

Disease Proof Your Child

Feeding Kids Right



Agenda

- Current State of Health
- Understanding Superior Nutrition
- Preventing and Treating Childhood Illnesses Nutritionally
- Understanding the Causes of Cancer and other Illnesses
- Feeding Your Family for Superior Health
- Preparing Healthy Foods That Your Kids Will Love

Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

Current State of Health

- Americans children are in trouble
 - Childhood obesity prevalence in America has tripled in the past 30 years. Childhood obesity can lead to certain cardiovascular risk factors such as hypertension, high cholesterol, and abnormal glucose tolerance or diabetes.
 - Our kids seems finicky and eat nothing but cheese or pasta or chicken fingers or milk and cookies, and we let them. At the same time, we notice that they are frequently ill – they suffer from recurring ear infections, runny noses, stomachaches, and headaches.
 - American children and most children in developed countries eat less than 2% of their diet from natural plant foods such as fruits and vegetables.
 - About 25% of toddlers between ages one and two eat no fruits and vegetables at all.
 - When our children eat junk food instead of fruits and vegetables, the groundwork is being laid for cancer and other diseases to occur down the road.



Standard American Diet

- It is estimated that Americans will eat an average of 222lbs of meat in 2018.
- Americans consume an average of 35 pounds of cheese each year
- More than 50% of the American diet is “ultra-processed”
 - Formulations of several ingredients which, besides salt, sugar, oils, and fats, include food substances not used in culinary preparations, in particular, flavors, colors, sweeteners, emulsifiers and other additives used to imitate sensorial qualities of unprocessed or minimally processed and their culinary preparations or to disguise undesirable qualities of the final product.



Most deaths are preventable and related to nutrition

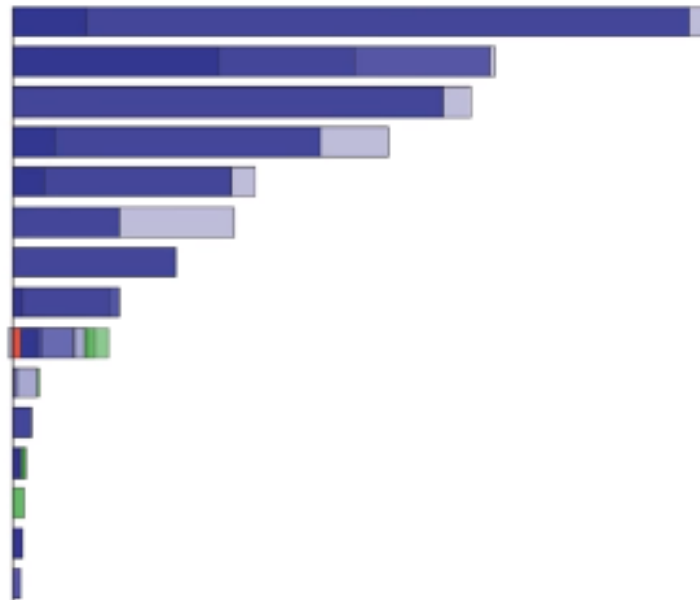
Figure 3. Number of Deaths and Percentage of Disability-Adjusted Life-Years Related to the 17 Leading Risk Factors in the United States in 2010 for Both Sexes Combined

A Risk factors and related deaths

Risk Factors

Dietary risks

- Tobacco smoking
- High blood pressure
- High body mass index
- Physical inactivity and low physical activity
- High fasting plasma glucose
- High total cholesterol
- Ambient particulate matter pollution
- Alcohol use
- Drug use
- Lead exposure
- Occupational risks
- Low bone mineral density
- Residential radon
- Ambient ozone pollution

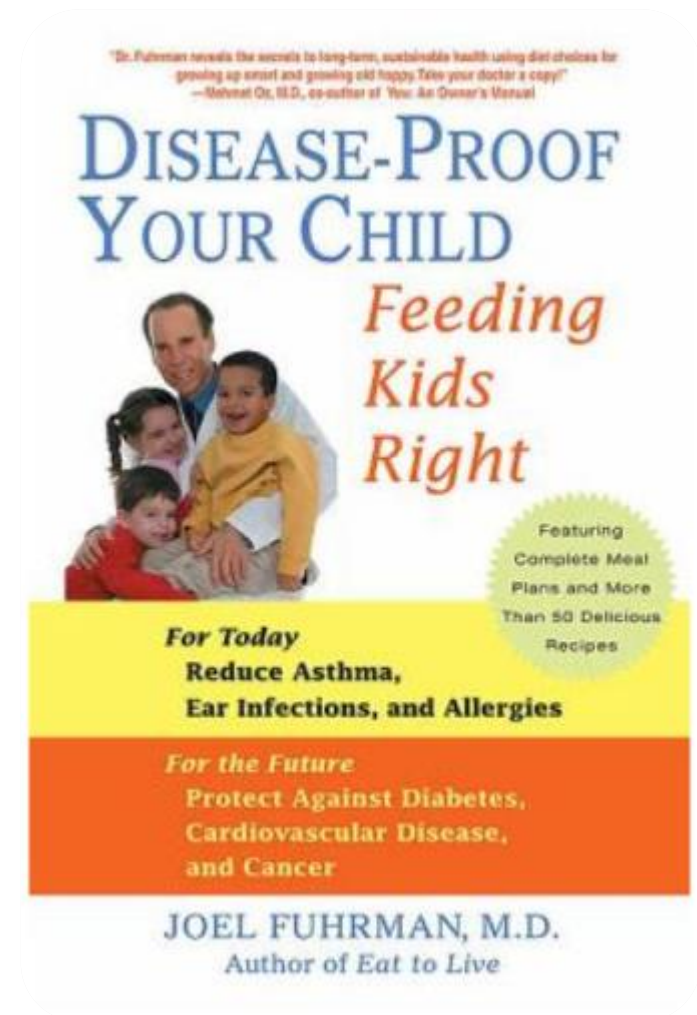


Diseases and injuries

- Intentional injuries
- Unintentional injuries
- Transport injuries
- Other noncommunicable
- Musculoskeletal disorders
- Diabetes/urogenital/blood/endocrine
- Mental and behavioral disorders
- Neurological disorders
- Digestive diseases
- Cirrhosis
- Chronic respiratory diseases
- Cardiovascular and circulatory diseases
- Cancer

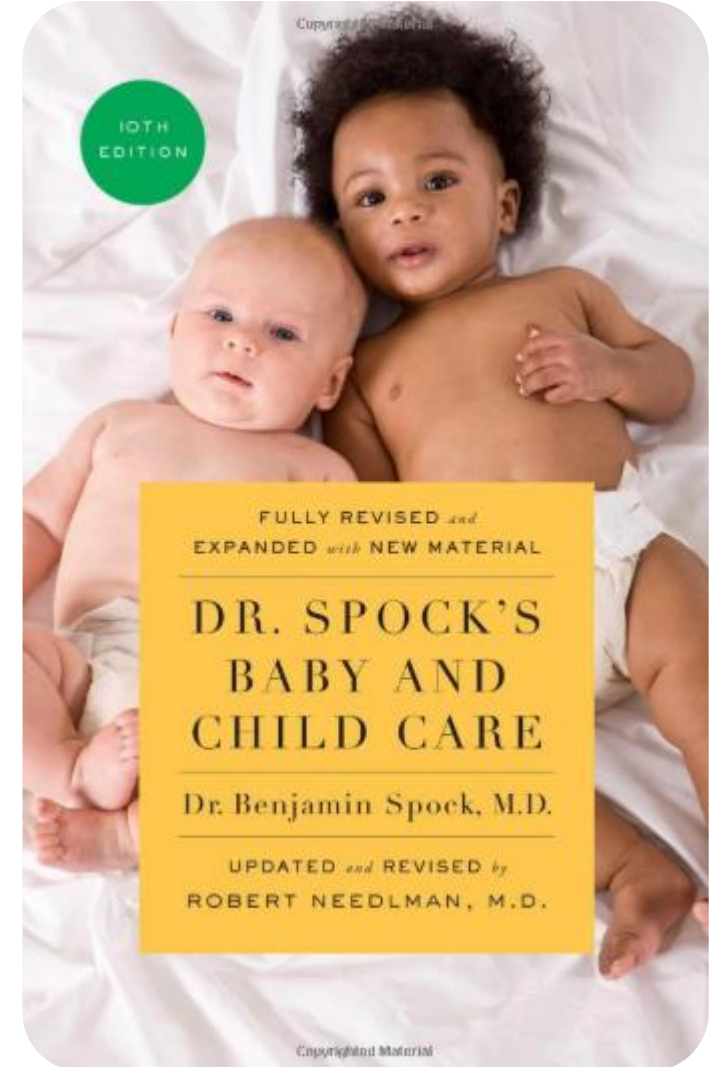
Disease –Proof Your Child

- Disease –Proof Your Child – Joel Fuhrman, M.D. Board certified family physician who specializes in preventing and reversing disease through nutritional and natural methods.
- Harness the power of a nutrient-rich diet to ensure a lifetime free of illness and full of health In his private practice, Joel Fuhrman, M.D. helps families transform their eating habits and recover their health.
- His nutrient-rich eating plan can have a significant impact on your child's resistance to dangerous infections, and a dramatic effect on reducing the occurrence of illnesses like asthma, ear infections, and allergies.
- Disease-Proof Your Child will help your whole family will learn to establish life-long healthful eating habits.



Dr. Spock's Baby and Child Care

- Generations of parents have relied on the influential bestseller *Dr. Spock's Baby and Child Care* as the most authoritative and reliable guide for child care. This timeless yet up-to-date edition has been revised and expanded by Dr. Robert Needlman, a top-notch pediatrician who shares Dr. Spock's philosophy and has applied his research in his career.
- In this tenth edition, you can gain the latest information on child development from birth through adolescence—including cutting-edge research on topics as crucial as immunizations, screen-time, childhood obesity, environmental health, and more. With a revised glossary of the newest and most common medications and a guide to reliable online resources, this vital handbook will help you become the best parent you can be.



Nutritional Science



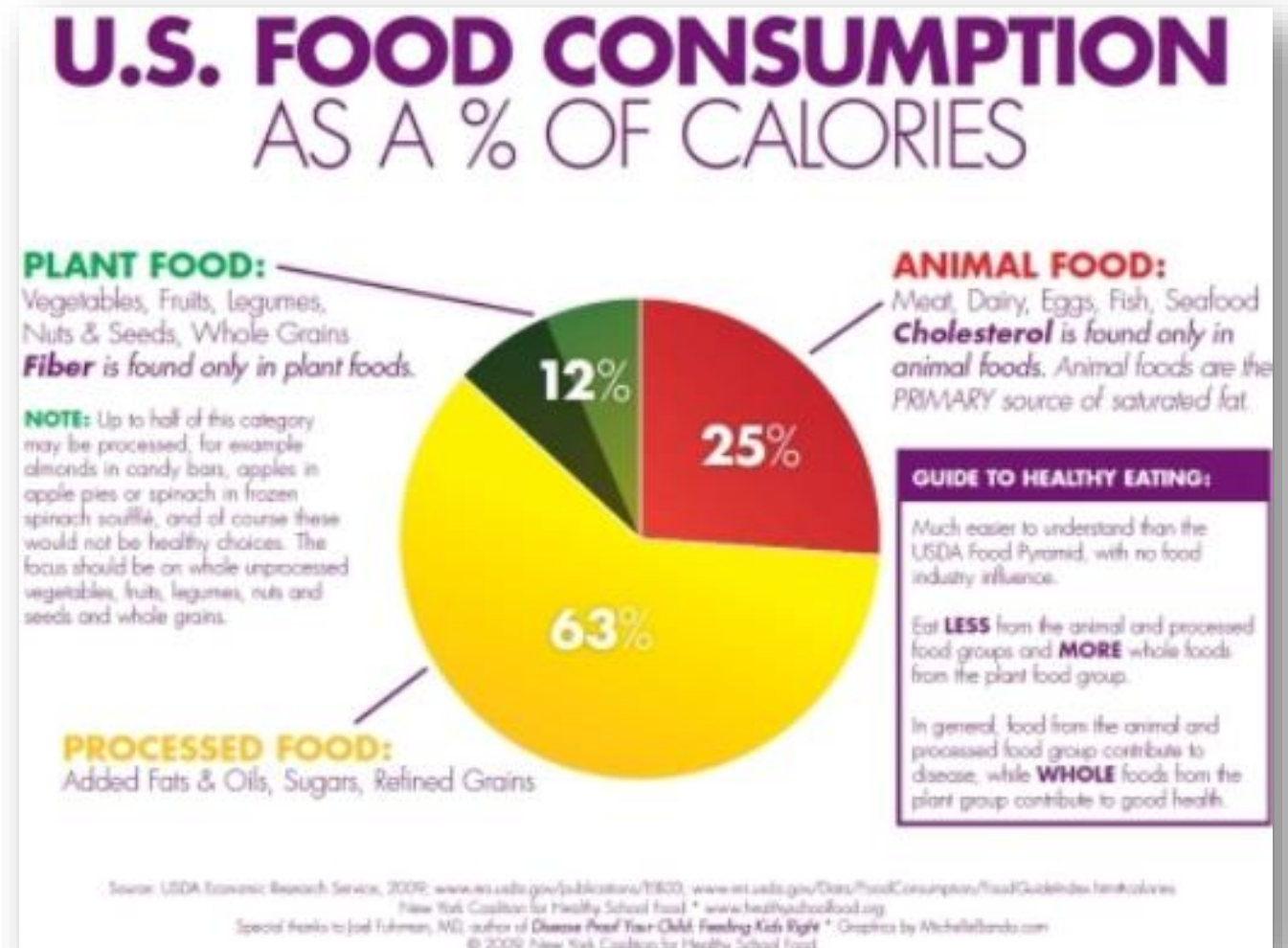
[Nutritional Science](#)

Understanding Superior Nutrition TRANSFORM

- Unprocessed foods are they key to optimal health:
 - We cannot acquire sufficient amount and diversity of phytochemicals in supplements; we must get them from real food, especially because many of them have not been discovered yet.
- The fountain of youth:
 - The foods we eat supply us with much more than fuel. They provide the raw materials that make up organ, including the brain. Critical nutrients make neurotransmitters and brain-cell receptors that govern how we think. Our diet supplies us with the raw materials to manufacture every cell compromising our body.
 - Eating right won't simply prevent disease; it will help you live life to its fullest.
- Vitamins and Minerals are not enough:
 - No matter how many vitamins and minerals are added to the power bar or breakfast cereal, it still does not contain the unique combination of thousands of delicate phytonutrients found in strawberry or a leaf of lettuce.
- The genetic component of disease:
 - While genetics play a role in the expression of many diseases, and while we all have genetic weaknesses and predispositions, for the vast majority of diseases that occur in the modern world, nutrition, exercise and environment play a much larger role than genetics.

What Americans Eat

- **Animal Products** contain no antioxidants, bioflavonoids, carotenoids, folate, vitamin C, vitamin K, or those thousands of phytochemicals.
- **Processed foods** contain almost no antioxidants, bioflavonoids, carotenoids, folate, vitamin C, vitamin K, or those thousands of phytochemicals that are essential for cellular normalcy and preventing DNA damage.



What Americans Eat

- The Nutrition Committee of the American Heart Association has declared:
 - “There is overwhelmingly evidence that reduction in saturated fat, dietary cholesterol and weight offer the most effective dietary strategies for reducing total cholesterol, LDL levels and cardiovascular risk. There is no biological requirement for saturated fat.”
- In fact, populations with diets with little or no saturated fat have little or no heart disease. The development of heart disease begins in childhood.
- Not only do unhealthy childhood diets high in saturated fat and low in protective micronutrients found in unprocessed plant foods accelerate heart disease, but they promote the again process, and create a cellular environment favorable for the development of cancer.

What Americans Eat

- Fatty Facts:
 - Saturated fats has the powerful causative relationships with heart disease and cancer.
 - Besides, sugar, butter and cheese contribute the most calories to children's diets in America.
 - The food with the highest saturated fat in the American Diet is butter and cheese
- No one should eat more than 5 grams of saturated fat a day. Over this level, disease rates climb.
- All foods derived from animals contain cholesterol and tend to be high in the thick, heavy fats called saturated fats.
- Reducing the consumption of animal foods reduces the consumption of cholesterol and saturate fat. Low intake of cholesterol and saturated fat leads to a leaner body, clean arteries, and a reduced risk of developing heart disease and many other diet-related diseases such as stroke, breast cancer, colon cancer, diabetes and obesity.

What Americans Eat

- Trans Fats
 - Many vegetable oils have been artificially saturated, or “hydrogenated,” as the process is called. These “trans” fats are commonly used in processed junk foods such as candy bars, doughnuts, French fries, and snack foods.
 - Trans fats are listed on boxes, wrappers, and jars as partially hydrogenated oil. This man-made food has been found to be as powerful as saturated fat.
 - Fast foods is typically very high in trans fats. French fries and other foods fried in partially hydrogenated oils are the worst. Also, be aware of any food fried in vegetable oil, too, because heating, cooling, and reheating oils causes chemical changes that create the negative effects similar to trans fat.
- Not only do processed foods and fast foods often contain dangerous trans fats and other additives, but they also can have high levels of acrylamides.
 - When processed foods are baked and fried at high temperatures, these cancer-causing chemical compounds are produced.

Understanding Superior Nutrition

- Macronutrients – Protein, fat, and carbohydrates. Macronutrients are the nutrients that contain calories, thereby supplying us with energy.
- Micronutrients – Micronutrients are those nutrients that don't contain calories, but have other essential roles to play. Examples of some micronutrients are vitamins, minerals, fiber, bioflavonoids, antioxidants and other phytochemicals.
- Unfortunately, modern societies eat diets deficient in micronutrients, but generally consume more macronutrients (calories) than needed.
 - Processed foods and animal products mostly contain macronutrients, but are deficient in micronutrients. This predicament promotes disease.
 - The goal of a healthy diet is to get the most micronutrients, both in amount and diversity, from the fewest calories (macronutrients)

Understanding Superior Nutrition

- Protein – is contained in all foods, not only animal products. Protein deficiency is not a concern for anyone in the developed world. It is almost impossible to consume too little protein, no matter what you eat, unless the diet is significantly deficient in calories and other nutrients as well.
 - Peas, green vegetables, and beans have more protein per calorie than meat.
- Health problems arise when we consume more of something we are already getting enough of. Excesses hurt us, not just deficiencies, especially excess macronutrients.
 - Studies have shown that as protein consumption goes up, so does the incidence of chronic diseases.
 - Increases in carbohydrates and fat consumption have led to the same end result.
- The simplest thing you can do to improve the diet of your family is to reduce protein and fat from animal-source foods and increase protein and fat from plant-source foods because of the high level of micronutrients contained in plant foods.

Understanding Superior Nutrition TRANSFORM

- Eating more plant protein increases micronutrient intake A
 - When you eat to maximize micronutrients, your body function will improve; chronic illnesses like high blood pressure, Type II diabetes, and high cholesterol will likely disappear; and your youthful vigor will last into old age.
 - Heart disease and cancer, the major killers of modern societies would fade away and exceedingly rare if the population adopted a cancer-preventive diet style and lifestyle. And we would hardly ever see overweight children.
- The cholesterol-lowering effects of vegetables and beans (high-protein foods) are without question.
 - When adult subjects are fed a vegetable-based diet, cholesterol levels radically, much more than the most powerful cholesterol-lowering drugs.

Understanding Superior Nutrition

- Are milk and cheese needed for calcium?
 - When you eat a healthy diet rich in natural foods, fruits, vegetables, beans, nuts, and seeds, it is impossible NOT to obtain sufficient calcium
- To raise healthy children we need to reduce dairy fat and substitute more fats and more calcium from raw nuts and seeds, tofu and vegetables.
 - Soy milk, almond milk and orange juice are fortified with calcium and vitamin D.
 - You do not have to be concerned about your children consuming too little calcium if you remove or reduce dairy.
- When you eat less animal protein and less salt, you do not lose as much calcium in the urine and therefore need less calcium.

Understanding Superior Nutrition TRANSFORM

- Enhancing Your Child's Health in the Kitchen
 - Stock your home with a variety of produce – especially fresh fruits, raw vegetables, and raw nuts and seeds.
 - Replace most foods of animal origin with foods of plant origin: bean burgers, vegetable/bean soups, and fruit-centered deserts. If using animal products, use only white-meat poultry and eggs a few times weekly and other animal products more infrequently.
 - Make breakfast dishes, desserts, and sauces with raw nuts and seeds.
 - Limit sweets and remove sugar, salt, and white flour from the home and all products with these ingredients.
 - If eating dairy foods, select no-fat varieties such as fat-free milk. Reduce dairy consumption in general. Instead use nut milks, fortified soy milks, and orange juice, fortified with vitamin D. Cheese should not be kept in the home.
 - As a time-saver, use a very large pot to make vegetable soups with beans so that the same soup can be used for days.
 - Serve a cooked vegetable main dish every night.

Preventing and Treating Childhood Illnesses Nutritionally

- Diseases have causes; avoiding the cause of disease is the best way to protect our valuable health.
- We become what we eat, and our future health is dependent on how carefully we build our body with optimal nutrition and minimal exposure to dangerous chemicals and toxins.
- Symptoms – our defensive response against illness.
 - Symptoms are the body's natural response to deal with the causes of disease, lessening the damage. Symptoms attempt to eliminate the cause of an illness, but are often mistaken for the illness itself.
 - Examples include Diarrhea, fever, mucous production, cough, swelling, etc.

Preventing and Treating Childhood Illnesses Nutritionally

- Nutritional Excellence: An alternative to both conventional and complementary medicine.
- Children can recover from:
 - Asthma and allergies
 - Eating protein-rich and fat-rich foods of animal origin – meat, cheese, fried food and saturated fat – is associated with a higher prevalence of both allergies and asthma.
 - Eating high antioxidant and phytochemical containing foods is related to lower occurrence of childhood allergies and asthma.
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - Before a parent begins to consider the pros and cons of starting their inattentive child on stimulants such as Ritalin, they should give nutritional excellence a trial.
 - Constipation and digestive disturbances
 - Ear infections (otitis media)
 - Frequent illnesses and infections

Preventing and Treating Childhood Illnesses Nutritionally

- Diseases with strong links to Cow's Milk:
 - Allergies
 - Anal fissures
 - Childhood-onset (Type 1) diabetes
 - Chronic constipation
 - Crohn's Disease
 - Ear infections
 - Heart attacks
 - Multiple Sclerosis
 - Prostate Cancer

Got pus? Milk does.
What's in a glass of milk?

- 135 million Pus Cells
- Bovine Growth Hormones
- Antibiotics
- Feces
- 51 milligrams of Cholesterol
- 300 Calories
- 16 grams of Fat
- Acidic Protein which leeches
- Calcium from Bones



- Calcium from Bones
- Acidic Protein which leeches
- 16 grams of Fat
- 300 Calories

Understanding the Causes of Cancers and Other Illnesses

- Interest in the role of diet, nutrition, and cancer increased rapidly during the 1960s, when the World Health Organization examined the diet and lifestyle factors and concluded the majority of human cancers are preventable.
- Data collected in the last forty years have generally come to the same conclusion: a high calorie, high-fat, low-fiber, low-nutrient diet increases cancer risk at all ages.
 - The National Cancer Society, the American Cancer Society, and the Department of health and Human services support this conclusion and have issued dietary guidelines for the general public aimed at reducing the risk of cancer as well as other chronic diseases.
- We must understand the cause of cancer and change ourselves and our environment to protect our future and the future of our loved ones.

Understanding the Causes of Cancers and Other Illnesses

- Scientific studies demonstrate:
 - Breast and prostate cancer are the most prevalent cancers in America.
 - The huge geographic variability in the incidence of these cancers suggests dietary factors as the main cause. It is believed that the diets that are lower in animal products, in saturated fat, and higher in unrefined plant foods account for these dramatic differences.
- Epidemiological studies tell us:
 - Saturated fat is a powerful cancer promoter.
 - Refined sugar and white flour promote cancer.
 - Root vegetables and whole grains offer minimal cancer protection.
 - Unrefined plant foods (UPF), fruits, vegetables, nuts, seeds and beans are powerful cancer protectors.

Understanding the Causes of Cancers and Other Illnesses

- The largest and most impressive epidemiological study was the China Project.
 - The NY Times called the China Study “the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease. “
- Key learnings:
 - The more animal products in the diet, the greater the cancer occurrence.
 - Even lean meats, chicken, eggs, and wild and naturally raised livestock (without hormones and antibiotics) were shown to increase the heart attack and cancer rates in proportion to the amount consumed by the population under study.
 - The more fruits and vegetables in the diet, the less cancer they found.

Understanding the Causes of Cancers and Other Illnesses

- Growing cells are more susceptible to damaging influences.
 - According to the U.S. Environmental Protection Agency, infants and toddlers have a ten times greater cancer risk than adults when exposed to gene-damaging chemicals.
 - In a similar manner, an healthy diet can do substantially more damage to a young body than to an adult one. The earlier in life, the greater potential for damage.
 - We can not eat in an restrained, unhealthful manner in our youth and expect healthful dieting at a later point in life to undo all the damage.
 - Diets rich in meat and dairy are powerfully implicated as cancer promoters. Processed, pickled, smoked, or barbequed meats are more strongly linked to cancer.
 - Those who eat meat daily have a three to four fold increased incidence of colon, esophageal, and stomach cancers, and the risks are more sever the younger in age people begin these practices.

Understanding the Causes of Cancers and Other Illnesses

- Feed them so they grow big and strong?
 - Many people strive to overfeed their children with the purpose of achieving excessive growth. Unfortunately, numerous scientific investigations report the relationship between high calorie intake in childhood and cancer.
 - Today our children's caloric consumption is at an all-time high. With all the high-calorie, low-nutrient processed foods, soft drinks, fast foods, pizza, cheese, and butter kids eat today, the girth of America's children is increasing at an alarming rate. This foretells and increase in the cancer epidemic in the future.
 - This American protein and fat rich diet is enabling today's children to exceed the height predicted by their parental genetics. But children who mature early and grow taller than expected have been shown to be at higher risk of breast, prostate, colorectal, leukemic, ovarian, and endometrial cancers.

Understanding the Causes of Cancers and Other Illnesses

- Feed them so they grow big and strong?
 - Drinking “growth promoting” cow’s milk in early childhood may have negative effects. Humans are designed to be raised on human milk in the first few years of life, not cow’s milk.
 - Human milk makes for slower growth. Cow’s milk is specifically designed for baby cows, and it supplies the nutrients to facilitate the rapid growth natural to cows.
 - Cows milk contains estrogen, progesterone, testosterone, prolactin, and other natural cow hormones. Cheese not only richer in saturated fat, but is a more concentrated source of these hormones.
 - Early puberty is strongly associated with breast cancer, and the occurrence of breast cancer is three times higher in women who started puberty before age twelve.
 - We should want our children to grow slowly. The faster they grow and the faster they reach puberty, the fast they age and the greater the risk of getting a later life cancer.

Understanding the Causes of Cancers and Other Illnesses

- Secret chemicals in our food:
 - The institute of Medicine of the National Academy of Science released a public report in June 2003, warning the public about the cancer risk from consuming food containing dioxin and other polychlorobiphenyls (PCBs). They concluded with the following statement:
 - The most direct way for an individual or a population to reduce dietary intake of dioxins is to reduce their consumption of dietary fat, especially from animal sources that are known to contain higher levels of these compounds.
 - These toxic chemical compounds accumulate in the fatty tissues of fish, birds and mammals.
 - Every time an animal is exposed to a tiny bit of these toxic chemicals, it remains in the animal's body for life, only released when the animal is eaten by humans, through fatty animal products such as meat, cheese and full-fat milk.
 - Animal products tested to be exceptionally high in these harmful compounds are catfish, lobster, mollusks, cheese, butter, and ice cream.

Understanding the Causes of Cancers and Other Illnesses

- Are pesticides a serious health hazard?
 - Children whose parents work with pesticides are more likely to suffer leukemia, brain cancer and other afflictions.
 - Studies show that childhood leukemia is related to increased pesticide use around the house.
 - Nine studies reviewed by the National Cancer Institute showed a correlation between pesticide exposure and brain cancer.
 - Exposure to weed killers in childhood increases asthma risk by more than fourfold.
- When young children are around, we must be vigilant to maintain a chemical free environment.
- Clearly, it is not logical to eat organic food to avoid pesticide residue and then spray our homes, interior plants, lawns, gardens, and even schools.
- Important note: It is better to eat fruits and vegetables grown and harvested using pesticides than not eating them at all. The health benefits of eating phytochemical-rich produce greatly outweigh any risk pesticides might pose.

Understanding the Causes of Cancers and Other Illnesses

- Heart disease starts young, too:
 - What we eat during our childhood affects our lifetime cholesterol levels. For many, changing the diet to a plant-based diet, low-saturated-fat diet in later life does not result in the favorable cholesterol levels that would have been seen if the dietary improvements were started much earlier in life.
 - Findings from the famous Bogalusa Heart Study show that a high saturated fat intake early in life is strongly predictive of later heart disease burden and that high blood pressure in childhood and adolescence is powerfully predictive of cardiovascular death in adulthood.
- The anti-cancer lifestyle, a healthy diet style for the entire family, started early in life, will have the added benefit of making it easier for children to become heart-attack proof.
- A diet high in plant fiber shows a protective effect against developing high cholesterol, obesity, and elevated insulin levels.

Understanding the Causes of Cancers and Other Illnesses

- What we do know can help our children:
 - Unfortunately, our population is making food choices for themselves and their children virtually unaware of the risks they are taking.
 - We must be responsible for our health and the health of our children.
 - We parents have a huge responsibility and can help guide and shape our offspring into healthy and happy adults, or, through abuse, neglect, ignorance, and even convenience, we can damage their future.
 - We know with certainty that the foods we feed our kids during childhood play a large role in dictating their future health.

Feeding Your Family for Superior Health

- Reforming the picky eater:
 - Children are not responsible for their poor food choices – their parents are.
 - Before you become disheartened, it is important to understand that most children in today's food environment of processed foods, especially from ages two to seven are picky eaters.
 - Fortunately, it is possible to put an end to the food wars and solve the problem of how to get your child to eat a healthful diet. It is important for the entire family to make a recovery from their less than optimal diet style.
 - Only permit healthy food in your home. Children will eat whatever is available. They will not starve themselves to death; they adapt easily and learn relatively quickly to like the food that is offered.

Feeding Your Family for Superior Health

- Food preferences are formed by one's food environment:
 - Parents have been shown to give up too easily when offering healthy food to their children. Keep offering the same food, even if your child rejects it. With persistence, it is likely they will eventually try it and even like it
 - One study showed that about 75% of parents gave up after five tries, while the research showed it took eight to fifteen times for children to accept a new food as familiar.
 - Positive reinforcement, praise and demonstration of family taste preference (showing your child how much you like it over and over) works better than forcing the child to eat it, and is better than bribing the child.
 - Parents need to eat the diet they would like their child's diet to become.
 - The message is clear: children raised in an environment of natural foods will more likely continue healthful practices as they grow.

Feeding Your Family for Superior Health

- Don't Coerce Children to Eat:
 - Repeat after me: “ I will not be concerned with the number of calories consumed by my child.”
 - We are designed to consume a diet rich in natural plant fibers and micronutrients. This fiber (bulk) causes stretch receptors in the digestive tract to register that we have consumed enough food.
 - When we eat processed food, which is high in calories and has little fiber, the body's natural satiation mechanism is fooled and we overeat. Appetite can also be driven by taste. The artificially high stimulation of taste with concentrated sweeteners and artificial flavors can make humans eating machines without constraints.
 - Man-made, high-calorie concoctions, designed to appeal to the taste and mindset of children, are chemical inventions created to attract consumption, and do not contain the nutrients needed for good health.

Feeding Your Family for Superior Health

- The Five Most Dangerous Things to Feed Your Child:
 - Butter and cheese – full of saturated fat and fat-delivered chemical pollutants
 - Potato chips and French fries – rich in trans fat, salt, and carcinogenic acrylamides.
 - Doughnuts and other trans fat-containing sweets – rich in trans fat, sugar, and other artificial substances.
 - Sausages, hot dogs, and other luncheon meats – contain N-nitroso compounds that are potent carcinogens.
 - Pickled, smoked, or barbecued meats – place you at risk of both stomach cancer and high blood pressure.

Feeding Your Family for Superior Health

- Dr. Fuhrman's Fab Five:

- Berries – Add berries to morning cereals. Make desserts sorbets from frozen berries. Frozen strawberries blended with and orange or orange juice. Add a slice of dried pineapple and use a high speed blender to make a smooth and delicious strawberry sorbet.
- Greens – Make steamed greens with a cashew butter cream sauce. Kids love it. Blend raw cashews and few dried onions flakes with some soy milk to make a great sauce for chopped kale or broccoli.
- Seeds – Seeds are super nutritious wonder foods. Try sprinkling some lightly toasted un-hulled sesame seeds and sunflower seeds on salads and vegetables. We like to grind some into a powder and use it like salt on food.
- Beans – Beans are fiber and nutrient-packed. They give soups that chewy goodness and long lasting satiety. Add a mixture of split peas, lentils, and adzuki beans to soups and simmer over low heat for about three hours.
- Tomatoes – Tomatoes are a wonder food in their own class. Whether you consider them a fruit or a vegetable, it matters not. Slice them into pita pocket sandwiches. Mash some almond butter with a fork into some tomato sauce to add to the vegetable-tomato-sprout-avocado pita pocket. What a great school lunch.

Feeding Your Family for Superior Health

- Animals eat for Nutrients:
 - Humans (and animals alike) are driven to consume food from a variety of categories. Likewise, children will not be satisfied with eating only one or two foods; they will want to eat a portion of one food and want another type of food.
 - We search for a variety of nutrient sources, and this variety assures that we get the broad assortment of nutrients that increases our immune function and longevity potential.
 - The genetic makeup of humans is not equipped to deal with fake foods. Artificial foods, as well as cheese, oil, fruit juices, and other sweeteners, have cultivated eating habits richer in calories than a primitive diet of natural foods, would contain, and one grossly void of immune-system-supporting nutrients.
 - For instance, some parents think that their children are not eating enough, so they try to entice them with some kind of unwholesome “treat.” The minute children taste these low-nutrient processed foods – which are typically high in fat, salt, and sugar – their desire and their taste for wholesome food diminishes.

Feeding Your Family for Superior Health

- Preparing your home for eating healthfully:
 - Stock your home with a variety of produce, especially fresh fruits, raw vegetables, raw nuts, and seeds. Incorporate bean burgers, vegetable/bean soups, and fruit-centered desserts.
 - Replace foods of animal origin with foods of plant origin. Limit poultry to once or twice a week and red meat to even less. Remove skin and poultry. Use the light meat only.
 - Remove sugar, salt and white flour from the home, as well as all products with these added. Use only whole-grain breads and pasta. Use tomato sauce for pasta, not oil-based or cheese-based sauces. Try bean or lentil pasta instead of wheat flour pasta.
 - Minimize the use of vegetable oils, replacing them with dressings and sauces made with avocados and whole nuts and seeds. Make delicious desserts with nuts, seeds, and avocados to encourage the consumption of healthy fats.
 - Do not keep cheese or butter in the house. If eating dairy foods, select no-fat varieties and only eat small amounts. Replace dairy products with soy milk and nut milk fortified with calcium and vitamin D and B12. If utilizing dairy products in your home, only use fat-free versions.

Feeding Your Family for Superior Health

- Preparing your home for eating healthfully:
 - Avoid eating lobster, shrimp, mollusks, catfish, swordfish, bluefish, mackerel, pike, shark, tuna, and any fish caught in questionable waters. Limit other fish to once weekly.
 - Eliminate fried foods and barbecued foods, both of which expose you to high levels of carcinogenic compounds produced by these high-heat cooking methods.
 - Remove all sweet drinks, soda, and processed fruit juice from the house.
 - Make healthy snacks available; cherry tomatoes, raw nuts, carrots, fruit, chickpeas, corn and raw string beans are great choices. (For toddlers below the age of two and a half, be aware of the choking hazard of whole nuts and carrots.)
 - Note: Don't be concerned if your child doesn't eat much at first, which can be difficult for parents. Rest assured, when your child actually gets hungry he/she will start eating the assortment of natural foods you have set out.

Feeding Your Family for Superior Health

- Preparing your home for eating healthfully:
 - If you are committed to raising a healthy family without medical tragedies in their future, you must structure your lives so you do not eat in fast food restaurants. Eating outside the home should be a rare occurrence.
 - Parents should pack their kids' school lunches and plan family meals together as much as possible.
 - In a home environment bursting with real food, food no longer needs to become an issue. Let your children eat as much or as little as they want. A normal child will self-regulate and consume a healthy diet, given a healthy home environment.
 - The best way to prevent overeating and undereating is to let the child be in charge of how much or how little he/she eats.

Feeding Your Family for Superior Health

- The Forbidden Fruit Syndrome
 - Teaching children about the value and consequences of eating healthy food is important, but it should not be taught by forcing something down their throat.
 - We shouldn't try to control what children eat; rather, we need to direct their food intake. Kids generally learn to eat the foods their parents do. We control their food options by what we have in the home.
 - Control your children's environment, limit their exposure to junk food, teach them about nutrition, and then as they get older allow them to make their own choices in the real world, outside the home.
 - It is important to realize that it is never too late to teach your children the importance of eating healthy. As you learn, share it enthusiastically with them.
 - The first step toward your child's healthy eating is changing your own. Concentrate on changing the dietary habits of the parents first and gradually remove more and more of the unhealthy options.

Feeding Your Family for Superior Health

- The Secret to getting your children to eat healthfully:
 - Keep only healthy food in the house. Every person in the household should have the same food choices available.
 - Offer and feed a wholesome diversity of natural foods, vegetables, beans, raw nuts, seeds, and fresh fruits, while giving each child as much latitude as possible to eat what they prefer.
 - Don't attempt to manage your children's caloric intake. They can do that on their own.
 - If you, as parents, do not demonstrate proper respect for your own bodies by eating healthy, exercising regularly, and engaging in other healthful lifestyle practices, don't expect your children to do any better than you, now or in the future.
 - Education your children about their nutritional needs and the importance of eating healthfully. Start this when they are young and continue to reinforce their learning, as they will be exposed to more toxic food choices as they get older and spend more time out of their home.

Feeding Your Family for Superior Health

- Five Healthy Treats:
 - Date nut pop-ems – A mix of dates, ground nuts, cinnamon and carob powder
 - Soaked dried fruit – Dried apricots, apples, or mangoes soaked overnight in soy milk
 - Frozen banana whip – Frozen bananas, sliced and pureed in a blender or food processor with a little soy milk or nut milk.
 - Baked apples – Cored apples filled with a mix of apple sauce, cinnamon, and raisins and then bake at 350 degrees for 20 minutes
 - Fruit smoothies – A blended mixture of fresh fruit, banana, dried fruit, and soy milk, nut milk or fruit juice. Unsweetened canned pineapple, with the juice mixed with banana and frozen strawberries, is a kid favorite. Experiment.
- Here is the most important rule: **No rules only for children.** If the parents are not willing to follow the rules set for the house, they should not be imposed on the children.
- If you children choose to eat junk on occasion, let it go. Try not to make them feel bad about it. You will know how healthfully they eat when they are home, which should be more than 90% of their intake.

Preparing Healthy Foods That Your Kids Will Love

- Food does not have to be unhealthy to taste great
- When you choose an anti-cancer diet style, animal products such as eggs, white-meat turkey, and chicken are viewed as flavorings or condiments used to flavor a vegetable-based meal, rather than as main dishes.
- Or you may choose a healthy vegan or vegetarian diet for yourself and your family.
- Whether your family is vegetarian or non-vegetarian, the recommendation is that everybody in the family take a multivitamin supplement.
- Since plant foods do not contain adequate amounts of vitamin B12, we must make sure children take in enough. Today's vegetation is washed of bacterial and insect residue, removing the B12 that may have been present if the food was collected in the wild.

Preparing Healthy Foods That Your Kids Will Love

- Choosing a children's chewable multivitamin:
 - Look for one without vitamin A – vitamin A intake leads to calcium loss in the urine and osteoporosis. We make all the vitamin A we need from the carotenes found in fruits and vegetables.
 - A children's supplement should not have more than 2,500 IU of beta-carotene, but even less is better. It is best to receive carotenes from food, not supplements. Studies looking at beta-carotene supplementation show a higher rate of both cancer and heart disease in those supplemented with a high dose of beta-carotene.
 - It should contain the full spectrum of minerals.
 - It should be free from artificial colors, flavors, and artificial sweeteners.
 - It must taste acceptable to your children, as it does not good if your child refuses to take it

Preparing Healthy Foods That Your Kids Will Love

- Ten Super Foods to use in your recipes and menus:
 - Avocados
 - Blueberries/Blackberries
 - Cantaloupes
 - Carrots/Beets
 - Flax Seeds
 - Green Lettuce
 - Kale
 - Sesame Seeds
 - Strawberries
 - Tomatoes

Sculpting Our Future In the Kitchen. Menu Plans and Recipes.

- Keep Learning
- Clear out your kitchen
- Stock your kitchen
- Plan meals in advance
 - [21 day Vegan Kickstart](#)
 - [Engine 2 Diet and 7 day challenge](#)
 - [Nutrition Studies 7 day challenge](#)
 - [Purple Carrot - meal delivery](#)
- Do it! (Ideally as a family)
 - Take the 21 day challenge
- Be resilient!
- The following menus and recipes are examples of diets and dishes rich in nutrients and fiber, consistent with the basic principles of healthful eating

Where should I shop?

- Farmer's Markets
- Local Markets
- Wholesale clubs
- "Healthy Stores"
- Local Co-Ops
- Ethnic Markets
- Personal Garden



Shopping List:

- Canned and bagged beans – chickpeas, red kidney beans, black beans, etc.
- Canned vegetable and bean soup (from the health-food store or health-food section)
- Canned Chinese vegetables – water chestnuts, bamboo shoots and others
- Fresh vegetables to be eaten raw – carrots, celery, peppers, tomatoes, cabbage, broccoli, string beans, Swiss chard, kale, spinach, onions, garlic cloves
- Tofu, tempeh, soy beans
- Frozen vegetables – peas, artichokes, asparagus, broccoli, mixed Chinese vegetables.
- Fresh fruits – strawberries, kiwis, oranges, grape-fruits, melons, apples, grapes, lemons
- Frozen fruit – blue berries, mixed berries, mango, strawberries, cherries.
- Vinegars of your choice (balsamic, red-wine, apple cider)
- Fresh vegetables to be cooked – all greens (bok choy, kale, collard greens, spinach, broccoli, cabbage) and mushrooms

Shopping List:

- Oatmeal (steel cut, old fashioned)
- Cream of Wheat
- Ingredients for homemade soups
- Variety of potatoes, brown rice, other grains
- Whole wheat pita breads, 100% whole wheat/grain breads.
- Non-fat tomato sauce
- Low-calorie salad dressing
- Spices – oriental spice mix, Mrs. Dash, mild chili salsa powder, garlic and onion powder, oregano, cayenne.
- Sesame seeds, walnuts and ground flax seeds

Menu Plans and Recipes

- Simplify, Simplify, Simplify



- Lunch:
 - Salad
 - Soup
 - Beans
 - Fruit
 - Burritos / Sandwiches (Rice, Hummus, Avocado, Vegetables, Beans, etc.)
 - Bowls (A bean, a green and a grain and other veggies)
 - Leftovers

| Colors | Foods | Colorful Protective Substances and Possible Actions |
|---------------|--|--|
| Red | Tomatoes and tomato products, watermelon, guava | Lycopene: antioxidant; cuts prostate cancer risk |
| Orange | Carrots, yams, sweet potatoes, mangos, pumpkins | Beta-carotene: supports immune system; powerful antioxidant |
| Yellow-orange | Oranges, lemons, grapefruits, papayas, peaches | Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances |
| Green | Spinach, kale, collards, and other greens | Folate: builds healthy cells and genetic material |
| Green-white | Broccoli, Brussels sprouts, cabbage, cauliflower | Indoles, lutein: eliminate excess estrogen and carcinogens |
| White-green | Garlic, onions, chives, asparagus | Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems |
| Blue | Blueberries, purple grapes, plums | Anthocyanins: destroy free radicals |
| Red-purple | Grapes, berries, plums | Resveratrol: may decrease estrogen production |
| Brown | Whole grains, legumes | Fiber: carcinogen removal |

Menu Plans and Recipes

- Packing a lunch for school

- Avoid the typical school lunch of luncheon meats and cheese. Typical school lunches are greasy, salty, and of poor nutritional quality.
- Some children are happy to eat healthfully, but when it comes to school lunch they don't want to look different from the other kids.
- Packing fresh fruit and a healthy bread with some nut butter and an unsweetened fruit spread can be a quick option. Try adding banana slices for a healthy nut butter sandwich.
- If using peanut butter, purchase a brand without salt and other additives.
- Whole wheat pita pockets are a great option for a bag lunch. You can fill them with all kinds of healthful and tasty foods such as beans and mushroom burgers, salad, avocado, hummus, rice, potato salad or fruit.
- Always include some fruit with their lunch.

Menu Plans and Recipes

- Simplify, Simplify, Simplify

- Dinner:
 - Brown Rice and Beans
 - Whole wheat pasta, no oil tomato sauce and vegetables
 - Loaded baked (sweet, red, white) potatoes with toppings (veggies, salsa, etc.)
 - Vegetable Chili
 - Vegetable Lasagna
 - Lentils
 - Vegetable Stir Fry with Tofu
 - Whole wheat flour vegetable pizza

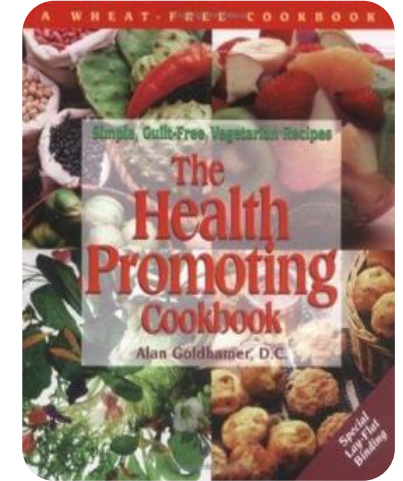
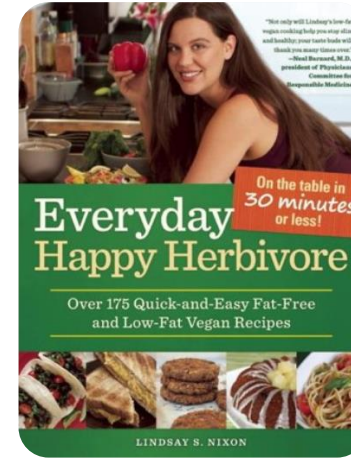
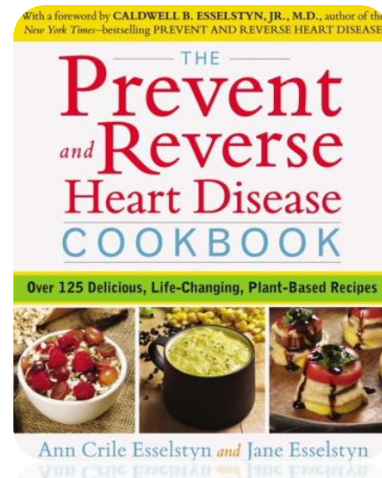
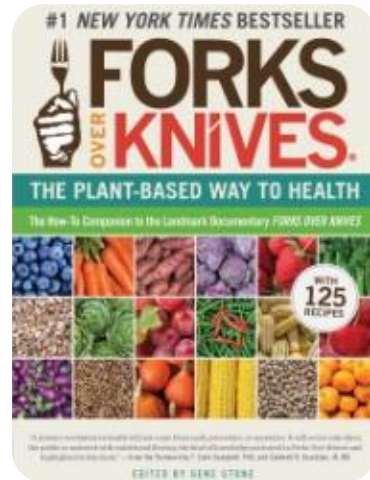
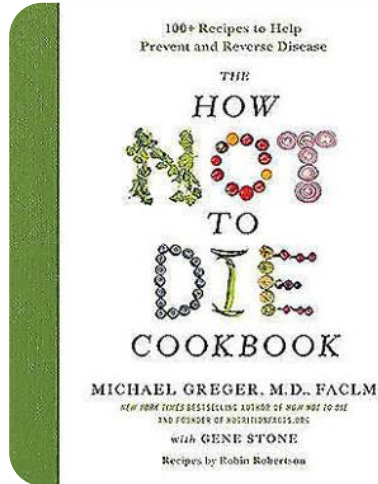
Menu Plans and Recipes

- Simplify, Simplify, Simplify

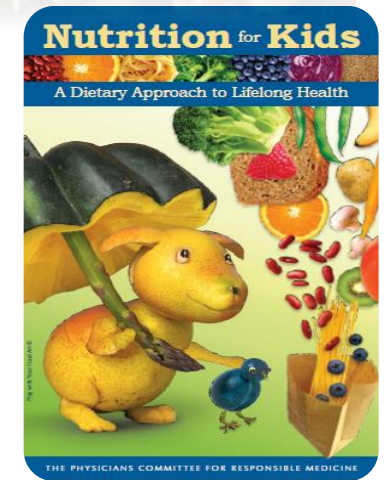
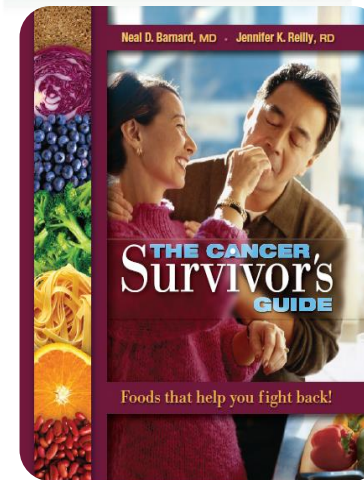
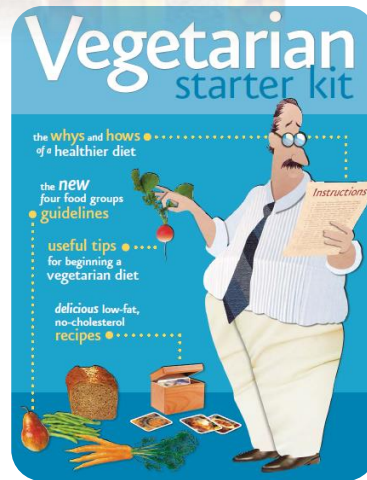
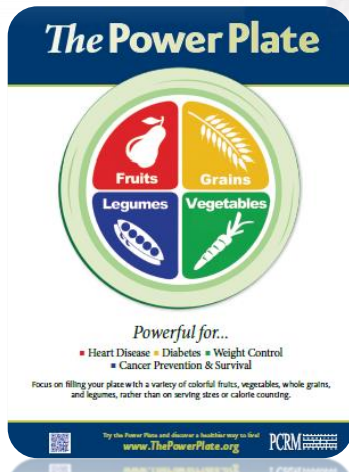
- Parties/Events:
 - Eat before you go and don't go hungry
 - Bring something to share that you know you can eat
 - Choose whole food option (fruit, vegetables, beans, etc.)
 - Avoid alcohol, sodas, juices and caffeinated beverages
 - Avoid sweets (cookies, brownies, cakes) and high oil/salt snacks (chips, French fries)
 - Please remember that you can have anything you want and that you are choosing to eat health promoting foods and beverages.



Cookbooks:



[How Not to Die](#) / [Forks over Knives](#) / [Prevent & Reverse Heart Disease](#) / [Happy Herbivore](#) / [Health Promoting Cookbook](#)



[Power Plate](#) / [Vegetarian Starter Kit](#) / [Healthy Eating for Life](#) / [The Cancer Survivor's Guide](#) / [Nutrition for Kids](#)

Recipe Resources:

Click to access links:

- [Whole Food Plant Based Cooking Show](#)
- [Happy Herbivore](#)
- [Forks over Knives](#)
- [Dr. McDougall](#)
- [Physicians Committee for Responsible Medicine](#)
- [Nutrition Facts](#)
- [It Doesn't Taste Like Chicken](#)
- [Dr. Fuhrman](#)
- [Ornish Lifestyle Medicine](#)



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What else do I need to know?

Vitamin D

- The natural source of vitamin D is sunlight. In colder climates during the winter months, the sun may not be able to provide adequate vitamin D. Fortified cereals, grains, bread, orange juice, and soy- or rice milk are healthful foods that provide vitamin D. All common multiple vitamins also provide vitamin D.

B12

- Be sure to include a reliable source of vitamin B12, including fortified foods, such as breakfast cereals and plant milks, or a supplement.

Iron

- Iron is abundant in plant-based diets. Beans, dark green vegetables, dried fruits, blackstrap molasses, nuts and seeds, and whole grain or fortified breads and cereals all contain plenty of iron.

What else do I need to know?

Omega-3 Fatty Acids

- Whether you are interested in promoting cardiovascular health, ensuring the proper growth and development of your child, or relieving pain, a vegetarian diet rich in fruits, vegetables, nuts, seeds, and legumes can help you achieve adequate intake of the essential fatty acids.

Nuts & Seeds?

- A low-fat diet is **not** a no-fat diet. There are traces of natural oils in plants, and these fats are important for health. Some people add additional sources of healthful omega-3 (“good”) fats, such as walnuts, flaxseeds or soy products. Some research has shown the health benefits in having a small serving of nuts each day, despite the fact that nuts are high in fat.

Recap

- We must be responsible for our health and the health of our children.
- We parents have a huge responsibility and can help guide and shape our offspring into healthy and happy adults, or, through abuse, neglect, ignorance, and even convenience, we can damage their future.
- We know with certainty that the foods we feed our kids during childhood play a large role in dictating their future health.



[Video Link](#)

Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to improve your family's nutrition?
- Questions?

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead

Eat to Live



[Dangers of the American Diet](#)

Unrefined Plant Foods



[Video Link](#)

What food skills have we been taught?



[What food skills have we been taught?](#)