Healthy Cooking with Local Produce

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What Americans Eat?

- Americans eat out 40% of their meals.
- The typical American eats 3 hamburgers and 4 orders of fries per week.
- Americans drink 56 gallons of soda/person/year.

*The Science of Whole Foods: a brief review of the evidence supporting the link between diet and disease prevention; Michelle Dossett, PhD, MD, 2008*
• Americans eat +200 calories more per day than they did 10 years ago. Many Americans eat close to 3790 calories a day. In Zimbabwe the average is 2020 cal/day.

• 2/3 of American adults are overweight, nearly half are obese.

• 19% of our diet is some form of sugar.
Criteria for Going in the Grocery Cart

- Whole (Unrefined)
- Recognizable Ingredients
- Nutrient-rich
- Fresh
- Local
- Organic
- Seasonal
What is a Whole Food?

• Can I imagine it growing?
• How many ingredients does it have?
• What's been done to the food since it was harvested?
• Is this product "part" of a food or the "whole" entity?
• How long has this food been known to nourish humans?

Reprinted from Feeding the Whole Family by Cynthia Lair (Sasquatch Books 2008)
Refined

Refined is defined as a process applied to a food that removes one of the plant's original edible parts.

For example: White flour has the bran, aleurone layer, and germ of the whole wheat kernel removed; orange juice has the membrane and pulp of the orange removed.

When you eat a food that is not whole, you will crave the missing parts.
Recognizable?

Water, corn syrup, high fructose corn syrup, hydrogenated coconut and palm kernel oil, sodium caseinate, natural and artificial flavorings, xanthan and guar gums, polysorbate 80, sorbitan monstearate, and beta carotene.
Nutrient Rich

- The ratio derived by dividing a food’s contribution to nutrient needs by the contribution to energy needs. When its contribution to nutrient needs exceeds its energy contribution, the food is considered to have a favorable nutrient density.
- And on the opposite end, if the energy contribution overwhelms any nutrient contribution, the food is considered nutritionally “empty.”
- Examples of nutrient dense foods include: nuts, seeds, liver, red meat, seafood, dried fruit, quinoa
Shopping for Sustenance

- Local
- Fresh
- Organic
- Seasonal
1. Right from the garden
2. Farmer’s Market
3. Grocery store with high turnover
4. Frozen, Canned

Fruit or vegetable heated to over 118 degrees (too hot to touch), enzymes are destroyed
Shipping has effects - on the produce, on the economy, on the environment.” Transporting 5 calories' worth of strawberry from California to New York costs 435 calories of fossil fuel." (114) and "The average food item set before a U.S. consumer traveled 1,300 miles to get there." (123)),

“Lily’s Chickens, Small Wonders, Barbara Kingsolver

- Eating locally supports local growers.
- Eating locally keeps us eating seasonally.
• Your organic purchase says that you support the growers and manufacturers who are producing food without the use of the synthetic fertilizers, insecticides, fungicides, herbicides or pesticides.

• A label that says “100% Organic” must contain all organic ingredients. If the label simply says “Organic”, at least 95% of the ingredients are organically produced. When the label reads “Made with Organic Ingredients”, at least 70% of the ingredients are organic and the use of the USDA Organic seal is prohibited. Organic produce label codes start with the # 9.

• Now that super chains are carrying organic produce, the standards may be changed to benefit large producers over individual consumers. Whenever possible, buy organic produce at your local farmer’s market rather than chain supermarkets.
• If organic farming was predominant, particularly no-till organic farming, it would reduce carbon emissions by 10%.
• Organic farming increases the nutrient content of the food.
• $15 billion a year is used for farm subsidies of crops that form the base ingredients for processed foods.
The “Dirty Dozen”: Must-buy organic foods

<table>
<thead>
<tr>
<th>RANK</th>
<th>FRUIT OR VEGGIE</th>
<th>SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Peaches</td>
<td>100 (highest pesticide load)</td>
</tr>
<tr>
<td>2</td>
<td>Apples</td>
<td>89</td>
</tr>
<tr>
<td>3</td>
<td>Sweet Bell Peppers</td>
<td>86</td>
</tr>
<tr>
<td>4</td>
<td>Celery</td>
<td>85</td>
</tr>
<tr>
<td>5</td>
<td>Nectarines</td>
<td>84</td>
</tr>
<tr>
<td>6</td>
<td>Strawberries</td>
<td>82</td>
</tr>
<tr>
<td>7</td>
<td>Cherries</td>
<td>75</td>
</tr>
<tr>
<td>8</td>
<td>Pears</td>
<td>65</td>
</tr>
<tr>
<td>9</td>
<td>Grapes - Imported</td>
<td>65</td>
</tr>
<tr>
<td>10</td>
<td>Spinach</td>
<td>60</td>
</tr>
<tr>
<td>11</td>
<td>Lettuce</td>
<td>59</td>
</tr>
<tr>
<td>12</td>
<td>Potatoes</td>
<td>58</td>
</tr>
</tbody>
</table>

from [www.foodnews.org](http://www.foodnews.org) where you can download a pocket shopper size version of the “Dirty dozen and the Cleanest 12”. 
• Choosing food that is in season gives the year rhythm and ritual.
• Eating seasonally puts your body in tune with the climate you are living in.
• In spring, focus on tender, leafy vegetables that represent the fresh new growth of this season. In summer, stick with light, cooling foods in the tradition of traditional Chinese medicine. These foods include fruits, vegetables and fresh herbs.
• In fall, turn toward the autumn harvest foods like carrot, onion, sweet potato, apple.
• In winter, turn toward warming foods. Remember that foods taking longer to grow are generally more warming than foods that grow quickly. Animal foods fall into this category as do most of the root vegetables.
Balance of whole foods

From Feeding the Whole Family by Cynthia Lair (Saquatch Books, 2008)
Whole Grains

carbohydrate, protein, fat, vitamins, minerals, fiber, life

Amaranth
Barley
Brown Rice
Buckwheat
Corn
Millet
Oats
Quinoa
Spelt
Teff
Wild rice
Dark Green and Orange Vegetables
Two colors at every meal!
Politically-Correct Beans

- Enrich the soil they are grown in
- Minimal processing
- Inexpensive
- Complete protein when combined with grains
- High in fiber, low in calories
Animal Protein
Eggs, Fish, Chicken, Beef

- Small portions - 2-4 ounces plenty for children.
- Buy food from healthy animals.
Organic Dairy Products

- Cultured, fermented dairy is easier to digest.
- What the cows are fed makes a difference.
- Whole dairy more flavorful, more satisfying, nutrients more bio-available.
Nuts and Seeds

- Full of flavor (especially when toasted)
- Rich in essential fatty acids and minerals
- Whole foods.
It costs too much to eat this way!

- In 1949 Americans spent 22% of their budget on food and 5% on health care.
- Today we spend 10% on food and 16% on health care.
Leave a comment or question on the cookus interruptus web site.

www.cookusinterruptus.com or www.cookus.tv