Providence

The Power of Plants

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Agenda

- **Plant benefits**
- **What exactly is ‘plant-based’?**
- **Plant magic**



Staggering Stats

Significant inverse relationship between consumption of phytonutrient-rich diets, elevated phytochemical serum levels and risk of ALL cancer types.

Up to 80% of cancers are driven by insulin resistance.

Protective dietary elements in cancer prevention: Selenium, B vitamins, vitamin D, carotenoids, chlorophyll, antioxidants, flaxseed, alliums, sulforophane

High risk dietary elements: Low fiber, high sugar, high processed meats, imbalance of omega 3s & omega 6s



Diets high in protective elements and low in risk elements are projected to decrease risk of most cancers by 60-70%!

A PHYTING Immune System

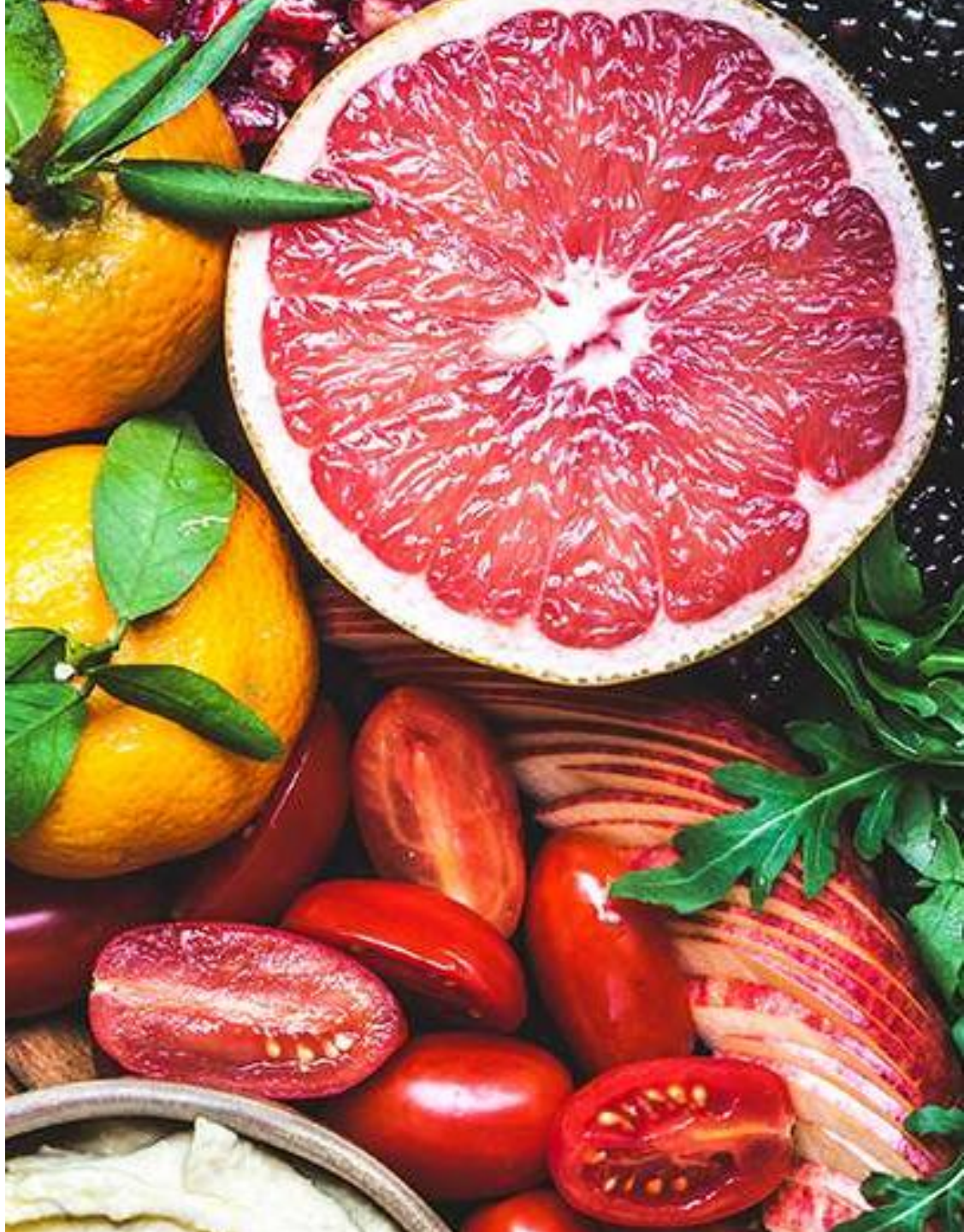
Phytonutrients = Natural compounds in plants that protect the plant from its environment

- Carotenoids, polyphenols, resveratrol, indoles, phytic acid, flavonoids, glucosinolates, antioxidants…
- Protect the body from free radicals
- Reduce inflammation
- Prevent & repair DNA damage
- Strengthen immune processes
- Prevent reproduction of damaged cells
- Balance hormones

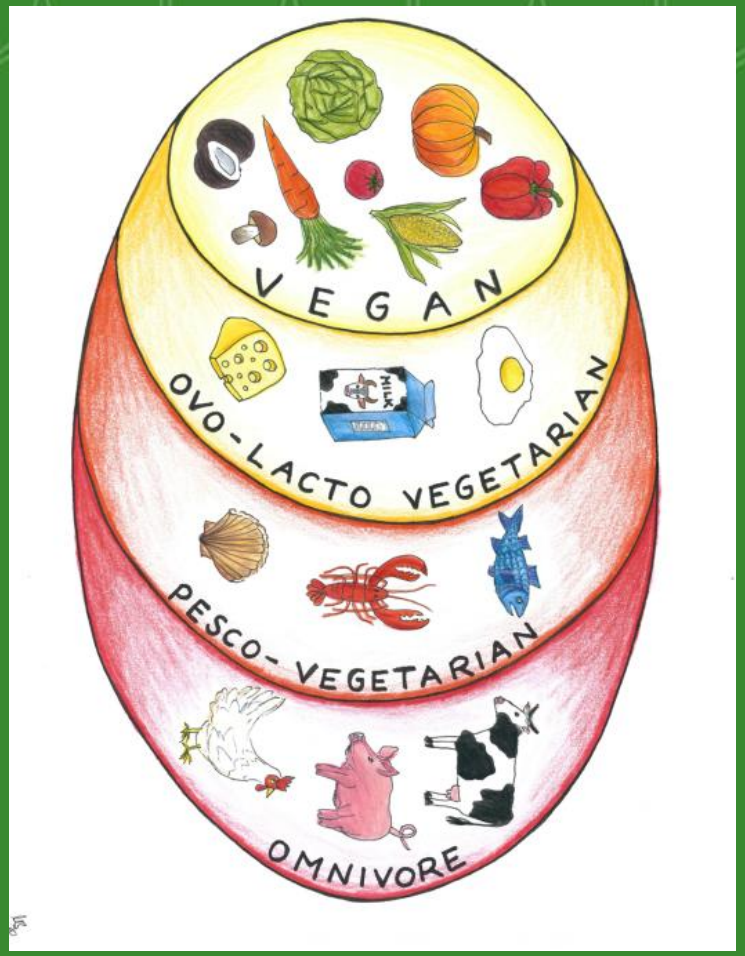
How to eat enough:

- Aim for at least 3 different colors of plant foods daily
- Strive for 5 cups minimum of fruits & vegetables per day
- Lean heavily on crucifers, alliums & bitter foods

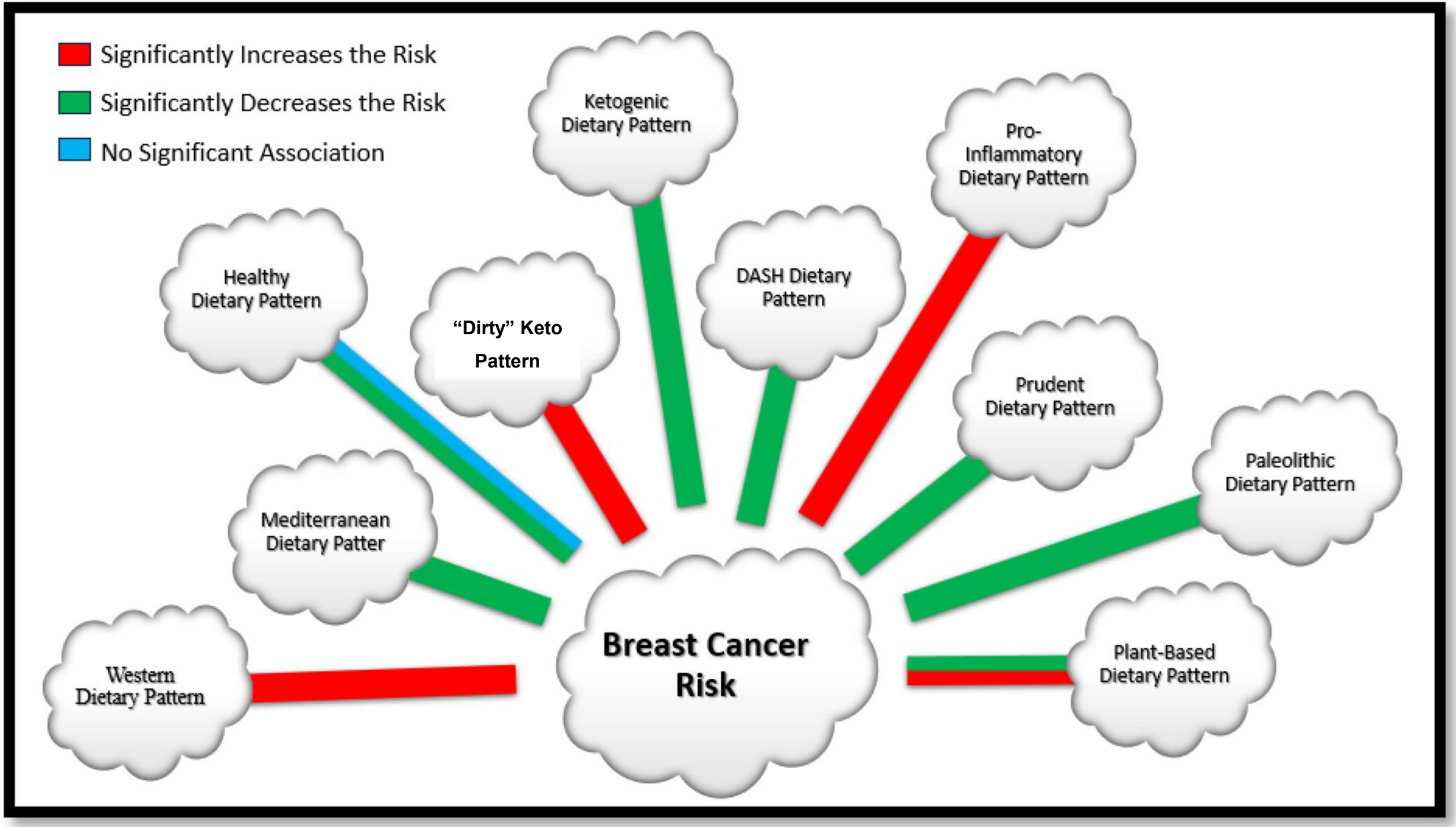
Providence



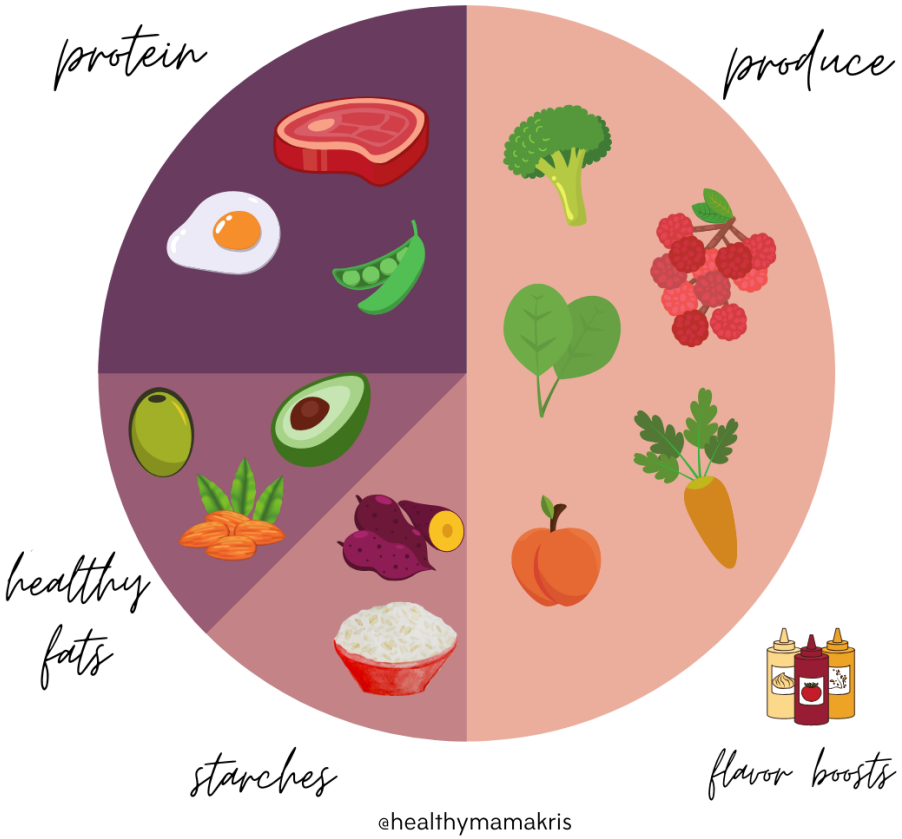
What is a Plant-Based Diet?






Significantly Increases the Risk
Significantly Decreases the Risk
No Significant Association
Ketogenic Dietary Pattern
Pro-Inflammatory Dietary Pattern
Healthy Dietary Pattern
"Dirty" Keto Pattern
DASH Dietary Pattern
Prudent Dietary Pattern
Paleolithic Dietary Pattern
Mediterranean Dietary Patter
Western Dietary Pattern
Breast Cancer Risk
Plant-Based Dietary Pattern

Plant-Powered Plate



Protein:

- 50-75% plant proteins
- 25-50% **high quality** animal proteins (optional)

Healthy Fats:

- Primarily whole food fats
- Cold-pressed oils

Starches:

- Low glycemic, unrefined
- 3g or more fiber if processed

Produce:

- 5 cups per day, mostly vegetables

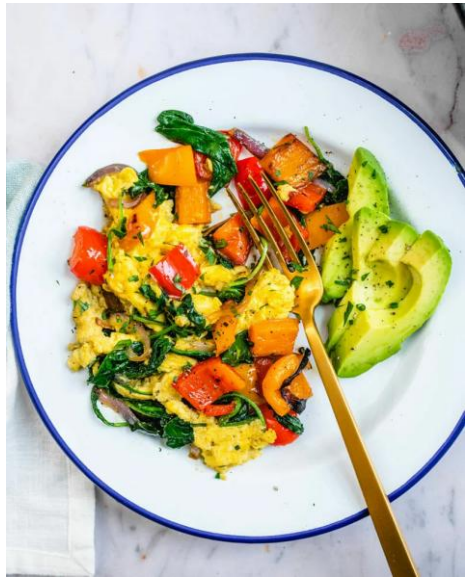
Flavor Boosts:

- Unsweetened sauces
- Sea salts

Let's Eat!



Add chia/flax, nuts & even herbs to your oatmeal



Add veggies to your eggs, use pasture-raised, add sauerkraut & avocado & hemp seeds



Use legume pasta, add veggies & hemp seed, make your own pesto



Try bean burgers, use lettuce wraps, utilize big flavored sauces



Make your own desserts & use low glycemic sweeteners. Avocado pudding anyone??

Plant Magic



Powdered Citrus Peels

- ✓ Concentrated vitamin C & antioxidants
- ✓ Oils help absorb the antioxidants
- ✓ Bitters aid digestion & immunity

1. Preheat oven to lowest setting (200-250F).
2. Take as much of the pith off of the peel as you can and lay on a baking sheet.
3. Bake for 4-6 hours until fully dried.
4. Place in food processor and pulse until crumbly powder.

Ideas for Sprinkling: yogurt, oatmeal, chia pudding, smoothies, stir fries, as seasoning, mixed into any batters, chocolate bark



Powdered Allium Peels

- ✓ Concentrated antioxidants
- ✓ Concentrated quercetin
- ✓ High in lignen and cellulose fibers

1. Soak peels first to remove dirt & residue.
2. Preheat oven to lowest setting (200-250F).
3. Bake for 2-3 hours until fully dried.
4. Place in food processor and pulse until crumbly powder.



Ideas for Use: roasted veggies, soups/stocks, dressings, sauces, savory baked goods, eggs, breading, enhance beans/lentils

Herbs & Teas



- ✓ Concentrated polyphenols & antioxidants
- ✓ Volatile oils aid absorption & lower inflammation
- ✓ Fibrous
- ✓ Medicinal properties
- ✓ Hydrating & energizing
- ✓ Can satisfy cravings



1. Fresh, frozen or dried
2. If dried, mind the expiration dates/use smell test

½ tsp dried = 1 tsp fresh

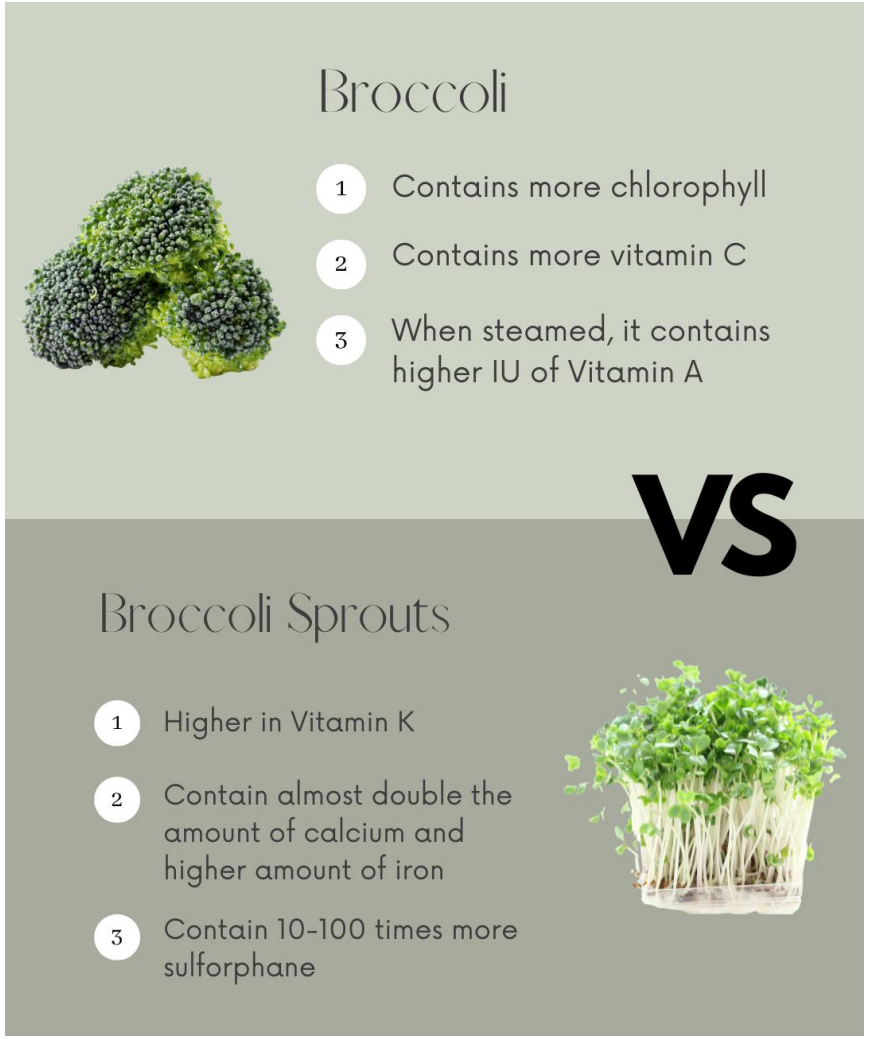
Seeds & Sprouting

- ✓ Super concentrated nutrients
- ✓ Highly digestible
- ✓ Contributes protein

Sprouting:

1. Rise the dried lentils or beans.
2. Place in a jar or bowl covered with water and cover with cloth overnight.
3. Drain & rinse, then place back in bowl with no water, cover again and let sit overnight.
4. Repeat for 4-5 days until sprouts form.

Recommendations for Seeds: 2 Tbls per day
Flax, chia, hemp, pumpkin/pepita, sunflower



Sauces

- ✓ Method to consolidate high plant volume into small portion
- ✓ Method to utilize plants with less palatable flavors
- ✓ Combines healthy fats with antioxidants for better absorption
- ✓ Enhances health of whatever it is combined with



Formula:

- 1 cup herbs
- 1-2 cups other vegetables or sprouts
- 1-2 Tbls. allium
- ¼ cup citrus or vinegar
- ¼ cup nuts or seeds
- 1 cup oil or broth

Ideas:

- Pesto
- Chimichurri
- Red bell pepper spread
- Tzatziki
- Peanut sauce
- Tahini dressing
- Guacamole sauce
- Hummus
- Marinara

Broth

- ✓ Concentrated antioxidants & phytonutrients
- ✓ Method for concentrating herbs, alliums, roots, peels & seaweed
- ✓ Collagen for tissue healing/strength (if bones used)
- ✓ Hydration & detoxification
- ✓ Highly absorbable

1. Add the following to a crockpot & cover with water:
   - 2 cups veggie scraps/onion garlic
   - ¼ cup herbs
   - 1 marrow bone or carcass (optional)
   - Any additional plants (seaweed, turmeric, mushrooms)
2. Cook on low for 24 hours, strain and use or freeze.

Ideas for Use: soups, sipping, when cooking rice or legumes, in place of water or oil in sauces/dressings



Fermented Veggies

- ✓ High dose probiotics in very small portions
- ✓ Combined source of prebiotics
- ✓ High fiber
- ✓ Easily digestible

1. Sauerkraut
2. Kimchi
3. Pickled veggie combos

Ideas: salads, slaws, on top of burgers, stir fry, appetizer trays, 1 Tbls. blended into smoothies, brine in sauces/dressings or when dredging & breading anything



Parboiling Starches

- ✓ Lowers glycemic index
- ✓ Higher in insoluble fiber
- ✓ Better antioxidant availability

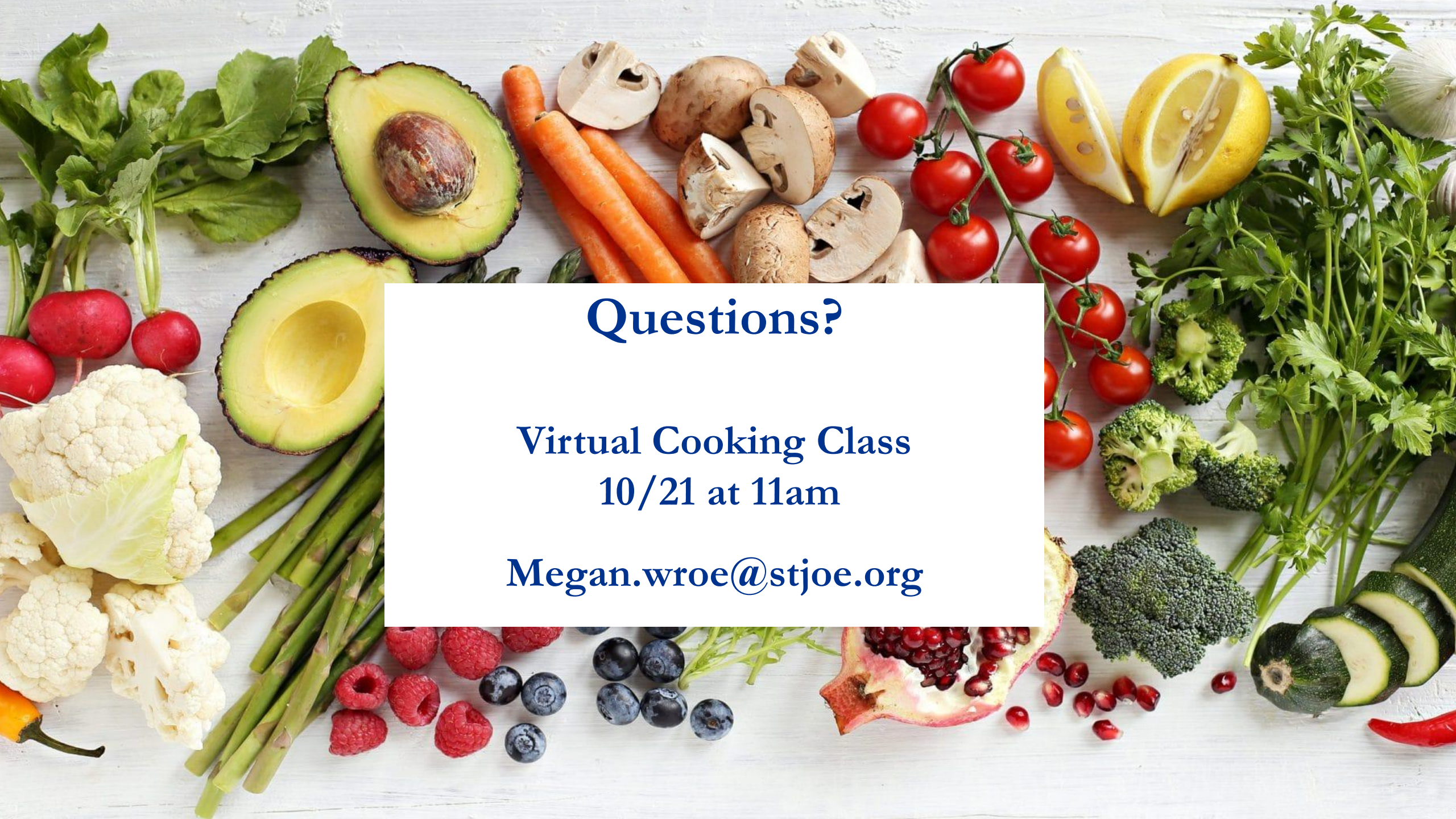
1. Bring water to low boil & add starch (potatoes, rice, sweet potatoes, peas).
2. Boil just a few minutes until barely pierced with knife.
3. Drain & put into an ice bath.
4. Once dried, refrigerate until ready to use.



Takeaways

- Plants are magical
- Eat at least 5 cups of produce each day
- Remember other sources of plants like beans, nuts & seeds
- Plant-based does not have to mean elimination of all animal products
- Have fun!





Questions?

Virtual Cooking Class
10/21 at 11am

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