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HEALTHIER FOOD CHOICES

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Brown Box Organics not only offers free home or office organic produce and specialized grocery deliveries but also curbside pick up on call-ahead orders.

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Often people don't know exactly where to start in making healthier food choices. Here are some ideas:

1. **Eat more plants** like raw and cooked vegetables, fruits, legumes and beans, nuts seeds and whole grains. Eat a colorful variety of plants to ensure you're getting the best nutrients for your body. Add dark leafy greens like kale or swiss chard to soups and stews.
2. **Choose the majority of foods as whole, fresh, organic, local, seasonal and unprocessed** and eliminate refined, processed foods with high fructose corn syrup (HFCS) artificial flavors, colors, sweeteners and hydrogenated fats. For example, choose an organic apple instead of apple juice.
3. **Get your healthy fats from plant sources such as nuts and avocados.** Minimize "extracted" oils and processed fats.
4. **Select leaner meats and seafood, as well as lower fat dairy products.** Build your menus around using smaller amounts of meat, and greater amounts of vegetables.
5. **Choose nutrient-dense foods** with a wide variety of vitamins, minerals, phytonutrients and antioxidants.

It's important to eat 12-20 grams of protein at each meal, particularly breakfast. So, if you choose to eat more vegetables, be sure to check the amount of protein you are getting on a daily basis. A good website for vegetable recipes and information is <http://www.pcrm.org/health/> Like everything else, a healthy diet needs to be customized to your own health needs and status, so consult a licensed health care practitioner to help you make individualized choices.

Instead of

Wheat bread, rolls, buns
Bagels
Enriched flour
Pastries and cakes
Donuts and packaged cookies
Commercial breakfast cereals
Packaged pancake mix
Commercial pancake syrup
Pasteurized milk

Margarine
Milkshakes
Commercial ice cream
Coffee
Soda pop, carbonated drinks
and/or alcohol
Cocoa
Sugar
Candy
Jello and pudding

Eat

Whole grain, spelt bread
Whole grain bagels
Whole wheat, spelt, or rye flour
Fruit squares sweetened with juice, 100% fruit leathers
Whole grain cookies and muffins
Steamed whole grains (rice, millet etc.)
Whole grain waffles and pancakes
Maple syrup, fresh fruit and yogurt, fruit puree
Raw milk, goat milk, keifer, soy milk, nut milk, soy cheese, yogurt cheese, goat cheese, feta, mozzarella
1 cup butter mixed with 1 cup olive oil
Smoothies made with nut/soy /rice milk
Homemade ice cream, fruit sorbets, frozen fruit juice, smoothies
Teas, herbal teas, postum, inka,

Diluted fruit juice, spring water, mineral water
Carob sweetened with honey
Molasses, maple syrup, honey, malt syrup, agave, brown rice syrup, stevia
Whole fruit, unsulfured dried fruit, nuts, seeds
Fruit and nut smoothies

Commercial popcorn, chips

Instead of

Salt

White flour pasta

White flour tortillas

White flour sauces

White rice

Saltine or oyster crackers

Lard, hydrogenated oils*

Fried foods

Luncheon meats or canned meat

Hamburgers

Beef, pork, veal

Ketchup

Commercial soy sauce

Commercial peanut butter

Air popped popcorn, shelled nuts and seeds

Eat

Sea salt, kelp, brewer's yeast, herbs, Liquid Aminos

Soy, corn, spelt, or whole grain macaroni, spinach, rice, quinoa, amaranth pastas

Whole wheat tortillas, spelt or corn tortillas

Arrowroot, tapioca, or rice polishings to thicken

Brown, basmati or texmati rice

Whole grain, rice crackers or rice cakes

Cold pressed, olive, sunflower, etc. vegetable oils

Broil, poach, steam, stew or bake

Bean, hummus, and/or vegetable spread

Gardenburgers, Boca Burgers, etc.

Lean fish, fowl, lamb, wild game

Unprocessed tomato juice or sauce

Tamari (naturally fermented soy sauce), Liquid Aminos

Freshly ground peanut butter/almond butter and/or sesame butter (tahini)

*coconut oil is a healthier choice for a variety of reasons

Best foods to buy Organic: Meats, dairy, celery, peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach, kale, cherries, potatoes and imported grapes. (Source: Environmental Working Group)

Italian Spaghetti

1 package Italian Herb Spaghetti sauce mix

1 6 oz. can tomato paste

1 cup cooked Double XL Ranch Italian Sausage

4 oz. Ancient Harvest Quinoa pasta (instead of 1 oz, can use 2 oz. dry per person)

Follow preparation instructions on sausage package and add italian sausage. May garnish with parmesan cheese, if desired.

Nutritional analysis: per serving: 413 calories, 13 g fat, 4 g saturated fat, 24 g cholesterol, 856 mg sodium, 63 g carbohydrates, 7 g fiber, 8 g sugar, 14 g protein.

Thai Noodle Salad

1 8-oz. package brown rice spaghetti

3 cups shredded napa cabbage (used regular)

4 large carrots, shredded

1 small green pepper---chopped/diced

1 small yellow pepper ---chopped/diced

1 small red pepper – chopped/diced

1 bunch fresh cilantro, chopped

1 bunch fresh green onions, chopped

½ cup chopped peanuts

2 T. toasted black (used regular)sesame seeds

¼ cup peanut butter

2 tablespoons tahini

¼ cup rice wine vinegar

¼ cup sweet chili sauce

5 T. Tamari soy sauce

1 tsp. sesame oil

1 tsp. brown sugar

1 tsp. garlic powder

1 tsp. sea salt

1 tsp. ground black pepper

Optional: 8 oz. frozen cooked shrimp, thawed and drained

Break pasta into small pieces and cook in boiling water 8-10 minutes, al dente. Drain, and toss together with cabbage, carrots, peppers, ½ of the cilantro, ½ of the onions and (optional) shrimp. In a small bowl, stir together peanut butter, tahini, rice wine vinegar and sweet chili sauce. Season with soy sauce, sesame oil, brown sugar, garlic powder, salt and pepper. Ten minutes before serving, toss the sauce with cabbage mixture until evenly coated. Garnish with remaining cilantro, green onions, peanuts and sesame seeds.

Nutritional analysis: (Makes approximately 14 servings, with shrimp) per serving: 141 calories, 5.7 g fat, 23 mg cholesterol, 473 mg sodium, 16.4 g carbohydrate, 2.6 g fiber, 7.6 g protein.