

Simple Changes for Increased Nutrition and to Enhance Health

Simple Food Swaps

- Almond Butter instead of Peanut Butter (less fat and more nutrients; Barney Butter is a good tasting brand)
- Sweet potato fries instead of French fries
- Cook with coconut oil or olive oil instead of vegetable oil/peanut oil (medium-high heat)
- Cook with grapeseed oil instead of other oils (high heat)
- Raw zucchini (cut with spirooli) instead of pasta
- Raw honey, agave, and/or Stevia instead of sugar
- Kale chips or banana chips instead of potato chips
- Terra Vegetable Chips (sweet potatoes, parsnips, Taro, Yuca, Ruby Root Vegetables) instead of potato chips
- Avocado dip or Hummus dip instead of a dairy based dip
- Organic ranch dressing instead of regular ranch dressing
- Raw nuts instead of roasted nuts
- Quinoa in place of white rice or just incorporated into meals (i.e. Quinoa Salad)
- Use romaine lettuce instead of bread for a sandwich or a tortilla for a rollup
- Romaine lettuce, spinach, or kale instead of iceberg lettuce for nutritional benefits
- Red, yellow or orange peppers instead of green peppers (milder taste and more nutritional value)
- Black bean burgers instead of hamburgers
- Add sprouts and seeds instead of croutons to salads
- Grade B Syrup instead of regular processed syrup (Grade B has detox effects)
- Nutritional Yeast instead of grated parmesian cheese
- Steel Cut Oats instead of Rolled Oats
- Kombucha (Synergy brand is good) instead of soda/pop
- Juiced vegetables instead of V8 or apple juice, etc as they are pasteurized and nutrients are lost
- Juiced oranges instead of orange juice
- Juiced apples or Organic apple juice instead of non-organic apple juice (many from China contain arsenic)
- If wanting cooked vegetables, roast or steam instead of boiling in a pan to maintain more nutrients
- Green Tea (hot or cold) instead of sugar drinks
- Amino Acids (Braggs Brand) instead of Soy Sauce
- Homemade raw chocolate instead of chocolate syrup/dip
 - Recipe: equal parts raw cashew butter, agave nectar, raw organic cocoa and maca (optional) instead of chocolate syrup

Simple and different snack ideas for adults and kids

- Frozen grapes
- Frozen blueberries
- Frozen peas
- Organic Fruit snacks (Annie's Brand)
- Banana Chips
- Have fruit and veggies cut up and placed in small containers accessible and ready to go
- Peppers, grape tomatoes, carrots, snap peas, raw green beans, celery, jicama
- Raisins
- Dried fruit
- Trail Mix
- Walnuts covered with raw honey (dried in dehydrator or oven)
- Dried fruit rollups
- Whole grain crackers or vegetables with hummus
- Juice Plus+ Complete Smoothie (good substitute for ice cream)
- Juice Plus+ Complete Bars
- Smoothies with frozen banana as base ingredient (good substitutes for ice cream)
- Almond butter and banana rolled up in whole wheat/brown rice tortilla
- Almond butter on an apple or banana (or used to dip in apples and bananas)
- Spread almond butter on banana, roll in crushed granola bar
- Low fat yogurt, 1/2c blueberries or strawberry slices, 1/4c walnuts or almonds. Honey optional.
- Mango black bean salsa
- Hummus with veggie sticks
- Raw broccoli dip with veggies
- Place Grade B Maple Syrup over quinoa, cook in oven for 10-15 minutes then place in yogurt

Simple Additions

- Add Chia Seed meal, flaxseed meal, lethicin, and/or ground pumpkin seeds to pancake batter, bread, cookie dough, smoothies, black bean burgers, meat, etc
- Add greens (Kale, Spinach, etc) to smoothies
- Add Spirulina and/or Kelp to smoothies, etc
- Add coconut water to smoothies for additional nutrients
- Add Bee Pollen to smoothies
- Add Maca to chocolate or smoothies (nutty/earthy flavor)
- Add ginger root to smoothies or tea (great vegan source of zinc – lowers inflammation)
- Coconut Milk or Almond Milk instead of Dairy Milk
- Add Chia Seeds to yogurt (Chia is a good source of Omegas, etc)
- Raw foods where/when possible (snap peas, jicama, & green beans are different options to include)
- Incorporate Raw Apple Cider Vinegar into your diet (many health benefits)
- Go gluten free when possible (gluten is hard on our gut; it is like glue in the intestines)
- Meatless Mondays (www.meatlessmondays.com for recipe ideas)

Additional Information

- Increase protein intake if craving bad carbs a lot
- Increase magnesium if craving chocolate
- Miso Soup helps curb sweet cravings



Food 4 Thought

Melanie Schmidt

Health & Wellness Coach

Support & Services

Nutrition and Health Classes

- Village Learning Centre
- Meet Up Group
- Small and/or Individual Classes

Health Coaching

- Free Initial Consults Offered
- 6 Month Program

Juice Plus+ Whole Food Nutrition

- Presentations/Meetings
- Individual calls/web walks
- Pregnancy Research Study & Children's Health Study (Free Juice Plus for kids)

Newsletter, Facebook Page, Website

- Website: www.Food4Thoughtdm.com
- Monthly Newsletter: Sign up through above website or emailing Melanie at mjs0818@gmail.com
- Facebook Page to "Like": https://www.facebook.com/?ref=tn_tnmn#!/pages/Food-4-Thought/268887034905
- MeetUp Group (Health & Wellness Classes):
<http://www.meetup.com/The-Des-Moines-Mindful-Living-Meetup-Group/>
- Juice Plus Website: www.msandjuiceplus.com
- Tower Garden Website: www.ms.towergarden.com
- Village Learning Centre Calendar <http://healingpassages.org/the-village/calendar/>