The power of community to create health is far greater than any physician, clinic, or hospital."*

*— Dr. Mark Hyman*



# Epilogue

**Our job is to disrupt the drivers of disease and replace them with the drivers of health, harmony and well being.** The commercial degradation of our soil, air, water, food, and information has compromised our personal, social, and planetary life force. It is tragic to see our fellow humans, flora and fauna suffering from disease that minimally existed fifty years ago: cancer, autoimmunity, food and chemical sensitivity and neurodegeneration. We can and must reverse this toxic tide with clean, conscious choices we make and how we connect with one another on a daily basis. Hope comes in the look in a friend's eye as she says, I love you and will help you find your way back to health by letting nature and spirit be your guide.

**Planetary wellness education is the pivot on which the world balance hinges.** When people hear the truth, they resonate with it. They act on it. They see how they were misguided by exploitive mega-corporations who profit from sickness and dependency. The wakeup call comes when one is asked to account for why they eat devitalized processed food when there is fresh, seasonal food within reach. Healthy friends pose the accountability question to unhealthy ones: Why do you do that when you know it is self destructive and degrading to the environment? When mindless behavior is replaced with mindful choices, change happens immediately. A state of self-empowerment happens when a global value is affirmed by a personal choice. Paper or plastic? Neither thanks! Being accountable to self, other and to the living creation detonates lifelong comfort conditioning, media saturation, addictive coping, narcissism and a WTF attitude.

**This valley of despair is changed immediately when a mentor appears, offering a lifeline to sanity and healthy living, taken by one who had previously given up.** We are all searching for our footing on the slippery slope of now and shaky ground of being. No one totally escapes feeling some degree of trauma from the local and world news; mass murders, corruption, climate change, threats, large and small to our survival. Do we take this into our emotional body? NO. It is a sick part of our human family that calls for attention and love. We take radical personal and social action by seeing harm as a crime against life. This is an aberration, albeit a prevalent one. We invoke our heroes and heritage to wage peace, not war. We do not accept the decline and fall of the empire or of our physical, mental, or collective body. We amplify our practice of well being alone and within our families, work, and social groups. We learn how to disrupt the drivers of disease.

**Regeneration is amplified and accelerated by being connected to a community of family, friends, colleagues, and associates who join together to learn how to live well to overcome loneliness dependency and despair.** The world situation is far from hopeless as we have been told by so called authority figures paid to communicate that to us. Our medical providers are far too quick to say that a condition is terminal; you need drugs to tolerate discomfort and displeasure, more of a distraction with side effects, than a cure where the roots of a complex problem are unearthed.



*Epilogue—CONTINUED*

**Daily wellness practices are good for everyone: for all people, young or old, well or ill, at home and at work.** Let's bring delightful food and healing arts practices to children before they become drug dependent or violent. By age 16, 46% of children have a chronic disease (Zach Bush, MD). How you live today will determine how long and how well you will live tomorrow. Your genetics load the gun. Your lifestyle pulls the trigger. Over 80% of disease comes from poor diet and lifestyle (Mark Hyman, MD): stacking up decades of being overstressed, undernourished, sedentary, toxic, and lacking meaningful community.

Our approach is to teach people how to think, and not what to think; how to make conscious diet and lifestyle choices, and work on their inner game to achieve optimal performance. He teaches powerful physical and mental exercises to strengthen and align body, mind and spirit that stimulate intelligence, innovation, and natural energy. We aim to help people save time and money, and enable them to spend far less on drugs, supplements, and therapy sessions. The Bauman approach is to connect people to their essential self and inner healer, so they can know what to do rather than relying on so-called experts or the flavor of the month diet, health product or healing device. Self care is health care.

**Grace at the Cellular Level**

*"I see people who have abused their bodies for decades. Just give a pause. Do a couple of short-term fasts, give yourself a break, give the immune system a break, get away from chemicals, grow your own food, just make these simple little decisions. And suddenly decades of damage are reversed in hours, weeks, and months. That's grace at the cellular level."*

— Zach Bush, MD

Dr. Ed Bauman  
August 2022  
BaumanWellness.com



# Bauman Integrative Wellness Training

## *Affordable Nutrition Training*

*Affordable Nutrition (AN) Training* is a series of four classes of two hours each delivered via Zoom. It is a facilitator led, virtual learning environment for people of all age groups, demographics, and settings. Cohort will include health professionals in the Bauman Wellness Integrative Wellness Facilitator in Training program, along with individuals, families, organizations, schools, employees, consumers, and people in affordable housing or senior communities, companies, YMCA's, seasonal workers, and homeless people with internet capability. *Affordable Nutrition* provides non-commercial, dogma free information to enable people to learn to apply the principles and practices of whole food nutrition, self-care, and wellness lifestyle. In addition to the fun, interactive classes, reading and home cooking recommendations support participant commitment to become more skillful in sourcing fresh, local food, preparing it efficiently, on a budget they can afford. The aim of *Affordable Nutrition* is to motivate, edu-



cate and support people to locate and cultivate their inner chef, to not only feel better, but share nourishing global gourmet meals and new learning with family, friends, and associates, expanding their circle of support and wellness community.

### **Justification**

Today, as many as two-thirds of our population either does not know how to cook or prefers to purchase prepackaged convenience food with significant dollar and health costs (Hyman, 2018, Food Revolution Summit). The pivot toward wellness is for us to offer community programs that encourage folks to make traditional foods that connect them to their past, that they can share with their friends and family with rich stories and pride. *Affordable Nutrition* is an educational program to guide participants to find their way into a local, empowered, diverse, grass roots healing food, culinary arts world culture. Real food,

## *Bauman Integrative Wellness Training—CONTINUED*

shared with friends, family and neighbors is a powerful antidote to the problems of our age, hunger, poverty, hostility, illness, and climate change. As problems of food scarcity, safety and cost escalate, along with it come the rise is preventable mental and physical and irrational, social discord.

People struggling to keep food on their plate often don't eat for health. They eat for cost and convenience. While they may have heard that chemicals in the food chain are inflammatory and metabolically disruptive, they may not have fully grasped the impact of the modern-day diet-disease connection. Food that is processed, packaged, grown on depleted soil, sprayed with *Round Up™*, a glyphosate pesticide, is often a trigger for headaches, fatigue, allergies, mood disorders and chronic disease. Modern food education has come directly or subliminally from TV and PDA media and marketing, shamelessly showcasing happy meals of fast food, soda, beer, and energy drinks that hook kids and families that are too tired and unskilled to cook for themselves.

Diet is the single most important predictor variable of health outcomes in the modern world.<sup>2</sup> It is the single leading predictor of premature death and the single leading predictor of total chronic disease risk. In reverse, overall diet quality is the single leading predictor of longevity and vitality. The simple truth is that if a person mostly eats vegetables, fruits, whole grains, beans, lentils, nuts, and seeds in his or her unprocessed or minimally processed state and mostly drinks plain water when thirsty, the rest does not matter. All good diets, as diverse as they are, have the above elements in common. (Katz, MD, 2020).

*Affordable Nutrition* teaches people to eat well on a budget; how to source, prepare, cook, and enjoy seasonal local food, purchased fresh at food stands, farmers' markets, in *community supported agriculture* (CSA's) boxes, or from stores who offer whole food

at a reasonable price. No longer are we hunters and gatherers foraging for our dinner. We are now tribal shoppers and eaters. The power of our fork (or chopsticks) is mighty when we choose what to eat, learn how to prepare it and reward farmers for growing it and community businesses for distributing it.

### **Learning Objectives:**

- Understand and apply *Eating For Health™*
- Know your Nutrition Heroes and Bandits
- Keep a food expense log (this will be shocking)
- Set a food budget and see where your food dollars are going
- Comparative shop for quality, price, and value
- Meal plan for yourself and your family
- Know the difference between a portion and a serving
- Read food labels
- Avoid packaged food with high sugar, salt, and fat content
- Clean up your pantry; toss out stale food, herbs, and spices
- Cut down on plastic
- Inventory your kitchen equipment: toss what is old, dull, and not used
- Preparing more healthy home cooked meals
- Honoring your ancestral dietary heritage: staple, power, and celebratory foods
- Eating well at work and on the go
- Using food, herbs, and spices to age gracefully

### **Program Structure**

A full color 244-page *Affordable Nutrition, Third Edition Ebook* and class materials are provided to facilitator led group Zoom sessions or support video lessons, online peer-to-peer learning and provide practical information, research, self-evaluation, recipes, and worksheets to track progress and challenges.





## Bauman Integrative Wellness Training—CONTINUED

*Affordable Nutrition* is integrated with our **BaumanWellness.co Mighty Networks** online community learning site that allows learners to engage with class participants and the Bauman Wellness online community with the following offerings:

- Events – monthly Zoom gatherings
- Chat – private online chat room with fellow learners
- Topics – topics discussion groups around nutrition, culinary and lifestyles

### Affordable Nutrition Training

1. *Eating For Health™*
2. Healthy Food Plate – Portions and Proportions
3. Reading Labels and Making Healthy Food Choices
4. Budgeting – Stretching Your Dollars With Meal Planning

## CURRICULUM

### LESSON ONE: Eating For Health™

**Learning Objective:** How to use the *Eating For Health™* model to create healthy meals at home.

#### Class Outline

1. Introduction
2. Food of the Day: Black Beans
3. Recipe Demo: Black Bean Salad
4. Lecture: *Eating For Health™*
5. Group Discussion: Nutrition Heroes and Nutrition Bandits
6. Commitments and Close

#### Reading

- Affordable Nutrition Book Chapter 1
- *Eating For Health™* Guidelines
- Sustainable Nutrition
- Nutrition Heroes and Nutrition Bandits

#### To Do Following Lesson

- Write down 1-3 commitments for the week and share them with your buddy.
- Review and Self Reflection Worksheets in Chapter 1 (pg. 8-10)

### LESSON 2: Portions & Proportions

**Learning Objective:** Learn to integrate healthy portions into home cooking.

#### Class Outline

1. Check In on Commitments from Last Week
2. Food of the Day: Olives and Basil
3. Recipe Demo: Traditional Vinaigrette and Mediterranean Salad
4. Lecture: Portion Distortions
5. Group Discussion: Portion Size Comparisons
6. Commitments and Close

#### Reading

- Affordable Nutrition Book: Chapter 2 (pg. 11-23)
- Portion Comparison Key and Macronutrient Chart

#### To Do Following Lesson

- Write down 1-3 commitments for the week and share them with your buddy
- Nutrition and Activity Journal (pg. 20-22)
- Review and Self Reflection (pg. 23-25)

### LESSON 3: Reading Labels and Making Healthy Food Choices

**Learning Objective:** Learn how to confidently read a food label and spot additives in an ingredient list.

#### Class Outline

1. Check In on Commitments from Last Week
2. Food of the Day: Sardines
3. Recipe Demo: Sardine Tapenade



## *Bauman Integrative Wellness Training—CONTINUED*

4. Lecture: What is A Food Label and How to Read One
5. Group Discussion: Hydration – What are you Drinking and When?
6. Commitments and Close

### **Reading**

- 2020 Dirty Dozen and Clean Fifteen Printable PDF (to keep in your wallet)
- Shopping Guide For Better Health
- Affordable Nutrition Book: Chapter 3 (pg. 27-39)

### **To Do Following Lesson**

- Write down 1-3 commitments for the week and share them with your buddy
- The Additive Game Worksheet (pg. 36-39)
- Review and Self Reflection (pg. 40-44)

## **LESSON 4: Budgeting – Stretching Your Dollars with Meal Planning**

**Lesson Objective:** Learn the simple steps of meal planning, grocery shopping strategies to save money and how to create a quick meal pantry.

### **Class Outline**

1. Check In on Commitments from Last Week
2. Food of the Day: Brown Rice
3. Recipe Demo: Three Seed Pilaf
4. Lecture: Food Shopping Strategies and Meal Planning
5. Group Discussion: What's in Your Pantry?
6. Commitments and Close

### **Reading**

- Meal Planning Worksheet
- Meal Planning in Action: A Working Example
- Affordable Nutrition Book: Chapter 4 (pg. 45-65)

### **To Do Following Lesson**

- Write down 1-3 commitments for the week and share them with your buddy
- Review and Self Reflection (pg. 66-69)
- Course Evaluation
- Personal Benefit from learning and practicing *Affordable Nutrition*

For more information, dates, and times of our seasonal trainings, visit: [www.baumanwellness.com](http://www.baumanwellness.com)



## Ways to Be Well: Tools for Healing

**L**earn simple wellness practices to feel better, manage stress and perform at a higher level.

Integrative wellness education within a community setting is the missing link in our current treatment-based healthcare system. Bauman Wellness aims to teach people to develop simple and consistent daily wellness practices that fit their needs and desire to feel better, manage stress and perform at a higher level.

*Ways to Be Well* is our 12-week, facilitator-led skills training for individuals, wellness professionals and the workplace. It provides action-based, cost-effective solutions to foster personal and social well-being.

Our framework for action includes *Eating For Health™*, joyful movement, mindfulness, healing relationships and soulful service, integrated with the arts for creative expression and diverse community collaboration.

- Gain tools and support to boost energy, mood, and resilience
- Enjoy daily wellness practices that provide the ingredients to nourish joy, recovery, and rejuvenation
- Unlock your creative potential through wellness practices infused with radical diversity and the arts
- Experience the synergy of wellness professionals and community members learning together
- Empower your ability to heal and counter the onslaught of external threats to living a peaceful life

### The Five Wellness Practices

- *Eating For Health™* is an approach to feeding the mind, body and soul with seasonal, organic, unprocessed, local, and affordable

foods that incorporate sound nutrition science information, ecological sensibility, appreciation of culinary quality, taste, and aptitude.

- **Joyful Movement** creates vitality, strength, flexibility, circulation, digestive, and immune well-being.
- **Mindfulness** helps us to notice our thoughts and sensations, suspend judgment and gradually experience inner peace, restoring a connection with the natural order and enabling us to be **C.A.L.M.** (centered and living in the moment).
- Healing Relationships support active listening and speaking clearly with integrity, respect, and kindness.
- **Soulful Service** enhances community vitality, pride, diversity, equity, and inclusion, restore hope, and align to address the pressing problems of our day.

### Integration of the Arts for Creative Expression

We all have an Inner Artist that needs to be given the time and space to express in creative ways, but



as we've aged, we've stopped giving ourselves permission to come out and play. There are therapeutic benefits to engaging in creative expression for as little as 30 mins each day, most notably: relieving stress; decreasing feelings of loneliness, depression, and anxiety; encouraging creative thinking and increasing greater life satisfaction.

- **Visual Arts for Health:** The Visual Arts are powerful in helping us to express our feelings, facilitate verbal communication and cathartic release and reveal unconscious materials and symbols that can't be fully expressed through words. Through this art modality we are able to exercise our mental muscles for nourishment, leading to a process of repair and healing.
- **Music for Creative Movement:** Music is nutrition for the soul and moving the body in a creative way helps to relieve stress and anxiety. These art modalities help to decrease anxiety and restore emotional balance. There is also evidence of the effectiveness of auditory stimulation to abolish pain. Through music we find the strength to process whatever is in our hearts and minds, leading to rejuvenation and restoration.
- **Expressive Writing for Mindfulness:** Creative writing can improve control over pain, depressed mood, and pain severity. It aids to organize our thoughts, release our feelings, and regulate our emotions, helping us to gain a sense of control of whatever we might be weighing in the moment. Additionally, studies have shown that individuals who have written about their own traumatic experiences exhibit statistically significant improvements in various measures of physical health, reductions in visits to physicians and better immune system functioning.

- **Media Arts that model Healing Relationships:** Film has the capability of doing more than just entertaining us; it provides a literal lens for us to see more intimately the world in which we live. It's an important means of cultural communication, highlighting our shared human struggles and really providing a space for us to pause and reflect on our place and purpose in the world. By studying characters in films and assessing the choices that they make, which may be similar to choices we make in our own lives, we can witness effective relational and collaborative problem-solving practices to improve, strengthen and nourish our relationships.
- **Social Justice Arts that inspire Soulful Service:** Social Justice art practices serve as a healing medicine. They aim to raise critical consciousness, strengthen, repair, and restore relationships, build community, and provide a call to action, promoting social change.

### **Integration of Diverse Community Collaboration**

We know that community wellness can be achieved by purposeful collaborations between individuals, workplaces, and institutions, who agree that wellness is a priority for everyone, if we are to create just, regenerative, and inclusive societies. Isolation and loneliness lead to mental/physical disease. Community creates immunity against despair and hopelessness.

For more information, dates, and times of our seasonal trainings, visit [www.baumanwellness.com](http://www.baumanwellness.com).

