

**KETCHUP
IS NOT A
VEGETABLE**

**A TEEN
GUIDE TO
CONSCIOUS
EATING**

**BY
DIANA OHLBAUM**

KETCHUP IS NOT A VEGETABLE

A TEEN GUIDE TO
CONSCIOUS EATING

By Diana Ohlbaum



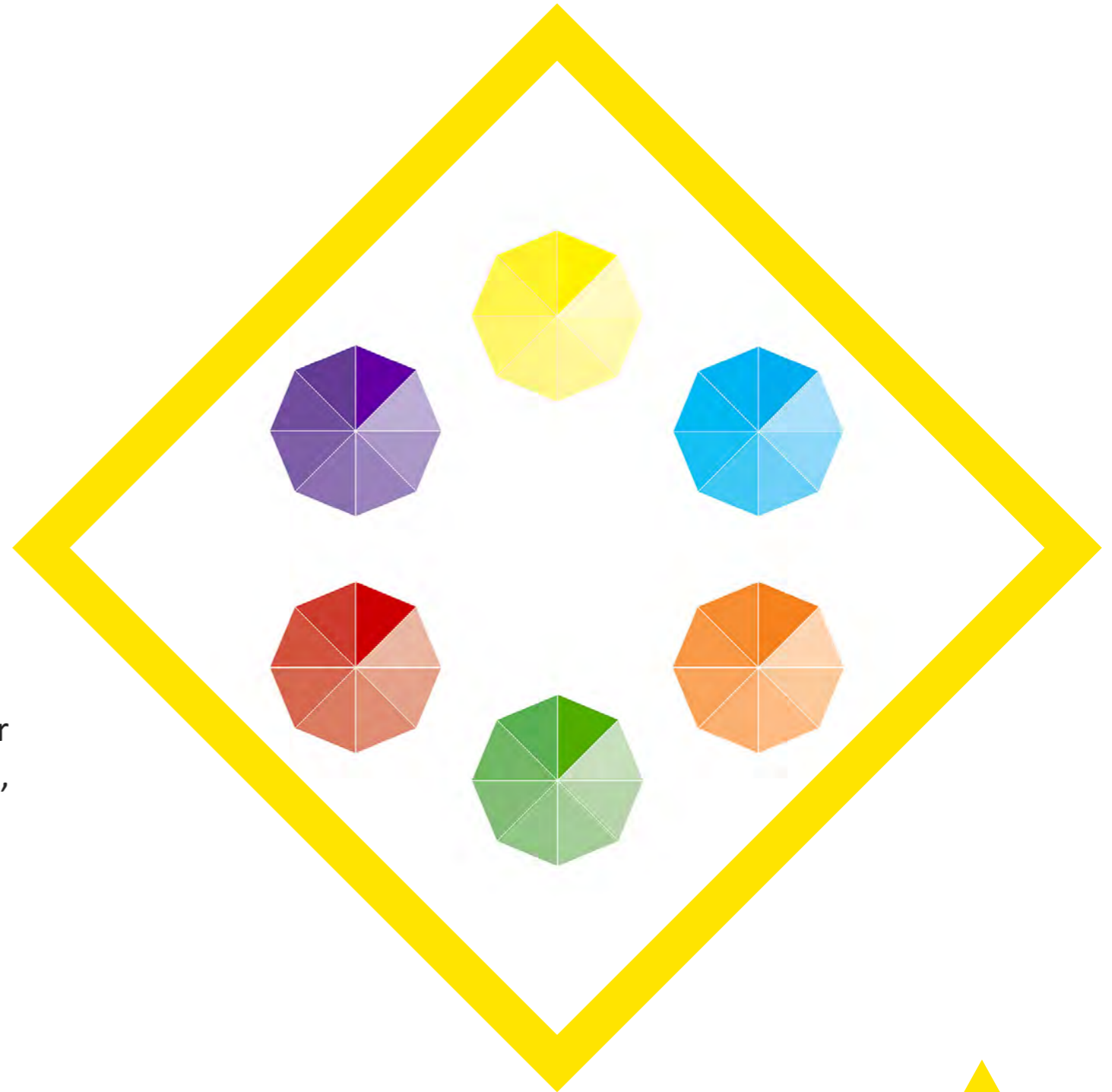
**WELCOME, HOW TO USE THIS
BOOK:**

HOW TO USE

You can read this book in any order you like. Start on any page that looks interesting to you and move around from there. However, you may want to fill out the **questionnaire** first, in order to see how the answers might change after you finish.

TRY OUT THE WIDGETS! Each place you see one of the widget symbols (pictured at right), it means you can click to access a game, puzzle, or interactive dialogue. Some of them also have "submit" buttons, which let you send your answers anonymously to the book's website, **www.ketchupisnotavegetable.net**. If you skip over the widgets, you will miss the whole point of the book, which is to find out how the information affects you personally. What is true for one person is not always true for someone else, and it is important for you to understand and trust the way your own body works.

You may find that as a result of your experiments, you wish to change the way you eat. Be patient with those



around you — they may not always understand or appreciate what you are trying to do. This book will provide suggestions for how to eat what is right for you without hurting anyone's feelings, fighting with your parents, or losing friends.

TAKING NOTES

Wherever you see one of these colored dots

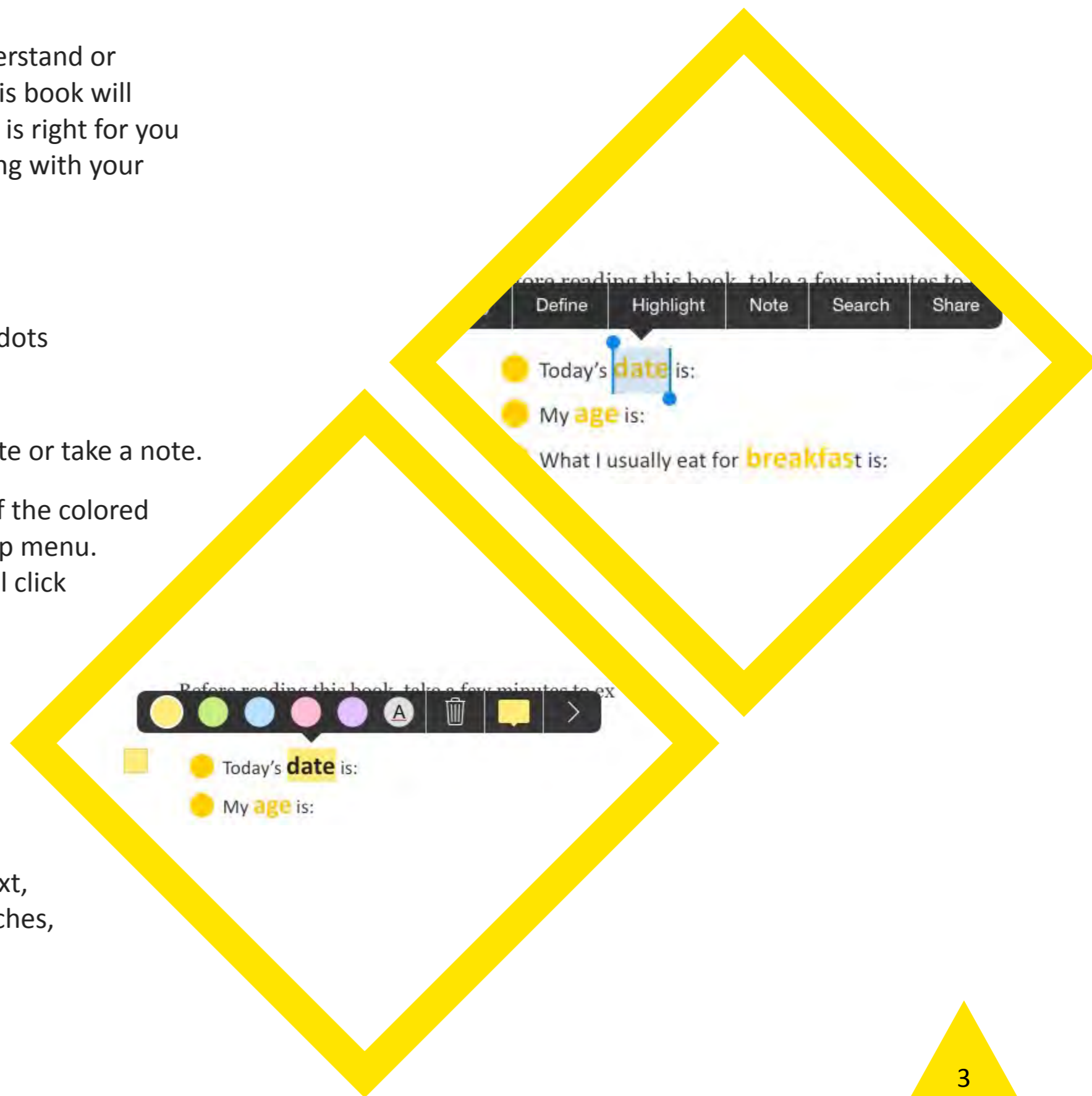


it means that you are encouraged to write or take a note.

You can do this by double tapping one of the colored words and choosing “Note” in the pop up menu. If on a Mac, you can right click or Control click to do the same.

You can review or edit your notes at any time by single tapping the highlighted word or the small colored square on the left of the text line.

Double tapping also lets you highlight text, find dictionary definitions, conduct searches, and share on social media.



**FOREWORD:
UP CLOSE &
PERSONAL**





What was the best meal you ever had? Where was it? What did you eat? Who was there with you? Maybe your whole family was together, or you went to a special restaurant. Some people think of vegetables they grew in their own gardens and ate fresh off the vine, or fish they caught themselves and cooked over a campfire. Try to remember the sounds, the smells, the feeling you had inside when you ate that meal, and savor it for a few minutes.

Now think of your worst food experience. Was it something disgusting that you were forced to eat? Did you eat too much and feel sick, or not have enough and worry that you would starve? Perhaps you suffered an allergic reaction? Did it change the way you think about food?

To many people, food is whatever tastes good and fills them up. For others, it's a pleasure for the senses, like hearing great music or hugging your best friend. Food can remind you of special times and places, and bring you together with people you care about. Or it can be



a terrible torture if you don't have enough of it, get sick from it, or have to avoid things you really love.

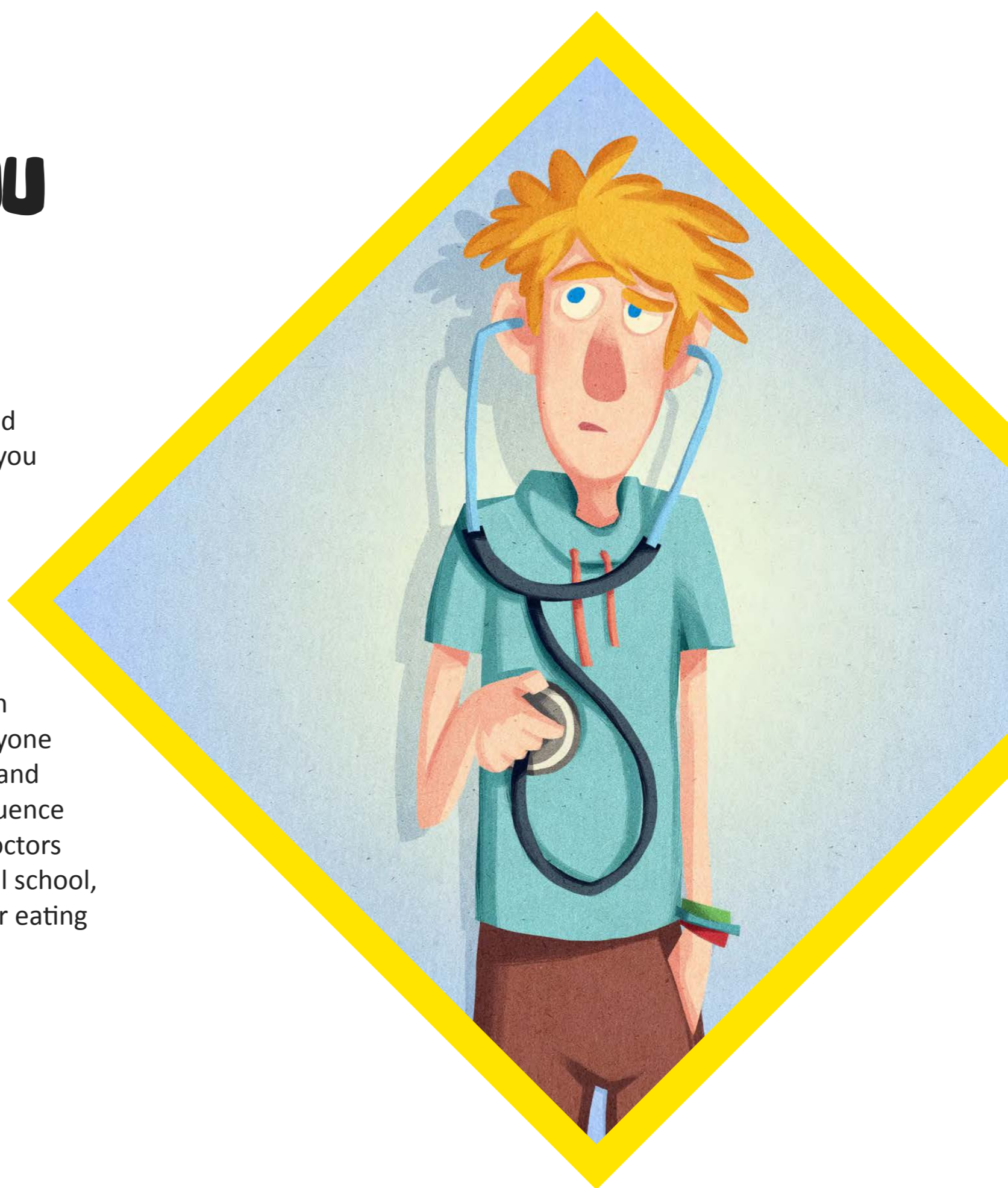
You may know people who eat whatever they want, rarely exercise, stay up late and feel just fine. Likewise, you probably know others who always seem to be getting sick. Maybe they are overweight, tire easily, have allergy attacks, or get frequent aches and pains. They take lots of medications, catch repeated colds and infections, or feel depressed. You'd be surprised at just how many people think this is normal.

Every day, we're bombarded with conflicting messages about food. In order to sell you more burgers, pizza, ice cream and sweets, many advertisers use models who have to starve themselves in order to stay thin. Your parents and teachers may tell you to cut back on sugar, but many schools sell candy and soda in vending machines. Some popular diet books say that carbohydrates are bad, and others say to stay away from meat and fat.

FOREWORD, SECTION 1:

WHO SHOULD YOU BELIEVE?

The truth is you need to listen to your body and respect it. The purpose of this book is to help you make eating a conscious decision to love yourself and honor your values. There really is only one person who knows what it feels like to be you... and that's YOU. At the same time, there is a lot of information you need in order to make good decisions, and unfortunately you probably won't find it in school or on TV, or maybe even at home. Everyone wants to sell you their theories and products, and many of these same people exert a strong influence over what the government has to say. Most doctors are taught very little about nutrition in medical school, and sometimes they don't even ask about your eating habits.



Your life is your own. You have choices about what you put in your body and how you treat yourself. If you're feeling lonely, confused, or unhappy, eating a bunch of broccoli is not going to suddenly make you brilliant and popular. Eating healthy foods, drinking plenty of water, getting a good night's sleep, and exercising regularly won't guarantee you'll never catch a cold. But as you probably know from personal experience, food can have a big effect on the way you feel. When you eat, what you eat, and how you eat are all important aspects.

This book provides “food for thought” about some of the things you probably take for granted but have the power to change for the better. Change can be hard. Sometimes it seems easier to stick to your old habits than to take control over your decisions and act in accordance with your beliefs – especially if others around you are doing something else. It takes courage to try new things and figure out what's right for you. Hopefully, this book will help you do just that.



FOREWORD, SECTION 2:

WHY SHOULD I READ THIS BOOK?

Let's face it. There are only so many hours in the day. You've got people to see, things to do, places to go. And you can certainly figure out what to eat without having to read a book about it.

But one of the hardest things about life is learning to feel good about yourself. There are so many people telling you to look or act a certain way — smarter, dumber, prettier, tougher, taller, shorter, slimmer, curvier — somehow different than you are.

What has that got to do with how you eat? A lot! Your food choices shape your body and your mind. Eating a lot of processed, chemicalized, artificial foods can affect not only your physical health, but also your moods and your preferences. If you care about yourself and the world around you, you'll want to choose foods that nourish your body and soul to make you the best you can be.



FOREWORD, SECTION 3:

WHAT YOU'LL LEARN IN THIS BOOK

- ▶ How to maintain a healthy weight
- ▶ How specific foods can make you feel
- ▶ How to avoid energy “crashes”
 - ▶ What causes “jitters”, headaches and loss of concentration
 - ▶ How to find hidden ingredients
- ▶ What’s in “junk food”
- ▶ Why people eat foods that hurt them
- ▶ Where foods come from
- ▶ What it’s like to have a food-related illness
- ▶ Why some people are vegetarians
- ▶ What makes foods nutritious
- ▶ How to make a healthy and delicious meal
- ▶ The environmental consequences of what you eat



- ▶ What’s in your water
- ▶ How to deal with being different
- ▶ How to reward and nourish yourself with things other than food

FOREWORD, SECTION 4: **A NOTE FOR PARENTS**

Your child is reading a book that encourages him or her to read nutrition labels, try different kinds of food, and experiment with new recipes. The purpose of the book is to help young people make informed choices about food, enjoy regular exercise, explore their emotions, and feel healthier.

To be successful, your child will need help from you. He or she may be asking you to purchase foods you've never heard of, or which you may only be able to find in a health food store. So long as these products are within your budget, please view this as an opportunity for the whole family to learn and grow together. The benefits will be greatest if your child participates actively in shopping, helping





to find the items, comparing labels and prices, and examining the products.

Every family is different in its expectations of children. Some kids are not allowed in the kitchen until adulthood. Others are given responsibility for food preparation for the whole family at early ages. This book offers simple recipes that kids can make for themselves, as well as ones they can cook for the whole family. It assumes they are permitted to use knives and cookware, but you should make clear to your child the level of supervision you feel is appropriate.

Many parents are concerned that a change in their children's diets will force them to spend more time and money cooking and shopping, or to alter their own eating habits. This book does not preach any particular diet, but it does explain the benefits of eating more fruits, vegetables and whole grains, and less sugar, processed and artificial foods. You may enjoy reading the book alongside your teen, discussing the issues that come up and sharing your own thoughts and experiences. The book is meant to be shared, even if some of the exercises are done privately or independently. You may find this a good excuse to make good on forgotten New Year's resolutions and promises to yourself to put your own health higher on your list of priorities.

If you find that your child's new tastes and preferences are creating new expenses and inconveniences, you may want to sit down together to explore various alternatives. Perhaps your son or daughter can take on an increased role in planning menus, writing shopping lists, filling the grocery

cart, preparing foods or cleaning dishes. Money saved by cutting back on fast food and soft drinks can be used to purchase organic produce. Your child may need to skip that last half-hour of television at night in order to get up early enough to make and eat a hot breakfast.

Change is never easy. But the older you are, the harder it gets. With all the ill health and disease that afflicts Americans at ever-younger ages, it has become increasingly important for children to learn how to take care of their bodies and ensure their own physical and emotional well-being. Your support and encouragement are essential if your child is to develop healthy habits for a lifetime.



FOREWORD, SECTION 5:

LETTER TO MY PARENTS OR GUARDIANS

Dear,

I want to thank you for all you have done to keep me healthy and safe. You do your best to see that I have plenty of nutritious food to eat and that I learn how to take care of myself. I especially appreciate the way you

.....
.....
.....
.....

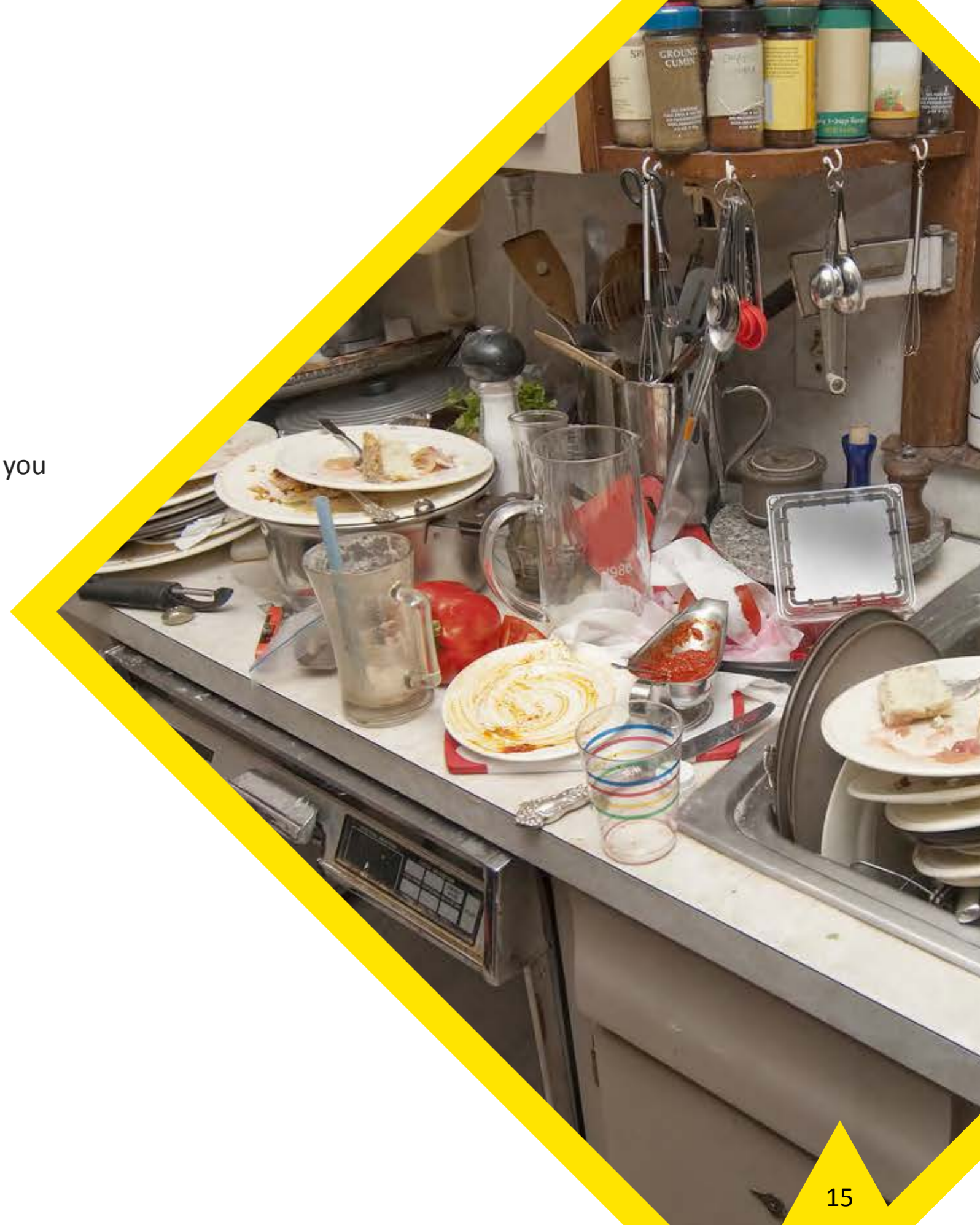
As I read this book, I may decide to try some new foods or new ways of cooking. I make you the following promises:

- ▶ I will ask your permission before cooking or preparing foods.
- ▶ I will clean up whatever mess I make.
- ▶ I will try my best not to waste food.
- ▶ I will not criticize what other people eat.
- ▶ I will be considerate of your time and our family's budget.

I hope that you will allow me to experiment with different foods and styles of preparation, and that you will help me succeed if I decide to make healthy changes in my diet.

Love

.....

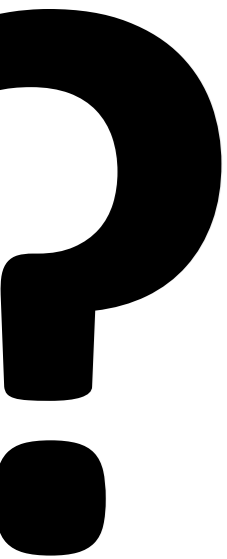


FOREWORD, SECTION 6: 20 QUESTIONS

Before reading this book, take a few minutes to examine your life right now:

- Today's **date** is...
- My **age** is...
- What I usually eat for **breakfast** is...
- What I usually eat for **lunch** is...
- What I usually eat for **dinner** is...
- My usual **snacks** are...
- My usual **beverages** are...
- Something I would **never** eat is...
- The **time** of the day when I feel best is...
- One thing I have heard about **nutrition** that I don't believe is...

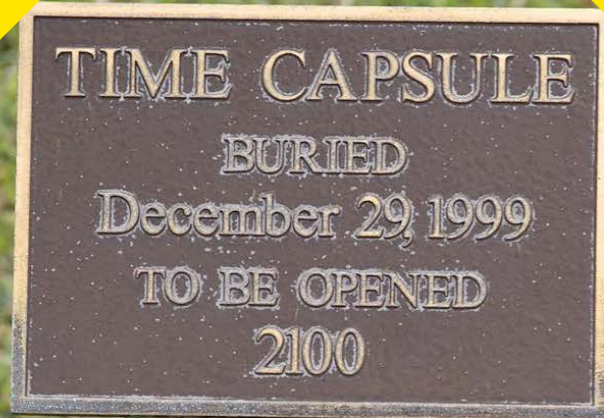




- One thing I already **know** I should do for my health, but don't is...
- The three things I like best about my **body** are...
- What I wish was **different** about my body is...
- The biggest physical **problems** I have are...
- My best **friend** is...
- My favorite **sport** or exercise is...
- I usually sleep hours per night.
- I watch about hours of TV per week.
- The best part of my **life** is...
- One thing I wish I could **change** about my life is...



FOREWORD, SECTION 7:
LETTER TO
MYSELF

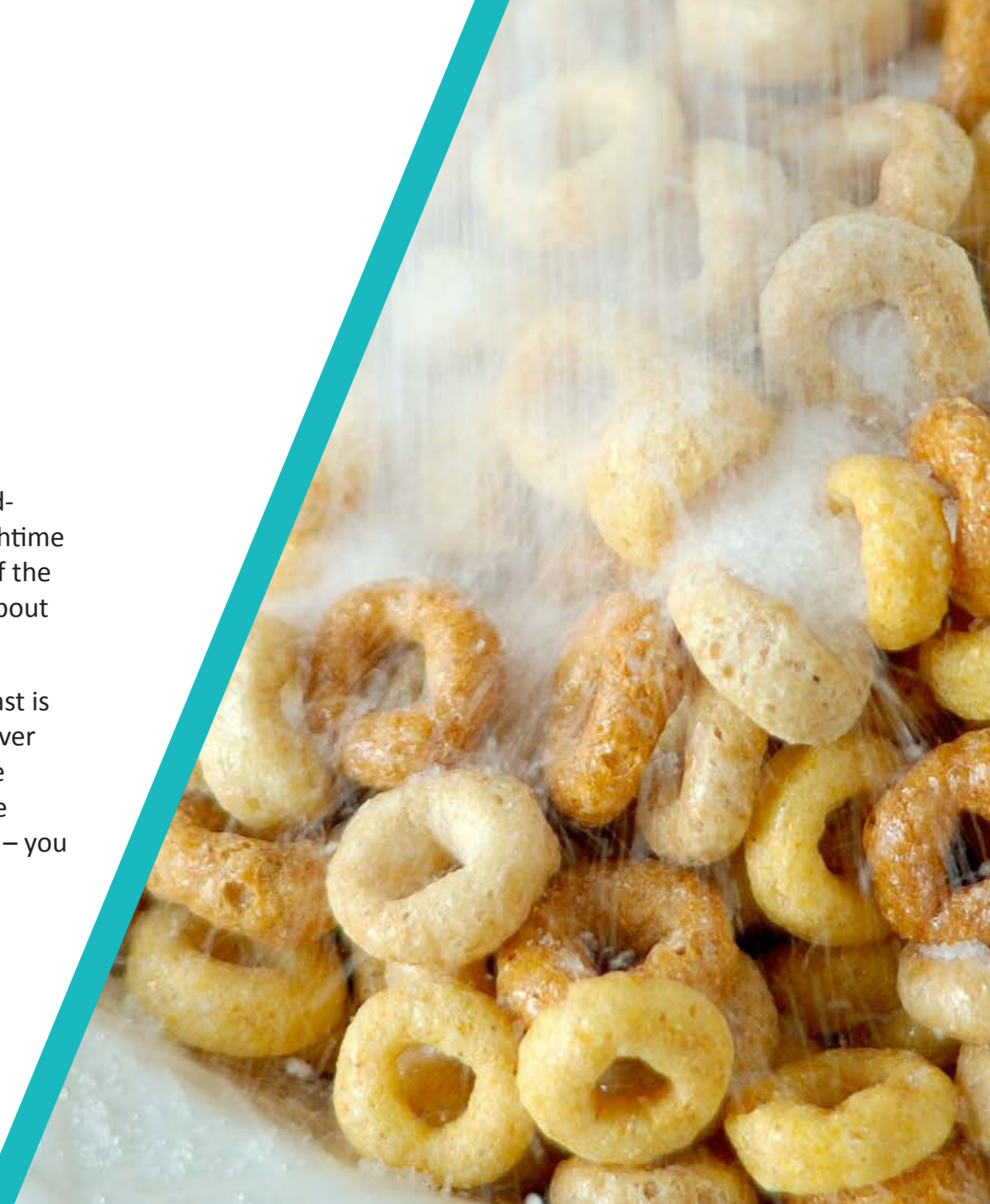


Imagine yourself ten years from today. Where will you live? What will you be doing? What kind of life will you lead? What would you like to tell your future self? Write yourself a letter to open a decade from now. On the envelope, write your name and address, the date it is to be opened and the name and address of someone you know will always be able to find you. Store it in a safe or fireproof box, give it to a trusted family friend or relative to keep, or put it in a sealed container and bury it in a “time capsule” underground. You could even put in a photo, poem or drawing to remind you of this time in your life.

CHAPTER 1: BREAKFAST OF CHAMPIONS?

Do you ever feel tired, irritable or distracted mid-morning? Does your energy run out before lunchtime rolls around? Do you feel sleepy in the middle of the afternoon? If so, it may be time to think again about what you're eating (or not eating) for breakfast.

You've probably heard it a million times: breakfast is the most important meal of the day. Have you ever tried to turn on a cell phone or a radio when the battery was weak? It doesn't work right until the battery is recharged. Your body is the same way – you won't get very far if you're “running on empty”.





The most important thing is to eat something. **Less than half** of all Americans eat breakfast every day. But if you skip breakfast, you're only cheating yourself. You won't lose weight that way, because eating food in the morning helps get your metabolism going – increasing the rate at which you burn calories. Did you ever notice that when you're starving, you eat too much, too fast, of the junkiest foods? That's what happens at lunch if you don't eat breakfast! In fact, **studies have shown** that those who eat breakfast regularly are less likely to be overweight. And skipping breakfast probably won't save you much time, because you'll be moving a lot slower all day.

The second most important thing is to eat something that keeps you going strong until lunchtime. While cold cereal is the **most popular** American breakfast food, most breakfast cereals (and especially the ones popular with kids) are low in nutritional value and high in sugar.

Think about it: when you wake up, you've just fasted for 8 or 10 hours or more. What do you want to put



into your body to prepare you for the challenges of the new day? Something powdered, pressed, puffed, packaged, processed, sugared, shaped, shipped and stored? Sweetened breakfast cereals rev you up, then leave you high and dry, out of energy before the morning's done...and still feeling hungry!

To compensate for that, many people drink coffee, tea or cola to keep themselves going. The caffeine creates an immediate sense of energy, but leaves them feeling even more tired and listless after the drug wears off.

To get off the rollercoaster, you need to eat foods that give you lasting energy. Whole grains are key, providing vitamins, minerals, natural plant compounds and fiber that are lost during the refining process when the bran (outer layer) and germ (inner part) are removed. Most people also need some kind of protein in the morning, such as eggs, yogurt or peanut butter. And there's no rule that says you have to eat "breakfast foods" for breakfast!

CHAPTER 1, SECTION 1: **BREAKFAST EXPERIMENT**

How much difference does it make what you eat for breakfast? You be the judge! Each day, try a different breakfast, and record the results. To be fair, make sure you get the same amount of sleep each night.

MONDAY

- Standard: My **usual breakfast**, which is...
- How I feel right **after eating**
- How I feel **mid-morning**
- What time I got hungry for **lunch**
- How I feel **mid-afternoon**



TUESDAY

Processed carbs: Toast, bagel, waffles, pancakes, muffin, etc.

- How I feel right **after eating**
- How I feel **mid-morning**
- What time I got hungry for **lunch**
- How I feel **mid-afternoon**

WEDNESDAY

Protein: Eggs, bacon, sausage, beans or yogurt

- How I feel right **after eating**
- How I feel **mid-morning**
- What time I got hungry for **lunch**
- How I feel **mid-afternoon**

IT'S YOUR TURN: BE AGGIE THE ADVICE COLUMNIST!

Dear Aggie,

I don't have time for breakfast! The bus comes to pick me up for school at 6:30 am, and I hardly have enough time to get out of bed and brush my teeth, let alone sit down to eat! So it's really a choice of food vs. sleep. What should I do?

Sincerely,

Hungry in Harrisburg

Dear Hungry,

- Fill in your **answer**

Yours truly,

Aggie

THURSDAY

Whole grains: Hot, cooked whole grain (non-instant oats, brown rice, buckwheat or quinoa) with fresh fruit

- How I feel right **after eating**
- How I feel **mid-morning**
- What time I got hungry for **lunch**
- How I feel **mid-afternoon**

FRIDAY

Vegetables: Baked sweet potato with cinnamon and walnuts OR celery sticks with peanut butter OR vegetable soup

- How I feel right **after eating**
- How I feel **mid-morning**
- What time I got hungry for **lunch**
- How I feel **mid-afternoon**

RESULTS

- Which breakfast **worked best** for you?
- Were you **surprised**?



Fun Fact:

Girls who regularly ate breakfast were slimmer than those who skipped the morning meal, according to a **study** that tracked nearly 2,400 girls for 10 years.

CHAPTER 1, SECTION 2: **THE WHOLE STORY**

Eat whole foods to be a whole person! When you strip away the bran and the germ from a grain of wheat, you lose the healthiest parts. The endosperm contains mostly starch and very few nutrients. Your body gets confused, because it needs the vitamins, minerals, fiber, oils, protein, and enzymes in the bran and germ in order to properly digest the rest of the grain. One of the reasons that processors remove these parts is that they don't last as long. Beware of any food that can sit in a box for years without spoiling!

Rice is brown in its natural form. To make it white, rice is "polished" to have the husk, bran and germ removed. In Asia, where white rice is the staple, it was once very common for people to suffer from a disease called beriberi. It caused them to be very weak and often led to paralysis or even death. At the end of the 19th century, a Dutch physician named Christiaan

Grain anatomy

Endosperm:
provides energy

- Carbohydrates
- Protein
- Some B Vitamins

Bran: protects
the seed

- Fiber
- B Vitamins
- Trace minerals



Germ:
nutrient storehouse

- Vitamin E
- B Vitamins
- Trace minerals
- Antioxidants
- Healthy fat

Eijkman discovered that beriberi could be cured by feeding people the parts of rice that are discarded when it is polished into white rice. The rice bran contains thiamine, a B-vitamin. Talk about throwing away the best part!


Whole grains fill you up faster, help protect your heart, sweep out your intestines, and keep your blood sugar steady. They can also help prevent cancer and other diseases.

Besides eating more whole grains, you should try to eat them with as little factory processing – pounding, grinding, separating, soaking, steaming, rolling, flaking, mixing, baking, puffing, packaging – as possible, since valuable vitamins, minerals and fiber are lost in each step.



What is a processed food?

Anything that comes in a can, jar, bottle, box, or package is a processed food—and some of the things that come in bulk bins are processed, too. Generally, processing involves heating, drying, or freezing the food; separating and removing components; and adding ingredients such as sweeteners, coloring agents, preservatives, stabilizers, thickeners, or artificial flavors. While processing makes the product last longer, and look and taste more uniform, it also reduces the nutritional value of the food. Many additives can pose health hazards.



Less processed:	More processed	Highly processed
Bulgur wheat	Whole wheat bread	White bread
Brown rice	White rice	Rice cakes
Popcorn	Corn tortilla	Cheetos
Steel-cut "Irish" or "Scotch" oats	Instant oatmeal	Cold cereal

When most of the nutritious parts are gone, we call them “highly processed” or “highly refined” grains: white bread, spaghetti, dinner rolls, cakes, cookies, pretzels, and many cold cereals. These aren’t necessarily “bad” foods – it’s just that the best parts are missing!



The price of progress

For thousands of years, people ate rice the way it grew – whole and brown, with just the husk removed.

Somewhere along the way, methods were developed to "refine" the rice, stripping away the bran and germ to make it white. When did this happen, and why? See what you can find out! Can you think of other examples of modern inventions that had unintended negative consequences?

CHAPTER 1, SECTION 3: GREAT GRAINS

Most of us eat only four grains on a regular basis – wheat, corn, oats, and rice. And usually we eat them in a highly processed form – as bread, pasta or cereal.

Grains are so delicious in their whole, natural state – and there are so many to choose from! You can cook them like hot cereal, prepare them as a savory side dish (like rice), or add them to soups and salads. Here are some to try:

BROWN RICE is delicious and easy to make. Put $\frac{1}{2}$ cup rice and 1 cup of cold water in a pot, bring to a boil, then reduce heat, cover and simmer for about 20 minutes or until all the water is absorbed. Eat it like oatmeal for breakfast, or have it for dinner topped with your favorite sauce or stew.

QUINOA (pronounced KEEN-wa) is a high-protein grain from Latin America. The little round balls pop in your mouth and have a very mild flavor. For breakfast, boil $\frac{3}{4}$ cup water in a pan, add $\frac{1}{4}$



Eggcellent Advice

Q: My mom says that eggs are bad for you because they have too much cholesterol. Should I eat them or not?

A: Eggs do have a lot of cholesterol (only in the yolks), but they also provide a whole, natural source of protein, vitamins and minerals. Cholesterol (pronounced “ko-LESS-ter-all) is a type of fat that your own liver produces. It is also contained in animal products, such as meat, dairy, fish and egg yolks. People with high levels of cholesterol in their blood are more likely to have heart attacks and strokes. But it’s not clear that **eating** cholesterol causes heart disease. Cholesterol levels are partly due to heredity – your genes – and partly due to diet. Eating less saturated fats (meat, whole milk, processed and fast foods) while eating more vegetables and whole grains helps to reduce blood cholesterol levels. But eating cholesterol does not cause heart disease, and most people can eat an egg a day **safely**.

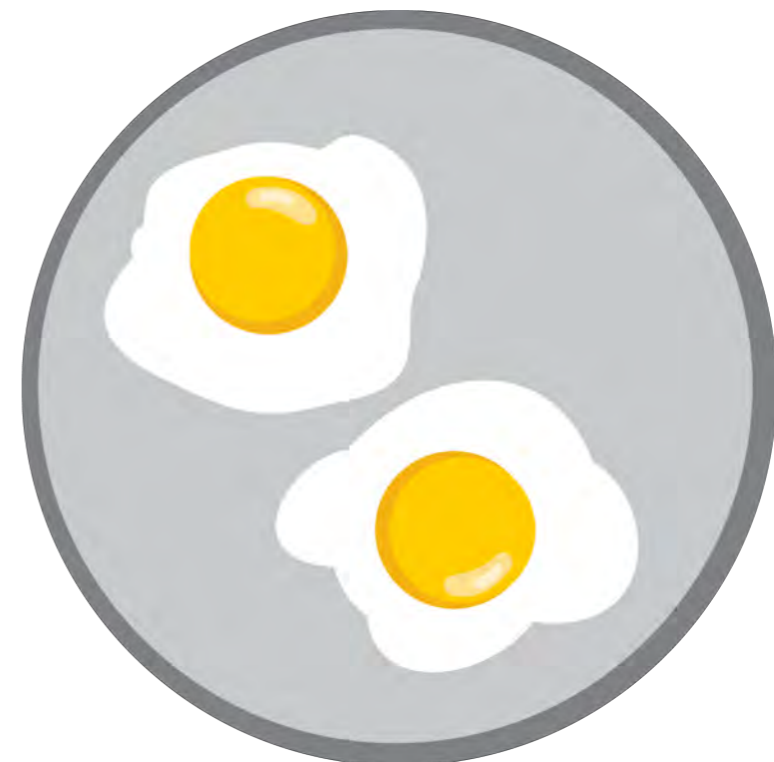
cup quinoa, reduce heat, cover and simmer for about 10-15 minutes. Eat it with milk, soy milk, rice milk, or coconut milk and cut-up fruit. Jazz it up with raisins, sunflower seeds, honey, cinnamon, and/or chopped nuts!

BUCKWHEAT is not related to wheat – in fact, it's not even a grain. But the triangular seeds of its fruit look and taste nutty like a grain. Russian and Polish immigrants brought it to America, and the Japanese use it to make soba noodles (which helped guard against beriberi). Buy toasted buckwheat groats, which can be cooked and eaten just like quinoa.

Some experts believe that as many as 1 in 20 people have trouble digesting gluten, a protein contained in wheat, barley, rye and oats. For these people, gluten can cause not only diarrhea or intestinal difficulties, but also headaches, rashes, asthma, sinus problems, and brain fog. Although there are several different conditions that can result in gluten intolerance, the most common is known as celiac disease. People who have celiac disease are allergic to gluten, even in very tiny quantities, and have to be extremely careful about "hidden" gluten in things like soy sauce, gravy, meatballs, french fries, pudding, and even chewing gum!

Whatever Floats Your Boat

To tell if an egg is fresh, put it in a glass of water. If it floats, toss it out. If it sinks, you can eat it!



Can you go a whole day without eating gluten? What could you eat instead of your usual foods? See if you can come up with a different substitute for each one! (Hint: think of things made from rice, corn, quinoa, buckwheat, beans, potatoes, nuts or vegetables)



USUAL FOOD:

GLUTEN-FREE SUBSTITUTE:

Bagel

Rice cake

Slice of bread

.....

Spaghetti

.....

Pretzels

.....

Cookies

.....

Fried chicken

.....

Cold cereal

.....

Pancakes

.....

Pizza

.....



CHAPTER 1, SECTION 4:
DON'T BE
FOOLED!

These days, lots of companies are getting in on the “whole grain” kick. Cold cereals may say “made with whole grains”, but if you look carefully at the labels, you will see that they mix whole grains with refined grains. Many of them still have very little fiber – 1 gram or less.

Just switching from white to whole wheat bread — even if you do nothing else — makes your heart healthier! Make sure it says “100% whole wheat” on the label.





CHAPTER 1, SECTION 5: **REACH FOR THE STARS**

Depending on the type, breakfast cereals can either be a healthy start to your morning or a waste of your jaw muscles. How can you tell which are which?

- ★ Give 1 star to cereals made from whole grains.
- ★★ Add 2 stars if you can pronounce all the ingredients.
- ★ Add 1 star for each gram of fiber.
- ★ Add 1 star for each gram of protein.
- ☆ Subtract 1 star for each gram of sugars.

RATE THE CEREALS IN YOUR PANTRY

CEREAL NAME	RATING
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....



What about the vitamins?

Many breakfast cereals are “fortified” – that is, they have vitamins added. While this is good, it’s no different than taking a vitamin pill.

CHAPTER 1, SECTION 6:

MILK: THE GOOD, THE BAD, AND THE UGLY

THE GOOD

Milk and other dairy products contain a lot of calcium, which is needed for strong teeth and bones. Milk is also full of protein, vitamins and minerals, providing a satisfying and nutritious drink. It's natural and refreshing and much healthier than soda! Pro-milk websites:

Dairy Council of California

The Dairy Council

THE BAD

Whole milk, cheese and ice-cream are high in saturated fats, which are bad for your heart and high in calories.

According to a study by Harvard Medical School and Brigham and Women's Hospital in Boston, kids who drink more milk – **even low-fat milk** – gain more weight. Many

people, especially after childhood, find it difficult to digest milk sugar, known as lactose, or suffer other health problems from drinking milk. Websites on health concerns about milk:

Physicians Committee for Responsible Medicine

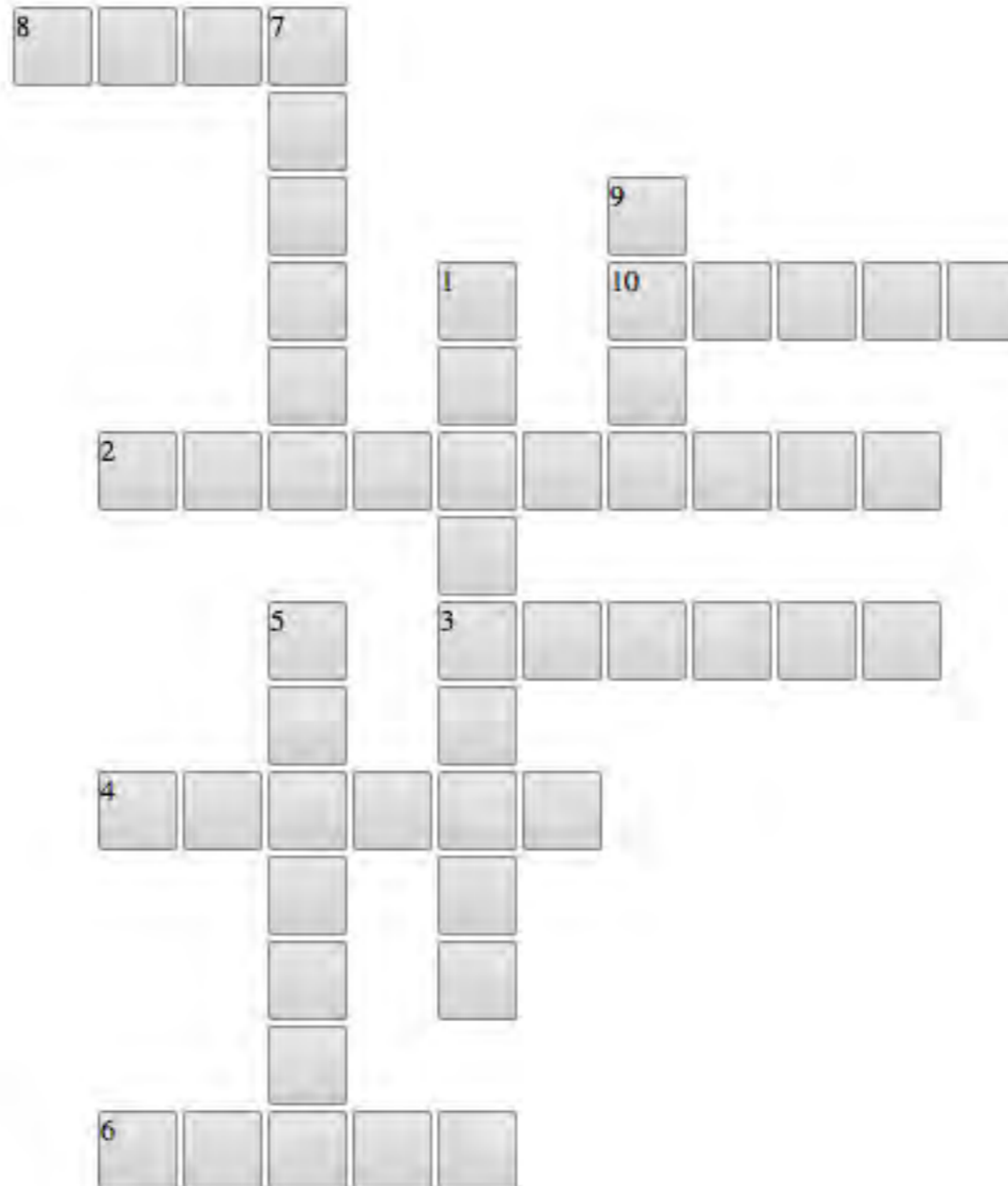
Nemours

How many dairy products can you name? Here are some clues:



Down

1. We all scream for it
5. A small country house
7. A good source of beneficial bacteria
9. Scrape off the top



Across

2. The liquid that remains after butter is churned
3. Smile for the camera and say it
4. A little yellow "cup" that grows in the wild
6. It rises to the top
8. Little Miss Muffet ate it with her curds
10. Fermented milk

THE UGLY

Large factory farms can be cruel to cows, who often spend their entire lives locked in small pens, standing on concrete floors, forced to eat unnatural diets, kept constantly pregnant, torn from their calves within days of birth, and suffering infections from excessive milking. To increase profits, dairy farmers often feed their cows large amounts of hormones (to increase milk production) and antibiotics (to ward off infections). The hormones and antibiotics find their way into the milk we drink, which may cause serious health hazards for humans. Organic milk does not contain hormones or antibiotics, and some dairy farms treat the cows more humanely. Websites about animal cruelty:

[People for the Ethical Treatment of Animals](#)

[Humane Society](#)



MILK ALTERNATIVES

If you can't (or don't want to) drink milk, here are some alternatives. Write down your impressions of each one you try:

Soy milk. There are many different brands, with varying ingredients. Try to choose brands that use organic soy beans and have as few extra ingredients as possible. Soy milk has lots of protein, but many people are allergic to soy.

- Brand **tried**
- How it **tasted**



Consider the Source!

You can find a website that says almost anything – whether it's true or not. How can you tell which ones to trust? Here are some tips:

- ▶ Who sponsors the website? Is it a person, a non-profit organization, a corporation, a government?
- ▶ Does the website provide information about the sponsor, such as its leadership and members, its goal or purpose, and its funding sources?
- ▶ Does the website sponsor have something to gain from this information – such as selling a product?
- ▶ Does the website back up its claims with any kind of evidence, such as a scientific study, and tell you where you can find this evidence?
- ▶ Are there other sources which confirm this information?

Rice milk. Rice milk also comes in many different varieties. It doesn't have as much protein as soy milk, but it has a lighter, milder flavor, and is less likely to cause allergic reactions.

- Brand **tried**

- How it **tasted**

Coconut milk. Coconut milk usually comes in cans. To save money, buy regular coconut milk rather than "light" coconut milk and add water (1 can coconut milk + 1 can water). Coconut milk is delicious but it is high in fat, including saturated fats, so use sparingly.

- Brand **tried**

- How it **tasted**

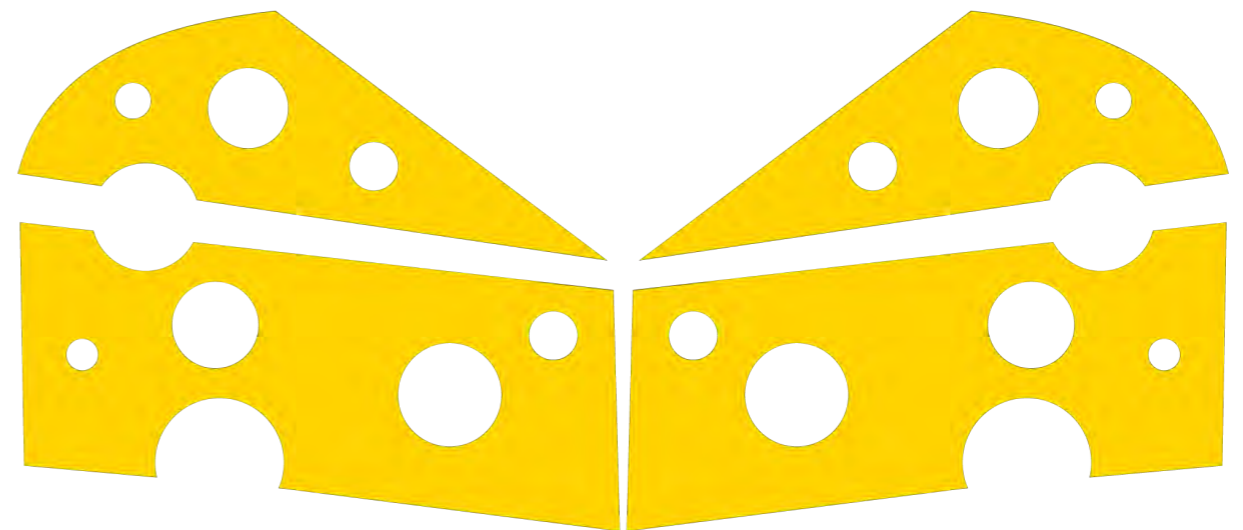


Almond milk. You can buy almond milk, or make your own. Soak $\frac{1}{4}$ cup of raw, unsalted almonds in water overnight in the refrigerator. The next day, drain off the soaking water, and put the nuts and 1 cup of fresh water into a high-speed blender. Blend until the nuts are completely pulverized and the mixture looks like milk.

- Type **tried**
- How it **tasted**

Goat milk. Some people who can't drink cow's milk are able to enjoy goat milk, which can be bought fresh, canned or powdered. It has as much protein as cow's milk, but more fat, and may take a few sips to get used to the flavor.

- Type **tried**
- How it **tasted**



How Does Milk Affect You?

To see if you have trouble digesting milk, try to go two full days – preferably a Thursday and Friday – without any dairy products at all (no milk, cheese, ice-cream, yogurt, etc.) Then on Saturday, drink a glass of milk when you wake up, and don't have anything else to eat or drink for 2 hours. Eat normally for the rest of the day. If you have a serious milk allergy or intolerance, you should notice symptoms within 15 minutes of drinking the milk. Other symptoms may show up in the next 24 hours:

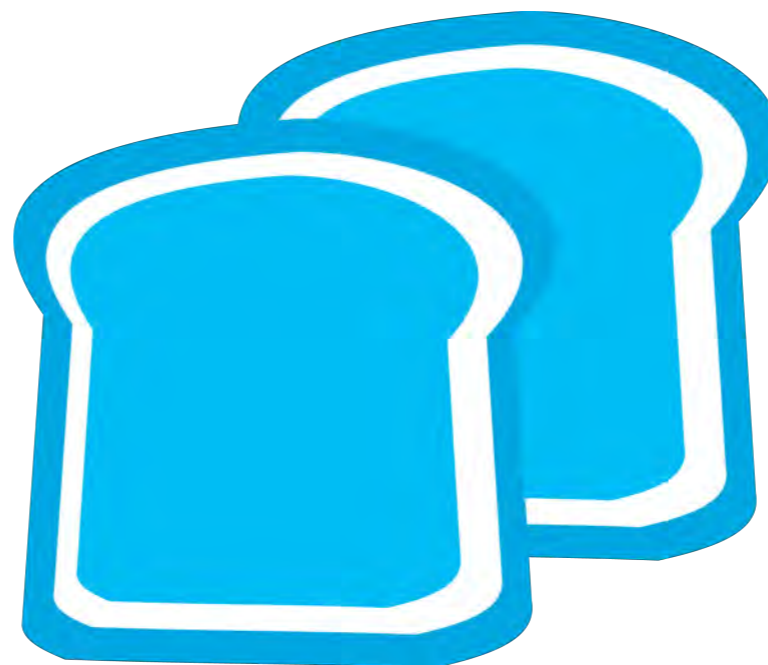
- Stomach ache
- Gas
- Cramps
- Diarrhea
- Constipation
- Stuffy nose
- Runny nose
- Coughing or throat clearing
- Headache
- Rash
- Itching
- Zits
- Ear infection
- Other _____

CHAPTER 1, SECTION 7:

BUT WHERE WILL I GET MY CALCIUM?

People who don't drink milk need to find other ways to get their calcium. There are many good sources:

- ▶ Calcium-fortified orange juice
- ▶ Collard greens
- ▶ Oatmeal
- ▶ Figs
- ▶ Tofu
- ▶ Sesame seeds
- ▶ Spinach
- ▶ Beans
- ▶ Sardines
- ▶ Broccoli





Don't Throw It Away!

Half the battle is getting enough calcium – but the other half is keeping it! Eating too much salt, caffeine or soda-pop can **strip calcium** right out of your bones. And if you don't get enough Vitamin D – which your body produces from sunshine – then the calcium can't be absorbed.

CHAPTER 1, SECTION 8:
HALF EMPTY OR
HALF FULL?

SAM SAYS...

“I love milk! It’s refreshing, especially after you’ve had something sweet. And it has lots of calcium, so it’s good for your teeth and bones. I usually drink a glass of milk at breakfast and with dessert -- whole or 1%, whatever we have in the house. My parents don’t need to encourage me to drink it, because they know I like it and it’s healthy. My favorite dairy product is chocolate ice cream, which I eat about 2 or 3 times a week. I also like cheese, such as fresh mozzarella balls, but I’m picky about yogurt. Blueberry and peach are the best.”

– Sam, Age 13





AUBREY OBSERVES...

"I never drink milk, because it makes me feel sick. My stomach hurts, I have diarrhea, and I get tired. Cheese doesn't really bother me – I eat it occasionally but not very much. I like ice cream, but it does the same thing to me as milk so I take pills when I eat it. To get my calcium, I drink LactAid milk, yogurt, orange juice and occasionally cheese."

– Aubrey, Age 11

CHAPTER 1, SECTION 9: **SHAKE IT UP!**

What about all those breakfast bars and shakes – are they really good for you?

You decide! Here are some questions to get you going:

- ▶ How much sugar does it have? More than a bowl of cereal?
- ▶ Is it made from fresh, whole ingredients or from chemicals?
- ▶ What would you be most likely to eat instead, if you didn't have this?

If your bar or shake doesn't measure up, try these:



BEST SMOOTHIE

- ▶ 1 cup milk or milk substitute
- ▶ 1 banana (works great with frozen bananas!)
- ▶ ½ cup strawberries and/or blueberries, fresh or frozen
- ▶ 1 cup ice

Mix all ingredients in a heavy-duty blender and enjoy! (If you don't have a blender that will crush ice, then blend all the other ingredients and pour over ice cubes.)



Hate Breakfast Foods?

Who says you have to eat “breakfast food” for breakfast? In many countries around the world, people eat the same foods for breakfast as they eat for lunch or dinner.



BETTER-THAN-A-BAR

In a mixing bowl, combine the following:

- ▶ 1/2 cup dried fruits (raisins, cranberries, pineapple)
- ▶ 1/2 cup nuts (peanuts, walnuts, almonds, cashews)
- ▶ 1/2 cup seeds (sunflower or pumpkin)
- ▶ 1/2 cup of your favorite breakfast cereal

Divide into 4 snack bags – grab a bag when you're in a hurry!

CHAPTER 1, SECTION 10:
RECIPES



BANANA PANCAKES

These pancakes are naturally sweet and need no syrup, but they are delicious topped with plain or vanilla yogurt. This recipe makes about 8 small pancakes, enough for 1 person.

INGREDIENTS:

- ▶ 1 ripe or overripe banana
- ▶ 1 egg
- ▶ Vegetable oil spray
- ▶ Plain or vanilla yogurt (optional)

MATERIALS:

- ▶ Bowl
- ▶ Fork
- ▶ Tablespoon
- ▶ Butter knife
- ▶ Skillet
- ▶ Flipping spatula

DIRECTIONS:

1. Peel banana and mash in a bowl, using the fork.
2. Stir egg into mashed banana and mix well. Batter may be lumpy – this is fine.
3. Spray oil on skillet and heat on medium.
4. Drop banana-egg mixture by tablespoons onto skillet, making 2-3” diameter pancakes.
5. When the pancakes start to brown around the edges, use the spatula and the butter knife to help flip them. Be careful – pancakes are delicate.
6. When lightly browned on both sides, transfer to plate and top with yogurt, if desired.

Rate it!





TORTILLA ROLL-UPS

Hate breakfast foods? Try these for a change of pace.

INGREDIENTS:

- ▶ 1 small can refried beans
- ▶ Corn tortillas
- ▶ Salsa (optional)
- ▶ Sour cream (optional)

MATERIALS:

- ▶ Can opener
- ▶ Plate
- ▶ Spoon

DIRECTIONS:

1. Spread 1 heaping tablespoon of beans on a tortilla.
2. Heat flat in toaster oven on 350 degrees for 3 minutes or in a microwave on high for 30-45 seconds.
3. Roll up carefully – edges are hot! Let cool a minute before eating.
4. Dip in salsa and/or sour cream and enjoy!

Rate it!





BREAKFAST SUNDAE

Dessert for breakfast, what a concept!

INGREDIENTS:

- ▶ 1/2 cup plain, unsweetened, nonfat Greek-style yogurt
- ▶ 1/4 cup berries or chopped fruit
- ▶ 1 tablespoon **muesli** or chopped walnuts
- ▶ 1 teaspoon honey

MATERIALS:

- ▶ Parfait glass
- ▶ Spoons
- ▶ Measuring cup
- ▶ Knife
- ▶ Cutting board

DIRECTIONS:

1. Rinse berries or fruit and cut into small pieces.
2. Spoon yogurt into parfait glass.
3. Top yogurt with nuts or muesli, then fruit. Drizzle the honey on top.

Rate it!





MARVELOUS MUESLI

This Swiss breakfast treat is healthier and easier to make than granola! You can substitute your favorite seeds, nuts, and fresh or dried fruits for the ones listed here. This recipe makes about 7-8 portions; store leftovers in an airtight container.

INGREDIENTS:

Note: all ingredients should be raw, unsweetened and unsalted

- ▶ 2 cups rolled oats
- ▶ 1/2 cup sliced almonds
- ▶ 1/2 cup raisins
- ▶ 1/4 cup coconut flakes
- ▶ 1/4 cup sunflower seeds
- ▶ 1/4 cup pumpkin seeds
- ▶ 2 tbsp. flax seeds

MATERIALS:

- ▶ Large bowl
- ▶ Mixing spoon
- ▶ Measuring cup
- ▶ Storage container

DIRECTIONS:

1. Stir all ingredients together. Store in a sealed container.
2. Serve 1/2 cup portion with milk or milk substitute.

Rate it!



CHAPTER 2: HOW SWEET IT IS





"Sweetheart." "Honey". "Sugar and spice and everything nice." We love sweet things so much that we call our favorite people names that remind us of that taste. We wish each other "sweet dreams" and make bad news sound better by "sugar-coating" it. A car that doesn't work is a "lemon" but one that's absolutely perfect is a "cream puff".

Sweetness is nature's way of telling us that foods are safe to eat and provide the energy we need to survive. It's one of the five basic flavors – sweet, sour, salty, bitter and spicy – that our tongues are able to identify. It gives us pleasure and reduces pain.

So it's no surprise that people's faces brighten up when they talk about sweets. Try interviewing a friend – or someone you'd like to be a friend:

- ▶ What's your favorite sweet?
- ▶ What do you like about it?
- ▶ When do you crave it?
- ▶ How often do you eat it?
- ▶ How does it make you feel?
- ▶ What happens if you eat too much of it?
- ▶ How much is too much?

CHAPTER 2, SECTION 1:

ARE YOU AN ADDICT?

You're so starving, you can't even wait to eat! So you grab a candy bar or a cookie and practically inhale it. You feel great... for a while. But then about an hour later, you're hungry again, you can't believe everyone is being such a jerk, and the only thing you have enough energy to do is plop yourself in front of the TV.

Sound familiar? It's the rollercoaster ride you get from sugar: it brings you up quickly, then drops you down even lower and faster than you thought you could go. Your head is spinning, your stomach hurts, and you don't even know what hit you. And maybe all you can think about is having some more.

Sugar can be like a drug: you crave it, you feel great when you have it, and you get a little crazy when it wears off. The only thing is, this drug is not only legal, but you get it for free – hidden in just about everything you eat.



CHAPTER 2, SECTION 2:

KNOW WHAT YOU'RE GETTING INTO . . . OR WHAT'S GETTING INTO YOU!



Get your own personalized dietary recommendations for free!

Just fill out your sex, age, height, weight, and activity level to find out your daily calorie needs and recommended levels of vitamins, minerals and macronutrients.

Serving Size

Calories

% of Daily Value

Fiber

Sugar

Fat

Sodium

Potassium

Protein

Ingredients

Daily Values

1 of 12



Take this without a grain of salt...

Salt is one of those things you can change your "taste" for very easily. The more you eat, the more you want. Conversely, if you stop eating salt for a week, things that used to taste bland will now taste very salty to you. When you make recipes – even the ones in this book! – add the salt last. Start with less than the recipe calls for, taste the food, and increase the amount only if needed. You can always add more later.



Picture perfect

Download the free app from www.fooducate.com to get health ratings by snapping a photo of the bar code on the label.

CHAPTER 2, SECTION 3: **WHAT'S A CALORIE?**

A calorie is a way of measuring energy. One calorie is the amount of energy it takes to raise the temperature of 1 gram of water by 1 degree centigrade. Your body burns food as fuel, and the number of calories tells you how much energy you will get from that food. 3500 calories equals one pound – if you eat that many calories without burning them off, you'll gain a pound, and if you burn 3500 more calories than you eat, you'll lose a pound.



CHAPTER 2, SECTION 4:

SUGAR SLEUTH



Sugar can be found in all of the obvious places, of course: candy and sweets, jams, jellies, cakes, pies, cookies, ice cream, soda, juices, milkshakes, etc.

But did you know it's often one of the main ingredients in breakfast cereal (even granola!), ketchup, yogurt, chewable vitamins and peanut butter? There's some in nearly everything McDonald's sells – including their salads!

Sugar goes by a number of aliases – which ones can you find? Open your refrigerator or pantry and pick out a few processed foods – anything that comes in a jar, can or box and has a label. It can tell you a lot about what's inside.



Did you find:

- ▶ Foods with no added sugars?
- ▶ Suspicious-sounding ingredients?

ALIAS	FOUND IT IN
Barley malt
Concentrated fruit juice
Corn syrup
Dextrose
Evaporated cane juice
Fructose
Glucose
Honey
Lactose
Malt syrup
Maltodextrin
Maple syrup
Molasses
Sucanat
Sucrose

CHAPTER 2, SECTION 5: **FRIEND OR FIEND?**

Your body needs sugar – but not the white stuff you sprinkle on your cereal.

Glucose is the only kind of sugar you need, and your body makes its own glucose from foods even if they don't taste sweet. As soon as you put food in your mouth, your system starts digesting it – that is, breaking it down into smaller and smaller pieces the body can use. Eventually, all carbohydrates – fruits and vegetables, starchy foods like bread, pasta, grains and cereals, and sugary sweets – are broken down into glucose. Certain carbohydrates, like white flour, white rice, potatoes, orange juice and table sugar, are turned into glucose very quickly, within a few minutes.

The blood hauls the glucose to your brain first, which is why you feel happier and think better after you eat. Once the brain gets all it needs, the glucose is taken to your muscles to give them strength and energy. And anything that's left over gets stored ... as **FAT**.



Sweet Truth:

Soda and fruit drinks are the **#1 source** of sugar and sweeteners each year, accounting for nearly half the added sugars Americans consume.



Sweet Tooth:

Start with 12 ounces of water in a measuring cup. Add the juice of one lemon. Now add sugar, 1 teaspoon at a time, and stir well. Taste after each spoonful is added, and stop when it tastes good to you. (Add a little water after each sip to keep the total volume at 12 ounces.) How many teaspoons did it take?





Do the Math!

What happens when you drink a can of soda?

1 teaspoon of sugar = 4 grams of sugar

1 can of soda (12 oz.) = 39 grams of sugar

How many teaspoons of sugar in a can of soda?

Bonus: Do you remember the maximum number of teaspoons of added sugar you should eat in a whole day?

HINT: Don't forget to use the widgets!

Normally, you should have the equivalent of about **1 teaspoon** of sugar circulating in your blood at any one time. When you eat whole foods, your system breaks them down slowly and the sugars enter your blood gradually. When you consume foods that are highly processed, with lots of added sugar, the glucose floods your bloodstream and requires extra work from your pancreas to produce enough insulin so that the sugar can be absorbed. The worst offenders are sugary drinks, like soda.

CHAPTER 2, SECTION 6:

WHY DO THE BAD THINGS TASTE SO GOOD?

SUGAR TRIVIA

How much sugar does the average American eat?

- ✓ A. 30 teaspoons a day
- ✓ B. 4 cups a week
- ✓ C. 100 pounds a year
- ✓ D. The equivalent of 405 apple pies a year

Check Answer



Because they are specifically designed to get you hooked! That's right – food scientists and marketing teams work very hard to find out exactly what will make a food "craveable". They search for something called the "bliss point", which measures what combination of flavor and texture will give people the most enjoyment. To do this, they ramp up the amount of sugar, salt and fat – all the things you should get less of – and add in artificial chemicals. Thinking about how hard these foods are to resist, the former **chief scientist for Frito-Lay** said, "I feel so sorry for the public."

CHAPTER 2, SECTION 7:

SUGAR = SUGAR?

Not all sugars are the same. White table sugar, for instance, will have a very different effect on your body than the natural sugar in an apple. Fresh, raw honey and pure maple syrup have minerals that are missing from refined sugar. When we eat white sugar, which has no vitamins, nutrients, fiber or other beneficial components, our bodies must draw on their own stores of minerals just to digest it.

It's normal to enjoy sweet flavors – that's why we have taste buds specifically designed to detect sweetness. But over the course of history, we've made things sweeter and sweeter to the point where we add sugar to almost everything. There are even fancy recipes for steak that call for coating it with sugar!

Until the slave trade began in the mid-1400s, sugar was considered a delicacy – a rare luxury available only to the very wealthy. But by kidnapping Africans, shipping them to America and the Caribbean, and forcing them to work long hours in the hot sun with no



pay, plantation owners were able to produce cheap sugar that nearly everyone could afford.

Even today, sugar causes pain for some in order to bring pleasure to others. According to a **human rights organization**, in 2004 about 5,000 children in El Salvador – some as young as 5 years old – worked in the fields planting and cutting sugar cane instead of going to school. Many had scars on their arms and legs

from the machetes they use to cut the cane, and they often suffered burns from the chemical fertilizers they spread by hand. They got paid about \$4 for working a 9-hour day. (Quiz: Do you know what the minimum wage is where you live?)

As a result of the report, the Government of El Salvador directed sugar plantations to remove child workers from the sugarcane harvest and enroll them in schools. Unfortunately, these practices **continue in many other countries**, especially in Bolivia, Brazil, Kenya and the Philippines.

Since the 1970s, much of our sugar comes in the form of high-fructose corn syrup (HFCS). With improved manufacturing methods and government subsidies for corn growers, it has become cheaper to produce corn-based sweeteners than sugar. According to a **recent study**, HFCS now accounts for nearly 40% of the caloric sweeteners added to food and drinks. But new evidence suggests that HFCS may be **even more**



Sugar + Cocoa = Child Labor?

An **estimated** 1.8 million children are forced to work long hours under hazardous conditions harvesting cocoa in Ivory Coast and Ghana, countries in West Africa that supply the vast majority of the world's chocolate. Some of these children have been kidnapped from villages in neighboring countries and may never see their families again. 40% of the child laborers in Ivory Coast do not attend school. In response to the situation, the chocolate industry joined the governments of the United States, Ghana and Ivory Coast in a **pledge** to take coordinated action to eliminate the worst forms of child labor in cocoa-growing areas. However, extreme poverty and recurring conflict makes this a very difficult problem to solve.



dangerous than sugar, causing high levels of fat in the blood and **faster weight gain** as well as **accelerated bone loss**. When you consume HFCS, unlike sugar, your body doesn't get the signal to feel full and stop eating. So you're more likely to pig out.

Too much sugar can also cause diabetes, a disease that now affects **over 29 million Americans** (about a quarter of whom don't know they have it) and is expected to more than **double in frequency worldwide by 2030**. Here's how it happens: when you eat sugar, your pancreas secretes a hormone called "insulin" that allows sugar to be used by the cells. If you eat large amounts of sugar on a regular basis, the pancreas gets overworked and stops producing enough insulin – or the cells become so accustomed to the insulin that they start to ignore it. Glucose then builds up in the blood, harming your eyes, kidneys, nerves and heart. In its latest stages, diabetes can cause blindness, heart attacks and strokes, and it often requires the amputation of feet and legs.

The most common form of diabetes, known as Type II, usually does not develop until adulthood, but lately it has been affecting younger and younger people, even kids. The causes of another form, known as Type I or “juvenile-onset” diabetes, are unknown, but probably are not related to diet. People with either type of diabetes should avoid sweets for life.



CHAPTER 2, SECTION 8: **GET INVOLVED!**

Here are 5 things you can do now to stop child labor:

1. Write to your favorite candy or soda company and tell them to stop using sugar and cocoa that are produced with child labor.
2. **Trick or Treat for UNICEF**. This year, instead of (or before) begging for Halloween candy, go door-to-door asking for spare change to send to the United Nations Children's Fund. **UNICEF** works to ensure that children receive immunizations and primary education and protects them from violence, exploitation, abuse and discrimination.

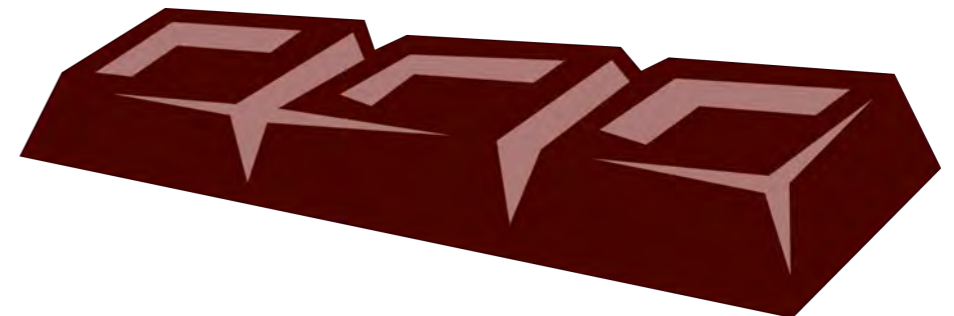


The Warning Signs of Diabetes

- ▶ Frequent urination, in large quantities
- ▶ Excessive thirst
- ▶ Extreme hunger all the time
- ▶ Sudden weight loss, for no apparent reason
- ▶ Weakness, drowsiness, or exhaustion
- ▶ Sudden vision change or blurred vision
- ▶ Nausea and vomiting
- ▶ Fruity odor to the breath
- ▶ Rapid, hard breathing



3. Ask your Senators and Representative to support basic education funding for poor countries. Many children are not in school in developing countries because they can't afford school fees, uniforms or supplies.
4. If your parents buy handmade carpets, be sure they look for the "**GoodWeave**" label (formerly known as "RugMark"), which guarantees that they were made without the use of child labor.
5. Inform yourself about child labor around the world, and recruit others to work with you in taking action!



CHAPTER 2, SECTION 9:

AUSTIN P.'S STORY

"It was one month before my 7th birthday when I was diagnosed with Type I diabetes. I was thirsty all the time, and I kept waking up in the middle of the night to go to the bathroom. After they figured out what was wrong with me, I had to change my whole lifestyle, even though I wasn't overweight and I had a pretty healthy diet to begin with.

"About four times a day I need to prick my finger to check my blood sugar. At first I was scared to do it – I made everyone else in my family try it first. A nurse came to my house to show me how to give myself a shot of insulin, which I need before every meal. Last year, I got a pump – it's like a little pager I wear on my belt. The pump gives me shots of insulin automatically, and I feel so much more confident. It doesn't hurt, but I have to change the needles every 3-4 days.

"The thing I miss most is a drink my grandmother used to make. She mixed orange juice together with Fresca and ice and called it a "slush". I hardly eat sweets at all



Top 5 Reasons to Cut Down on Sugar

5. Sugar has no nutritional value.
4. Sugar can make you "hyper" and cause difficulty concentrating.
3. Sugar contributes to weight gain and obesity.
2. Sugar causes dental cavities.
1. Sugar is **just as addictive** as cocaine.



anymore – I'm only allowed to have ¼ cup of fruit per day. Once in a while I'll have a sugar-free popsicle or a piece of a cookie. I don't use any sweeteners and I don't drink soda any more, although diabetics are allowed to have diet soda.

"When my blood sugar is too high or too low, I feel very sick. My brain gets kind of fuzzy and I can't follow conversations. I get very tired and sometimes I just doze off. I even get migraine headaches. Four times I've had to be rushed to the hospital because my blood sugar was too low. If they hadn't caught it in time, I could have died. But the good side is that diabetes helps keep me in line. I eat a very healthy diet, and I have a lot more energy. I'm very attuned to my body and I listen to what it tells me!"



CHAPTER 2, SECTION 10:

THE CAFFEINE – SUGAR CONNECTION

Caffeine is a chemical that is naturally present in coffee and cola beans, and is added to many soft drinks to make them more stimulating. People often drink caffeine because they think it gives them energy – but the truth is just the opposite: caffeine puts your body under stress. It raises your heart rate, interferes with sleep, and can increase anxiety. In addition to depleting the hormones your body needs for emergencies, caffeine raises your blood sugar levels and reduces the effectiveness of insulin. Drinking caffeinated beverages may give you a temporary boost, but leads to emotional and physical exhaustion over the long term.



CHAPTER 2, SECTION 11:

WHAT'S THE BUZZ ON CAFFEINE?

These days, caffeine is found in more than just coffee, tea, and soda. It's added to some brands of gum, energy drinks, even waffles and maple syrup! What's worse, there is no requirement to show caffeine levels on food labels, so you don't always know how much you're getting.

Every brand is different, but here are some rough numbers to help you calculate how much caffeine you ingest in a day:

..... ounces of coffee x 20 mg/oz = mg

..... ounces of tea x 10 mg/oz = mg

..... ounces of milk chocolate x 6 mg/oz = mg

..... ounces of soda x 4 mg/oz = mg

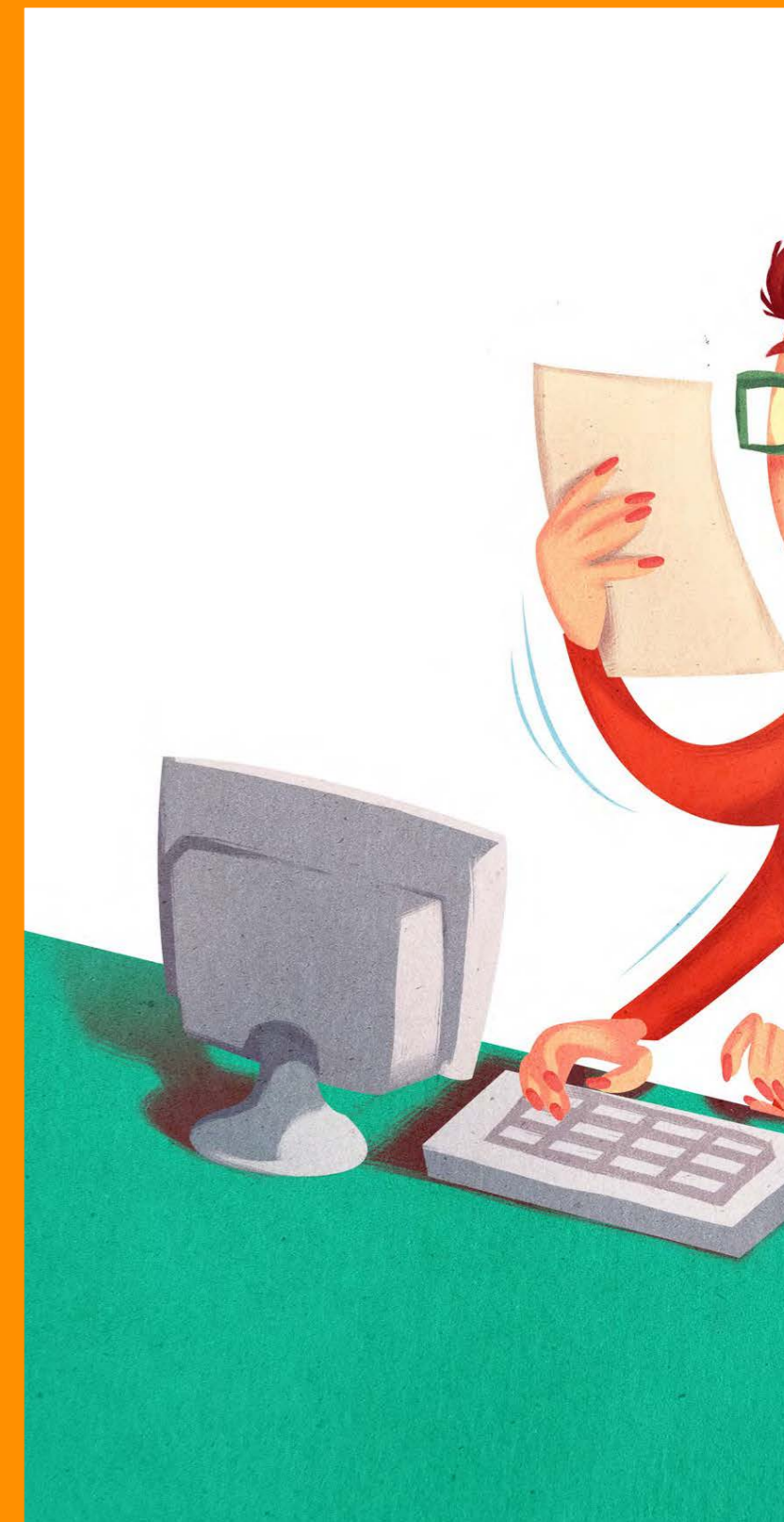
..... ounces of iced tea x 3 mg/oz = mg

..... ounces of cocoa x 2 mg/oz = mg

GRAND TOTAL CAFFEINE PER DAY:= mg

How much caffeine is safe in a day? Experts say around 2.5 mg per kg of body weight for kids. Figure out your limit:

(Your weight in pounds/2.2) x 2.5 = mg caffeine per day





Fat Facts

- ▶ **One in three** American kids and teens is overweight or obese.
- ▶ Hunger and obesity are closely linked, in part because healthier foods cost more. **Almost half** – 44.8% – of children in poverty are overweight or obese.
- ▶ Childhood obesity has **more than doubled** in children and quadrupled in adolescents in the past 30 years.
- ▶ If these trends continue, **one-third** of all children born after 2000 will develop diabetes in their lifetimes.
- ▶ Sugary drinks are a major contributor to the obesity epidemic.

CHAPTER 2, SECTION 12:

WILL YOU BE MY SWEETIE?

HERE'S THE SWEET 'N LOWDOWN:

TYPE	DESCRIPTION	PROS	CONS
Agave (pronounced "a-GAH-vay")	Nectar of the agave cactus plant	Slow-digesting, won't spike blood sugar. Looks, pours and sweetens like honey.	100% fructose, or fruit sugar, which may have the same problems as HFCS*
Aspartame	The chemical used in Equal and Nutrasweet	Low calorie. Does not promote tooth decay.	Some studies have linked aspartame to cancer and other diseases, but nothing has been proven.
Barley Malt Syrup	Extracted from sprouted, fermented whole barley	Slow-digesting, won't spike blood sugar. Has a rich flavor and looks similar to molasses. Contains vitamins and trace minerals.	Some brands contain corn syrup.
Brown Rice Syrup	Made from fermented brown rice	Contains a few trace minerals, and digests more slowly than other sweeteners. Tastes a bit like butterscotch.	Since it's not as sweet as sugar or honey, people tend to use more of it.

*see p66

TYPE	DESCRIPTION	PROS	CONS
Brown Sugar	White sugar with molasses added back	More flavorful than white sugar.	Not much better for you than white sugar.
Date sugar	Ground, dehydrated dates	Contains iron, potassium, other vitamins and minerals and fiber.	Won't dissolve in beverages.
Honey	The sweet liquid made by honey bees from the nectar of plants	Raw honey – which is thick and cloudy – contains vitamins, minerals, and enzymes.	Honey has more calories than sugar, but you might not use as much of it.
Maple syrup	Boiled, concentrated, filtered sap of sugar maple trees	Contains calcium, iron, potassium, zinc, manganese, and magnesium. Grade B is tastier and healthier.	It takes about 40 gallons of sap to make one gallon of syrup, so it's expensive. Beware of pancake syrup, which is mostly corn syrup with a trace of maple syrup added.
Molasses	The liquid that's left after the sugar crystals are removed from mashed, boiled sugar cane	Contains B vitamins, iron, calcium, magnesium, potassium, and other minerals.	Blackstrap molasses has more nutrients than light and dark molasses, but it tastes somewhat bitter.



TYPE	DESCRIPTION	PROS	CONS
Saccharin	The chemical used in Sweet 'N Low	The oldest low-calorie sweetener, in use for over a century. Suitable for diabetics.	May cause bladder cancer, although the evidence is not clear.
Stevia	Dried, powdered leaves of the stevia shrub, which is native to Paraguay and Brazil. Also comes in liquid form.	No calories. Good for diabetics. Doesn't cause tooth decay.	Can be expensive, but you only need a tiny bit. Can have a bitter aftertaste.
Sucralose	Chlorinated white sugar, used in Splenda	Low calorie – passes through the system undigested.	May suppress beneficial bacteria in the gut. Consumers have reported side effects including gastrointestinal problems and allergic reactions.
Xylitol	A sugar alcohol that is found in nature in small concentrations. However, commercially available xylitol is produced in a laboratory, usually from corn cobs.	Safe for diabetics and tooth-friendly. Lower in calories than sugar. Xylitol gum may also ward off ear infections.	Can cause bloating, gas and diarrhea.

SWEET RETURNS

- ▶ Which of these sweeteners have you tried already?
- ▶ Are there any new ones you would like to try?
- ▶ Which are your favorites?
- ▶ Which ones do you want to avoid in the future?



Ain't That Sweet

A **recent study** showed that artificial sweeteners like saccharin, sucralose and aspartame triggered higher blood sugar levels in both mice and human volunteers.

Researchers suspect that these chemicals could be disrupting the beneficial ecosystem of bacteria in our guts.



CHAPTER 2, SECTION 13: INQUIRING MINDS . . .

Next time you go to a fast food restaurant, ask for a copy of the nutrition information – a fact sheet that tells you the amount of calories, sugar, fat, fiber and protein in each of their foods. They're supposed to post this information on the wall or on the menu. If they don't have it or won't give it to you, look for it on their website.

- My **favorite** fast food meal
- Total amount of **sugar** (in grams)
- (Divide by 4 = **X** teaspoons of sugar)
- Total number of **calories**:

(Teenagers should get about 2000 calories per day on average, but it depends on your age, height, weight, sex, and activity level.)

- What was the **biggest surprise** in the nutrition information?



Fast Facts

- ▶ **Nearly half** of American kids aged 12-19 eat or drink something from a fast-food restaurant every day.
- ▶ 97% of kids' meals at top chain restaurants do not meet **nutrition standards**.
- ▶ The more fast food kids eat, the lower their academic test **scores**.

CHAPTER 2, SECTION 14: **THE PEPSI CHALLENGE**

Do you call carbonated beverages “Soda”?
“Pop”? “Coke”?

Depends on where you live! If you go to
www.popvssoda.com, you can see a map that
shows what people call it around the U.S. and
Canada. You can cast your own “vote” by telling
them what it is called where you come from.



Why Do I Drink Soda?

On average, I drink _____ ounces of soda-pop per day. My favorite type of soda-pop is: _____ The longest I have gone without drinking soda-pop is: _____

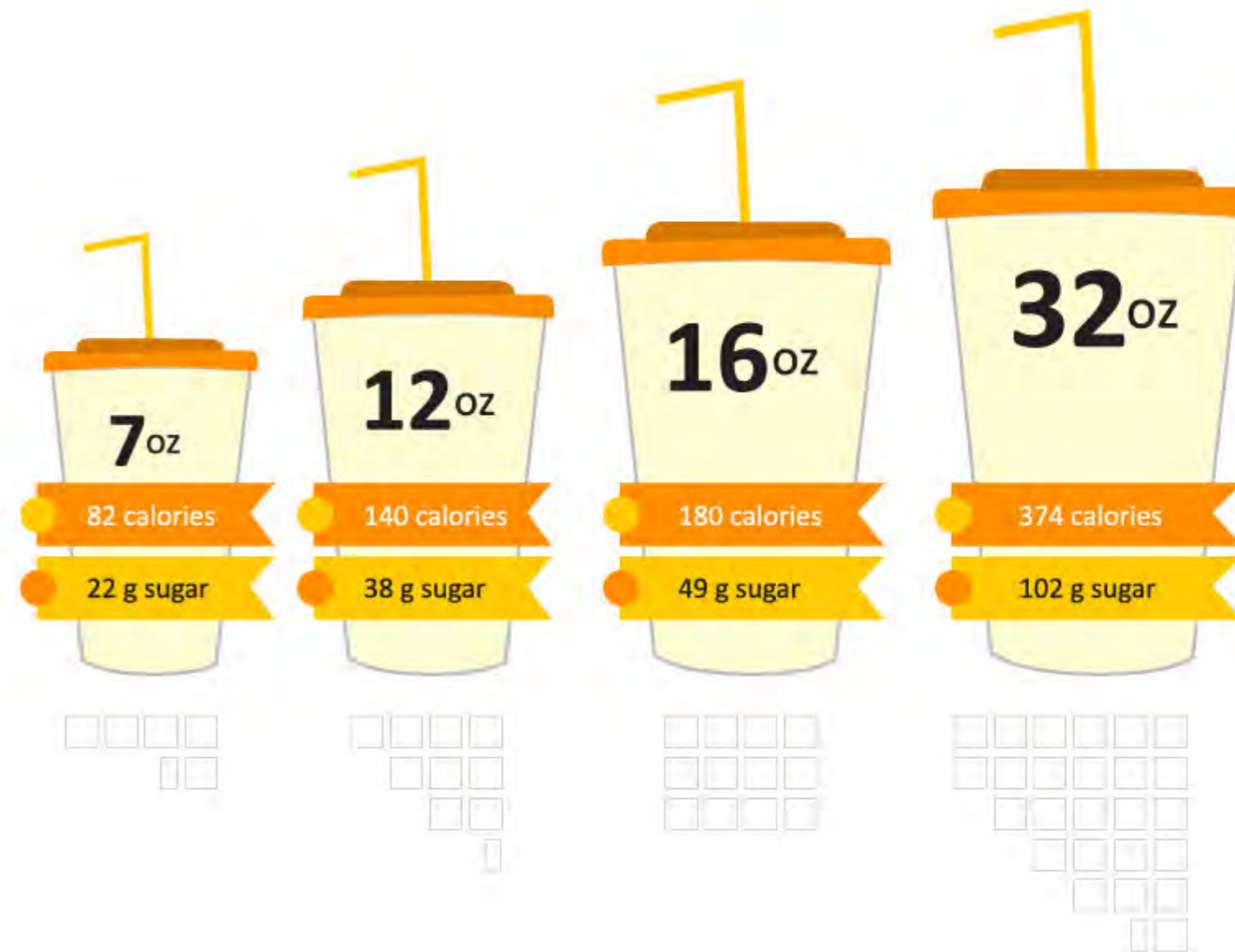
The reasons I drink soda-pop are:

- Tastes good
- Makes me burp
- Wakes me up
- Gives me energy
- Quenches my thirst
- Fills me up
- Settles my stomach
- Irritates my parents
- It's cold and wet
- Tickles my throat
- Everyone else does
- It's there
- Allergic to milk
- No other choice
- Never thought about it
- Other _____

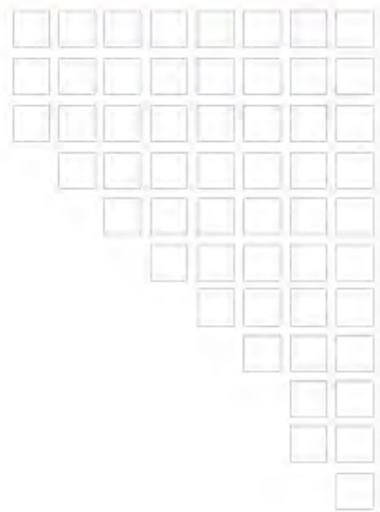
CHAPTER 2, SECTION 15:

DID YOU KNOW?

- ▶ One 16-oz. bottle of soda has more added sugar than you're supposed to get in an entire day.
- ▶ Soda has no nutritional value.
- ▶ Sugar-sweetened beverages are major contributors to obesity and diabetes.
- ▶ Soda contains phosphoric acid, malic acid, tartaric acid, and other chemicals that rot your teeth and weaken your bones.
- ▶ Most soda is sweetened with high-fructose corn syrup, which may be even worse for you than table sugar.
- ▶ Soda has chemical colorings, flavorings and preservatives that can make you feel "hyper" and set off allergic reactions.



SUGAR & CALORIES PER FOUNTAIN DRINK



- ▶ Many sodas include caffeine, an addictive drug that can cause jitters, sleeplessness, and exhaustion.
- ▶ Even diet soda contributes to **weight gain** and excess belly fat.
- ▶ Even one soda per day **increases your risk** of developing Type 2 diabetes.
- ▶ For every soft drink a child drinks each day, the **obesity risk** jumps 60%.
- ▶ Drinking 1 less can of soda per day equates to losing 15 pounds a year.
- ▶ From 1989 to 2008, calories from sugary beverages **increased by 60%** in children ages 6 to 11, from 130 to 209 calories per day.
- ▶ **Sugary drinks** are the top calorie source in teens' diets (226 calories per day), beating out pizza (213 calories per day).
- ▶ Kids and teens **drink more soda** than adults. 70% of boys and 60% of girls drank at least one sugary drink on any given day.





- ▶ The consumption of soft drinks has **increased 500%** in the last 50 years.
- ▶ Teenagers in the U.S. now drink **twice as much** soda as milk.
- ▶ Soft drinks are **sold in 60%** of all public and private middle schools and high schools nationwide.
- ▶ Kids who drink soda are **less likely** to get the recommended levels of vitamin A, calcium and magnesium.
- ▶ Americans on average drink **44 gallons** of soda per person each year – 469 cans apiece.
- ▶ A fast food soda that sells for \$1.29 costs the restaurant only **10 cents**.
- ▶ The average teenage boy drinks **twice as much** soda today as a teenage boy did in 1978.
- ▶ **44% of toddlers** are fed sugary drinks on a typical day.
- ▶ **About one-third** of the added sugar in Americans' diets comes from carbonated soft drinks.



CHAPTER 2, SECTION 16: **THE POWER OF THE DOLLAR**



Adding a penny per ounce tax to sugar-sweetened beverages would reduce consumption by 24%, slow the growth of obesity in the U.S., and raise nearly \$80 billion in revenue over a five-year period.

Yet since the beginning of 2009, Pepsi, Coca-Cola and the American Beverage Association have spent as much as **\$70 million** on lobbying and issue ads, often to fight against attempts to impose taxes on sodas. That's on top of the billions they spend simply to advertise their products.

And their efforts are working. Soda tax proposals have been defeated in city after city, thanks to groups who receive **funding from the beverage industry**. For example, after receiving thousands of dollars in **campaign contributions** from the Oregon Soft Drink Association, members of the Oregon Senate killed an attempt to ban sales of soda pop and other sugary snacks in Oregon schools.

CHAPTER 2, SECTION 17:

THE #1 BEST THING YOU CAN DO FOR YOUR HEALTH

It doesn't cost any money. It doesn't take any time. It isn't complicated. And it doesn't hurt. If you do only one thing for your health, stop drinking soda. Start by drinking more water. Water is really the only thing you ever need to drink. Save juices, coffee, tea and other beverages for special occasions. If your tap water tastes or smells bad, you can buy spring water at the store or get a filter-bottle to keep in the refrigerator. Carry a bottle of water in your backpack to sip all day.





CHAPTER 2, SECTION 18:

FOR ADDICTS ONLY

For those of you who are seriously addicted to soda, try this: Make your own!

STEP 1: PREPARE YOUR “LABORATORY”

In the kitchen, assemble the ingredients and materials you’ll need. You may need to buy some of the ingredients ahead of time, if you don’t have them in the house.

Basic ingredients:

- ▶ Sparkling water, club soda or seltzer
- ▶ 100% fruit juices – frozen concentrate is best
- ▶ Sweeteners: sugar, honey, stevia – pick your **favorites**

Optional ingredients:

- ▶ Flavored tea bags
- ▶ Chocolate syrup
- ▶ Ginger syrup (available at health food stores)
- ▶ Vanilla extract
- ▶ Lemon juice

Materials:

- ▶ Small glass
- ▶ Teaspoons
- ▶ Teacups or coffee mugs
- ▶ Measuring cups and spoons

STEP 2: MAKE THE TEA (IF USING)

Tea can make a great soda. Use licorice tea to make root beer, ginger tea for ginger ale, or cherry tea for Dr. Pepper. Make it strong, and wait for tea to cool before proceeding.

STEP 3: MIX AND MATCH

Start with some sparkling water in a small glass. Add the flavoring, a little bit at a time: a spoonful of frozen concentrated orange juice or a bit of tea. Taste as you go – add the sweeteners last. If you ruin it, spill it out and start again. Vanilla extract will make it taste like cream soda. Lemon juice will give it more “bite”. Remember, try a little at a time – you can always add more!

STEP 4: WRITE DOWN THE RECIPE

Did you come up with a great concoction? Write it down before you forget!

BEST SODA RECIPE

- From the **kitchen of**
- **Recipe** for
- **Ingredients**
- **Directions**

CHAPTER 2, SECTION 19:

FAUX FRIENDS

How healthy are so-called “health foods”? Some may have the benefits of being organically-grown, low in salt or high in fiber, but many also have more sugar than you’d imagine. Below are some supposedly healthy snacks and some better alternatives.



“Health Food”	Healthier Food
<p>Energy Bars (Can have just as much sugar as a candy bar)</p>	<p>Trail Mix Create your own by mixing your favorite nuts (peanuts, almonds, walnuts), seeds (pumpkin, sunflower) and dried fruits (raisins, dates, apricots, cranberries). Put each portion in a snack-sized plastic bag.</p>
<p>Granola (12-25 g. sugar per serving)</p>	<p>Old-fashioned Oatmeal Make yourself a nice, hot breakfast of cooked oatmeal, which has only as much sugar as you sprinkle on it. The instant packages have just as much sugar as any other breakfast cereal.</p>
<p>Commercial Peanut Butter (1 tsp. sugar per 2 tbsp. peanut butter)</p>	<p>Natural Nut Butters Some stores let you grind your own peanut butter. That way, you can avoid sugar and salt as well as extra fats and chemicals. Many stores also sell butters made from other nuts – almonds, walnuts, soy nuts – with nothing added.</p>
<p>Fruit Juice (Just as much sugar as soda, without the caffeine or acids)</p>	<p>Fruit Spritzers Mix a little fruit juice with some sparkling water and voila! You have a healthy and delicious drink.</p>
<p>Flavored Yogurt (Commercial fruit-flavored yogurts average about 26 g. of sugar per cup!)</p>	<p>Regular Yogurt Buy plain, unsweetened yogurt and add your favorite cut-up fruits and berries.</p>
<p>Protein Shake (Most shakes have lots of added sugar or artificial sweeteners.)</p>	<p>Chocolate Almond Shake In a heavy-duty, high-speed blender, mix 1/4 cup almonds (raw and unsalted) with 1 c. milk or soy milk, 1 frozen banana, and 1 tbsp. unsweetened cocoa powder. Blend until frothy.</p>

CHAPTER 2, SECTION 20:

SWEET SENSATIONS



Not ready to give up on sweets? Here are some recipes for healthy desserts that can be made with little or no added sugar:

FRUITCICLES

Cool off with these on a hot summer day!

INGREDIENTS:

- ▶ 1 cup berries (strawberries, blueberries, blackberries, and/or raspberries)
- ▶ 1 cup rice milk

MATERIALS:

- ▶ Blender
- ▶ Knife
- ▶ Cutting board
- ▶ Popsicle tray
- ▶ Rubber spatula

DIRECTIONS:

1. Rinse berries and cut off stems and leaves.
2. Place berries and rice milk in blender, and blend until pureed.
3. Pour mixture into popsicle trays and freeze for at least 2 hours.
4. Remove from freezer. You may need to run warm water on outside of popsicle molds to release the popsicles. Enjoy!

Rate it!





MANGO LASSI

It's not a dog! It's an Indian milkshake!

INGREDIENTS:

- ▶ 1 small mango
- ▶ 1 cup nonfat plain yogurt
- ▶ 1/2 cup skim or 2% milk
- ▶ 1 tbsp. sugar

MATERIALS:

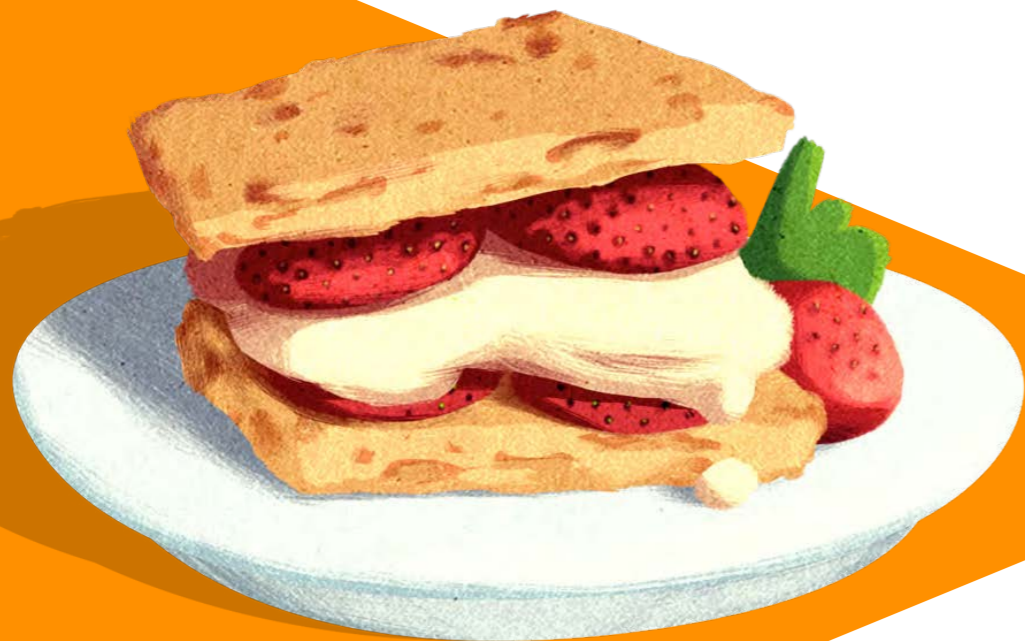
- ▶ Blender
- ▶ Vegetable peeler
- ▶ Knife
- ▶ Cutting Board
- ▶ Measuring cup
- ▶ Measuring spoon

DIRECTIONS:

1. Rinse mango and peel skin with vegetable peeler.
2. Cut the mango flesh from the large, flat pit, and chop the flesh into chunks.
3. Put mango chunks, yogurt, milk and sugar into blender and puree.
4. Voila! Pour into a cup and drink.

Rate it!





STRAWBERRY S'MORES

If you like strawberry cheesecake, you'll love these!

Ingredients:

- ▶ 12 graham cracker squares (preferably whole-wheat)
- ▶ 1 small container **labneh** or neufchatel cheese (light cream cheese)
- ▶ 4 strawberries

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Serving plate
- ▶ Knife or spoon for spreading

DIRECTIONS:

1. Place graham cracker squares on serving plate.
2. Smear each cracker with labneh or neufchatel cheese – about 1/2 tablespoon per cracker.
3. Rinse the strawberries, cut off the stem and leaves, and slice lengthwise into 3-4 slices.
4. Place one strawberry slice on top of each cracker.
Enjoy!

Rate it!





STOPLIGHT SKEWERS

Follow this recipe or design your own colorful fruit skewers.

INGREDIENTS:

- ▶ 1 pint fresh strawberries
- ▶ 1/4 fresh pineapple, or small can pineapple chunks
- ▶ 2-3 kiwis
- ▶ 1 cup nonfat vanilla yogurt, for dipping

MATERIALS:

- ▶ 12 small wooden skewers (4" bamboo skewers work best)
- ▶ Knife
- ▶ Cutting board
- ▶ Plate

DIRECTIONS:

1. Wash fruit. Cut off tops of strawberries. Remove skin from pineapple and kiwis, and cut them into chunks.
2. Thread each skewer with a piece of kiwi, then a pineapple chunk, then a strawberry.
3. Arrange skewers on a plate, and serve with vanilla yogurt for dipping.

Rate it!





CHOCOLATE MOUSSE

Avocado is the secret ingredient to make it rich and creamy.

INGREDIENTS:

- ▶ 2 ripe avocados
- ▶ 1/4 cup unsweetened cocoa powder
- ▶ 1/3 cup honey or agave
- ▶ 1/2 tsp. vanilla extract
- ▶ Pinch of salt

MATERIALS:

- ▶ Knife
- ▶ Cutting board
- ▶ Measuring spoon
- ▶ Measuring cup
- ▶ Rubber spatula
- ▶ Food processor
- ▶ 6 parfait glasses or dessert bowls

DIRECTIONS:

1. Cut avocados in half. Remove pits and scoop flesh into food processor. Process until smooth.
2. Add remaining ingredients and mix well.
3. Use spatula to scoop mixture into glasses or bowls. Refrigerate 1-2 hours before serving.

Rate it!





COCONUT MACAROONS

Delicious cookies without milk, nuts or wheat.

INGREDIENTS:

- ▶ 1 cup unsweetened coconut shreds
- ▶ 1/4 cup sugar
- ▶ 1 tsp. vanilla
- ▶ 3 egg whites
- ▶ Vegetable oil spray

MATERIALS:

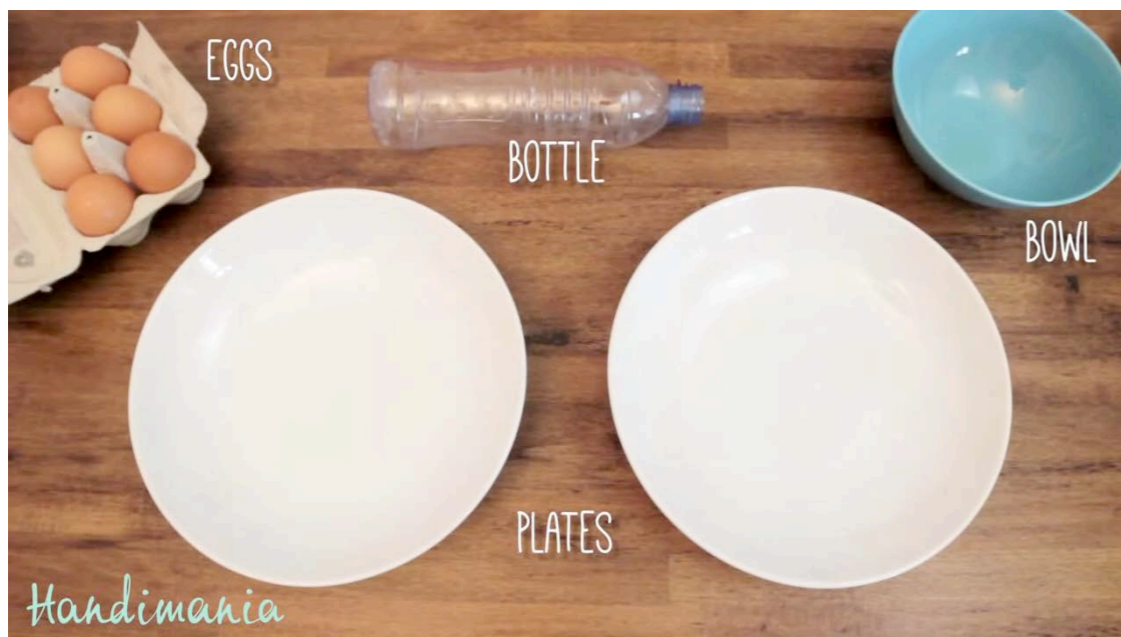
- ▶ Saucepan
- ▶ Mixing spoon
- ▶ Teaspoon
- ▶ Cookie sheet

DIRECTIONS:

1. Preheat oven to 350 degrees and spray cookie sheet with vegetable oil.
2. Mix all ingredients together in a saucepan until well-blended.
3. Heat over low-medium heat, stirring constantly, until mixture reaches the texture of mashed potatoes (about 3-5 minutes).
4. Drop by teaspoons onto cookie sheet and bake about 15 minutes or until golden brown. Makes 12 macaroons.

Rate it!
☆☆☆☆☆

WATCH: THE COOLEST WAY TO SEPARATE EGGS





FRUITILLAS

The taste of crepes without all the work.

INGREDIENTS:

- ▶ 1 tbsp. butter
- ▶ 2 bananas OR 2 small peaches OR 1 apple
- ▶ ¼ tsp. cinnamon
- ▶ 1 tsp. brown sugar (optional)
- ▶ 2 whole wheat tortillas

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Measuring spoon
- ▶ Non-stick frying pans
- ▶ Heat-resistant spatula

DIRECTIONS:

1. Peel bananas and cut in half lengthwise and again crosswise. If using peaches or apples, remove pit or core and cut into thin slices.
2. Melt butter over medium heat.
3. Sauté fruit about 4-6 minutes, stirring occasionally, until soft and golden.
4. Sprinkle with cinnamon (and brown sugar, if using) and stir to coat evenly.
5. Heat tortillas individually for 1 minute in a dry skillet, or in microwave for 15 seconds each.
6. Place each tortilla on a plate, spoon fruit into the center, and fold. Serve hot.

Rate it!



















APPLE-RAISIN CRUMBLE

Make this for the whole family to enjoy.

INGREDIENTS:

-  2 apples
-  2 tbsp. golden raisins
-  1 tbsp. lemon juice
-  1/4 tsp. cinnamon
-  1/4 cup rolled oats
-  1 tbsp. brown sugar
-  1 tbsp. cold butter, cut into small pieces

MATERIALS:

-  Cutting board
-  Knife
-  Apple corer (optional)
-  2 mixing bowls - 1 medium, 1 small
-  Small casserole dish
-  Measuring cup
-  Measuring spoons

DIRECTIONS:

1. Preheat oven to 375°.
2. Rinse, core, peel and cut apples into thin slices.
3. Place apple slices in medium bowl with raisins, lemon juice, and cinnamon. Stir well.
4. Spray a small casserole dish with vegetable oil. Spoon apple mixture into dish.
5. In a small bowl, combine rolled oats, brown sugar, and butter. Gently rub the mixture between your fingertips or mash with a fork until butter is evenly distributed.
6. Sprinkle oat mixture over apples. Bake 30 minutes. Serves 4.

Rate it!



CHAPTER 3: WANT FRIES WITH THAT?





Every night my mother told me I couldn't leave the table until I finished my vegetables. I would just look at those wrinkled old grey peas and start gagging. Every night it was either that, creamed spinach or an awful frozen mixture of carrots, corn, and assorted unidentifiable green things. Lima beans were the worst! So I pushed them under my mashed potatoes. Dropped a few down to the dog, but of course he wouldn't eat them, either. Smushed a few on the side of my plate, or rolled them over the edge. And if mom was looking and I had to actually put them in my mouth, I held them there and pretended to chew until she turned away, then spit them out in my napkin. We had some pretty long nights at that table...

Sound familiar? If you can relate to this, you may be suffering from “vegephobia”! Everyone is always telling you to eat more of them, and you're only trying to think of ways to eat less! Don't worry, there's still hope for you: there are actually ways you can eat vegetables AND enjoy them. This chapter will give you tips to help you and your whole family make vegetables something that you crave.

- But let's start from the beginning: how do you **really feel** about vegetables? What words come immediately to mind when you think about them? Be honest!

CHAPTER 3, SECTION 1:

VEGETABLE REPORT CARD

Here's a list of some common vegetables. Give each one a letter grade showing what you think of it. Highlight the ones you've never tried or don't remember.

- ▶ Acorn squash
- ▶ Alfalfa sprouts
- ▶ Artichokes
- ▶ Arugula
- ▶ Asparagus
- ▶ Avocado
- ▶ Beets
- ▶ Belgian endive
- ▶ Bell peppers





- ▶ Bok choy
- ▶ Broccoli
- ▶ Brussels sprouts
- ▶ Butternut squash
- ▶ Cabbage
- ▶ Carrots
- ▶ Cauliflower
- ▶ Celery
- ▶ Chard
- ▶ Chickpeas
- ▶ Chili peppers
- ▶ Chives
- ▶ Collards
- ▶ Corn
- ▶ Cucumbers

- ▶ Daikon
- ▶ Dandelion
- ▶ Eggplant
- ▶ Escarole
- ▶ Garlic
- ▶ Ginger
- ▶ Green beans
- ▶ Horseradish
- ▶ Jalapenos
- ▶ Jicama
- ▶ Kale
- ▶ Kohlrabi
- ▶ Leeks
- ▶ Lentils
- ▶ Lettuce



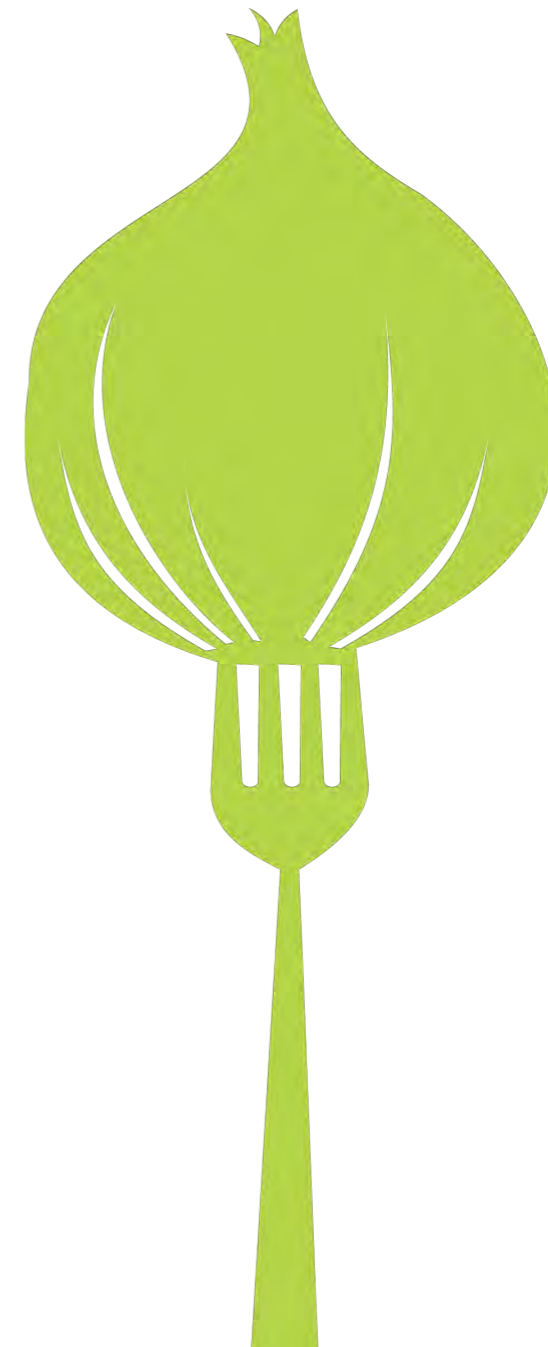


- ▶ Lima beans
- ▶ Mushrooms
- ▶ Mustard greens
- ▶ Okra
- ▶ Onions
- ▶ Parsley
- ▶ Parsnips
- ▶ Peas
- ▶ Potatoes
- ▶ Pumpkins
- ▶ Radishes
- ▶ Rhubarb
- ▶ Romaine
- ▶ Rutabagas
- ▶ Scallions

- ▶ Seaweed
- ▶ Shallots
- ▶ Snow peas
- ▶ Soy beans
- ▶ Spaghetti squash
- ▶ Spinach
- ▶ Sugar snap peas
- ▶ Sweet potatoes
- ▶ Swiss chard
- ▶ Tomatoes
- ▶ Tomatillos
- ▶ Turnips
- ▶ Watercress
- ▶ Yellow squash
- ▶ Zucchini

- Vegetables you've **tried** that aren't on this list:
- Add it up: how many **different** vegetables have you tried?
- What is your **favorite** vegetable?
- How do you like it **prepared**?
- Do you eat **most** of your vegetables fresh, frozen or canned?
- Do you **generally** eat them raw, steamed, boiled, baked, microwaved, deep-fried, stir-fried, grilled or sautéed?
- Do you **eat** them plain, buttered, seasoned, or with dips and sauces?
- Are there any vegetables you like **prepared** one way, but don't like another way?

- Have you ever eaten vegetables that you grew **yourself**? If so, which ones?



CHAPTER 3, SECTION 2: THE BUDDING CRITIC

Have you ever read a food or restaurant review, where the taster tries to explain with great specificity all the aromas, colors, flavors and textures on his or her palate?

Imagine you're the taste tester for a fine magazine. When you try a new vegetable, or one of the recipes in this chapter, write down how it affects all your senses, down to the last detail.

Was it crunchy, mealy, mushy, chewy, creamy, rubbery, slimy, stringy, velvety? Did the smell remind you of roasted nuts, fresh-cut grass, the peel of an orange, dirty socks? When you first bit into it, did it taste salty, sweet, bitter, sour, spicy or meaty? What about after you swallowed? Was the color crimson, indigo, milky white or chartreuse? What kind of sauce was on it? How was it served or arranged on the plate? Did it remind you of summer at the beach, a breath of fresh



air on the first day of spring, jumping into a pile of leaves -- or cleaning up after your dog had an accident?!

Things taste so much different (and usually better) when you really think about all the sensations and memories they trigger, instead of just chewing them up and swallowing as fast as you can.

● My **review**

CHAPTER 3, SECTION 3: **PEASE PORRIDGE** **HOT . . .**

How much difference do you think it makes how a vegetable is prepared? Is it better hot, cold, or nine days old? Next time you or your parents go to the store, buy one small can of peas, one box of frozen peas, and (in season) one bag of fresh sugar-snap peas or English peas in the pod. First, rinse off the fresh peas and shell and eat them raw (sugar snaps are eaten with the pod). Next (maybe the next day, unless you're going to try them all at once), try the canned peas, heated and seasoned however you like. Finally, try boiling or microwaving the frozen peas. Again, season them to taste. Which did you like best?

Here's another one: Next time you or your parents go to the store, buy one box of frozen spinach and one bag of fresh spinach. Boil or microwave the frozen spinach and season to taste. Then try the fresh spinach two ways: raw in a salad, and lightly sautéed in butter or olive oil and garlic, just until it wilts. What did you think?



One more experiment: try some fresh broccoli three ways. First, cut it up raw and eat it in a salad or with a dip, such as ranch or blue cheese dressing. Second, steam it and serve with melted butter and lemon. Third, toss with a spoonful of Italian dressing and roast it in the oven at 400 degrees for 15 minutes. Did it taste very different each way?

CHAPTER 3, SECTION 4:

15 REASONS TO EAT YOUR VEGETABLES

- ▶ They are rich in vitamins and minerals you can't get from grains and meats.
- ▶ They have lots of fiber, which unclogs your digestive tract as well as your arteries.
- ▶ They are filling but don't have a lot of calories.
- ▶ They are fresh and natural and don't require processing.
- ▶ They are more earth-friendly than meats – they take less land and energy to produce and cause less waste.
- ▶ You can grow them yourself.
- ▶ They provide long-lasting energy.





SURGEON GENERAL'S REPORT:

“Children who do not get the recommended basic vitamins and minerals have **lower test scores**, are absent more, have difficulty concentrating and have less energy.”

- ▶ They contain plenty of water and fluids your body needs.
- ▶ They are filled with enzymes that help you absorb and utilize nutrients.
- ▶ You don't have to pay the costs of advertising or fancy packaging.
- ▶ You don't have to harm animals to eat them.
- ▶ You can support local farmers by buying them.
- ▶ They come in all shapes and colors.
- ▶ They have little or no fat (except olives and avocados).
- ▶ They taste good!

CHAPTER 3, SECTION 5: **TATER TOTS**

What is America's most popular vegetable?

- a. Corn on the cob
- b. Garden salad
- c. Carrot sticks
- d. French fries

You guessed it: (d) French fries. The average American reportedly eats about **29 pounds** of fries a year. According to one study, even toddlers eat them **more than any other vegetable**. And just in case you were thinking, "Fries aren't vegetables!", in June 2004, the U.S. Department of Agriculture (USDA) issued a new rule stating that batter-coated frozen French fries could be considered "fresh vegetables" in school lunches. More than twenty years earlier, in September 1981, the same agency had proposed counting ketchup as a fresh vegetable.



Fried Fact:

Out of every \$1.50 spent on fries at a fast food restaurant, about **2 cents** goes to the farmer who grew the potatoes!

What do you think? Are deep-fried potato sticks coated with flour, salt and preservatives and dipped in bottled ketchup just as healthy as a baked potato and a garden-fresh tomato?

Let's take a look. A medium-sized order of **McDonald's fries** contains 340 calories and 16 grams of fat – more fat and calories than a cheeseburger. A medium baked potato has about 160 calories and no fat. (A tablespoon of sour cream adds 2 grams of fat.) Ounce for ounce, potato skins have nearly 17 times the iron, 7 times the calcium, 5 times the fiber, and twice the niacin, folate, Vitamin B6, and protein of the flesh of the potato – but most fries strip off the skins. And don't forget the ketchup – a single tablespoon of ketchup contains 33 times as much sodium (salt) and 1/3 more sugar (mostly from high-fructose corn syrup) than a small tomato.

That probably isn't going to stop you from eating French fries. But it might make you think twice about some alternatives:





Fried Fact:

American children now get **25%** of their vegetable servings in the form of chips and fries.

- ▶ At a restaurant or cafeteria, choose a baked potato, salad or rice instead of fries.
- ▶ Cut other vegetables into the same size and shape as French fries, such as carrot and celery sticks, raw asparagus spears, slices of green or red peppers, cucumber wedges, or strips of crunchy **jicama**.
- ▶ At home, instead of deep-frying potatoes or using frozen fries, cut a whole potato with the skin into sticks, then drizzle with a teaspoon of olive oil and bake at 425 degrees until crisp.
- ▶ Use **salsa** instead of ketchup
- ▶ Top your baked potato with plain yogurt or your favorite salad dressing instead of sour cream or butter. And be sure to eat the skin!
- ▶ Try baked sweet potatoes, which are delicious plain, instead of regular baked potatoes, which tend to be dry without added fat.

You can find complete nutritional information about various fruits and vegetables as well as processed foods at www.nutritiondata.self.com.

CHAPTER 3, SECTION 6: FRUIT OR VEGETABLE?

Some people say a tomato is a fruit. Others say it's a vegetable. Who's right?

Fruit is the ripened ovary of a seed-bearing plant – the flesh that surrounds the seeds. The *seeds* themselves are usually considered grains, nuts, beans or spices – such as corn, wheat, peanuts, almonds, coffee, chocolate, soy, nutmeg, and cumin. *Vegetables* are any other edible parts of the plant – the leaves, stem, flowers or roots.

Leaves: lettuce, cabbage, spinach, collard greens, kale, parsley, basil.

Flowers: cauliflower, artichokes, broccoli, capers, cloves.

Stems: asparagus, celery, cinnamon, rhubarb, bamboo shoots, sugar cane. Underground stems (known as rhizomes, tubers, and bulbs) include potatoes, onions, garlic, ginger and yams.





Roots: carrots, beets, radishes, horseradish, turnips.

Go to the **Cook's Thesaurus** for photographs and information about the classification of various fruits and vegetables.

So . . . technically not only tomatoes, but also eggplants, bell peppers, squashes, and bean pods are fruits. So are avocados, chili peppers, coconuts, lemons, and olives. In Mexico, they treat cucumbers just like fruit, and eat it in sticks alongside watermelon, pineapples and mangoes. There's no requirement that a fruit has to be sweet – or that a vegetable can't be!

CHAPTER 3, SECTION 7:

STRIVE FOR FIVE

How many fruits and vegetables do you eat each day? To be healthy, you should eat at least 5 cups of produce a day, and at least 3 of them should be vegetables. Sound like a lot? It's not as hard as you might think.

Here are some ways to get 5 a day:

Breakfast: Drink a small glass of orange juice, sprinkle some berries or a cut-up banana on your cereal, put some peppers, onions or tomatoes into your omelet.

Lunch: Fix yourself a large salad, choose a vegetable side-dish, layer lettuce and tomatoes on your sandwich, munch on a piece of fruit.

Snack: Reach for some carrot or celery sticks, slather some pita bread with hummus, pop a handful of raisins in your mouth, or chug a glass of V-8.

Dinner: Start with some vegetable soup, wrap your food in lettuce or cabbage, spoon some sauerkraut or coleslaw on the side, top your main dish with **salsa**, tomato sauce or **guacamole**.



CHAPTER 3, SECTION 8: EATING THE RAINBOW

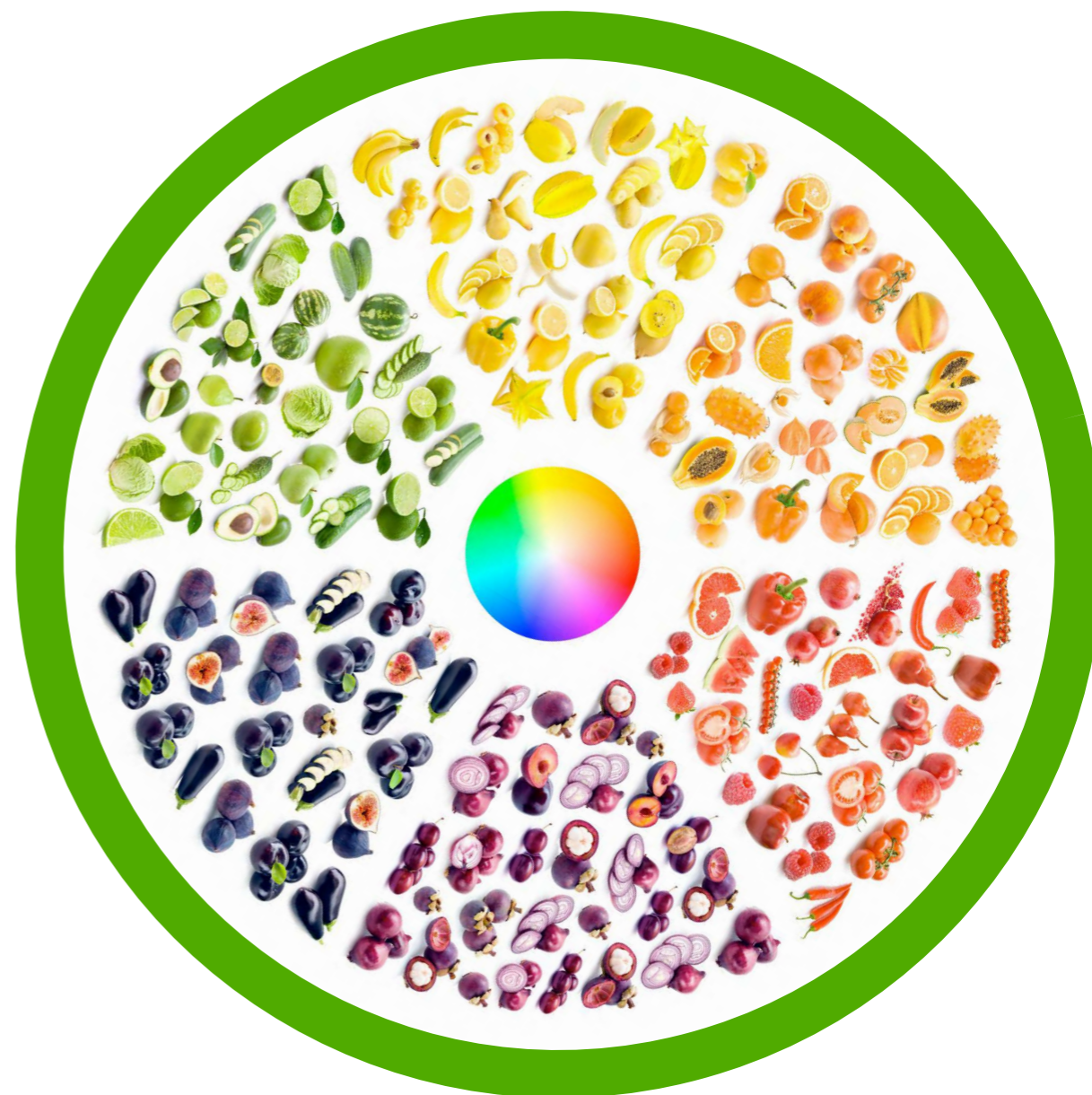
Fruits and vegetables aren't just healthy and delicious, they are beautiful and fun! They come in all shapes, sizes and colors – and the more colors you eat, the healthier you'll be. Choose from a variety of different hues each day so you can get the whole array of vitamins and nutrients:

Red: Watermelon, pink grapefruit, cherries, pomegranates, radishes, beets, tomatoes, cranberries

Orange: Pumpkins, carrots, yams, peaches, apricots, cantaloupes, tangerines

Yellow: Summer squashes, yellow peppers, bananas, pineapples, mangoes, corn on the cob, lemons

White: Cauliflower, pears, onions, garlic, potatoes, jicama



Green: Kale, okra, peas, asparagus, broccoli, honeydew melon, kiwis, limes

Blue: Blueberries, blue potatoes

Purple: Eggplant, blackberries, purple cabbage, grapes, plums

CHAPTER 3, SECTION 9:
**GREAT VEGGIE
SNACKS**

- ▶ Baby carrots dipped in hummus
- ▶ Celery with peanut butter or cream cheese
- ▶ Spears of red, yellow and green peppers with salsa or guacamole
- ▶ Pear slices dipped in yogurt
- ▶ Trail mix of raisins, nuts, and seeds
- ▶ Applesauce with cinnamon
- ▶ Refried beans wrapped in a whole wheat tortilla
- ▶ Toasted pumpkin seeds
- ▶ **Crunchy chickpeas**



CHAPTER 3, SECTION 10:

NEVER HEARD OF IT?

Trying new and unusual fruits and vegetables can be fun. Next time you go to the grocery store, pick out one that looks interesting and try it at home. Here are some suggestions:

Pomegranate: A round, red fruit filled with small “berries” that pop in your mouth. Open it outside – the berries fly and squirt everywhere! Available in the fall.

Star fruit: A waxy, yellow tropical fruit that tastes a little like a tart apple. It makes 5-pointed stars when you slice it.

Mango: Some are red, yellow and green on the outside, others are yellow – but inside the flesh is bright yellow and deliciously sweet. There’s a big, flat pit in the middle.

Kale: Curly, dark green leaves sometimes used to decorate salad bars. Try it **baked**.





Nori: Thin, dried sheets of Japanese seaweed. Wrap it around rice and vegetables to make your own sushi rolls.

Delicata squash: An oblong, cream-colored winter squash with orange and green stripes down the side – looks too pretty to eat! Available in the fall. Try it **roasted**.

Artichoke: A big green, waxy flower. Try it **boiled**.



CHAPTER 3, SECTION 11: **THE POWER OF SUGGESTION**

Have you ever craved a food right after seeing a commercial for it? A juicy burger, some chocolaty candy, a fizzy soda or a scoop of ice cream?

Advertisers are great at making things that aren't very good for you look appealing. Otherwise, no one would buy them! But how often do you see a great ad for steamed broccoli? Here's your chance to set a new trend: write an advertisement for your favorite vegetable. How would you convince someone who's never tried it – or says they hate it – to eat it your way?

● Describe your **commercial**

Got a video camera? Now film it! Can your school organize a screening or a competition for the best vegetable ad? Is there a local grower's association that would like to air it?



Institute of Medicine:

“Food and beverage companies are using television ads to entice children into eating massive amounts of unhealthy food, leading to a sharp increase in childhood obesity and diabetes.”



CHAPTER 3, SECTION 12: JUNK FOOD JUNKIES

What shapes your desires and appetites? You may think it's coming from inside your stomach, or your brain, but the truth is that your diet is probably shaped by slick advertising and by what's nearby.

Studies have shown that convenience stores and other small shops selling unhealthy snack foods are more likely to locate in poor neighborhoods and particularly near schools. Having fast-food restaurants near schools **has been linked** to increased risk of obesity in schoolchildren. Young children who live in places where fruits and vegetables are relatively expensive **are more likely** to gain excess weight than children who live where fresh produce is cheaper. And schools, too, are to blame for allowing vending machines that sell high-calorie, low-nutrient drinks and snacks. On a given day, **40% of kids** eat foods sold in schools outside the regular school lunch program.



Sad Statistic:

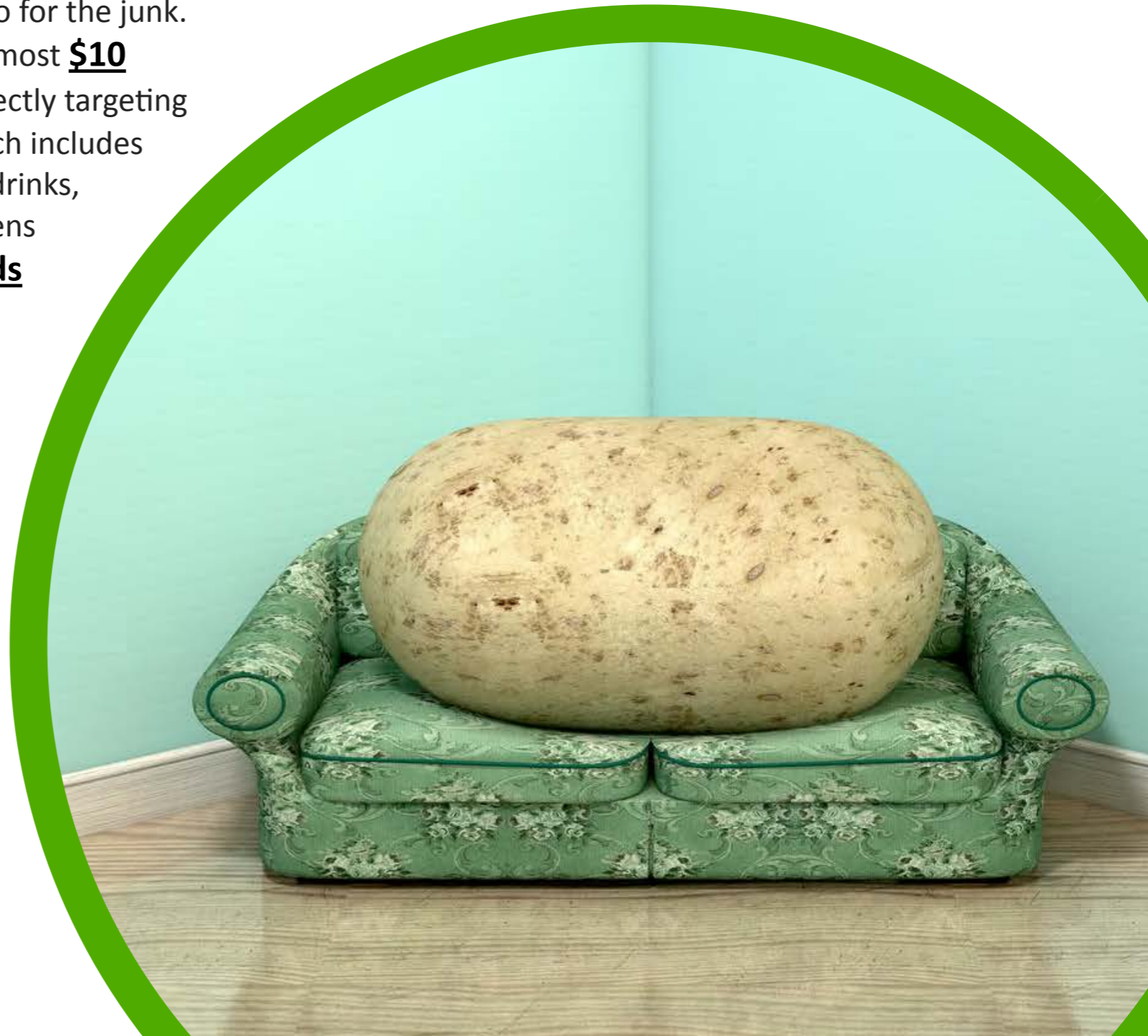
45% of kids say they don't eat their veggies daily.



Even when healthy foods are available, kids are “programmed” to go for the junk. The food industry spends almost **\$10 billion per year** on ads directly targeting children and teenagers, which includes \$1.6 billion to promote soft drinks, fast food, and cold cereal. Teens aged 12-17 see almost **five ads per day** for fast food. In 2010, teens watched an average of **406 ads** just for sugary drinks.

70% of food ads on

Nickelodeon's TV shows are for junk. There is extensive scientific evidence on the link between soft drink consumption and obesity, and the Institute of Medicine **has concluded** that food marketing is one of the reasons why young people in the United States have poor diets and suffer increased health risks.



CHAPTER 3, SECTION 13:

THINK GLOBAL, ACT LOCAL

One of the best things you can do for the planet is to buy fruits and vegetables that are grown locally. That's because a lot less energy – particularly in the form of fossil fuels, which create greenhouse gases – is required to store and transport the produce from the farm to your table. Also, eating "in season" helps your body to adjust to seasonal changes, with lots of juicy fruits to cool you off in summer and heavy, warming root vegetables in winter. Find out where there are farmers' markets near you, or see if your family can join a "farm-share" program (also known as "Community-Supported Agriculture," or CSA), where you get a weekly delivery of whatever is ripe at that farm. By committing to pay a certain amount of money for the whole season, you share both the benefits and the risks – if the growing conditions are right, you get a bountiful load of produce, but if there is a poor harvest, you won't reap as many of the rewards. You will probably find some unfamiliar vegetables in your weekly box – but you have this book to help you figure out what to do with them!



CHAPTER 3, SECTION 14:

GROWING YOUR OWN



Somehow vegetables always taste better when they come from your own garden. The love and care you put into raising your own food comes back to nourish you when you eat it.

Even if it's winter, or you live in an apartment, you can grow your own herbs and vegetables. You can use any large container (at least 6" deep) with holes in the bottom, such as a planter, basket or milk jug. Fill it up with slightly dampened, lightweight potting soil. Make sure you keep a drip tray under the bottom!

Buy seeds or seedlings for a vegetable or herb that doesn't take a lot of space, such as: carrots, radishes, beans, peppers, tomatoes, parsley, basil, mint or rosemary.

Sow the seeds as directed on the package, and gently water them. Set the container in a sunny spot, and water whenever the soil feels dry, until the water



Three Sisters

Native American Indians learned that corn, beans and squash go together like three sisters. Beans nourish the soil while the corn stalks hold up the bean vines. Squash provides a protective shady ground cover so the corn and beans aren't crowded out by weeds.

Try eating them together – in a corn/bean/squash salad, or by rolling cooked squash and beans into a corn tortilla!

starts to run out of the drain holes. If you use seeds, you will need to thin the plants after they get a few leaves. Pick out the strongest ones and replant them a few inches apart so they have room to grow.

CHAPTER 3, SECTION 15: EATING FOR CREDIT?



Edible Schoolyard is a program in Berkeley, California, in which kids are involved in growing, preparing and sharing fresh food from their own schoolyard. According to **one of its founders**, “When a healthy lunch is part of a class that all children have to take, for credit – and when they can follow food from the garden to the kitchen to the table, doing much of the work themselves – something amazing happens. The students want to taste everything. They get lured in by foods that are beautiful, that taste and smell good, that appeal to their senses. When children grow and prepare good, healthy food themselves, they want to eat it, and, what’s more, they like this way of learning.”



CHAPTER 3, SECTION 16:

ORGANICS – WHAT’S ALL THE FUSS?

Organic produce is grown naturally, without any artificial chemicals, such as fertilizers, herbicides (weed-killers) or pesticides (insect-killers). Because organic farms tend to be smaller operations and must meet many strict requirements, organic foods often cost more and can be difficult to find.

FOR AND AGAINST
ORGANICS



For and against organics

Are organic foods worth the extra money? Here are some of the arguments that have been made for and against it. You decide if they're convincing:

Organic Farming is Better for the Earth

Unlike traditional farming, which depletes the soil and requires increasing quantities of chemical poisons to ward off insects and weeds, organic farming is designed to be sustainable over the long term, preserving the earth for future generations. It uses renewable resources, such as animal manure and plant waste, to improve the quality of the soil. It depends on natural methods to repel insects and discourage the growth of fungus and plant disease. Organic farmers follow earth-friendly practices to restore balance to ecosystems and protect biological diversity.

I find this: Very convincing Somewhat convincing
 Not convincing

Organic Produce is Healthier

Many studies show that organic fruits and vegetables, since they are grown in healthier soil, are richer in vitamins and nutrients than their conventional counterparts. In addition, they have little or no residue from pesticides, which can be highly toxic to humans. Many pesticides, such as DDT, were used in the United States for years before their health dangers became known – and they continue to be used in countries where much of today's food is grown. Washing produce does not necessarily remove the contamination, since some pesticides permeate the skin.

I find this: Very convincing Somewhat convincing
 Not convincing

For and against organics

Organic Produce is Safer for Workers

All around the world, people who work on farms — even children — are exposed to large quantities of dangerous farming chemicals. In some cases they are asked to spread pesticides and fertilizers by hand, causing burns to the skin and eyes. Other times chemicals are sprayed by plane, and people who live nearby breathe it in the air. Almost always, pesticide-laden water that runs off the farm ends up in the local drinking water. Many organic crops are grown according to “Fair Trade” standards, which ensure that farm workers receive a decent wage for their labor and work under safe conditions.

I find this: Very convincing Somewhat convincing
 Not convincing

Organic Foods are GMO-free

Looking for ways to reduce the need for chemical pesticides and fertilizers, scientists have begun creating new species of plants in their laboratories. The process, known as “genetic engineering”, involves taking genetic materials from one species — it doesn’t even need to be a plant! — and injecting it into another. So soybeans can have some Brazil nut genes, or a vaccine for pigs can be grown into corn. The problem with these genetically-modified organisms (GMOs) is that they may contain unknown hazards and be impossible to control. For example, someone who is allergic to Brazil nuts could get sick eating tofu, or someone eating a bowl of corn flakes could get a dose of prescription drugs meant for pigs. Tests have shown that laboratory animals fed genetically-engineered corn developed smaller kidneys and showed blood abnormalities. Already, pollen from these genetically-modified plants has drifted to other fields many miles away, overtaking the natural plant varieties. This is becoming a source of international friction, as U.S. GMOs are contaminating farms in Mexico and Canada.

I find this: Very convincing Somewhat convincing
 Not convincing

For and against organics

Modern Technology is the Key to the Future

As the population of the planet grows, the only way to feed everyone is through large-scale, high-technology farming. Improved seeds, fertilizers, pesticides and preservatives help increase production and reduce spoilage and waste. The risks of these chemicals are exaggerated, since people can now expect to live longer and healthier than ever before. Biological engineers are developing promising new ways to reduce the need for chemical sprays and additives, by making plants naturally resistant to pests and disease. You can get rid of most chemical residues simply by washing fruits and vegetables, and there is no solid proof that organic produce is more nutritious. With prices that are sometimes 2-3 times higher than conventionally-grown crops, organic produce is a waste of money.

I find this: Very convincing Somewhat convincing
 Not convincing

CHAPTER 3, SECTION 17: **FRIGHTENING BUT TRUE:**

- ▶ The average American eats **14 pounds** of chemicals each year.
- ▶ Kids are **more sensitive** to the cancer-causing effects of pesticides, since they breathe, eat and drink more of them per pound of body weight than adults.
- ▶ Only a **small proportion** of the 85,000 industrial chemicals in use today have been tested for safety.
- ▶ In 2014, **93% of all corn and 94% of all soybeans** planted in the United States were genetically modified.
- ▶ Eating the 12 most contaminated fruits and vegetables will expose a person to **47 to 67 pesticides** per serving. Tests showed that a single grape tested positive for **15 pesticides**.



- ▶ Researchers found that children fed a diet of organic foods were exposed to **far fewer** toxic pesticides than children fed a conventional diet.

CHAPTER 3, SECTION 18:

TEST YOUR FOOD I.Q. (INTERNATIONAL QUOTIENT)

Around the world, people have learned to make great meals out of vegetables. How adventurous are you? Draw a line to connect the name with the correct description. Place a check next to the foods you've tried, and a star next to the ones you'd like to taste.





Falafel

Tom Yum

Borscht

Ratatouille

Tabbouleh

Moo Shi

Spanakopita

Daal

Platanos

Gomen watt

Rosti

Edamame

Baba ghanoush

Pesto

Chile rellenos

Italian basil sauce

Japanese baby soybeans

Greek spinach pie

Israeli veggie burger

Indian lentils

Mexican stuffed peppers

Ethiopian collard greens

Chinese shredded veggies

Turkish eggplant puree

Thai lemongrass soup

Russian beet soup

Lebanese salad

Caribbean fried plantains

French summer vegetable stew

Swiss potato pancake



Fun Fact:

In Japan, people are urged to eat 30 different foods a day (with an emphasis on fruits and vegetables) to stay healthy. How many different types of foods do you eat in a day? Try keeping a list.

Ways to expand your I.Q.:

- ▶ Make a friend whose family comes from another country
- ▶ Search for a recipe on the internet and prepare it yourself
- ▶ Organize an “international day” at school, where students bring samples of the cuisine from various countries
- ▶ Next time you eat out, try an "ethnic" restaurant
- ▶ Ask if your school lunch program can add foreign specialties
- ▶ Investigate international exchange programs, where you spend a few weeks or months with a family in another country



CHAPTER 3, SECTION 19:

ALL JUICED UP AND NOWHERE TO GO. . .

Orange juice, apple juice, grape juice – what’s not to like? Fresh fruit juices taste great and are good for you – but they have a lot of natural sugar and calories. (And don’t forget to check the label – many bottled fruit juices have added sugars.)

When you eat the whole fruit, you also get fiber that slows down the flow of sugar to your bloodstream. So don’t overdo it – one or two small glasses of juice per day is plenty. You can make fruit juice go further by mixing it with water or seltzer, making a light and refreshing drink!



CHAPTER 3, SECTION 20:

FRUITS: WHAT'S IN SEASON?

One of the great things about fruits (and vegetables) is that different ones are freshly available during each season of the year. Depending on where you live, there may be a wide variety growing almost any time, or just a few to choose from, but it's best to eat locally grown produce whenever you can. Not only will it help support farmers in your area, but it will also help your body adjust to the changes in season.



The Secret Code

You know those annoying little stickers they put on produce in the supermarket? Well, they can actually tell you something useful! If the code has 3 or 4 numbers, the fruit or vegetable is conventionally grown. If it has 5 numbers, starting with the number 9, it's organic. And if it has 5 numbers, starting with an 8, it's genetically modified.



Winter fruits	Spring fruits	Summer fruits	Fall Fruits	Great all year
Clementines	Apricots	Blackberries	Apples	Avocados
Grapefruits	Cherries	Blueberries	Cranberries	Bananas
Persimmons	Mangoes	Melons	Dates	Coconuts
Tangerines	Pineapples	Nectarines	Figs	Lemons
	Strawberries	Papayas	Grapes	Oranges
		Peaches	Kiwis	
		Plums	Pears	
		Raspberries	Pomegranates	
		Watermelons		

CHAPTER 3, SECTION 21:

VEGGIE DELIGHTS

One of the secrets to making vegetables delicious is preparing them right. Here are some good rules of thumb:

- ▶ Don't overcook them! Many vegetables taste great raw. There's nothing worse than mushy, grey vegetables. If you need to cook them at all, cook them as lightly as possible, so that they retain their bold colors and crunchy textures.
- ▶ Serve them with a sauce or dip. Whether raw or cooked, vegetables can be jazzed up with a tangy sauce on the side.
- ▶ Mix them up. Some vegetables that are too strong to eat all alone (like garlic and onions) or kind of boring (like cucumbers or jicama) come alive when mixed with vegetables of other shapes, sizes, flavors and colors.

Most vegetables can be prepared several different ways. Decide how you like them best!



CHAPTER 3, SECTION 22:

ALL STEAMED UP!

Confused about how to steam foods? Here are some of the most popular ways:

Collapsible vegetable steamer. This looks like a metal or silicone fan with holes in it. It spreads out into a basket shape, and can be placed inside a wide variety of pots and pans. Since it folds up, it's easy to store, and it can be cleaned in the dishwasher.

Bamboo steamers. These are woven baskets that stack up. They can be placed inside a wok or large pot, and come with their own cover. They are especially good





when you need to cook foods with different steaming times, since you can start with one basket and add layers later.

Double boiler. This is made of two pots that stack inside each other; the top one has small holes in the bottom for the steam to rise through.

There are also rice steamers, fish poachers, egg poachers, and other specialty steamers.



How to Work a Steamer:

All steamers work on the same principle: put a small amount of water (about 1 inch deep) in the bottom of a pot (no salt is needed), cover tightly, bring to boil over high heat, then reduce the heat slightly so that the steam is held in and cooks the food. Be careful when you lift the lid – it's easy to burn yourself on the steam! Keep in mind, the food being steamed often loses water while it's cooking, so it's not unusual to end up with more water in the bottom than you started with. The steaming water is full of vitamins and is very healthy to drink, hot or cold – it tastes a lot better than it looks!

If you don't have a steamer, you can just put vegetables in a pot with an inch or so of water and let them half-steam, half-boil.

CHAPTER 3, SECTION 23:

SUPER DUPER DIPS, SPREADS AND SAUCES



Are your vegetables BOOORRRING? Make them come alive with one of these dips, spreads or sauces!

HEAVENLY HUMMUS

Hummus is a dip that is great on baby carrots, sugar snap peas, or pita bread.

INGREDIENTS:

- ▶ 1 15-oz. can chickpeas, drained
- ▶ 1 clove garlic
- ▶ 1 lemon
- ▶ 1 tablespoon tahini (sesame butter)
- ▶ Pinch cayenne pepper (optional)
- ▶ 1/2 cup water
- ▶ 1/4 teaspoon salt

MATERIALS:

- ▶ Blender or food processor
- ▶ Can opener
- ▶ Measuring cup
- ▶ Knife
- ▶ Cutting board
- ▶ Lemon squeezer, reamer or juicer (optional)

- ▶ Measuring spoon
- ▶ Rubber spatula
- ▶ Serving bowl

DIRECTIONS:

1. Drain liquid from chickpeas and put them into blender or food processor.
2. Peel garlic clove, cut in half and add to chickpeas.
3. Squeeze lemon juice into chickpea mixture, then add tahini, cayenne (if desired), and water.
4. Blend or process until mixture is completely smooth.
5. Add salt, blend again, and taste. Add more if needed, but not more than 1/2 teaspoon total.
6. Pour into a bowl, using a rubber spatula to scrape out the sides. Keeps refrigerated for up to a week.

Rate it!





SALSALICIOUS

This easy salsa is great on cucumber or jicama sticks, tortilla chips, eggs, or on anything in place of ketchup.

INGREDIENTS:

- ▶ 1 medium tomato
- ▶ 2 tablespoons chopped red onion
- ▶ 1/2 chili pepper (jalapeno or serrano)
- ▶ 1/2 lime
- ▶ 1 tablespoon chopped cilantro
- ▶ Pinch of salt

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Spoon
- ▶ Serving bowl

DIRECTIONS:

1. Rinse all vegetables.
2. Dice tomato into small pieces, removing the core. Put in bowl.
3. Dice red onion into small pieces and add to tomato.
4. Mince chili pepper into tiny pieces and add to tomato/onion mixture. Use more or less, depending on how spicy you like it. Leaving out the seeds will make it less spicy.
5. Chop cilantro and add to vegetable mixture.
6. Squeeze in lime juice and add a pinch of salt. Stir well. Keeps refrigerated for 2-3 days.

Rate it!





GREAT GUACAMOLE

Guacamole is a thick, creamy dip that is great on bell pepper strips, radish slices, burgers and sandwiches.

INGREDIENTS:

- ▶ 1 ripe avocado
- ▶ 1 clove fresh garlic
- ▶ 1/2 lime
- ▶ 1/8 teaspoon salt (coarse or kosher salt works best)
- ▶ Optional: 2 tablespoons **Salsalicious**

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Fork
- ▶ Spoon
- ▶ Mortar and pestle or garlic press
- ▶ Serving bowl

DIRECTIONS:

1. Cut open avocado, remove pit, and scoop "flesh" into a bowl. Mash well with a fork.
2. Peel garlic clove, and crush it together with the salt, using either a mortar and pestle or a garlic press. Stir garlic/salt into avocado mash.
3. Squeeze in lime juice and stir. Add salsa if desired. Keeps refrigerated for 1-2 days.



Is My Avocado Ripe?

Buy your avocados when they are bright green, and leave them on the counter to ripen. When they just start to turn from green to black, usually after a day or two, and they "give" slightly when you press with your finger, they're ready to cut open. Once they're ripe, you can store them in the refrigerator to prevent overripening.

Rate it!





SIMPLY CINN-FUL

This delicious spread is especially good on celery, bananas, rice cakes, or wheat toast.

INGREDIENTS:

- ▶ 1 cup natural, unsweetened peanut or almond butter
- ▶ 1 tbsp. cinnamon
- ▶ 1/4 cup raisins

MATERIALS:

- ▶ Measuring cup
- ▶ Measuring spoon
- ▶ Mixing spoon
- ▶ Serving bowl

DIRECTIONS:

1. Put nut butter into a bowl.
2. Stir in cinnamon and raisins and mix well. Keeps refrigerated for up to a month.

Rate it!





CONFETTI CREAM

This version of veggie cream cheese is so much better than the one you can buy in the store! Spread it on bagels, celery sticks or whole-grain crackers.

INGREDIENTS:

- ▶ 1/2 carrot
- ▶ 1/2 stalk celery
- ▶ 1/4 small red bell pepper
- ▶ 1 scallion
- ▶ 5 sprigs parsley
- ▶ 1/8 tsp salt
- ▶ 1/8 tsp pepper
- ▶ 8-oz. package light cream cheese or neufchatel cheese (at room temperature)

MATERIALS:

- ▶ Cutting board
- ▶ Knife

- ▶ Grater
- ▶ Mixing bowl
- ▶ Mixer
- ▶ Vegetable peeler

DIRECTIONS:

1. Rinse, peel and grate carrot.
2. Rinse parsley, remove stems, and chop leaves.
3. Rinse and finely chop other vegetables.
4. Put all vegetables in mixing bowl with cream cheese, salt and pepper. Mix on medium speed until thoroughly combined. Keeps refrigerated for up to a week.

Rate it!





TAHINI SAUCE

Drizzle this sauce over cooked vegetables, especially kale and collard greens. Also delicious as a salad dressing and on grilled meats. See recipes for sesame noodles and "carrotini" below.

INGREDIENTS:

- ▶ ½ cup tahini
- ▶ ½ cup water
- ▶ 1 lemon
- ▶ 1-2 cloves garlic
- ▶ 2 tbsp. soy sauce or tamari
- ▶ 2 tbsp. maple syrup
- ▶ Pinch of cayenne

MATERIALS:

- ▶ Bowl
- ▶ Whisk or fork
- ▶ Measuring cups and spoons
- ▶ Cutting board

- ▶ Knife
- ▶ Spoon
- ▶ Lemon reamer or squeezer

DIRECTIONS:

1. In a bowl, whisk tahini and water together until smooth.
2. Juice the lemon and add to mixture.
3. Peel and mince the garlic. Add it along with the remaining ingredients and whisk until combined.

Rate it!





BROWNED BUTTER SAUCE

Pour this over steamed broccoli or asparagus, or use it as a dip for artichoke leaves.

INGREDIENTS:

- ▶ ½ stick butter
- ▶ 1 lemon

MATERIALS:

- ▶ Small saucepan
- ▶ Small bowl
- ▶ Spoon
- ▶ Knife
- ▶ Cutting board
- ▶ Lemon reamer or squeezer

DIRECTIONS:

1. Squeeze lemon into bowl.
2. Melt butter in saucepan over medium heat. Watch carefully, and remove from heat when butter just starts to turn brown.
3. Pour lemon juice into melted butter. Be careful - it will sizzle!

Rate it!





MUSTARD VINAIGRETTE

Pour this sauce over roasted Brussels sprouts or steamed okra, or use it as a dip for artichokes.

INGREDIENTS:

- ▶ ½ cup olive oil
- ▶ 3 tbsp. apple cider vinegar
- ▶ 2 tbsp. Dijon mustard

MATERIALS:

- ▶ Bowl
- ▶ Measuring spoon
- ▶ Small whisk

DIRECTIONS:

Put all 3 ingredients in bowl and whisk together.

Rate it!



CHAPTER 3, SECTION 24:

RAVES FOR FAVES

Want to impress your family? Try making one of these vegetables for dinner and see if you can change people's minds about vegetables.

KALE CHIPS

These crunchy "chips" taste great, and they are super-healthy!



INGREDIENTS:

- ▶ 1/2 bunch fresh kale
- ▶ Olive oil spray
- ▶ Salt to taste

MATERIALS:

- ▶ Colander or strainer
- ▶ Large baking sheet
- ▶ Oven-safe spatula
- ▶ Paper towels

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Rinse kale. Strip off hard center stems and discard. Tear leaves into salad-size pieces.
3. Dry leaves thoroughly, then spread in single layer on baking sheet.
4. Spray leaves with olive oil and salt lightly.
5. Bake 5 minutes, then turn with spatula, keeping leaves in a single layer, and bake about 3-5 minutes more, until crisp but not black. Watch carefully – it can go from perfect to black in just a minute!
6. Remove from oven, let cool on paper towels, and enjoy.

Rate it!





SQUASH RINGS

Delicata squash looks almost too pretty to eat. But the skin is totally edible - it melts in your mouth!

INGREDIENTS:

- ▶ 1 Delicata squash (available only in early fall!)
- ▶ 1 tbsp. olive oil
- ▶ Salt to taste

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Spoon
- ▶ Baking pan

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Wash squash and cut it in half lengthwise. Scoop out and discard seeds and stringy pulp. Cut off the stem, but be sure to leave the skin on!
3. Cut each half of the squash crosswise into thin, C-shaped rings.
4. Put squash rings in baking pan, drizzle with olive oil, sprinkle with salt, and stir to coat.
5. Bake 10-15 minutes until soft, stirring once during baking.

Rate it!





AMAZING ARTICHOKES

Artichokes are fun to eat and look beautiful. Try them with one of the dips or sauces above!

INGREDIENTS:

- ▶ 1 whole, fresh artichoke for each person
- ▶ Your favorite dip or sauce (try **browned butter** or **mustard vinaigrette**)
- ▶ Salt

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Large pot
- ▶ Slotted spoon
- ▶ Tongs

DIRECTIONS:

1. Fill pot with 3 inches of water. Salt the water and place on stove to boil.

2. Rinse artichokes and cut off the stem and about an inch of the tip. Pull off the outer layer of small leaves at the bottom.
3. Carefully lower the artichokes into the boiling water (they will float). Cover and boil for about 45 minutes, or until outer leaves can be easily pulled off with tongs.
4. Remove artichokes from water with slotted spoon and allow to drain before putting on your plate.

5. To eat, tear off one petal at a time. Hold it by the top (small) end, and dip the bottom in your favorite sauce. Scrape the leaf between your teeth so that the soft, meaty part at the bottom comes off on your tongue. (Don't eat the part that is tough or fibrous.) They get softer and softer as you get toward the middle! When all the petals are gone, scrape out the fuzzy part in the middle (the "choke") and eat the bottom part (the "heart").



Making It Your Own

Remember, recipes are just a guide – you can usually adjust the seasonings to suit your own tastes or make substitutions for some of the ingredients. For instance, if the recipe says "sesame oil" and you only have olive oil, or "rice noodles" and you only have regular spaghetti, it might taste a little different but go for it! Try to keep the proportions around the same, though. And make a note of your changes so you'll know what to do (or not do!) next time.

Rate it!





IDAHO PIZZA

What's healthier than pizza and french fries? A baked potato with pizza toppings!

INGREDIENTS:

- ▶ 1 medium-size baking potato
- ▶ 3 tbsp. pizza sauce
- ▶ 2 tbsp. grated cheese

MATERIALS:

- ▶ Fork
- ▶ Spoon

DIRECTIONS:

1. Wash potato, puncture a few times with fork, then bake 1 hour at 450 degrees, or microwave 4-5 minutes, until soft.
2. Cut potato lengthwise and fluff with fork. Spoon pizza sauce on top and sprinkle with grated cheese.
3. Microwave another minute or broil 2 minutes until cheese melts.



Great Tools for the Great Chef!

It's easy to cook when you have the right tools. Here are 7 that save lots of time and aren't expensive to buy:

Apple corer

Garlic press

Grater

Lemon reamer/Lemon squeezer

Steamer

Strainer

Vegetable peeler

Rate it!





CHICKPEA CRUNCH & MUNCH

These are a wonderful snack, better than popcorn!

INGREDIENTS:

- ▶ 1 15-oz. can chickpeas
- ▶ Olive oil spray
- ▶ 1/4 tsp. dried oregano
- ▶ 1/8 tsp. garlic powder
- ▶ 1/8 tsp. cayenne pepper (optional)
- ▶ Salt to taste

MATERIALS:

- ▶ Can opener
- ▶ Strainer
- ▶ Paper towels
- ▶ Rimmed cookie sheet
- ▶ Bowl
- ▶ Spoon
- ▶ Measuring spoons

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Drain and rinse chickpeas in strainer.
3. Place paper towel on cookie sheet, and pour chickpeas over it. Pat chickpeas dry and remove paper towel.
4. Bake, shaking occasionally, until golden brown and crunchy, about 30-35 minutes. Test a few to make sure they are crunchy all the way through.
5. Pour chickpeas into bowl, discarding any that have turned black. Lightly coat with olive oil spray. Add spices and salt. Toss to coat evenly.

Rate it!





SESAME NOODLES

Eat these cold or at room temperature.
Perfect for lunch!

INGREDIENTS:

- ▶ 6 oz. rice noodles (any style)
- ▶ 1 carrot
- ▶ 1/2 red bell pepper
- ▶ 1 scallion
- ▶ 1 tbsp. sesame oil
- ▶ 1 cup **tahini sauce**

MATERIALS:

- ▶ Pot
- ▶ Colander
- ▶ Cutting board
- ▶ Vegetable peeler
- ▶ Knife

- ▶ Grater
- ▶ Pasta spoon
- ▶ Bowl

DIRECTIONS:

1. Cook noodles according to package directions.
2. While noodles are cooking, peel and grate carrot. Remove core from red pepper and slice into thin slivers. Trim both ends off scallion, and slice white and green parts into small rounds.
3. Rinse cooked noodles in cold water, drain, and empty into bowl. Stir in sesame oil, then vegetables. Add tahini sauce and toss well.

Rate it!





CARROTTINI!

If you think you don't like cooked carrots, try these!

INGREDIENTS:

- ▶ 1-lb. bag baby carrots
- ▶ 2-3 tbsp. **tahini sauce**
- ▶ 2 sprigs parsley

MATERIALS:

- ▶ Pot (with cover)
- ▶ Steamer tray
- ▶ Cutting board
- ▶ Knife
- ▶ Measuring spoon
- ▶ Bowl
- ▶ Mixing spoon

DIRECTIONS:

1. Fill pot with 1 inch of water, insert steamer tray, place carrots on tray, and cover.
2. Bring water to boil and steam 6-8 minutes, until just soft.
3. While carrots are steaming, rinse parsley, cut off stems, and chop leaves.
4. Remove carrots from steamer and place in bowl. Stir in tahini sauce and sprinkle with chopped parsley.

Rate it!





SPINACH AND STRAWBERRY SALAD

Even people who hate cooked spinach love this salad! This recipe serves 1, so be sure to multiply the amounts if you are feeding the whole family.

INGREDIENTS:

For salad

- ▶ 2 cups raw spinach leaves
- ▶ 3 strawberries
- ▶ 1 tablespoon sliced almonds

For dressing:

- ▶ 1 tbsp. olive oil
- ▶ 1 tsp. white wine vinegar
- ▶ 1 tsp. honey

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Skillet

- ▶ Measuring spoons
- ▶ Small bowl
- ▶ Fork

DIRECTIONS:

1. Rinse spinach leaves. If they are large, remove stems and tear into small pieces. Dry and put on plate.
2. Rinse strawberries. Cut off leaves and stem and slice lengthwise. Arrange pieces on top of spinach.
3. Heat dry skillet to medium high. Put in almonds and heat 1 minute or until golden, shaking frequently. Remove from heat and sprinkle over salad.
4. Mix dressing ingredients together with a fork and pour over salad.

Rate it!



CHAPTER 4: NICE TO MEAT YOU



CHAPTER 4, SECTION 1:

FARM TO TABLE: WHERE DID YOUR MEAL COME FROM?

In various parts of the world (including the U.S.), people eat other kinds of animals – horses, rabbits, frogs, dogs, cats, deer, rats, snakes, ostriches, alligators, squirrels, monkeys, grasshoppers, worms, zebras, whales and snails – and not just because they're starving! People eat the feet, the brains, the intestines and many of the organs of various animals. Insects such as red ants, beetles and caterpillars are filled with protein, fiber, and minerals. Some of these are considered real delicacies!

- Do you **think** it's OK to eat a pig, but not a dog? A cow, but not a horse? Or a shrimp, but not a cicada? Why? What's the difference?
- 3-4 million stray cats and dogs are **put to death** each year in pounds and shelters. Their meat is often turned into food for pets and livestock. **Why is it OK** to kill cats and dogs and feed them to cats and dogs, or to cows and pigs that later become human food, but not directly to humans?



CHAPTER 4, SECTION 2:
**IF YOU EAT
ANIMALS . . .**

- What's the **weirdest** meat you ever ate?
- Did you **like** it?
- What's your **favorite** meat?
- What kind of meat do you eat most **often**?



CHAPTER 4, SECTION 3:
**GETTING TO
THE MEAT OF**

Choose the answers that fit most closely to your current diet:

1. I currently eat meat, chicken or fish:

- a. Once a day or more 🗑️
- b. 3-5 times a week 🗑️
- c. Rarely or never 🗑️

2. After I eat meat, chicken or fish, I feel:

- a. Strong and energetic 🗑️
- b. Sleepy or sick 🗑️
- c. Nothing special 🗑️
- d. I don't eat them 🗑️



3. If I don't eat meat, chicken or fish for a few days, I feel:

- a. Tired and hungry 🙊
- b. Clear-headed and full of life 🌍
- c. Nothing special 🗳️
- d. I never go that long without meat 🙊

4. When I tested the breakfasts in Chapter 2, the one that made me feel best was:

- a. Eggs, bacon, sausage or yogurt 🙊
- b. Breads or cereals 🌍
- c. Something else 🗳️

5. I like beans, nuts, seeds and/or tofu:

- a. True 🌍
- b. False 🙊

6. Someone in my immediate family has high cholesterol or high blood pressure:

- a. True 🌍

b. False 🙊

7. I am overweight:

- a. True 🌍
- b. False 🙊

8. Someone in my immediate family has diabetes:

- a. True 🙊
- b. False 🌍

9. I have allergies or sensitivities to:

- a. Grains, nuts or beans 🙊
- b. Meat, fish, or eggs 🌍
- c. None of the above 🗳️
- d. All or many of the above 🗳️

10. I feel bad about killing animals to eat them:

- a. True 🌍
- b. False 🙊

Scoring:

👤 = 1

👤 = 2

👤 = 3

If your score was 10-16: You like meat and feel good when you eat it. Lean animal protein should probably play a major role in your diet.

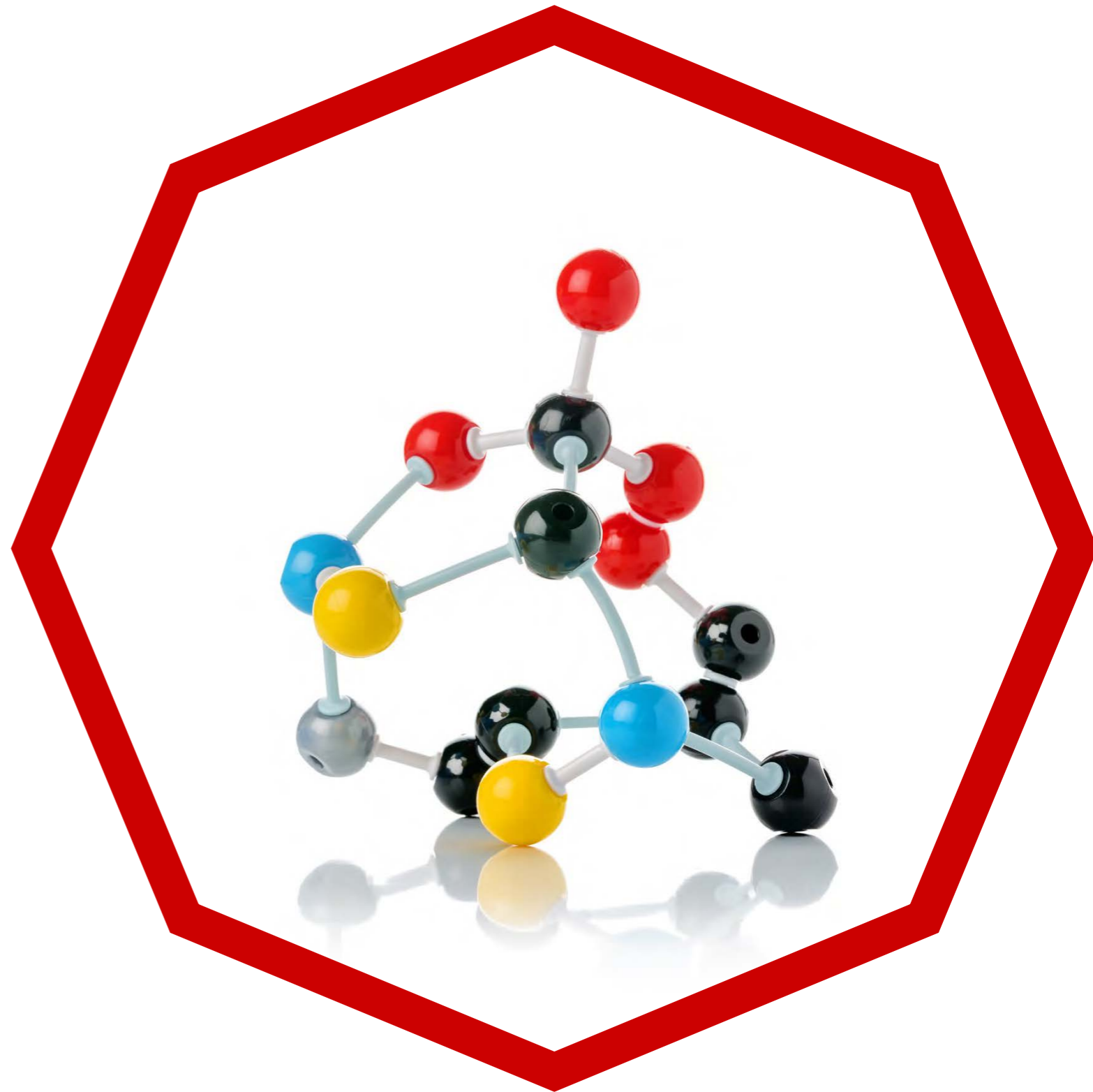
If your score was 17-23: You can eat any type of food, and don't need meat every day. You should have a very balanced diet, including all major food groups.

If your score was over 24: You are a prime candidate to become (or remain) a vegetarian. You thrive on vegetable sources of protein.

CHAPTER 4, SECTION 4: **WHAT IS PROTEIN?**

Proteins are long chains of amino acids, which help us build muscles, skin, bones and internal organs. The amino acids are also used to make enzymes and other chemicals our bodies need to function properly. If we don't get enough protein from our diets, our bodies are forced to start breaking down muscles to get the amino acids we need.

There are many different types of proteins, each containing different combinations of amino acids. The foods richest in protein are meats, poultry, fish, dairy, eggs, beans, nuts, seeds and whole grains. If you get your proteins exclusively from plant sources, it is important to eat a wide variety of grains, beans, nuts and vegetables throughout the day in order to get all the essential amino acids.



CHAPTER 4, SECTION 5:
**HOW MUCH
PROTEIN DO
I NEED?**

About **35-50 grams** per day, depending on your age, how much you weigh, whether you are a girl or a boy, and how much you exercise. Unless you're a vegetarian, you probably get that much or more without even thinking about it – most people eat much more protein than they need.



CHAPTER 4, SECTION 6: **BODY BUILDERS**

Each of the following has 6-9 grams of protein:

- ▶ 1 ounce cooked lean beef or pork
- ▶ 1 ounce cooked chicken or turkey without skin
- ▶ 1 ounce cooked fish or shellfish
- ▶ 1 egg
- ▶ 1/2 cup cooked beans, lentils, chickpeas or split peas
- ▶ 3 ounces tofu
- ▶ 2 ounces tempeh
- ▶ 1 ounce nuts or seeds

- ▶ 1 ounce (2 tablespoons) peanut butter or almond butter
- ▶ 1 cup skim milk
- ▶ 1/2 cup plain non-fat or low-fat yogurt
- ▶ 1/4 cup ricotta cheese or cottage cheese
- ▶ 1 ounce cheese

To get a full day's supply of protein, you will need about 6 of the equivalents above. Be sure to pay attention to portion sizes – they vary widely! A "portion" of meat is considered to be 3-4 ounces – such as one quarter-pound hamburger (depending on how much of the weight is lost during cooking). You should spread your protein out over the day, and include some at every meal.

CHAPTER 4, SECTION 7:
**ADDING IT
ALL UP**



How Big is an Ounce?

An ounce of meat is about the size of a matchbox. One portion of meat (3-4 oz.) is about the size of a deck of cards or a small bar of soap.



Conversions

1 ounce = 2 tablespoons = 1/8 cup

1 cup = 8 ounces = 16 tablespoons

1 pound = 16 ounces = 454 grams

Cups and tablespoons measure volume.
Grams measure weight. Ounces
measure both weight and
volume.

CHAPTER 4, SECTION 8: **A VEGGIE DIFFICULT DILEMMA**

Your long-lost cousin is coming to visit for a day and you just found out that she is a vegetarian! What should you plan to feed her in order to make sure she gets enough protein? (Hint: pick six of the equivalents listed above)

- **Breakfast**
- **Lunch**
- **Snack**
- **Dinner**



CHAPTER 4, SECTION 9: IN A NUTSHELL

Nuts are a great source of protein and healthy fats, especially for vegetarians. But an **estimated** 1-2% of young children in the U.S. – about 400,000 school-age kids – are allergic to peanuts, and prevalence rates appear to be on the rise. What's more, peanuts often produce an unusually severe reaction, known as "anaphylaxis", in people who are allergic. When this happens, a person can have throat tightness, wheezing, falling blood pressure and difficulty breathing, as well as swelling and hives. The reaction can be life-threatening, so people with this allergy need to carry around an auto-injector known as an "Epi-Pen", and use it the minute they notice something is going wrong. Many times, it requires a visit to the emergency room.

Scary, right? So why are so many kids allergic to peanuts, and why is the allergy so serious?



No one really knows for sure. Some people say that our hyper-clean, germ-free lifestyle is causing all allergies to increase. It's **estimated** that one kid in every 13 has a food allergy of some type – and the proportion of kids with food allergies grew by 50% between 1997 and 2011. Others point to the unique shape and size of proteins in peanuts, or the changes that take place to these proteins during the roasting process. Research has shown that women don't cause

Question 1 of 5

If a woman eats peanuts during pregnancy, her child is more likely to be allergic to peanuts.

- A. True
- B. False

Check Answer



the allergy in their children by eating or avoiding peanuts while they're pregnant.

The funny thing is, peanuts aren't even nuts! Technically, they are legumes, like peas, beans, lentils and soybeans. Some people who are allergic to peanuts are also allergic to these foods. About **25-40%** of people with peanut allergies are also allergic to tree nuts, such as almonds, cashews, and walnuts, and to certain seeds, such as sesame seeds. Since even tiny amounts of peanut proteins (as small as 1/1000th of a peanut) can trigger a reaction, and since peanuts and tree nuts often come into contact with other foods in processing plants and kitchens,

people with nut allergies must be very careful about everything they eat. Fortunately, coconuts aren't nuts at all – they're a fruit – so those are usually safe for people with nut allergies.

It's also important to put the numbers in context. 98% of kids are not allergic to peanuts, and about 20% of kids with a peanut allergy **will outgrow it**. Only about 11 people in America **die each year** from peanut allergies – which means that a person is about 36 times more likely to be **struck by lightning** (and 5 times more likely to be killed by lightning) than to die from a peanut. But stories like the one about the 15-year-old Canadian girl who died after kissing her boyfriend, who had eaten a peanut butter sandwich, continue to scare people, even though it was later proven that the **peanut butter was not the culprit**.





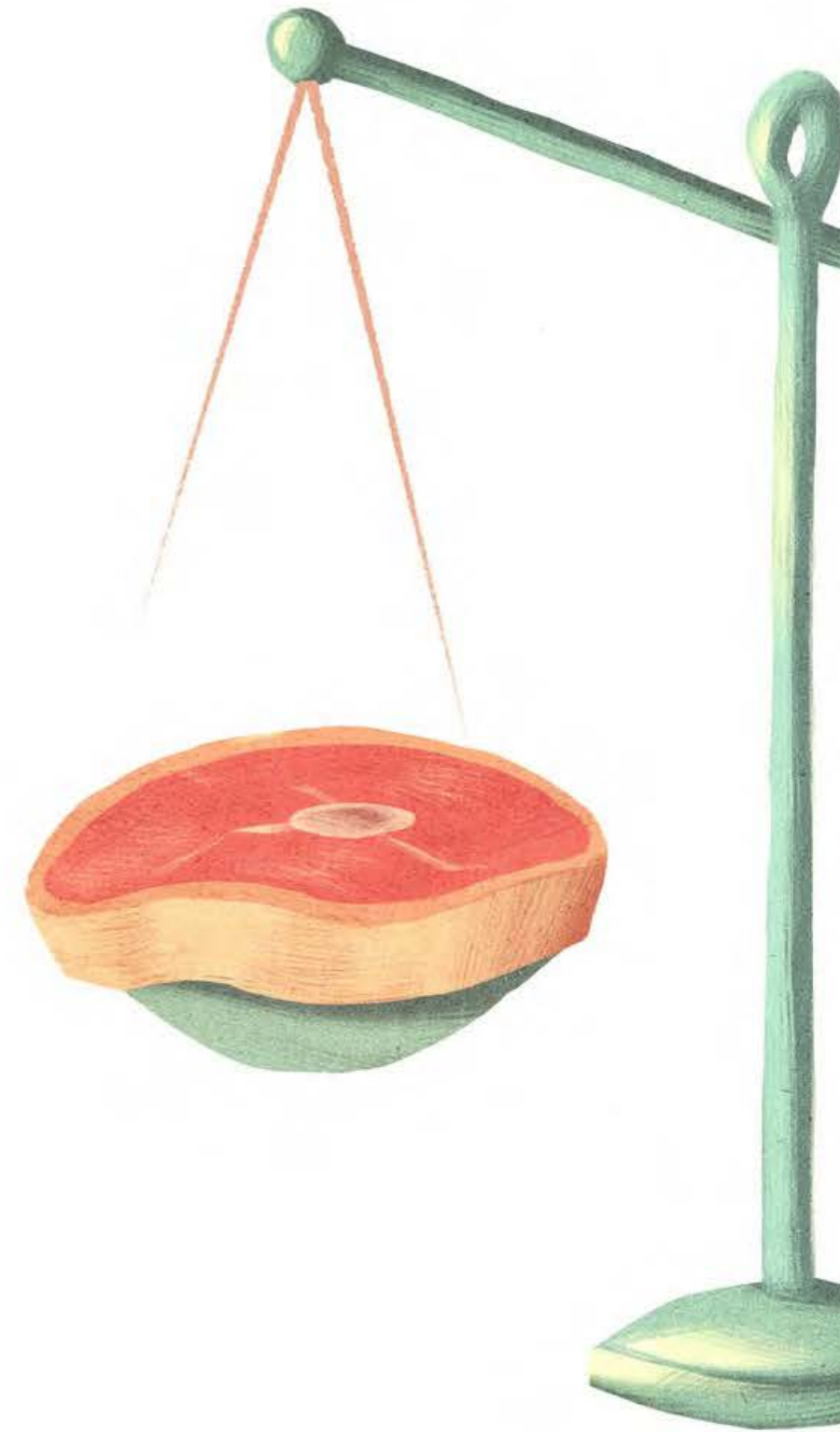
Because of the growing number of kids with serious nut allergies, many schools have become "nut-free zones" where students are banned from bringing peanut butter and jelly sandwiches or any other nut-containing food to class. There are stories of lunches being confiscated and searched, school buses being evacuated, and other draconian measures taken to protect kids with severe allergies. What do you think: how far should schools go to keep kids with peanut allergies safe? Is there a policy that is fair to everyone?

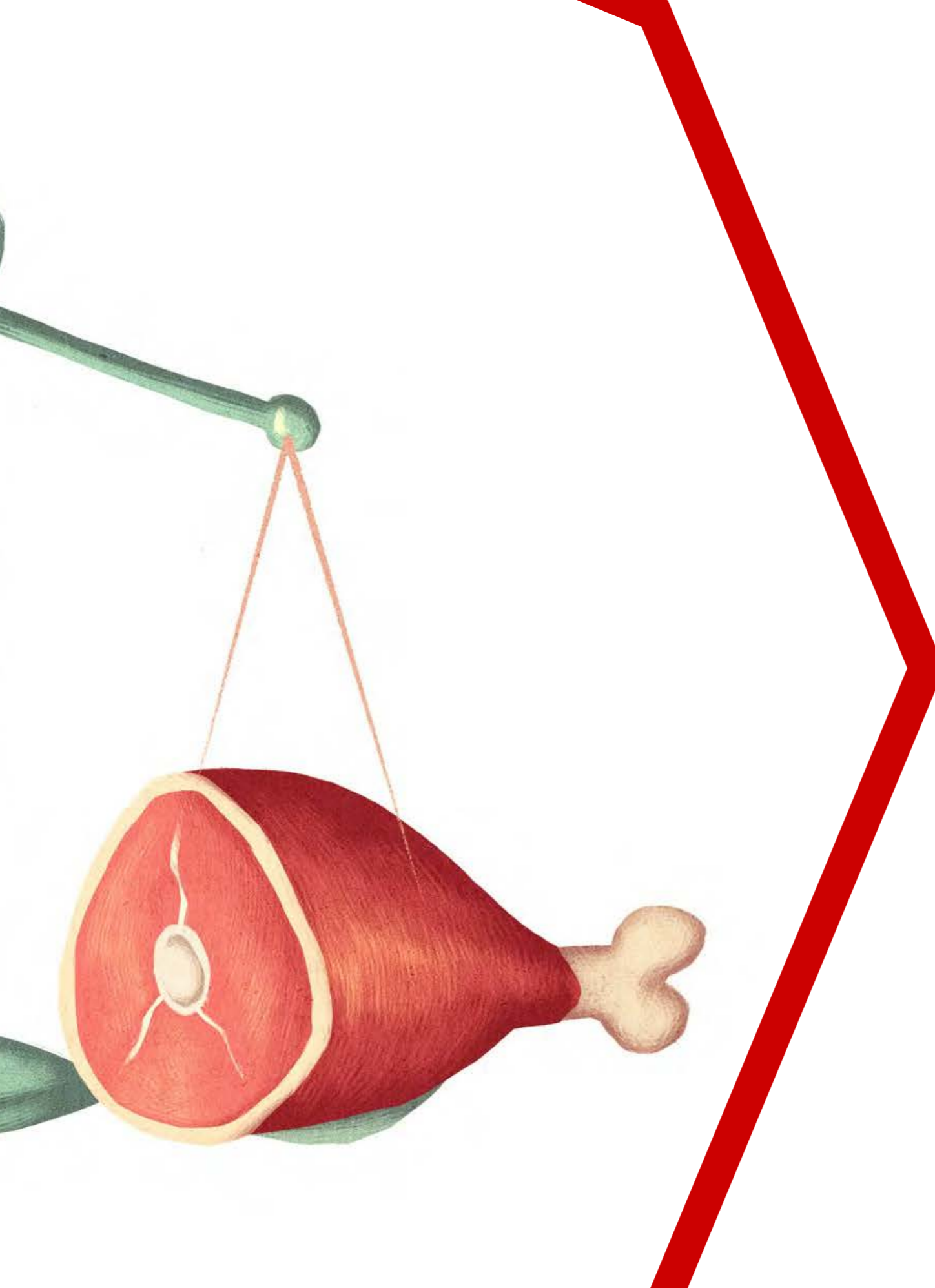


CHAPTER 4, SECTION 10: **PRO-TEIN**

ENOUGH PROTEIN

- ▶ keeps you feeling full
- ▶ provides a slow, steady supply of energy
- ▶ helps you stay alert after meals
- ▶ builds muscles
- ▶ can be obtained without eating meat
- ▶ is essential for health





TOO MUCH PROTEIN

- ▶ is stored as fat
- ▶ can dehydrate you and overwork your kidneys
- ▶ can increase calcium loss from your bones
- ▶ can heighten your risk for heart disease
- ▶ can leave you feeling tired and sluggish

CHAPTER 4, SECTION 11:

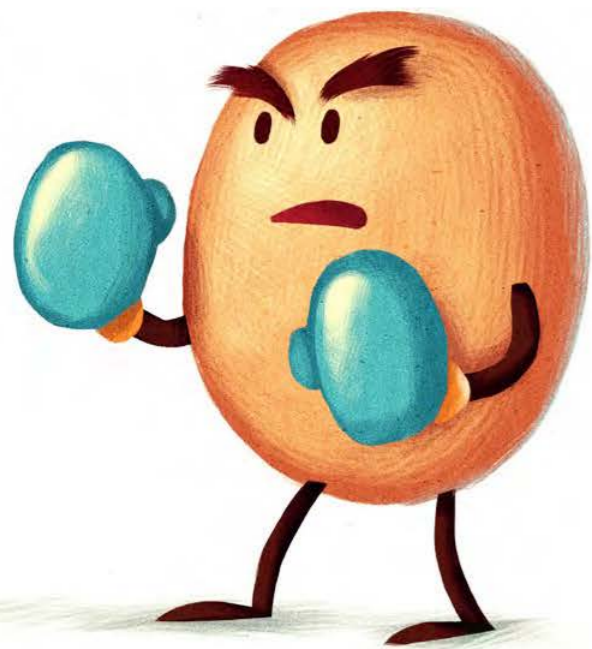
ANIMAL VS.

VEGETABLE:

DUKING IT OUT!

- ▶ I have all the essential amino acids and you don't!
- ▶ You only need a little bit of me instead of crunching through cups and cups of you!
- ▶ I have Vitamin B-12 and you don't!
- ▶ I don't make people gassy!
- ▶ People who eat me are stronger and faster!
- ▶ Vegetarians look weak and pale!
- ▶ You need our poop just to help you grow!
- ▶ Tofu is gross!





- ▶ Do, too!
- ▶ You don't have to eat dead animals to get me!
- ▶ I have fiber and you don't!
- ▶ I don't have saturated fat and cholesterol!
- ▶ Then how come so many Olympic champions and famous athletes are vegetarians?
- ▶ Meat-eaters look fat and mean!
- ▶ You make so much poop that the runoff poisons the water!
- ▶ Chicken nuggets are gross!

BINGO

12 18 41 47 61

7 26 39 54 70

4 27 FREE
4785
SPACE 49 63

5 23 35 58 73

3 30 32 52 75



Got B-12?

B-12 is a vitamin that takes care of all the little things that happen in your body, supporting nerve cells and red blood cells and the production of DNA. If you don't get enough of it, you may feel tired and weak, experience poor digestion and nausea, or, in extreme cases, lose feeling in your hands and feet. Vitamin B-12 occurs naturally only in animal foods, especially meat, liver, fish and eggs. If you are a vegan and don't eat animal products, it is very important that you take B-12 supplements.

CHAPTER 4, SECTION 12:

DIARY OF A FAT GLOBULE

Dear Diary,

I am so sad. Nobody understands me! They all say I am bad and I hurt them and they don't want me around. They cut me out of everything, and then they wonder why everything tastes so dry and bland and they're hungry all the time! Get this – they even think if they eat me, I jump right out of their throat or stomach and go right to their hips and just SIT there forever and ever! I don't know what to do.

I have tried explaining that I help build beautiful, shiny hair and strong nails. I keep their organs functioning “like a well-oiled machine”, and I carry vitamins around their bodies. They don't seem to know that I keep them warm in the winter, and that I prevent all that sugar from going straight to their heads. I keep telling people that I help build their brains and nervous system and that they need me to create the



membranes of every cell in their bodies. But they don't listen, and sometimes they even replace me with **MORE SUGAR**! Blech!

Okay, I admit, there are some bad globules among us. Some of those saturated fats – you know, the ones that stay hard at room temperature like Crisco or lard – do clog up people's arteries and give them heart attacks. Especially those awful trans-fats they put in crackers and donuts and fried foods. But they don't seem to understand that the rest of us – especially us monounsaturated fats, like olive oil, nuts and avocados – help build up the “good cholesterol” in their blood, which protects against heart disease. And



the Omega-3 oils that come from fish and flaxseeds are good for their hearts and might even protect against depression, allergies and Alzheimer's disease.

The funny thing is, they say all these terrible things about us – and then they go and eat **WAY MORE** of the **WORST KINDS** of fat they can find! What hypocrites! Why don't they look for the good ones and eat just a little, instead of slathering on the kinds of fat that give us all a bad name? If they could just cut the skin off the chicken before they eat it, or choose ham or Canadian bacon instead of regular bacon or those horrible, processed cold-cuts, they would feel so much better! If they would bake, broil or steam foods instead of frying them, it would be so much healthier! Lots of us fat globules start changing into some very unsavory characters when we're subjected to those very high heats. And for gosh sakes, if they would let the butter get a little softer before they put it on their bread, they would

use so much less of it! You know how irritating it is to watch them try to spread big clumps of frozen butter on their toast and just end up tearing the whole thing?

I think when you get too much of a good thing, you lose appreciation for it. So if people would just be more choosy with their fats and oils, I think we'd have a much better reputation and people would see how much good we do for them.

Okay, gotta run. If I stay out in this warm air too long, you know what happens – I go rancid. And no one will want to take a taste of me then!

Yours truly,

Olivia



CHAPTER 4, SECTION 13:

FAKE FATS

MAKE YOU REAL FAT!

There's one kind of fat you want to completely avoid, known as trans-fatty acid or trans-fat. Trans-fats are usually created in a laboratory by heating liquid oil and passing hydrogen bubbles through it until the oil solidifies. You'll often see it on labels as hydrogenated (or partially-hydrogenated) vegetable oil.

Trans-fats are used in fast food restaurants to make French fries and fried chicken, as well as in the snack food industry to make donuts, pastries, crackers, chips, cookies, energy bars, frozen foods and other packaged products. You can also find trans-fats in margarine (especially stick margarine), Crisco, commercial peanut butter, imitation cheeses, soup mixes, nondairy creamers, whipped toppings, gravy mixes and salad dressings.

Trans-fat is completely unnecessary in your diet and no amount is safe. It is linked to heart disease, cancer, diabetes and obesity. In fact, it's so unhealthy that New York City has banned all restaurants from using it.



So why does anyone use it in the first place? Because it's cheaper than butter or lard, and it makes food last longer. It's why that Twinkie sitting in a vending machine for two years tastes no different from one baked yesterday. Vote with your wallet and stop buying products that contain trans-fats.

CHAPTER 4, SECTION 14:

BEANS, BEANS, THEY'RE GOOD FOR YOUR HEART . . . AND FOR A LOT OF OTHER THINGS!

Whether or not you eat meat, beans are a great source of protein – and they count as vegetables, too! In addition to protein, they have lots of fiber, which is important for cleaning out your digestive tract.

There are many different kinds of beans, and they're easy to make – even if it means just opening a can. You can have them as a main course, on top of rice or tortillas; eat them as a side dish; add them to soups, stews, chili and salads; or mash them up and use them as dips for vegetables or chips.



Only soybeans have all the essential amino acids, but you can make complete proteins by mixing beans with grains, nuts and/or seeds. If you're a vegetarian, you'll need to eat some kind of beans just about every day in order to get enough protein.

CHAPTER 4, SECTION 15:

WHICH ARE YOUR FAVORITE BEANS?



- ▶ *Pinto beans* – the kind used to make Boston baked beans
- ▶ *Black beans* – star of Mexican, Cuban and Chinese dishes
- ▶ *Kidney beans* – found in chili and on salad bars
- ▶ *Lentils* – used to make soup and many Indian and Ethiopian dishes
- ▶ *Garbanzo beans* – also known as chickpeas, the main ingredient in hummus and falafel
- ▶ *Soybeans* – fresh, young and green, known as "edamame"; also processed into tofu, tempeh and soy milk
- ▶ *Peas* – green peas can be eaten raw; black-eyed, yellow and split peas get cooked into soups and stews
- ▶ *Green beans* – a great vegetable, but they don't have much protein

CHAPTER 4, SECTION 16:

HAVE YOUR MEAT AND EAT IT, TOO

If you eat meat, choose cuts that are lower in fat and are less processed. Here are some ideas:

Popular Meats	Healthier Meats
Hot dogs	Shish-kebobs
Hamburgers	Turkey burgers
Bologna	Ham, turkey breast
Bacon	Canadian bacon, turkey bacon
Fried chicken	Roasted chicken
Chicken nuggets	Chicken stir-fry
Tuna salad (with mayonnaise)	Tuna or salmon steak
Popcorn shrimp	Shrimp cocktail



CHAPTER 4, SECTION 17: **LOSE THE FAT**



Meats aren't the only sources of fats! Here are some of the vegetarian foods with lots of fat (especially saturated and trans-fats) and some healthier alternatives.

Fatty food	Healthier option
Potato chips	Nuts, air-popped popcorn
French fries	Veggie sticks, oven-fries
Ice cream	Sorbet, nonfat frozen yogurt
Donuts	Bagels
Croissants	Pita bread
Nachos	Tortilla chips with salsa
Macaroni and cheese	Spaghetti with tomato sauce
Crackers	Whole wheat toast
Blue cheese dressing	Oil and vinegar
Fried egg	Boiled or poached egg
Pizza	Tomato pie (no-cheese pizza)

CHAPTER 4, SECTION 18:

MAMMA MIA!

HOW DO I CHOOSE?

So many things to keep in mind! How do I decide what's the most important? Do I have to count all the grams of protein, fat and sugar in everything? What if it's good in one way but not so good in another?

To decide, just ask yourself two things: What's in it? What's on it?

WHAT'S IN IT?

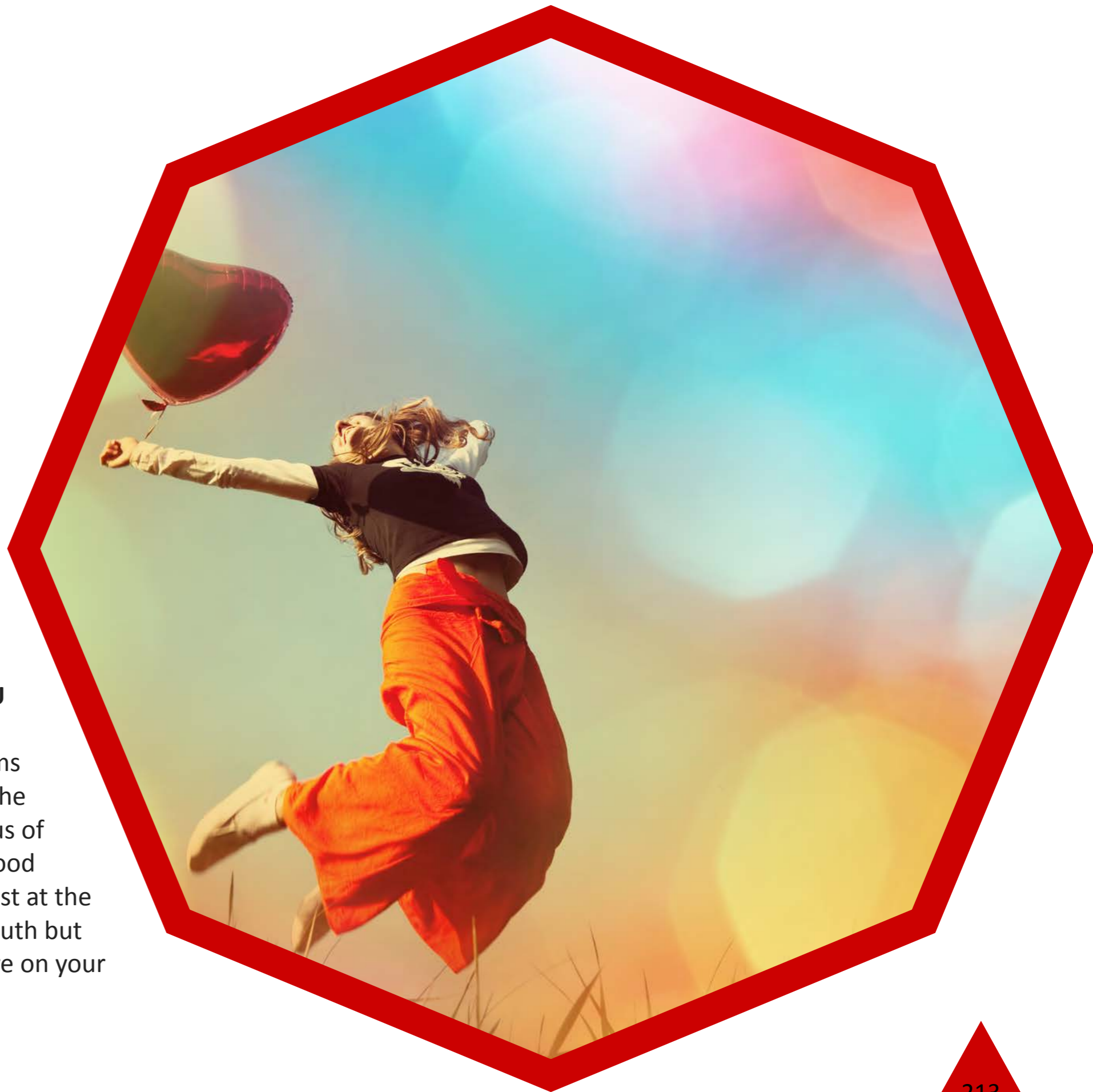
The closer your food is to its natural state, the better off you are. The best meat is fresh, from animals that roamed freely and were not fed hormones or antibiotics or anything else you wouldn't want in your food. (You can cut off the skin and visible fat, though.) With each step of processing – grinding, sorting, pressing, shaping, salting, smoking, adding nitrites and chemicals and preservatives, packaging, storing – you can bet there's something you don't want that's been added or something you need that's missing.



WHAT'S ON IT?

How is the food prepared? Was it deep-fried in oil or broiled to let the fat drip off? Is there a batter or a coating on it? Do you slather it with cheese or sauce? At home, talk to your mom or dad or whoever makes the food about ways to make meals healthier for everyone. In restaurants, you can often ask that your meal be baked or grilled instead of fried, or

prepared without butter or cheese, or you can get the sauce on the side. That way **YOU** can control what you eat. Don't worry about the number of grams of protein or fat or sugar. Eat it the way you like it – just be conscious of what you're eating. If you feel good about what you're eating, not just at the moment you put it into your mouth but long after the meal is over, you're on your way to a healthier life!



CHAPTER 4, SECTION 19: **TAKING CHARGE**

- What's your favorite **high-protein** food?
- Can you think of ways to make it healthier than the way you usually **eat** it?
- Next time I have this food, here is **one thing** I will do to make it healthier.
- What's a high-protein food you've never tried but would **like** to?
- Here is my **strategy** for getting to try this new food:



CHAPTER 4, SECTION 20:

DIRTY LITTLE SECRETS

What's your image of what life is like for cows, chickens and pigs on a farm? Does it resemble the farm on "Babe" or "Charlotte's Web", with rolling green hills, a red wooden barn and a clear blue pond, chickens running around freely, pigs rolling in the mud, and kids rising at dawn to hand-milk the cows into a steel bucket?

Unfortunately, there aren't many farms like this left in the United States. Most of the beef, poultry and pork we get in the store comes from enormous commercial farms where animals are kept in tiny, windowless pens, sometimes too small for them to turn around or lie down comfortably. Because they are kept so close together in filthy conditions, they are prone to disease and often start biting each other. In order to prevent the animals from getting sick and to stimulate



their appetites, antibiotics are added to their food every day, even when they're healthy.

To prevent pigs from biting each other and causing infections, farmers cut off their tails – without using

anesthetics. (Pigs use their tails to communicate just like dogs, wagging them when they are happy.) Chickens have their beaks cut off; turkeys' beaks are burned so that they are forced to literally "shovel" food into their mouths. To make milking easier, farmers cut off cows' tails as well – which cows need to swish away the flies. Beef cattle have their horns sawed off and testicles ripped out, and brands burned into their sides.

To make cows grow faster and produce more milk, farmers feed them unnatural diets, give them hormones, keep the lights on all night and prevent them from exercising. Chickens are pumped up with drugs that make their breasts so big they can't walk without tipping over. Sometimes laying hens are starved for as long as two weeks to shock their bodies into producing more eggs. Cows are kept pregnant all the time so that they will produce more milk. Soon their udders become so sore and painful that they need to be given special medicines and creams. Calves are usually taken away from their mothers when they are less than one day old; they are put into tiny, dark crates and purposely malnourished so that their meat will be white and tender. They are killed when they are just a few months old to make veal.





After a short, miserable life, the animals are transported to slaughterhouses where they die in terror and, all too often, great pain. They are packed onto crowded trucks and forced to withstand extreme heat and cold, often kept without food or water for days. By the time they reach their destination, many are so ill or injured that they can't stand or walk. They are beaten, shocked with electrical prods, or dragged with chains to the killing room. Although they are supposed to be stunned so they won't feel pain, the line moves so fast that many of them are still fully conscious when the workers start cutting them up. An employee at a chicken-processing plant videotaped live chickens being scalded and having their heads torn off.

The truth is startling and gruesome. It is very difficult to watch. And it can be even more difficult to eat meat when you think about what the animals have been through. If you have the stomach for it, you can learn more from organizations that have been active in the fight for more humane treatment of livestock animals, such as **People for the Ethical Treatment of Animals** (PETA), **Farm Sanctuary**, and the **Humane Society**.

FOOD FOR THOUGHT

- Why do you think these cruel and inhumane practices occur? What are the **reasons** that animals are treated this way?



Furry Fact:

Over **80% of all antibiotics** used in the United States are used in food animals, mostly for animals that are not sick.

Here are 10 things you can do to improve the lives of farm animals:

- ▶ Support small, local family farmers who treat their animals well by buying their products, even if they cost a little more.
- ▶ Follow the news and stop buying products from corporations that mistreat animals.
- ▶ Learn more about these abusive practices and tell your friends and family.
- ▶ Join or contribute to organizations that are fighting inhumane practices.
- ▶ Write to local, state and national officials to urge stronger laws protecting livestock.

- ▶ Buy cage-free, organic or kosher meat, milk and eggs, which usually – but not always – means the animals received better treatment.
- ▶ Start a club or group at school to conduct advocacy on behalf of animals.
- ▶ Rent or download a video about animal cruelty and invite your friends over to watch.
- ▶ Ask your school and favorite restaurants to serve soy milk and vegetarian options.
- ▶ Become a vegetarian!



CHAPTER 4, SECTION 22:

BUT WAIT,

THERE'S MORE...

In addition to hurting the animals, many of the commercial farming practices hurt people. The drugs that are given to animals end up in the meat, eggs and dairy products on our table. These chemicals can cause hormonal imbalances – which may explain why girls are entering puberty so much earlier than they did a few generations earlier – and have made antibiotics much less effective against disease-causing bacteria. As a result, increasing numbers of people are suffering from drug-resistant infections. Livestock farms generate enormous amounts of excrement, but often don't have adequate waste treatment systems. As a result, animal waste spills have poisoned wells and





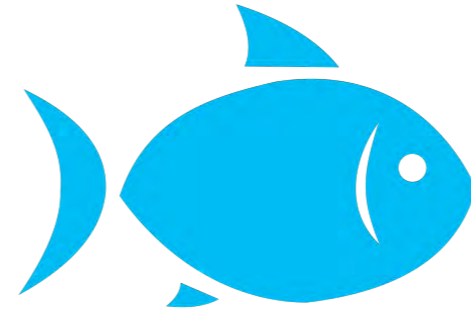
Fast Fact:

Kids who eat hamburgers three or more times a week suffer more asthma and wheezing.

waterways, killing off fish and making people sick.

Raising animals for food requires a great deal more land, water and energy than raising crops, because additional land is required to grow the food for the animals. One organization estimates that it takes 2,500 gallons of water, 12 pounds of grain, 35 pounds of topsoil and the energy equivalent of one gallon of gasoline to produce one pound of feedlot beef. It takes 11 times more energy to produce a calorie of animal protein than a calorie of plant protein. And because farm animals produce so much methane from their digestive systems and their feces, they contribute heavily to global warming. Cattle ranching is one of the major culprits in the destruction of the Amazon rainforest.

CHAPTER 4, SECTION 23: **SMELLS FISHY TO ME**

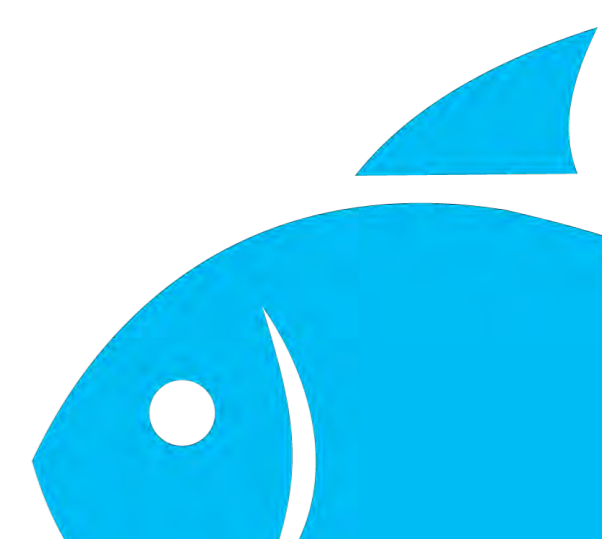


Unfortunately, there are almost as many moral and environmental hazards in the fishing industry. Did you know that many fish also come from “farms”? In tanks, ponds and lakes, inland waterways and in nets or cages in open water, fish are raised just like any other farm animal. They are often kept in overcrowded, dirty enclosures, doused with chemicals and fed unnatural diets. Many die or become ill before reaching maturity. Some are raised in polluted water – if the fish farms are not themselves the cause of the pollution.

In the open ocean, driftnet fishing kills all kinds of plant and animal life – not just the fish that are to be eaten. Deep water trawling, which drags nets across the bottom, destroys coral reefs, which are among the most valuable and diverse marine ecosystems and have taken hundreds of years to grow. Overfishing has put many species of fish at risk of extinction.



Environmental poisons and heavy metals end up in the flesh of fish, making many fish dangerous for human consumption. Due to high mercury levels, the U.S. **Food and Drug Administration** has warned pregnant women and young children to limit their consumption of albacore tuna to 6 ounces a week, and to avoid eating swordfish, shark, king mackerel and tilefish at all. Consumer groups have gone even further, telling pregnant women not to eat any kind of tuna. The **Environmental Defense Fund** and the **Natural Resources Defense Council** both publish excellent lists showing which fish are eco-friendly and safe to eat, and which should be avoided.

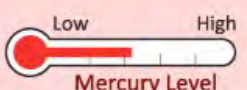



FISH YOU BUY

Atlantic Salmon		Shellfish	
Flatfish & Flounder		Hake, Haddock, Pollock, Cod	
Canned "Light" Tuna		Canned "White" Tuna	
Tuna		Hallbut	
Swordfish		Shark	



FISH YOU CATCH

Atlantic Mackerel		Brook Trout	
Landlocked Salmon		Striped Bass	
Brown Trout		Lake Trout	
Largemouth Bass		White Perch	
Smallmouth Bass		Pickerel	

MERCURY LEVELS IN FISH



Source: Maine.gov

CHAPTER 4, SECTION 24:

ABCS OF PCBs...

Mercury, dioxin, DDT, PCBs – what are all these things and how did they get into my fish? Mercury is a liquid metal that occurs naturally, and is extremely poisonous in various forms. Almost half of all mercury pollution comes from power plants, which emit mercury into the air. When it rains, the mercury is washed into waterways, where fish consume it in their food or absorb it through their skin.

Dioxins and polychlorinated biphenyls (PCBs) are toxic compounds that cause cancer, even in small doses. Dioxin is formed as a by-product of waste incinerators, chemical and pesticide manufacturing, and paper mills that use chlorine bleach. It was the poison in Agent Orange, which was used to defoliate trees during the Vietnam War and has caused serious health problems for people who were exposed to it. When dioxin enters the soil and water, it finds its way into the food chain.

PCBs were developed in the 1930s for the electricity supply and mining industries, but they were banned worldwide in the 1980s after their danger became



known. Yet they persist in the environment, especially in the fatty tissue of marine animals.

DDT is an insecticide that has been very effective in killing mosquitoes and halting the spread of malaria. The U.S. banned the agricultural use of DDT in 1972 because of its harmful effects on fish and wildlife, but some countries continue to use it. Like PCBs, it has remained in the environment and becomes increasingly concentrated in the fat of fish at the higher end of the food chain.

**CHAPTER 4, SECTION 25:
LIVE HIGH,
EAT LOW!**

When you eat an animal, you eat everything that animal has ever eaten. If your fish has eaten a smaller fish that ate a smaller fish, all the contaminants in all three fish will end up concentrated on your plate. That's why it's usually safer to eat plants or small fish than large predator fish like sharks and swordfish.



CHAPTER 4, SECTION 26:

THANK YOU, COW

Have you ever met an animal before you ate it? Most people don't really want to think about where their meat came from. But if you eat meat, you may want to say a little "thank you" to the animal that has given its life to nurture and sustain you.

- You can write your note **here**, or say it silently or out loud before your next meal.



CHAPTER 4, SECTION 27:

TWIN PERSPECTIVES ON VEGETARIANISM

Alexandra and Cristina are twins. Alexandra became a vegetarian at age 11, Cristina did not.

ALEXANDRA

Q. What made you decide to become a vegetarian?

A. I don't believe in the killing of animals. I can't really remember if something happened, but one night I just told my parents I wanted to be a vegetarian.

Q. What was it like once you stopped eating meat?

A. When I stopped, sometimes when we had meat for dinner I would look at it and say to myself, "that looks sooo good!" But I never ate it.

Q. How did your family and friends react to your decision?

A. Mom made it a little bit hard because she wanted me to eat meat for protein. My friends kept on asking





CRISTINA

Q. What did you think when your sister announced she was becoming a vegetarian?

A. I almost wanted to do it, too, because I don't agree with the killing of animals. But then I thought of the fact that it would be really hard to get protein. Plus I don't really like beans!

Q. What are the main reasons you eat meat?

A. I like it, and I'd rather eat that than beans and tofu.

Q. Does having a vegetarian in the family affect your lifestyle in any way?

A. It only makes me think about the animal that I'm eating. I might think about it more if I went to a farm.

Q. Who has a healthier diet, you or your sister?

A. I think that I do, because our family doesn't usually eat beans or tofu or anything vegetarians should eat. I don't think she gets enough protein, and maybe iron.

Q. If someone told you they were thinking about

IT TAKES ALL KINDS...

There are many different kinds of vegetarian diets. Here are just a few:

Ovo-Lacto Vegetarians eat eggs and dairy products, but no meat, poultry or fish. This is the most common type of vegetarian.

Lacto Vegetarians eat dairy products, but no meat, poultry, fish or eggs.

Vegans eat no animal products at all, including eggs, dairy, honey, and gelatin. They do not wear animal fabrics, such as leather, silk, and wool.

*Fruitarian*s eat only foods that don't kill the plant, primarily leaves and fruits.

Raw Foodists eat only uncooked, unprocessed foods. Most are vegetarians, but some eat raw meat, non-pasteurized milk and raw eggs.

Jains are people who adhere to an Indian religion so rigorous in its commitment to nonviolence that they

“Animals are my friends . . . and I don't eat my friends.” – George Bernard Shaw



Junk-Food Vegetarians

Did you know it's possible to be a vegetarian and have a very unhealthy diet? It's true – some vegetarians are so focused on avoiding meat that they forget the “vegetable” part. They exist on pizza, fries, chips, candy bars, soda, grilled cheese, and pasta, eating fewer vegetables than many meat-eaters.

must avoid even accidentally harming insects and miniscule animals. That means many Jains don't eat potatoes or onions because pulling them out of the ground would hurt tiny animals.

Macrobiotic diets are based on whole cereal grains, vegetables and beans. People following the macrobiotic diet eat fish and locally-grown fruits occasionally, while avoiding meat, dairy, tropical fruits, and nightshade vegetables (tomatoes, peppers, potatoes).

CHAPTER 4, SECTION 29:

IF YOU CHOOSE NOT TO EAT MEAT...

- ▶ Eat as wide a variety as possible of fruits, vegetables, whole grains, beans, seeds and nuts.
- ▶ Have protein at every meal, including beans, lentils, peas, tofu, tempeh, nuts, seeds, eggs or dairy.
- ▶ If you don't eat dairy products or eggs, consider taking a Vitamin B-12 supplement.



CHAPTER 4, SECTION 30: **RECIPES**

Ever hear of “Meatless Mondays”? It’s a campaign to get people to eat less meat, even if they’re not ready to become vegetarians. Here are some high-protein dishes you can cook up for the whole family instead of meat.

BUCKY BURGERS

Watch out, you might like these better than hamburgers! Serve them with ketchup, mustard, or whatever toppings you like – they’re even great plain.



INGREDIENTS:

- ▶ 1 small carrot
- ▶ 3/4 cup sunflower seeds
- ▶ 3/4 cup walnuts
- ▶ 1 cup **cooked buckwheat**
- ▶ 2 tsp. chili powder
- ▶ 2 Tbsp. tomato sauce or barbeque sauce
- ▶ Olive oil spray
- ▶ 6 whole grain hamburger buns

MATERIALS:

- ▶ Cutting board
- ▶ Vegetable peeler
- ▶ Knife
- ▶ Medium mixing bowl
- ▶ Measuring spoons and cup
- ▶ Blender or food processor
- ▶ Mixing spoon
- ▶ Frying pan
- ▶ Rubber spatula
- ▶ Heat-resistant spatula

DIRECTIONS:

1. Wash and peel carrot, chop off ends and cut into large chunks. Shred in food processor, and scoop into bowl.
2. Put sunflower seeds and walnuts into food processor and chop into a fine meal. Add to carrots.
3. Combine remaining ingredients (except buns!) in the bowl with carrots and nuts and mix well.
4. Moisten your hands slightly with cold water and form the mixture into 6 patties. If you have time, refrigerate them for a few hours.
5. Spray the skillet with oil, heat to medium-high, and brown the patties on both sides.
6. Serve on whole grain buns with your favorite toppings.

Rate it!





DELISH-KEBOBS

Grills are not only for meat – you can make great vegetarian meals on them as well. This recipe serves 4.

INGREDIENTS:

- ▶ 16 oz. **halloumi cheese***
- ▶ 1 large or 2 small green peppers
- ▶ 1 red or sweet white onion
- ▶ 1 pint white or baby Portabella mushrooms (whole)
- ▶ 1 pint cherry tomatoes
- ▶ 1 cup Italian dressing
- ▶ 1 cup brown rice
- ▶ 1 tablespoon butter or olive oil (optional)
- ▶ Salt (optional)

MATERIALS:

- ▶ 8 Skewers
- ▶ Grill or broiling pan
- ▶ Cutting board
- ▶ Knife
- ▶ Large sealed container
- ▶ Saucepan
- ▶ Spoon

DIRECTIONS:

1. Cut cheese into 1 ½" cubes. Place in container.
2. Rinse green peppers, cut out stems and seeds, and slice into 2" squares. Add to container with cheese.
3. Peel outer layer of onion, slice off ends and cut into eighths. Add to container.
4. Scrub mushrooms to remove dirt, and remove stems. Add to container.
5. Rinse tomatoes and place in container. Add Italian dressing, seal and shake thoroughly. Place in refrigerator and allow to marinate at least 1 hour, up to 1 day.
6. About 45 minutes before you plan to eat, put rice in saucepan with 2 cups of water. You can add a sprinkle of salt and a tablespoon or butter or olive oil, if you like. Bring to a boil, cover, then reduce heat and simmer 30 minutes or until all liquid is absorbed.
7. While rice is cooking, heat broiler or grill. Thread skewers with a piece of cheese, then alternate each of the vegetables. (You should separate the onion chunks and use a couple of slices at a time.) Repeat until each skewer is full.
8. Broil or grill until everything is browned around the edges, about 10 minutes. Serve over rice.

Rate it!





MUJADRAH

This simple combination of lentils and caramelized onions is “comfort food” to millions of people in the Middle East. The recipe below feeds 4-6 as a main course – great for tight budgets!

INGREDIENTS:

- ▶ 2 large onions
- ▶ 2 cups lentils
- ▶ 1 cup rice
- ▶ ¼ cup olive oil
- ▶ Salt

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Large pot with cover
- ▶ Slotted spoon
- ▶ Strainer
- ▶ Measuring cup

DIRECTIONS:

1. Rinse and peel papery skin off onions. Cut in half, then slice thinly.
2. Heat oil in large pot over medium heat.
3. Add onions and sauté until soft and lightly browned, about 20-30 minutes. Stir occasionally to prevent burning and sticking.
4. Rinse rice and lentils thoroughly in strainer, then add to onion mixture.
5. Add just enough fresh water to cover rice and lentils. Bring to a boil, then cover and reduce heat to low. Simmer until liquid is absorbed, about 30-40 minutes. If rice or lentils are not soft, add more water and cook until it has been absorbed. Add salt to taste.

Rate it!





BARBECUED TEMPEH

Tempeh is made of soybeans, like tofu. But it has a very different, chewy texture that even people who don't like tofu will love. This recipe feeds 4, and can be enjoyed over rice or pasta, on buns, or just plain.

INGREDIENTS:

For the Tempeh

- ▶ 16 oz. tempeh
- ▶ 1 large onion
- ▶ 2 cups barbecue sauce

For the Barbecue Sauce

- ▶ 6 oz. can tomato paste
- ▶ ½ c. apple cider vinegar
- ▶ ¼ c. honey
- ▶ ¼ c. molasses
- ▶ 1 tsp. onion powder
- ▶ ½ tsp. garlic powder
- ▶ 1 lemon
- ▶ ½ tsp. salt

- ▶ ¼ tsp. black pepper
- ▶ Tabasco to taste
- ▶ 1 tbsp. corn starch or potato starch

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Steamer
- ▶ Medium saucepan
- ▶ Baking dish
- ▶ Can opener
- ▶ Lemon juicer
- ▶ Measuring cups & spoons
- ▶ Cooking spoon

DIRECTIONS FOR THE BARBECUE SAUCE:

This sauce can be made ahead and refrigerated.

1. In a medium saucepan, combine tomato paste with 2 cans water and stir until thoroughly mixed.
2. Add remainder of sauce ingredients except for corn or potato starch.
3. Bring mixture to a boil over medium-high heat, stirring frequently. Meanwhile, stir corn or potato starch into ½ cup of water until completely dissolved.
4. When mixture reaches a low boil, reduce heat to medium and stir in starch/water mix. Keep stirring until sauce thickens. Simmer about 10 minutes, then allow to cool. Makes about 3 ½ cups.

DIRECTIONS FOR THE TEMPEH:

1. Cut tempeh into bite-size squares. Place in steamer.
2. Bring water to a boil and let tempeh steam 15 minutes.

3. While tempeh is cooking, chop onion.
4. When tempeh is done, place in baking dish with onion and pour the barbecue sauce on top. Cover dish and allow to marinate in refrigerator at least 1 hour.
5. Bake tempeh at 350 degrees for 30 minutes.

Rate it!





SLOPPY JOANS

Joan knows something that Joe didn't – you can make these with soy instead of beef and no one will taste the difference!

INGREDIENTS:

- ▶ 1 ½ cups textured vegetable protein (**TVP**)*
- ▶ 14-oz. can crushed, fire-roasted tomatoes
- ▶ 6-oz. can tomato paste
- ▶ 1-2 chipotles in adobo sauce (canned)
- ▶ 2 ¼ cups water
- ▶ 2 tbsp. olive oil
- ▶ 1 tbsp. tamari or soy sauce
- ▶ 1 tbsp. maple syrup
- ▶ ½ tbsp. dried parsley flakes
- ▶ 1 tsp. chili powder

- ▶ 1 tsp. garlic powder
- ▶ Salt and pepper to taste
- ▶ Hamburger buns

MATERIALS:

- ▶ Cutting board
- ▶ Knife
- ▶ Large nonstick skillet
- ▶ Can opener
- ▶ Heat-resistant spoon
- ▶ Measuring cup
- ▶ Measuring spoons

DIRECTIONS:

1. Open can of chipotles in adobo sauce, remove one or two chipotles, and chop into tiny pieces. Save the rest of the can for other uses.
2. Mix chopped chipotle and all other ingredients (except hamburger buns) in the skillet and stir until well combined.
3. Cook over medium heat about 15 minutes, stirring frequently. The TVP will absorb the liquid as it cooks. Add salt and pepper to taste.
4. Spoon over hamburger buns and enjoy!

Rate it!




CHAPTER 5: THE WHOLE STORY

Eating the right foods can help you feel healthier and more energetic, but it's only part of the story. Just think: if you had a car and you filled the tank with premium gasoline, but you never checked the fluids or put air in the tires or tuned up the engine, it wouldn't run very well and it wouldn't be very safe to drive!

Besides eating whole, fresh, natural foods, you need to drink plenty of clean water (about 6-8 glasses a day), sleep for 8-10 hours a night, exercise regularly, develop and maintain good relationships with the people around you, challenge your brain, and nourish your spirit – whether that means practicing a religion, communing with nature, engaging in volunteer work, meditating, or something else that makes you feel good inside.





**I'M EATING 2
POUNDS OF
BROCCOLI A DAY
AND MY LIFE
STILL SUCKS!**

When you love and honor and respect yourself, you create a wellspring of happiness, compassion and goodwill that lets you spread joy to others and heal the world around you. Each of us has a role to play in safeguarding the earth that sustains us, and in helping others to share in its bounty.

CHAPTER 5, SECTION 1:

WHEEL OF HAPPINESS

How would you rate your life on a scale of 0 (worst) to 10 (best) in the following areas?

- ▶ “Body” means your physical health and how well you feel, including food, exercise and sleep.
- ▶ “Mind” means your academic achievements and intellectual development.
- ▶ “Soul” can be religion or anything else that feeds your spirit and gives your life meaning.
- ▶ “Family” means your life at home and relationships with your family.
- ▶ “Friends” means the quality of your social life and interactions with classmates and peers.
- ▶ “Expression” means activities that are important to you, such as art, music, sports or other hobbies and interests.

WHEEL OF

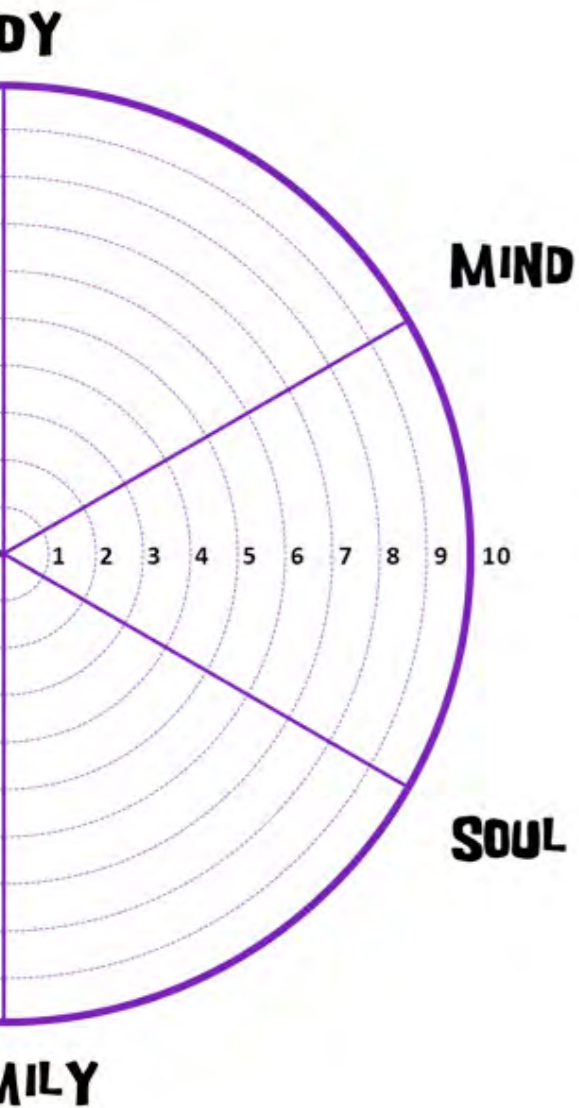
EXPRESSION

FRIENDS

BO

FAM

HAPPINESS



On a blank sheet of paper, draw three lines that intersect in the middle. At the tip of each line, write one of the six qualities listed above.

The middle point, where all the lines intersect, represents a “0” and the tip of each radius represents a “10”.

Starting from the middle point, put a dot on each line to represent your degree of satisfaction in each area. If you are highly satisfied, the dot will be near the tip of the radius. If you are not very satisfied, then the dot will be near the middle point.

Now connect the dots into a “wheel” all the way around. What does your wheel look like? Is it round or jagged? Is it big or small? How would it feel to drive on that wheel?. What does your wheel look like? Is it round or jagged? Is it big or small? How would it feel to drive on that wheel?

If your wheel wouldn't go very far without causing you to go “Splat!” in the middle of the road, then look at the areas that need to expand to give you a smoother ride.

Start by picking one area where you'd like to see an improvement. Take a look at where you are today – the good and the bad. Now imagine what things would be like if you had a 10 in that area. Describe here what a 10 would look like – don't be afraid to think big!

- **Body**
- **Mind**
- **Soul**
- **Family**
- **Friends**
- **Expression**

Now you can think about ways to move closer to that 10 you just envisioned. Let's say you have mostly 7's and 8's but you have a 2 for soul. What's one thing that would make you feel happier inside and more connected to the world? Maybe it would help to take nature walks, go to church more often, volunteer to help those in need, or read inspiring stories.

Resolution

1) _____

2) _____

3) _____

ns

Think about just one small, practical step that could start changing things for the better. Be sure to make this something specific and measurable. For instance, rather than promising to make a new friend, decide to say hello in the hallway to someone who seems nice, or to sit next to someone new at lunch, or to invite someone over to your house. If your area for improvement is “body”, instead of saying you’ll “eat healthier”, resolve to try a new vegetable, help do the shopping next time, or cook dinner for the family one night this week. Rather than pledging to “get more sleep”, agree to skip that last TV show or turn off your cell phone so you can finish your homework earlier.

Maybe your step will just be changing the way you think or respond. For instance, if you’re having trouble with your parents, the next time they say something that upsets you, you could tell yourself: “They only want what’s best for me, even though I don’t like the way they show it.” Or instead of saying something sarcastic when your mom asks you a stupid question, you could just decide to pretend she’s a sweet little alien from another planet who needs to have everything explained to her from Square 1.

You may not be able to change what other people say or do, but you can choose how you feel about them, and how you react to them. And you’ll be surprised to see how different everything looks after you take the first step.

CHAPTER 5, SECTION 2: **FIRST STEP**

- Here's **one thing** I can do within the next week to enjoy my life more:
- I **promise** myself I will do it on or by this date:
- Here's **someone** I will tell about this who will make sure I do it:



CHAPTER 5, SECTION 3: FOLLOW UP

- Here's what happened as a **result** of my action:
- Here's the **next step** I will take:
- Here's when I'll **take** it:

You can repeat this in each area, or stick to one area for a while, until you see some improvements. Not every step will turn out as intended; if one action doesn't help, then try something else.

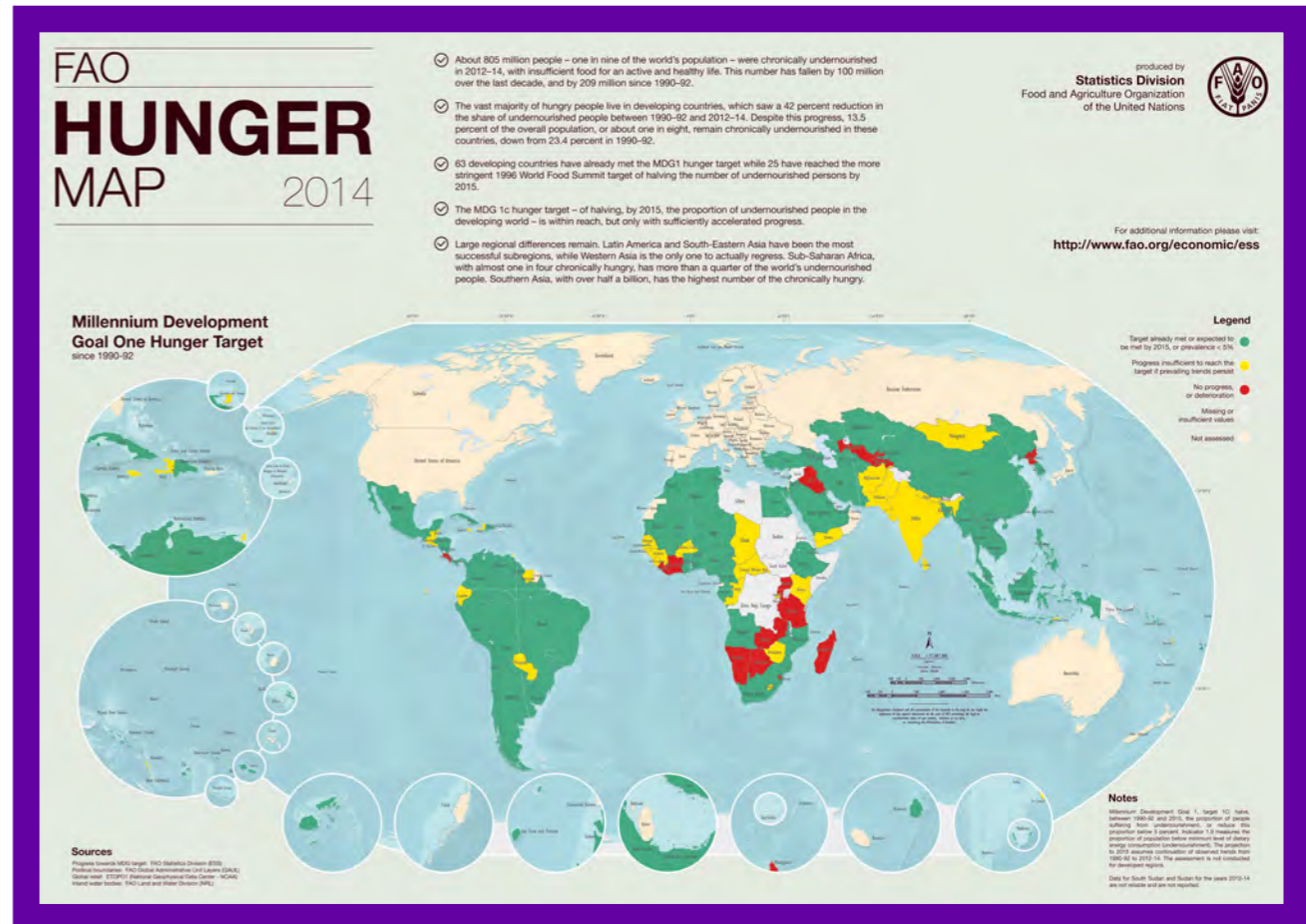
Remember, be patient with yourself and think how much courage it took for you to try to change things! Most people let life happen to them; you're taking charge and helping to shape your own life. You can try this with a friend – sometimes it's easier to help each other figure out a specific, measurable step than to go it alone. You can give each other encouragement to succeed, and hold each other accountable for doing what you promised.



CHAPTER 5, SECTION 4: FEEDING YOUR SOUL BY FEEDING THE WORLD

Did you know that, even though there is enough food to feed all 7 billion people in the world, **795 million people** do not have enough to eat? That's nearly 1 in every 9 people. Hunger **kills more people** every year than AIDS, malaria, and tuberculosis combined.

Nearly half the deaths of children under 5 – over 3 million a year – are due to poor nutrition. And millions more children are underweight or aren't growing as they should because of inadequate nutrition. Even in the United States, about **16 million** children live in households that struggle to put food on the table. Programs such as the National School Lunch Program, the School Breakfast Program, the Supplemental Nutrition Assistance Program, and Women, Infants



and Children benefits help to prevent malnutrition in the United States.

The main reason that people go hungry is that they are poor and can't afford to buy enough food. Malnutrition is exacerbated by war, natural disasters, low agricultural productivity and inadequate infrastructure to store and transport food efficiently. Sometimes government trade policies and subsidies encourage farmers to grow the wrong types of crops, to use the crops for fuel instead of food, or not to grow crops at all.

Where do most of the hungry people live? If you guessed “Africa”, you’re wrong! Many of the extremely undernourished live in countries like Ethiopia, where there are recurring droughts, and South Sudan, where there is ongoing conflict, but the country with the **greatest number of undernourished** people is India, followed by China. Neither India nor China is considered a low-income economy.

The United States ships emergency food to countries in crisis, provides seeds and tools to farmers, and helps developing countries to improve irrigation systems and rural infrastructure. Many other governments provide similar assistance, and there are a number of international organizations, such as the World Food Program and the International Fund for Agricultural Development, that offer funding and technical expertise. With support from governments as well as private donations, nonprofit organizations offer a lifeline to those in need, in the United States and around the world.




CHAPTER 5, SECTION 5: **THE ETHICS OF HUNGER**

Do you think that everyone in the world has a right to food? Or should people be allowed to go hungry if they are poor? If you are hungry, is it wrong to steal food? What would you do if you had no money, no land, and nothing to eat? Write a story, a poem or a play about these questions.

The **average monthly benefit** from the Supplemental Nutrition Assistance Program, or SNAP (also known as Food Stamps) is \$133.07 per person, or \$1.50 per person, per meal. What kind of meals can you make for \$1.50? How long could you live on \$4.50 per day? Plan a menu for a day on \$4.50 per person. How healthy is it? Make a video documentary or slideshow about hunger in your community. Find out what resources exist for people who don't have enough food, such as kitchens, pantries and gardens that provide free or low-cost meals.



“You are not a drop in the ocean. You are the ocean, in a drop.” – Rumi



There are lots of things you can do to make sure that people in your community and around the world have enough to eat. Here are some ideas:

- ▶ Volunteer at a soup kitchen or feeding center.
- ▶ Start a community or school garden.
- ▶ Donate canned goods to a food pantry.
- ▶ Turn leftover food into compost for your garden instead of throwing it in the garbage.
- ▶ Spread the word on Facebook, Twitter or other social media.
- ▶ Support local farmers by buying at farmers markets or joining a farm-share group (known as “community-supported agriculture”, or CSA).
- ▶ Give to a hunger-related charity in lieu of birthday or holiday gifts.
- ▶ Fast in solidarity with those who are hungry. Various churches and charities sponsor group





fasts and learning sessions, but please don't fast longer than 24 hours.

- ▶ Buy foods and products that are labeled “Fair Trade”, which means that the farmers get paid a bigger part of the sales price.
- ▶ Reduce your impact on the environment by buying locally-produced foods and eating less meat.
- ▶ Contact local politicians, your Member of Congress and Senators to urge them to take action against hunger.
- ▶ Go to www.freerice.com and play the game. For each answer you get right, they donate 10 grains of rice through the World Food Program to help end hunger.

CHAPTER 5, SECTION 6: **FOUNTAIN OF LIFE**

What's the world's most precious resource? Oil? Diamonds? Gold? Not even close. Water is essential to sustain life – humans can survive for weeks without food, but only about 3 days without water. It's needed to grow our food, protect basic hygiene and sanitation, transport goods, and generate power. Wars are fought over it, and fortunes made on it.

To keep your body properly hydrated and flush out toxins, you should drink 6-8 glasses of water a day. That means pure, clean water – not counting sodas, juices, milk or coffee.

Don't like the taste of your tap water? Public water supplies in the United States are treated with chlorine, to prevent bacteria from growing in it, but the chlorine often has a bad taste and can be dangerous in large doses. (Have you ever seen what happens to a goldfish if you put it in tap water? It won't live for more than a few hours.) Most tap water also has fluoride, which is good for building strong teeth, but may pose other



dangers. And many municipal water systems and wells have been contaminated with lead, PCBs, rocket fuel and other toxic chemicals.

A carbon filter on your faucet or in a refrigerator jug will remove most of the chlorine and some of the sediment, but leaves in the fluoride and industrial pollutants. More expensive reverse osmosis filters clear the water of fluoride and heavy metals, but waste a lot of water in order to do so. Distillers

purify the water completely, but also take out all the healthy minerals. They take a long time and a lot of energy to produce a small amount of water. Bottled water is not necessarily any cleaner than tap water – in fact, some of it comes straight out of the same reservoirs that supply water to your faucet – and the plastic from the bottles can leech out into the water.

The bottom line: Nothing is perfect. But you need to drink water anyway. You'll have to make a decision on which kind of water to drink based on a combination of personal taste, cost and convenience, knowing that even a little filtration is better than nothing.

To see what's in the water you drink, check the **Environmental Working Group's database**. The Natural Resources Defense Council offers **simple ways to clean up our water**. The National Academy of Sciences has developed a **website**, in coordination with the Global Health and Education Foundation, about the problem of safe drinking water around the world.

WaterAid and **Water.org** are international charities dedicated to expanding access to safe water and sanitation.



CHAPTER 5, SECTION 7: WATER WISDOM

- ▶ **748 million people** – almost one in 10 – do not have reliable access to safe drinking water, and 2.5 billion don't have adequate sanitation (such as toilets).
- ▶ **Over 1400 children** die each day as a result of diseases caused by unsafe water and poor sanitation.
- ▶ Almost 3/4 of the earth's surface is covered by water, but **97.5%** of that is salt water. Of the remaining 2.5% that is fresh water, two thirds is frozen into ice caps, permanent snow cover and glaciers – leaving only 1% of the world's water available for our daily needs.
- ▶ The average American uses about **100 gallons** of water per day at home.
- ▶ If the 5% of homes with the leakiest toilets and faucets fixed those leaks, it would save **177 billion gallons** of water annually!
- ▶ A regular shower uses about **5-7 gallons** of water per minute, but water-



saving fixtures can reduce that to 2.5 gallons per minute.

- ▶ Toilets made before 1980 can use up to 7 gallons per flush; new toilets use 1.6 gallons per flush or less.
- ▶ The **adult human body** is 55-60% water; the brain is 73% water; even the bones are 31% water.
- ▶ Over 200 unregulated chemicals – 168 of which have been linked to cancer – were **detected in drinking water** around the United States between 2004-2008.

CHAPTER 5, SECTION 8: **DROPS IN THE BUCKET**

Every drop helps! Here are some good ways to conserve water:

- ▶ Turn off the water while you brush your teeth and save up to **8 gallons** a day.
- ▶ Keep an empty jug in the tub. Fill it while you wait for the water to get hot for your bath or shower, and then use it to water plants.
- ▶ Repair any leaky faucets. You can calculate how much water your leaky faucets waste **here**.
- ▶ Find and fix toilet leaks, which can waste as much as **20-30 gallons** a day. Check the toilet for leaks by putting a few drops of food coloring into the tank. If the color appears in the toilet bowl within 15 minutes (without flushing), then the tank is leaking. Flush as soon as the test is done so you don't stain the toilet tank!



- ▶ Keep water in the refrigerator so you don't have to wait for the faucet to run cold.
- ▶ Pour unwanted water from your drinking cup onto a plant instead of down the drain.

- ▶ Take shorter showers. Even a 1-minute reduction can save **2000 gallons a year**.
- ▶ Use a broom, not a hose, to clean decks and sidewalks. Ask local shopkeepers to do the same!
- ▶ If you wash dishes by hand, fill the sink with soapy water for scrubbing and only turn on the faucet to rinse.
- ▶ The same thing goes for washing a car. You can save **70 gallons** by using a bucket of soapy water and only turning on the hose for rinsing.
- ▶ Don't run the dishwasher or washing machine until you have a full load.
- ▶ Don't use your toilet as a waste can. Throw things away rather than flushing them.
- ▶ If you have an old toilet that uses 5 gallons or more for each flush, fill a quart-sized bottle with sand or pebbles, seal the top and place it in your toilet tank. You'll save a quart of water for every flush!



CHAPTER 5, SECTION 9:

MIRROR, MIRROR ON THE WALL

Go stand in front of a full-length mirror and take a long look at yourself. What do you like best? Find 10 parts of yourself that you really like, and write down what you like about them:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

“If you believe in yourself,
anything is possible.”



Now take a good, hard look at the part or feature or quality that you love the least, or don't like at all. It could be part of your body or your personality. Explore every inch of it. Think about why you don't like it.

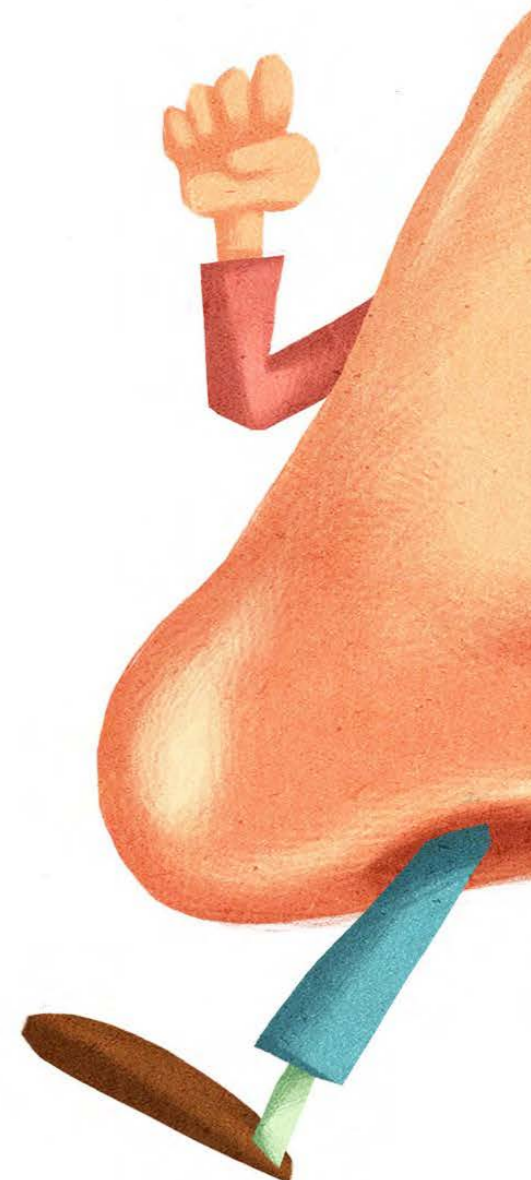
Take a deep breath. Now embrace your least favorite part. Cup it in your hands, if you can (or close your eyes and imagine it), and tell it you love it. Say it again. And again. Think about how it makes you special and unique.

It's time to write a love letter to this part. Tell it why you love it, even though you thought you didn't, or even though you wished it were different.

Here's an example:

Dear Nose,

You are so incredible! I used to curse you because you are so big and you stick out. I wanted to change you





and get a new nose. But then I looked more carefully and I began to see the beautiful, majestic line you trace, like a distant mountain. You remind me of my dear grandfather, who died last year, and I am so glad to have you here to help me remember all the happy times we had together. Because you are so tall, I have plenty of room to breathe in the fresh, cool air, and smell the delicious aromas of my mother's cooking. If you weren't so big, I would look almost exactly like that other person in my class and my teachers would always be forgetting my name and confusing me with other kids. And thanks to you, I have a wonderful singing voice. If I ever changed you, my lovely voice would be ruined forever. Thank you for being my nose.

Love,

Me

● Now write your love letter **here**

CHAPTER 5, SECTION 10: A WEIGHTY SUBJECT

Are you at a healthy weight? Of course what's healthy depends on your age, your height, your bone structure and your muscle development. Most people know, deep down, if they're overweight – but a lot of people, especially girls, think they're fat when they're not.

One way to tell is by calculating your Body Mass Index, or BMI. You can do this by using the formula below:

$$\frac{(\text{Weight in pounds}) \times 703}{(\text{Height in inches})^2} = \text{BMI}$$

There are many BMI calculators on the internet that do the math automatically – be sure to use one that shows the correct guidelines for teenagers, such as the one from the **Centers for Disease Control** (CDC).

Is your BMI too high, too low, or just right? It all depends on your sex and age. For adults, a healthy BMI is between 18.5 and 24.9. But for a



12 year old girl, the healthy range is from 15 to 22, and a bit lower for boys. If you use the CDC calculator above, it will show you where you fall along the spectrum for your age, sex and height.

CHAPTER 5, SECTION 11: **DIETING IS FOR DUMMIES**

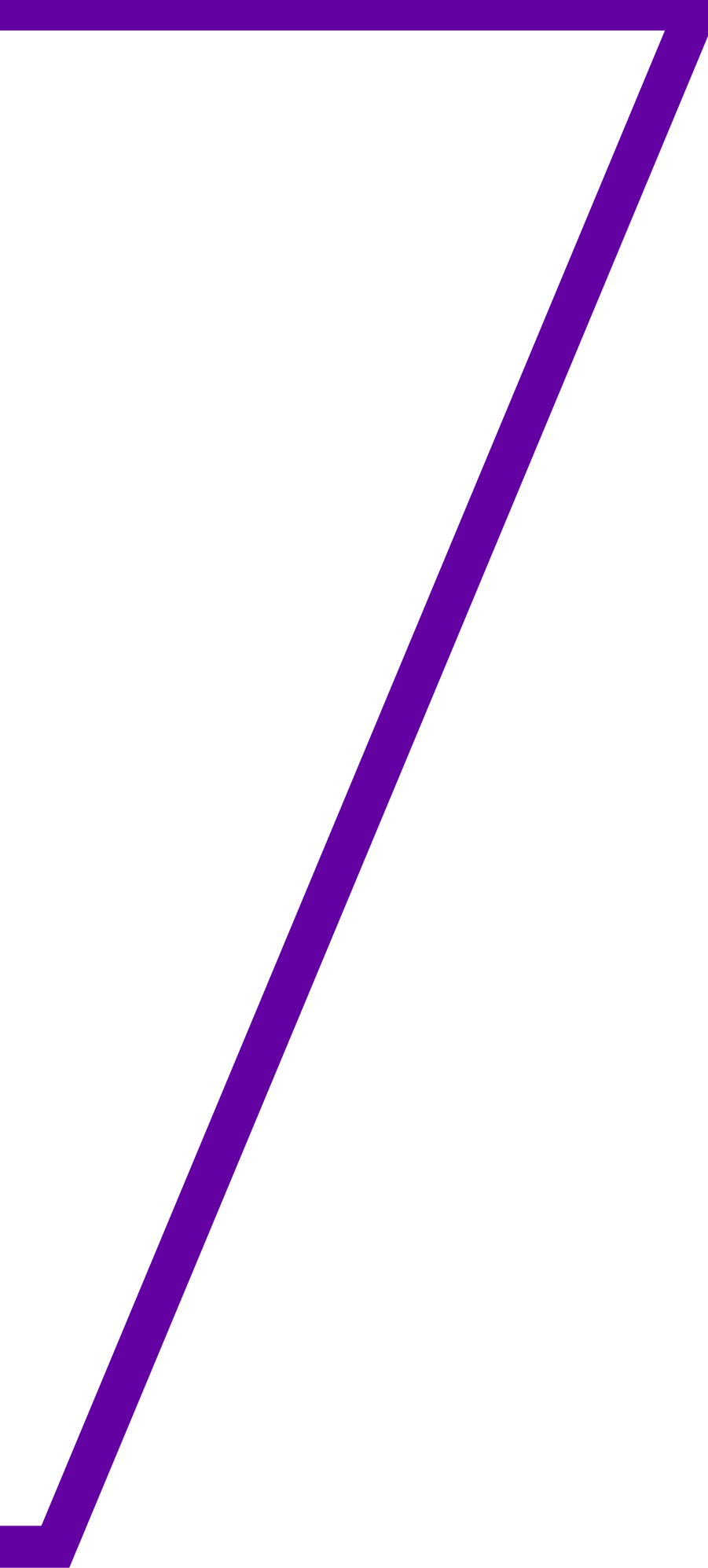
If you're overweight, you may think (or someone may have told you) that you need to go on a diet. Most diets involve cutting out one category of foods (such as fats or carbohydrates), substituting some kind of shakes or bars for meals, eating only pre-prepared frozen or microwaveable meals, taking some kind of appetite-control pills, or stuffing yourself with a particular food at every meal (such as grapefruit or eggs and tomatoes). These diets almost never work, for a number of reasons:

- ▶ They're just not healthy, and you start feeling bad after a while.
- ▶ You develop terrible cravings for things that aren't on the diet.
- ▶ You're hungry all the time.
- ▶ You get bored with the items that are allowed.



- ▶ You feel like you're punishing yourself, and get depressed.
- ▶ It's embarrassing or inconvenient to eat with your family and friends because of the restrictions.
- ▶ They're too difficult or complicated to follow correctly.
- ▶ They cause upset stomach, gas, jitters, headaches or other side effects.
- ▶ You don't lose weight for a few weeks, and get discouraged.
- ▶ As soon as you go off the diet, you gain back all the weight . . . plus more.





If you want to lose weight, you need to think about making permanent changes in your lifestyle. That means taking small steps that are easy, enjoyable (or at least not too unpleasant), and make you feel GOOD about yourself. First you have to love yourself as you ARE. Then you can make yourself feel even better.

It all boils down to three simple rules:

- ▶ Eat healthy.
- ▶ Eat Less.
- ▶ Exercise More.



**“Trust yourself. You know
more than you think you do.”**
– Benjamin Spock

“A crust eaten in peace is better than a banquet partaken in anxiety.” –
Aesop



CHAPTER 5, SECTION 12: **EAT HEALTHY**

You already know how to do this, especially if you’ve been reading this book. Eat more fresh fruits and vegetables – especially raw. Choose whole, natural foods that have little or nothing added or subtracted. Arrange foods attractively on your plate, and include every color of the rainbow. Drink lots of water. Stop buying artificial, chemicalized, processed, sweetened things that come in packages. Have lots of healthy snacks cut up and ready to eat, so they’re easy and quick at hand. Put them at eye level in the refrigerator, so they’re the first thing you’ll see. Prepare food yourself at home, rather than eating out or taking out, so you can control what goes into your body. Sit down at a table to eat, next to people you love, and consider how fortunate you are to have such delicious food. Be sure to compliment the chef. And don’t forget to eat breakfast!



CHAPTER 5, SECTION 13:

IT'S NOT ONLY WHAT YOU EAT, BUT HOW

One of the first things that happens to people when they are angry, sad, or stressed out is that they get an upset stomach: nausea, heartburn, ulcers, or cramps. Even if they eat healthy foods, these problems may not go away. Our harried lifestyles – eating alone, on the go, standing up or in the car, gobbling down quickly – contribute to these digestive problems.

Gathering with friends and family around food should be a time for love, sharing, relaxing, and giving thanks. Eat dinner at a time when everyone can sit down together and talk about the day. Turn off the TV and put away the cell phones. Put on some soft, peaceful music. Decorate the table with flowers or artwork. Dim the lights, and light a candle. Recite a prayer or blessing. Maybe you have a boisterous family that loves to



Food for Thought

Studies have shown that kids eat better when recess is scheduled before lunch, and when they're given at least 30 minutes to eat. When lunch is shorter, or recess is held after lunch, students throw away more food – often the healthiest parts.





joke around and talk loudly during dinner. That's fine, too – as long as you are together and having fun.

It's one thing to have a peaceful dinner at home – but how the heck is that going to happen at school lunch? Most school cafeterias are noisy and frantic, with only a short amount of time to eat. Sometimes the stress of who you're going to sit with, or not sit with, or what's going to happen during recess, can ruin the meal. It's hard to imagine “peaceful” and “lunch” in the same sentence.

But it doesn't have to be this way. Did you know that at some schools, teachers and students sit at round tables and eat lunch together, while having a real conversation? For them, lunch is a relaxed and informal part of the curriculum. Not only is this a more civilized way of eating, but it allows students and teachers to get to know each other better and develop greater respect for one another. Could your school do this? What about extending the lunch period, so that you're not so rushed, or arranging the tables differently, so that everyone feels included? What could your school do to make lunch the best part of the day?

CHAPTER 5, SECTION 14:

CHAPTER 5, SECTION 14:

ARTISTRY ON A PLATE



Salads that look great make you feel great.

When you take the time to choose a wide variety of colors, shapes, flavors and textures, and arrange them as if you were creating a work of art, you feed all your senses.

Toss in fruits, nuts, seeds, and other special ingredients to add zest and crunch to your salads. It may look too pretty to eat – but once you start, you'll savor every bite!

CHAPTER 5, SECTION 15:

DO YOU EAT TOO MUCH?

It's easy to overeat. Some people are deficient in the chemicals that control appetite. If you eat too quickly or are distracted by doing other things, you may not notice when you've had enough. And certain foods – especially those high in fat, salt, and sugar – are so addictive that it's hard to stop even when you're full. Here are some suggestions to prevent overeating:

- ▶ Eat more slowly and savor every bite. It takes about 20 minutes for your stomach to register with your brain that it feels full. If you've already eaten everything in sight before the 20 minutes are up, you'll notice too late that you're stuffed.
- ▶ Chew each bite thoroughly. The chewing process is an important part of your digestion, and the more you chew, the slower you'll eat. Besides, you'll appreciate the flavors more.



- ▶ Start with small portions. Most people, if they like what they're eating, will finish everything on their plate, even if they're no longer hungry.
- ▶ Avoid buffets and family-style platters. People tend to eat a lot more when there are many items to choose from and it's easy to pile up their plates. Instead, put a moderate-size portion on your plate and leave the leftovers out of sight.

- ▶ Wait ten minutes before taking seconds.
- ▶ Be sure to eat a serving of protein with every meal and snack. Protein helps you feel full.
- ▶ Eat salads and vegetables first. They have lots of fiber and water, which help to fill your stomach without adding many calories.
- ▶ Drink a glass of water as soon as you start feeling hungry. Sometimes thirst masquerades as hunger, and you eat a snack when all you really needed was a drink of water.
- ▶ Eat something every 3-4 hours. It doesn't need to be a big meal – just a piece of fruit and a handful of nuts, some vegetable sticks with bean dip, or a cup of yogurt.
- ▶ Eat before you're starving! If you wait until you're too hungry to think straight, you're more likely to eat the wrong things, and too much of them.



Why Am I Eating This?

Do you ever eat when you're not even hungry? Start keeping track of when you eat for reasons other than hunger, and what you eat at those times. Are you watching TV? Bored? Lonely? Sad? Angry? Do you eat sweets, salty snacks, a sirloin steak or a pint of ice cream? Then change the pattern. Eat a meal before you watch TV – or better yet, read a book instead. Brush your teeth or gargle to refresh your palate. Move into a different chair or a different room. If you're lonely, call a friend. Plan activities so you won't get bored. Write in a journal to get your emotions out, instead of smothering them with food. Or try one of the non-food rewards in the next section.

- ▶ Don't eat in front of the TV. You lose track of how much you're eating, and pay less attention to enjoying the meal.
- ▶ Eat with people you like and engage in a lively conversation during your meal. Since (of course!) you don't talk with your mouth full, you'll need to slow down to participate in the conversation.
- ▶ Brush your teeth after meals. It will signal to your brain that you're done eating. Plus, you won't want to mess up the nice minty taste in your mouth with more food.
- ▶ Create a nice atmosphere while you dine. Turn on some soothing music, light a candle, put flowers on the table, use linen napkins – anything that will make the meal feel special and please all your senses.



CHAPTER 5, SECTION 16:
**TREAT
YOURSELF RIGHT!**

In many families, the reward for a job well done (or the consolation for a crummy day) comes in the form of food: a meal at a special restaurant, an extra dessert, pigging out at midnight or permission to eat a forbidden delicacy. That's fine once in a while, but if it's the only way you know how to make yourself feel good, it can lead to excess weight and emotional eating – eating to soothe your mind, not your stomach.

Try some of these other ways to lift your spirits and celebrate good times:

- ▶ **Back It Up.** If you have 3 or more people, stand or sit in a circle. Each person scratches or massages the back of the person in front of them: knead the shoulders, karate-chop the ribs (lightly!), press your thumbs into tight spots around the shoulder blades, pound in circles





with your fists, scrub the scalp with your fingertips, smooth your hands over the hair, scratch the itchy spots – change the pattern every 30 seconds or so. Then everyone turns around and reverses the circle. Don't forget to thank the person who massaged you after each turn! Next time, try the same with foot massages. This is especially great for slumber parties!

- ▶ Share Your Thoughts. Call or write someone you haven't seen in a while. Start a diary or blog. Send a letter to your Congressperson or the editor of your local newspaper.
- ▶ Explore Your Environment. Make a list of places you've always wanted to go or things you've always wanted to try – visiting a museum, taking a hike, checking out a new store, jumping on a trampoline, watching a local sports team, listening to a free concert, joining a bird-watching expedition – and do one of them. Keep your list handy and add to it whenever you think of something.





▶ Pamper Yourself. Take a long, hot bubble bath with candles and soft music. Give yourself a manicure and pedicure (or do it with a friend). Lie on the floor with your feet straight up, resting against the wall, and listen to music through headphones. Open up the sofa and watch your favorite movie. Buy or make yourself a bouquet of flowers.

▶ Expand Your Horizons. Pick up a new instrument and learn how to play. Solve a puzzle. Make a trip to the library and pick out a book that you can hardly wait to start reading. Get a pen-pal in a foreign country. Teach yourself sign language.

▶ Express Yourself. Write a poem. Compose a song. Draw or paint a picture. Try a new craft, such as knitting or woodwork. Invent a new game.

▶ Update Your Style. Rearrange the furniture in your room. Create a unique look by designing new window





coverings, wall hangings or other accessories. Add some plants. Get a haircut. Visit a local thrift shop and pick out a fabulous find.

▶ Spread Some Cheer. Pay someone a compliment. Gather up all your loose change and donate it to a good cause. Volunteer at a soup kitchen. Plant a tree. Wash the dog. Take your kid brother to the park. Visit an elderly relative or someone who's sick.

▶ Do Something Wacky. Play a game meant for 3-year-olds. Style your hair in the craziest way you can imagine. Paint each toenail a different color. Wear your clothes inside-out. Sing at the top of your lungs. Listen to the same record over and over again. Sleep with your head at the foot of the bed. Hang from your knees on the jungle gym. Make faces in the mirror (or take photos!). Laugh yourself silly watching the funniest movie you can find.



CHAPTER 5, SECTION 17: **DECIPHERING CRAVINGS**

So, you absolutely **HAVE** to have chocolate-chip cookie dough ice cream, or barbecue-flavored potato chips, or a bag of black licorice. Why do you get these cravings, and what do they mean?

Food cravings don't necessarily mean that you are lacking a particular vitamin or mineral. In fact, people often crave things that are addictive or harmful. But what you crave, and when you crave it, can be a clue to its significance:



- ▶ Craving something creamy often means a desire for emotional comfort, such as when you're frightened or lonely.
- ▶ Craving something crunchy may indicate unexpressed anger, frustration or stress.
- ▶ People often crave chocolate or pasta when they are depressed. Both of these foods boost levels of serotonin, a chemical in your brain that is responsible for elevating mood.
- ▶ Cravings can be induced by seeing or smelling a food, or watching a commercial for it. Movie theaters and shopping malls count on appealing aromas to improve sales not only of popcorn and cinnamon rolls, but everything else as well.
- ▶ Some cravings are habit-related, such as craving pancakes on Sunday mornings or hot chocolate when it starts to snow. You crave these foods because they remind you of good times and pleasurable experiences.





So should you give in? You can try substituting a healthier alternative (for instance, fat-free frozen yogurt for ice cream, or popcorn instead of French fries) but often this backfires, and you end up eating both the alternative and the original item you craved. You can also try distracting yourself by doing something that requires a lot of concentration or the use of both hands, such as reading, exercising or playing an instrument.

The more sugar you eat, the more cravings you are likely to get – both for sweets and for other foods. If you avoid added sugars for two weeks, you'll find that your cravings of all types are reduced dramatically. Regular exercise is also very helpful for reducing cravings.

CHAPTER 5, SECTION 18: GOING TOO FAR

Young people – and especially girls – often feel enormous pressure to be thin, even when they are at a healthy weight. Surveys show that **42% of elementary-school girls** in the U.S. want to be thinner. Both girls and boys felt dissatisfied with their bodies after watching a music video or a TV program – and the more soaps, music videos and movies they watch, **the more they feel this way**. The dangers of having a poor body image, going on extreme diets, bingeing and purging, and obsessing over weight are just as serious as those of being overweight.

The **statistics** are alarming:

- ▶ An estimated 8 million Americans have an eating disorder, such as anorexia or bulimia, 7 million of them women.
- ▶ 20% of people suffering from anorexia will die prematurely.
- ▶ The death rate from anorexia is 12 times the death rate from all other causes combined for women aged 15-24.



- ▶ The **median age** for onset of eating disorders is 12-13.
- ▶ Only **5% of American females** naturally have the body type that is portrayed as ideal in advertising.
- ▶ **47% of 5th-12th grade girls** said they wanted to lose weight because of pictures they saw in magazines.
- ▶ **81% of 10-year-olds** are afraid of being fat.
- ▶ **Female athletes** are at greater risk for suffering eating disorders.

CHAPTER 5, SECTION 19:

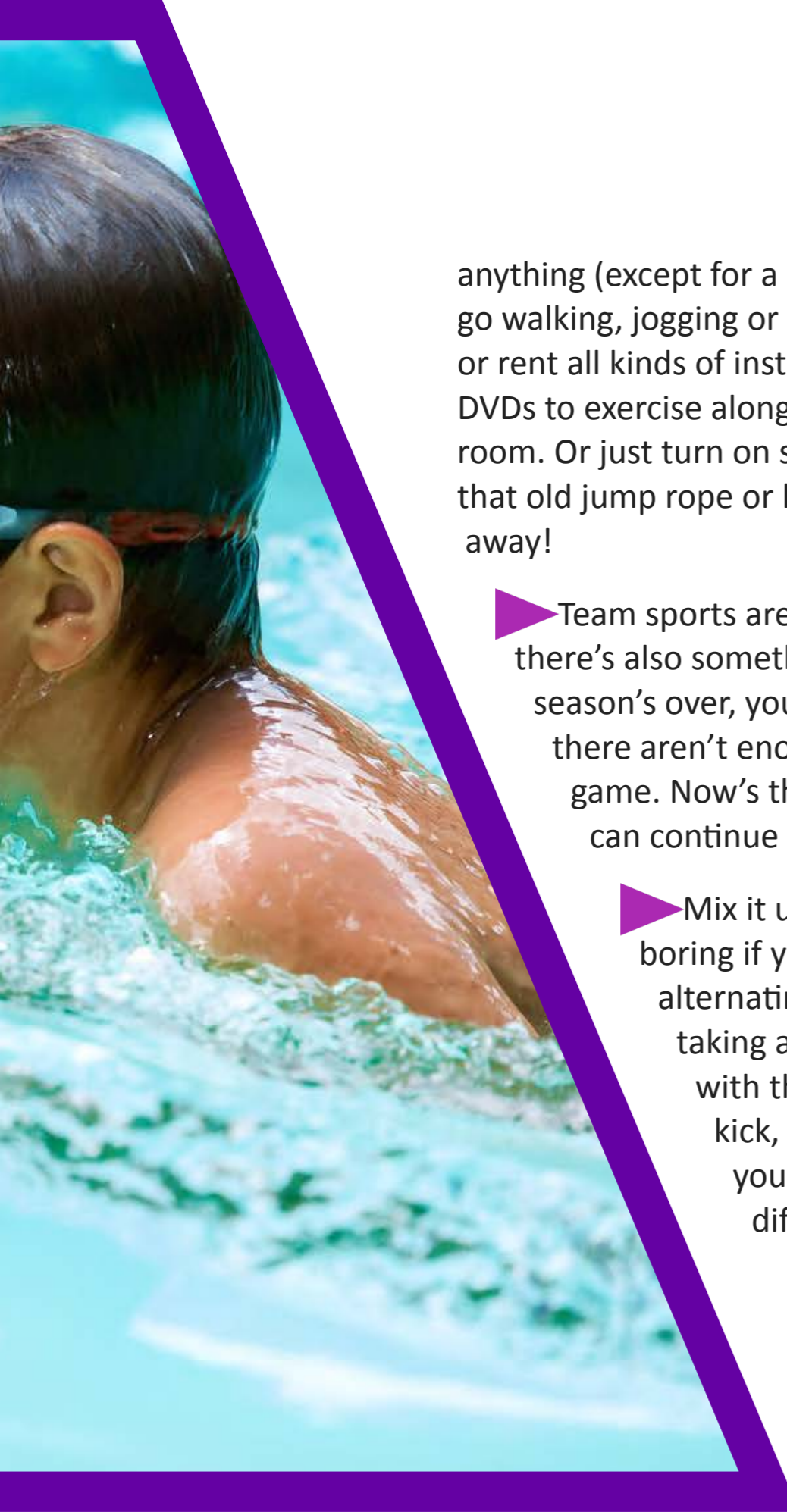
EXERCISE MORE

How many hours a week do you exercise? How many hours a week do you watch TV? If the first answer is less than the second, something is seriously amiss! You should try to get at least an hour a day of exercise, whether that means playing on a sports team, lifting weights, going for a walk, raking leaves, or just dancing around your room.

If you don't get regular exercise, here are some suggestions for getting started:

- ▶ Make it fun! You're not going to exercise if you don't enjoy it. What do you like to do? If you're not enthusiastic about the sports offered at your school, check out the local community center or YMCA/YWCA to see what appeals to you. Maybe it's karate or rollerblading or yoga or gymnastics or curling or ballroom dancing. It doesn't cost

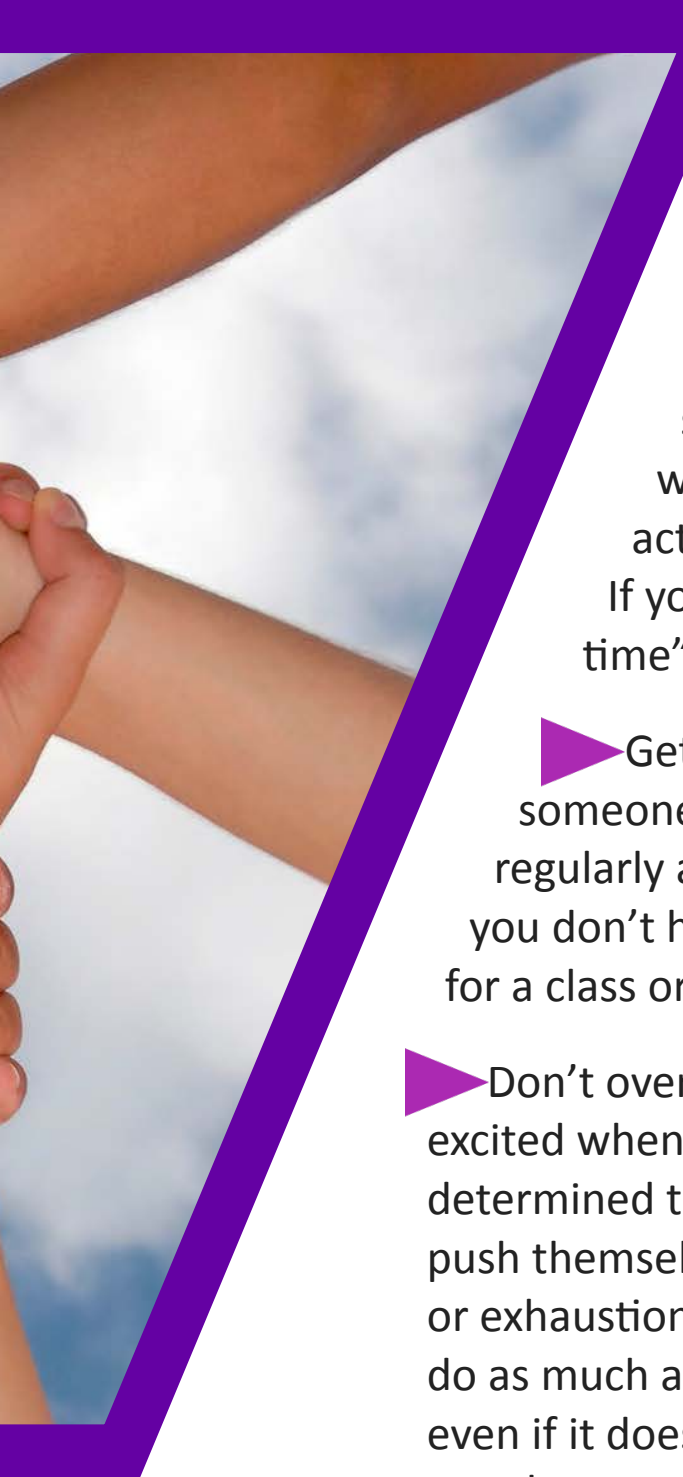




anything (except for a pair of sneakers) to go walking, jogging or hiking. You can buy or rent all kinds of instructional videos and DVDs to exercise along with in your living room. Or just turn on some music, pull out that old jump rope or hula-hoop and swivel away!

- ▶ Team sports are terrific, but make sure there's also something you can do when the season's over, you're confined to the bench, or there aren't enough others around to make a game. Now's the time to get into a pattern you can continue for your whole life.
- ▶ Mix it up! Any sport or exercise can get boring if you always do the same thing. Try alternating activities every other day, or taking a new route if you walk or run. Lead with the opposite foot if you jump or kick, throw with the opposite arm, do your routine in reverse order. Play a different sport each season!





▶ Set aside a specific time in your schedule for exercise. It doesn't matter when it is, but schedule your physical activity just like a class or an appointment. If you just leave it for "whenever I find time", you'll find that the time disappears.

▶ Get a buddy. If you exercise with someone, you'll be more likely to do it regularly and to push yourself harder. If you don't have a friend to go with, sign up for a class or join a team.

▶ Don't overdo it. Some people get so excited when they start – or they are so determined to lose weight – that they push themselves to the point of injury or exhaustion. Start slowly, and only do as much as you can handle – even if it doesn't measure up to your hopes or others' expectations. Little by little, you'll improve your speed, strength, flexibility and



Play Hard. Play Fair. Nobody Hurt.

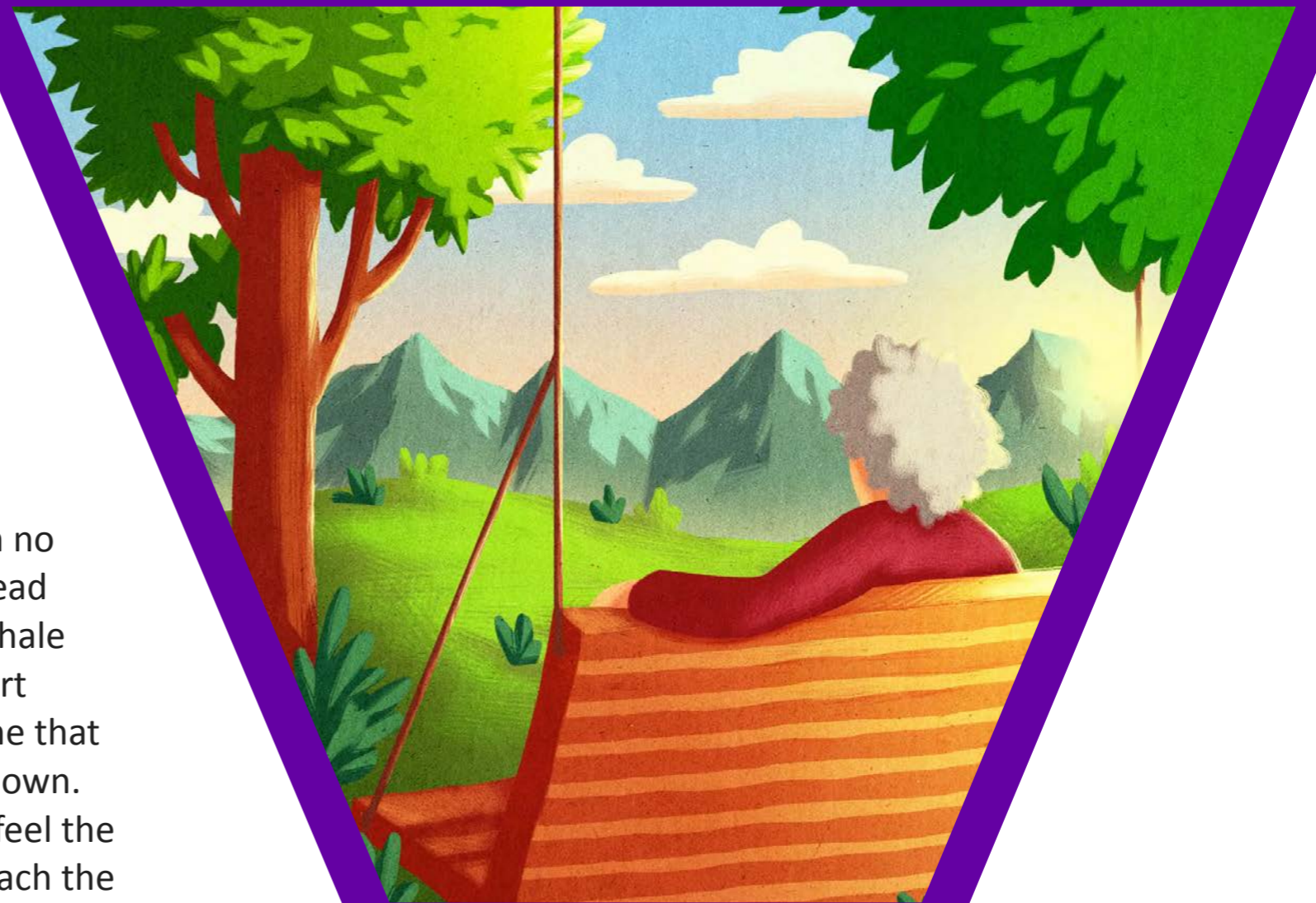
That's the motto of "New Games" – cooperative, interactive games that are played just for fun, not competition. They were developed in the 1970s in San Francisco, with names like "Snake in the Grass", "Blob" and "Schmerltz". Here's a fun one for a group of people: Everyone stands in a circle, shoulder to shoulder, and puts their arms in the middle. Each hand grabs another hand, randomly, and holds on. Now: disentangle the whole knot without letting go! You'll have to step over and in between each other's arms and twist yourselves around to end up in one big circle. You might be able to find an old copy of *The New Games Book* (last published in 1976) in a library or used book store.

CHAPTER 5, SECTION 20:

WHEN I'M 100 . . .

Sit in a comfortable chair in a quiet room, when no one else is around. Close your eyes (after you read this, of course) and take a few deep breaths. Exhale completely. Then, keeping your eyes closed, start counting slowly backwards from 10 to 1. Imagine that you're in an elevator, going from the top floor down. As you pass each floor, take a deep breath and feel the elevator sink towards the ground. When you reach the first floor, the door opens. Picture stepping out into a beautiful garden. Someone is there waiting for you on the swing. As you walk up to the person, you realize it's YOU – when you're 100 years old.

- Sit down on the swing next to yourself and give yourself a hug. What does your 100-year old self look like? What's your nickname? Where do you live? How many children and grandchildren do you have? How do you spend your time? Now ask your future self for some advice: what should I do in



order to live 100 healthy, happy years? Listen carefully while your future self tells you everything. Ask more questions, if you like. After you finish, thank yourself for all the great advice, give yourself a hug and tell yourself you look forward to meeting again. Go back up in the elevator, and when you open your eyes, **write down** what your 100-year old self told you.

CHAPTER 5, SECTION 21:

ARE YOU SLEEP-DEPRIVED?

Teens need about 8-10 hours of sleep every night. Sleep isn't like a banking account, where you can "save up" by sleeping all weekend and then "withdraw" by getting only a few hours' sleep each night during the week. You need to sleep 8-10 hours consistently.

In addition, the quality of your sleep is just as important as the quantity. If you're snoring loudly, grinding your teeth, tossing and turning, or getting up all night to go to the bathroom, even 10 or 12 hours of sleep won't make you feel well-rested.



Sleep Deprivation Checklist

Check any symptoms you have:

- I fall asleep in school.
- I have no energy.
- I feel exhausted all the time.
- I need soda or coffee to get going in the morning.
- I sometimes don't hear my alarm clock ringing.
- I have to press the "snooze" button numerous times.
- I'm often irritable and moody.
- It takes me less than 3 minutes to fall asleep at night.
- My memory is poor.
- My thinking or judgment is cloudy.
- I can't concentrate.
- If I don't set an alarm clock, I won't wake up for more than 10 hours.

Each of these can be a symptom of physical problems other than sleep deprivation, so be sure to tell your parents or doctor if you are experiencing any of them regularly.

EXCUSES, EXCUSES!

Here are the top 10 excuses for not getting enough sleep. Match each one to a good response (you can use them more than once, not at all, or make up your own):



Keeping a Dream Journal

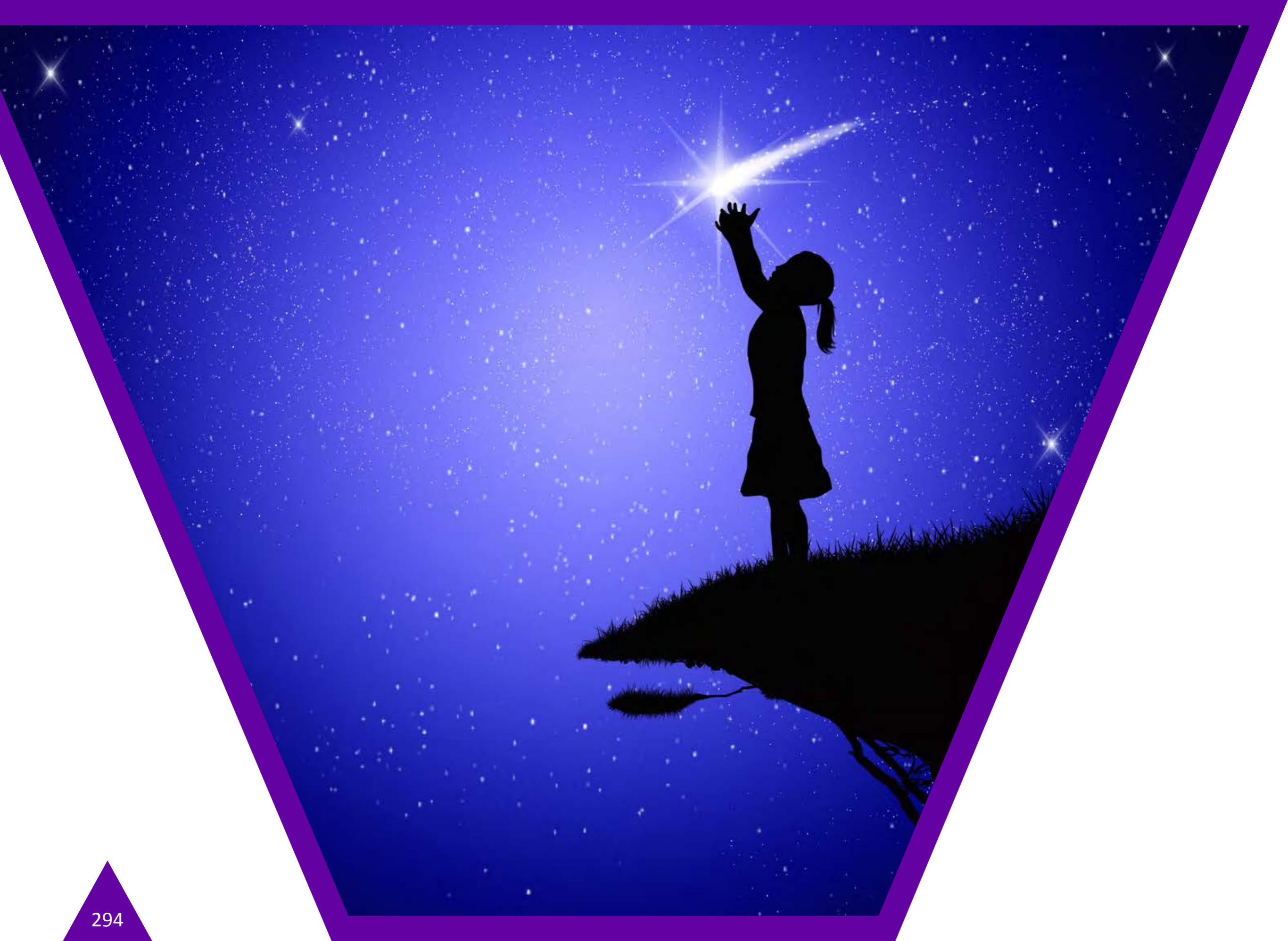
Want to interpret your dreams? Keep a blank book and a pen next to your bed. As you wake up, before you even open your eyes, lie still and try to stay in the dream. Reach quietly for the book and jot down some notes before it all slips away. Make sure you include the date, your first reaction, and the basic storyline. Use the present tense to keep yourself close to the dream. If you can remember the atmosphere of the dream, the people, the place, sounds, colors or smells, these details may be helpful. Even if you can't remember exactly what happened in the dream, note the way it made you feel: Were you frightened? Happy? Does the dream remind you of something that happened recently, or of a previous dream? Dreams are usually the mind's way of working out problems and fears that you haven't resolved consciously.

Excuses:

- * I'm never tired at bedtime!
- * I have too much to do!
- * I didn't finish my homework!
- * I want to finish watching TV!
- * I have nightmares!
- * I lie there but can't fall asleep!
- * Something hurts!
- * I have to get up too early!
- * It's too cold/too hot/too dark/too light/too noisy/too quiet!

Responses:

- * Umm, maybe you should go to bed earlier!
- * Turn off the stereo when you do your homework and maybe you'll finish quicker.
- * Why don't you try meditating, so you can let go of all those nagging thoughts?
- * Hey, get some earplugs!
- * If you played an hour of soccer on a field instead of on a gameboy, you'd be zonked!
- * Maybe you're doing too much. Is there something you can cut out?
- * Try getting to the bottom of it by keeping a dream journal.
- * Hello! Ever heard of an extra blanket?
- * That's what VCRs and TiVo are for!
- * Have you seen a doctor?
- * Did you try asking your parents for help?
- * Is it possible that all that caffeine is keeping you up?
- * It might help to exercise earlier in the day.
- * How about taking a warm bath in the evening rather than a shower in the morning?
- * Other: _____



CHAPTER 5, SECTION 23: **DARE TO BE DIFFERENT**

You probably know a kid at school who's really strange. He may wear dorky clothes, sit alone at lunch, say stupid things, or not seem to fit in with the group. Other kids are embarrassed to be seen in his company. You can probably also think of someone who's really strange, and yet is not an outcast. She may have weird clothes and talk funny, but people seem attracted to her, in awe of her – maybe they even try to copy her. She makes people laugh with her, not at her. She doesn't seem the least bit worried about what people think of her.

So what's the difference between them? Sometimes it's just a matter of self-confidence. If you love yourself the way you are and cherish your uniqueness – without looking down on those who are different – others will appreciate you, too. When you seek other people's approval, you give them power over you. If they know they can hurt you by keeping you out of a



clique or a club, or by making fun of you, they probably will. They may try to make you do things you don't want to do, just for the “privilege” of hanging

out with them. Just remember: you gave them this power, and you can take it away.

But it's so hard to ignore them, and not to care what they think! If you feel isolated or alone in school, find a place where you feel supported and special – and not at someone else's expense. Maybe it's a church youth group, or a yoga class, or the chess club. Are there kids who go to another school that live nearby? When you have a group of friends you enjoy spending time with, who love you for who you are and who help you feel good about yourself, it's a lot easier to stop paying attention to the other jerks.

Or maybe you ARE the popular one: the captain of the football team, the head cheerleader, the president of your class. You love school and have lots of friends, and everyone wants to be around you. Use this power wisely, by encouraging your classmates to act responsibly toward the environment and compassionately toward other people. You can be a true leader by setting an example that others will want to follow.



“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.” – Dolly Parton




CHAPTER 5, SECTION 24:

THE BEST THINGS IN LIFE ARE FREE

There's one thing you can do for yourself that will calm your nerves, ease your aches, clear your mind, improve your health, increase your energy, aid your digestion, slow your pulse, reduce your blood pressure, nourish your cells, and lift your mood. It takes almost no time and no special equipment, you can do it anywhere at all, and it's absolutely free. What is this wonderful thing?

Breathe. Yes, breathe. Not just regular, ordinary breathing that your body does automatically when you're not even thinking about it, but rhythmic, conscious breathing.

Here's how: Sit quietly with your back straight and close your eyes. Turn your eyes downward and relax your face muscles. Clasp your hands in your lap.

A photograph of a person sitting in a meditative pose on a beach at sunset. The person's hands are clasped in their lap in a mudra. The background shows the ocean and a bright sun low on the horizon, creating a warm, golden glow. The image is framed by a purple border that follows the shape of the text area.

With your eyes still closed, draw in a breath through your nose as you count to 4. Pull the air in by drawing from the back of your throat, not by widening your nostrils. While inhaling, let your ribs expand sideways like an accordion, filling from the

bottom up. Keep your shoulders still. Hold the breath for two counts, then exhale to the count of 4. You can exhale through your mouth if you like. Release the breath completely from your lungs, and draw in your stomach to push out the last pockets of air. Don't hyperventilate! Do this 5 or 6 times in a row, concentrating just on counting, feeling the breath fill your lungs, sensing the way it cools your nostrils as it comes in and warms them as it leaves. Think about sending the breath to all parts of your lungs – the back, the front, both sides evenly.

That's it! After you get used to this, you can do it for longer, as many times a day as you'd like. You can vary the counts – in 8, hold 3, out 7; in 4, out 6 – whatever works for you. It's a wonderful way to prepare for a test, to calm down when you're panicked, or to fend off nausea when you're in a moving vehicle.



CHAPTER 5, SECTION 25: **DOWNTIME**

People have this image of childhood as being a time when you're totally carefree, running around playing all day. But for lots of kids, especially teens, nothing could be further from the truth. In addition to 6 or more hours a day of school, they have soccer practice, swim meets, violin lessons, Sunday school, test prep, babysitting, chores, and 4 hours a night of homework. And maybe they have to shuttle between two sets of parents and step-parents to boot. Everything is scheduled, organized, regimented; every hour accounted for. Does that sound familiar?

Maybe your parents want you to get into a good school or college. Maybe you just have lots of interests. But at some point, you've got to choose what's really important to you. Do what you enjoy, and do it well. And then cut out the things that are lower down on the



list, or learn to do them more efficiently. You'll find that everything is more fun when there's less pressure to do it all.

Everyone needs some "downtime", when they're really just doing . . . well . . . nothing. Give yourself a break now and then. Just sit and think, breathe, be. And don't feel guilty about it!

CHAPTER 5, SECTION 26: **MEDITATION** **MEDICATION**

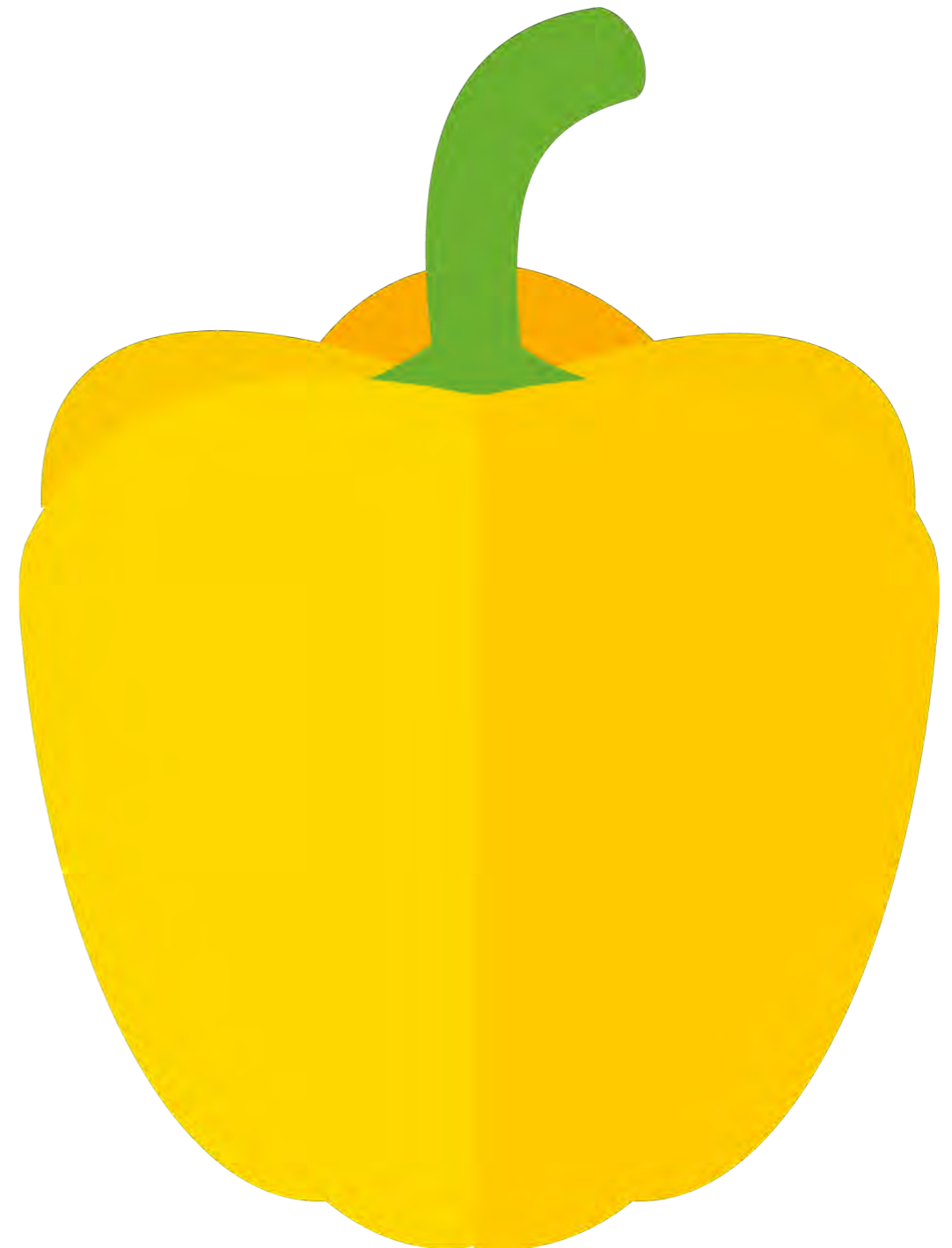
Do you ever feel like your brain just won't slow down? Your thoughts are bouncing all around and your head is going to explode? Meditation may be just the thing for you.

Now meditation doesn't mean thinking deeply, even though people sometimes use the word that way. Real meditation isn't thinking at all. In fact, it's the opposite of thinking. It's switching off your brain completely, to give it a rest. You stay in the here and now – just noticing the sounds, smells, sights and sensations around you, without judging, without thinking about things that happened in the past or what will happen in the future. That's a LOT harder than it sounds. Because your mind doesn't like to be shut off. It always wants to be in control. And the more you fight with it, the sneakier it gets.



The best way to meditate is by practicing breathing, as described in **Chapter 5, Section 24**. The only thing that's in your head is the sound and feel of your breath, and the counting. Keep focusing on your breath, in and out. You'll find thoughts starting to float in – when you realize your brain has popped back into gear, slowly push those thoughts away, like clouds floating across the sky. Just let them go.

At first, you may only be able to go 2 or 3 seconds without thinking. You'll find that you're thinking about not thinking, or how difficult it is to stop thinking, or a million other things that come to mind. Don't get discouraged, and don't punish yourself. Whatever happens is fine. Just sit there and enjoy a few minutes of peace and quiet. And congratulate yourself for pressing the “off” switch, even if it only lasted a few seconds.



CHAPTER 5, SECTION 27:

WHAT AM I GRATEFUL FOR?

You may not have everything you want, but if you take a good look around, you'll see that in the scheme of things, you're pretty well off. There are **400 million children** around the world who live on less than \$1.25 a day. They sleep on the streets, they eat garbage (if they can find it), they die of easily curable illnesses. There are kids who are abandoned, forgotten, and abused, who can't go to school, who are forced to work long hours at dangerous jobs for little or no pay.



**“If I am not for myself,
then who will be for me?
And if I am only for myself, then
what am I? And if not now, when?”**

– Rabbi Hillel



You have so many things to be thankful for! Big things and little things: legs that can carry you, a great math teacher, the gurgle of a mountain stream, the velvety softness of your cat's fur, the taste of an apple fresh off the tree. It's so easy to take things for granted, forgetting how extraordinary and wondrous it is to be alive.

Put a bowl or vase in your room, and each day write down on a strip of paper one thing you're grateful for. Maybe that cute guy winked at you, or your mom made your favorite dinner. Or you're glad that you were born after they invented e-mail or that your feet don't stink. You don't have to show it to anyone else, but keep your bowl full of blessings and read them whenever you're sad.

CHAPTER 5, SECTION 28: MY CREDO

In business, they call it a “Mission Statement”. In politics, they call it your “Vision”, or, particularly if they don’t like it, an “Ideology”. In religion, a “Creed”. Whatever you call it, it’s a set of fundamental principles and beliefs that provide a sense of purpose and direction. You can spend a lifetime trying to figure out what you’re here for – the meaning of your life, the task that has been set out for you – or you can just start somewhere and adjust it as you go. Before you finish this book, take some time to think about your role in your family, your community, your country, on this planet. What do you hope to accomplish during your lifetime? What are your most important beliefs? What values will guide you?

- Write one paragraph that explains your philosophy and your goals. Give it a **try**.





Before you finish this book, go back to the **questionnaire** in the beginning and fill it out again. What has changed in your life since you started on this journey? Did the book help you in any way? If so, people would love to hear about it! Please take the reader survey:



**If you don't know where you are going,
any road will take you there. – paraphrase
from Lewis Carroll's *Alice in Wonderland***

1. How did you find out about this book?

- Parents
- Friends
- iBooks store
- School
- Internet
- Other (please specify): _____

2. How would you rate the content of this book?

	Excellent	Very good	Moderate	Fair	Poor
Enjoyable to read	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easy to understand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Useful information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appropriate for my age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Applicable to my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. How would you rate the design of the book?

	Excellent	Very good	Moderate	Fair	Poor
Photographs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Illustrations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
General layout and design	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Interactive elements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
User-friendliness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. What did you like about this book? (Please select all that apply.)

- Exploring new foods
- Trying new recipes
- Discovering more about myself
- Using the widgets
- Looking at the photos and illustrations
- I didn't like this book
- Other (please specify): _____

5. As a result of reading this book, I: (Please select all that apply.)

- Tried a new food
- Started cooking more
- Changed my diet
- Think more about what I eat
- Got my family to change their eating habits
- Recommended this book to someone else
- Took action to change a law, policy or common practice
- Understand my body better
- Feel better about myself
- Am more interested in the world
- Am more interested in food and nutrition
- Am more interested in the environment
- Lost weight
- Gained weight
- Have more compassion for other people
- Am more confused than ever
- Other (please specify): _____

6. What is your gender?

- Female
- Male
- Neither / both / transgender

7. What is your age?

- 10 or younger
- 11-15
- 16 or older

8. What is your ethnicity? (Please select all that apply.)

- American Indian or Alaskan Native
- Asian or Pacific Islander
- Black or African American
- Hispanic or Latino
- White / Caucasian
- Prefer not to answer
- Other (please specify): _____

9. Where do you live?

City: _____

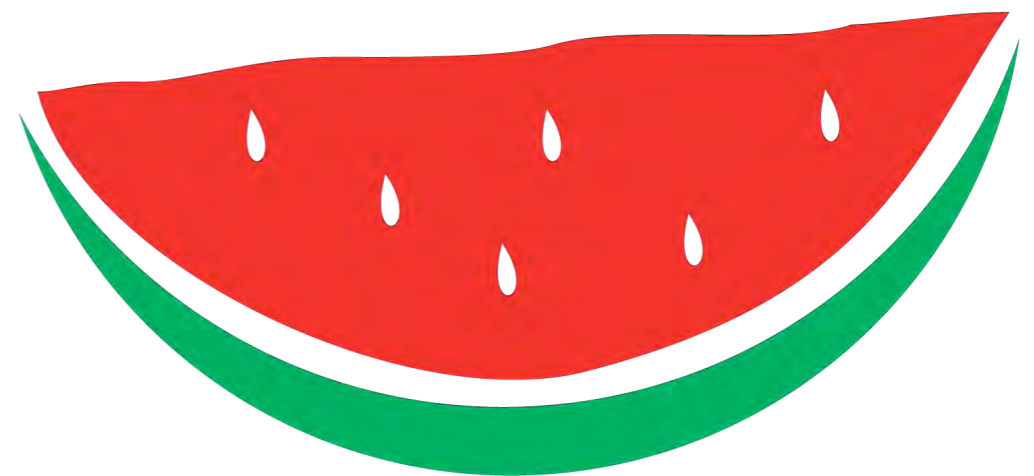
State or Province: _____

Country: _____

10. Do you have any other comments, questions, or concerns?

Want to learn more and stay connected? Visit
www.ketchupisnotavegetable.net to see recipe
ratings, survey results, and more.

ABOUT



ABOUT, SECTION 1: **ABOUT THE AUTHOR**

Diana Ohlbaum is a graduate of the Institute for Integrative Nutrition. She began her long and continuing journey towards healthy eating after discovering that multiple food allergies were making her sick, tired, and overweight. Watching what her friends, neighbors and relatives were feeding their kids made her decide to write this book.



ABOUT, SECTION 2:

ABOUT THE ILLUSTRATOR

Nikola Radulovikj was born and educated in Macedonia. He started as a traditional painter with numerous group and solo exhibitions and has been working since 2009 as a freelance digital artist in the field of illustration and animation. Nikola has collaborated in several picture book projects published in the United States and has been working on a variety of other projects, including animated TV shows, picture book publications and other illustration projects around the world.



ABOUT, SECTION 3: **ABOUT THE DEVELOPER**

Julius Krunglevičius is an ebook developer from Lithuania. From early on, he always had an attraction to art. He studied art history and theory and right after his studies he started working in a company creating (designing and producing) museum exhibitions. There he learned about the importance of content, especially content that has a long lasting value. Combining art, content, and interactivity brought him to ebook development. Since 2011 his focus has been on producing beautiful and meaningful books.



ABOUT, SECTION 4:

ACKNOWLEDGMENTS

The author would like to thank the courteous and courageous young people who provided stories, feedback and advice for this book: Alexandra S., Cristina S., Austin P. M., Lily C., Emily C., Grace C., Maxine S., Kynan S., Courtney S., Aubrey G., Samantha S., and Cassie O. H. Your willingness to read draft chapters and try the games and recipes was more helpful than you'll ever know.

To my friends Lora Lumpe and Andrea Eisler: my deepest appreciation for your help in testing recipes, recruiting young readers, linking me with potential agents and endorsers, and providing moral support all along the way.

Many others deserve thanks for their contributions. Robyn Lieberman gave me great first-hand perspectives on nut and bean allergies. Amy Waldman, Debby Waldman and Miriam Bamberger Grogan shared insider tips on writing, marketing and publishing.

Finally, to my husband, Allen Hahn: my love and profound gratitude for putting up with all the recipes that flopped, all the weekends spent writing, and all the dishes left in the sink.

COPYRIGHT

Author - Diana Ohlbaum

Illustrator- Nikola Radulovikj

Ebook design and development - Julius Krunglevičius

Image of broccoli on pg. 8 by Fir0002/Flagstaffotos

ISBN: 978-0-9963841-0-0

Contact - **info@ketchupisnotavegetable.net**

www.ketchupisnotavegetable.net

© Diana Ohlbaum

© Nikola Radulovikj

All rights reserved.

No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopying, recording or any other information storage and retrieval system, without the written permission of the authors.

Every effort has been made to acknowledge correct copyright of images where applicable. Any errors or omissions are unintentional and should be notified to the publisher, who will arrange for corrections.

Halloumi cheese

Halloumi cheese (sometimes called “grilling cheese”) is a special type of cheese from Cyprus that can be fried or grilled because it doesn’t melt. You can find it in Middle Eastern or gourmet food stores.

Related Glossary Terms

Drag related terms here

Index

Find Term

Chapter 4 - Recipes

Jicama

A Mexican root vegetable, pronounced “HEE-ka-ma”. It looks like a potato but it tastes more like an apple, and you eat it raw.

Related Glossary Terms

Drag related terms here

Index

Find Term

Chapter 3 - Tater Tots

Labneh

Labneh is a form of strained yogurt that looks and tastes a bit like cream cheese. Popular in the Middle East, it is thick, rich, and creamy.

Related Glossary Terms

Drag related terms here

Index

Find Term

Chapter 2 - Sweet Sensations

TVP

TVP, or “textured vegetable protein”, is a dried soy product that comes in flakes or crumbles, often found in the bulk bins at the supermarket. It absorbs the flavors it’s cooked with and takes on the consistency of ground beef. You can also use it to make meatless chili, spaghetti sauce, stews, and taco filling.

Related Glossary Terms

Drag related terms here

Index

Find Term

Chapter 4 - Recipes