

Coda #3:

Mary's Recs – Foods I Would Eat Every Day or As Often As Possible

1. At least one egg (free range of course). It's still the highest quality protein, and eggs are also rich in B vitamins, vitamins A, D, E, and K, choline, manganese, Sulfur and zinc. Yes they have a lot of cholesterol, but recent research indicates that the saturated fat content of ingested foods has a much greater effect on individual cholesterol levels.¹ You can't get a better protein net.
2. Avocados. Rich in monounsaturated fat, studies have shown that they can lower cholesterol.² Avocados also contain phytonutrients like beta-sitosterol, another cholesterol buster, and glutathione, which protects against cancer. They're also rich in vitamin E,³ B6, folic acid, and fiber and loaded with blood pressure-lowering potassium.
3. Flaxseed. I have already gone on quite a bit about flax but, remember, it's an omega-3 fatty acid cornucopia and omega-3s decrease blood clotting, prevent heart arrhythmias, and combat inflammation. They're also suspected boosts for mood and brain function. Flaxseeds have lots of protein and fiber, and a third of that fiber is the cholesterol-lowering soluble kind. And they have lots of lignans, which may block hormone-related cancers.⁴
4. Nuts. Brazil nuts are selenium stars, suspected of prompting cancer cells to self-destruct. They're so loaded with this anti-carcinogen that only one or two a day are plenty.⁵ Cashews are rich in zinc, and walnuts are loaded with omega-3 fatty acids.⁶ Despite their regulation as a caloric, high fat food, nuts may actually help with weight control. Their fats are of the heart healthy type, and new research suggests they may quell appetite.⁷
5. Beans. The ancient Romans had such respect for beans that four of their most prominent families took their names from a favored legume. The honored beans predated the famous families in cultivation by a few thousand years but, nevertheless, Cicero took his name from the chickpea (ceci in Latin), Piso from the pea, Fabius from the fava bean, and Lentulus from lentils.⁸ Beans have bad (LDL) cholesterol-lowering properties, and they're rich in protein, carbohydrates, vitamin B2, pantothenic acid, biotin, choline, inositol, vitamin E, copper, iron, magnesium, manganese, molybdenum, Sulfur, and of course, fiber.⁹ I cope with their time constraint by using canned beans, but

you can make an end run around this problem with lentils, which require no pre-soaking and cook in 15 to 20 minutes.

6. Brewer's Yeast. This nutritional powerhouse is rich in biotin, chromium, copper, folate, lecithin, niacin, PABA, pangamic acid (which lowers cholesterol), pantothenic acid, phosphorus, riboflavin, selenium, thiamin, and thiotic, also known as lipoic acid (which protects against diabetes, heart disease, and cirrhosis of the liver).¹⁰

7. Prunes. The dried form of plums, prunes are antioxidant stars but they also have antibacterial, antiviral, and salicylate properties. They're rich in vitamin A and niacin and are famous (perhaps infamous) for their fibrous abilities.¹¹ I wouldn't have gotten near a prune when I was young; now I can't get through a day without them. Stewed and stored in the fridge in their cooking water, they keep virtually forever and just get sweeter and sweeter.

8. Onions. They were a symbol of eternity to the ancient Egyptians – maybe they somehow knew that their Sulfur compounds (also in garlic) thin your blood and lower blood pressure. They're also chock full of quercetin, a key antioxidant flavonoid that defuses LDL cholesterol and defends against cancer and cataracts.¹²

9. Tomatoes. These are lycopene bonanzas, the anti-oxidant carotenoid that protects against cancer, heart disease, and maybe bone loss. Lycopene is released better when they're cooked and some kind of fat with them increases absorption.¹³

10. Fruit. Apples for quercetin, bananas for potassium, blueberries to fight cancer and keep your brains and sight working, kiwi because a Rutgers University study found it the most nutritionally dense of 27 commonly eaten fruits.¹⁴ Fruits of many kinds should be as much a part of your day as breathing.

11. Green. leafy vegetables. You can pick which ones and how many, but if you've read this far, you already know how much they can do for you.

12. Whole Grains. The main thing is to think whole instead of the white, frothy, over-processed breads and pastas that have been standard fare for the last 30 years or so. Besides being anti-carcinogens, whole grains are rich in protein, carbohydrates, fiber, vitamins B6, E, and K, folic acid, pantothenic acid, biotin, choline, inositol, PABA, calcium, chromium, iron, magnesium, manganese, molybdenum, selenium, silicon, Sulfur, vanadium, and zinc.¹⁵ What more could you possibly want from food? Well, flavor, but just pair them with some fat. Tortilla chips count!

13. Tea. Flavanoid-full, it has anti-bacterial, anti-coagulant, anti-carcinogen, anti-viral, and salicylate properties. All colors work.¹⁶

14. Chocolate. Naturally, I would include this flavonoid bonanza. The darker the chocolate, the richer the flavonoids and, for my money, the flavor. Don't forget that the Mayans, who discovered it at least 1,500 years ago, called it the "food of the gods." Chocolate has been cleared of responsibility for acne, cavities, and migraines, and its mood-enhancing abilities are fact, not fiction.¹⁷ Enjoy!

And, if you have a cholesterol problem, here are two (besides eating all the above), very disparate plans of attack:

1. As little as ¼ teaspoon of cinnamon a day can lower blood sugar, cholesterol, and triglycerides and improve HDL/LDL ratios.¹⁸

2. A mixture of 4 cups apple juice, 3 cups white grape juice, and ½ cup apple cider vinegar has similar effects. Mix up a batch and drink a small juice glass each morning. The two other juices temper the acidity of the vinegar. But the vinegar may be the nutritional superstar: it's an ancient folk remedy for practically everything. Pick the one that suits your taste buds!

Footnotes: Coda #3 Mary's Recs – Foods I Would Eat Every Day or As Often As Possible

1. New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs by Nicola Reavley, M. Evans and Company, Inc., New York 1998, p. 559
2. Dallas Morning News, 11/4/04, Sect, E, p. 3.
3. Environmental Nutrition, April 2004, Vol. 27, No. 4, p. 1.
4. Ibid., p. 6
5. Ibid.
6. Nutrition Almanac, 5th edition, Lavon J. Dunne, McGraw Hill, 2002, pp. 146, 225.
7. Environmental Nutrition Newsletter, July 2006, Vol. 29, No. 7, p.2.
8. Vegetarian Classics, Jeanne Lemlin, Quill, 2001, p. 31.
9. Nutrition Almanac, 5th edition, Lavon J. Dunne, McGraw Hill, 2002, pp. 146, 225.
10. New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs by Nicola Reavley, M. Evans and Company, Inc., New York 1998, p. 791
11. Nutrition Almanac, 5th edition, Lavon J. Dunne, McGraw Hill, 2002, pp. 142-145.
12. Environmental Nutrition, April 2004, Vol. 27, No. 4, p. 6.
13. Ibid.

14. Ibid., pp. 1, 6.
15. Nutrition Almanac, 5th edition, Lavon J. Dunne, McGraw Hill, 2002, pp. 143-149.
16. Ibid., pp. 142-144.
17. Environmental Nutrition, February 2004, Vol. 27, No. 2, p. 8.
18. Dallas Morning News, 11/2/04, Sect. E, p. 3.

Personal Notes:

The New Vegetarian Epicure by Anna Thomas (Alfred A. Knopf, New York, 1996)

A Passion for Potatoes by Lydie Marshall (Harper Collins Publishers, Inc., 10 East 53rd Street, New York, N.Y. 10022, 1992) (NTV)

Pizza, Focaccia, Flat, and Filled Breads from Your Bread Machine by Lora Brody (William Morrow and Company, Inc., 1350 Avenue of the Americas, New York, N. Y. 10019, 1995) (NTV)

Risotto Riosoti by Judith Barrett (Macmillan 1633 Broadway, New York, N.Y. 10019, 1996) (NTV)

Simple Vegetarian Pleasures by Jeanne Lamlin (Harper Collins Publishers, Inc., 10 East 53rd Street, New York, N.Y. 10022, 1998)

30 Minute Vegetarian Indian Cookbook by Mridula Baljekar (Ecco Press, 100 W. Broad Street, Hopewell, New Jersey 08525, 1997)

30 Minute Vegetarian Mexican Cookbook by Sarah Beattie (Ecco Press, 100 W. Broad Street, Hopewell, New Jersey 08525, 1997)

1000 Vegetarian Recipes by Carol Gelles (Macmillan, 1633 Broadway, New York, N.Y. 10019, 1996)

Twelve Months of Monastery Soups by Brother Victor Antoine d'Avila-Latourette (Ligouri Triumph, Ligouri, Missouri, 1996) (NTV)

Vegetarian Classics by Jeanne Lemlin (Harper Collins Publisher, Inc., 10 E. 53rd Street, New York, N.Y. 10022, 2001)

Vegetarian Grill by Andrea Chessman (The Harvard Common Press) 533 Albany Street, Boston, Massachusetts 02118, 1998)

The Well-Filled Tortilla Cookbook by Victoria Wise and Susanna Hoffman, Workman Publishing Co., Inc., 708 Broadway, New York, N.Y., 10003, 1990) (NTV)

Other Resources and Recommended Reading

The Vegetarian Resource Group
P.O. Box 1463
Baltimore, Maryland 21203
410-366-8343
www.vrg.org

“Vegetarian Times Magazine”
P.O. Box 420234
Palm Coast, Florida 32142-0234

“Jessica’s Biscuit Catalogue”, America’s Cookbook Store
www.ecookbooks.com
1-800-878-4264
FAX: 1-617-244-3376

“The Baker’s Catalogue”
Quality Products, Recipes, and Inspiration for Bakers
1-800-827-6836
www.Baker’scatalogue.com

Whole Foods Market

The New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs by
Nicola Reavley (M.Evans & Company, Inc., New York, 1978.)

Realities of Nutrition by Ronald M. Deutsch (Bull Publishing Company, P.O.
Box 1377, Boulder, Colorado 80306, 1976.)

Diet for a Small Planet by Frances Moore Lappe (Ballantine Books, New
York, 1971.)

Food First Books

Institute for Food and Development Policy
398 60th Street, Oakland, California 94618
510-654-4400; FAX: 510-654-4551; www.foodfirst.org

Don't Drink Your Milk by Frank A. Oski, M. D. (Teach Services, Inc., Brush-
ton, New York, 1983.)

The Bloodless Revolution by Tristram Stuart (W.W. Norton & Company, New
York, London, 2006.)

Beyond Beef, the Rise and Fall of the Cattle Culture by Jeremy Rifkin
(Plume, Penguin Books, 375 Hudson Street, New York, N.Y. 10014, 1993.)

Portrait of a Burger as a Young Calf, The True Story of One Man, Two Cows,
and the Feeding of a Nation by Peter Lovenheim (Harmony Books, New
York, N.Y., 2002.)

The Meat You Eat, How Corporate Farming Has Endangered America's Food
Supply by Ken Midkiff (St. Martin's Press, New York, 2004.)

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