



EATING TO LIVE: A FOOD AS MEDICINE HANDBOOK

RECIPES & TIPS
FOR A
HEALTHIER YOU



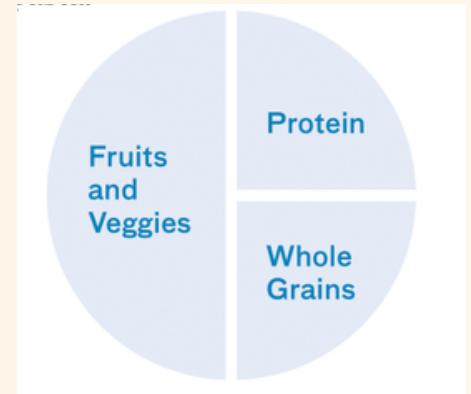
TABLE OF CONTENTS

TIPS FOR BETTER EATING	03
GROCERY SHOPPING WITH CHRONIC DISEASE	04
PASTA WITH PEAS	05
SIMPLE ROASTED TURNIPS	06
LOADED MASHED SWEET POTATOES	07
CANNED SALMON SALAD	08
ROASTED KALE AND PORK	09
CANNED TUNA SALAD WITH APPLE	10
TURKEY TACOS	11
EGGPLANT CHEESE AND TOMATO BAKE	12
GROUND TURKEY SKILLET	13
FIESTA CHICKEN CASSEROLE	14
BLACK BEANS AND BROWN RICE	15
APPLESAUCE	16
DIABETES AND BLOOD PRESSURE INFORMATION	17
FOOD REFFERAL & CONTACT INFORMATION	18

TIPS FOR BETTER EATING

USE A 9-INCH PLATE TO PLAN YOUR MEALS

- FILL HALF OF YOUR PLATE WITH FRUITS AND VEGGIES
- FILL 1/4 OF YOUR PLATE WITH PROTEIN. GOOD CHOICES ARE GRILLED CHICKEN, FISH, LEAN BEEF OR PORK
- FILL 1/4 OF YOUR PLATE WITH WHOLE GRAIN BREAD, RICE OR PASTA



USE THE "HUNGER SCALE" TO KNOW WHEN TO EAT

- THE HUNGER SCALE CAN HELP TO KEEP YOU FROM OVEREATING
- START EATING AT 3.
- STOP EATING AT 4.



USE YOUR HAND AS A MEASURING CUP



Cupped hand

1/2 cup pretzels, crackers, cooked vegetable

Fingertip

1 teaspoon butter, mayonnaise, oils



Thumb

1/2 tablespoon peanut butter, cheese, salad dressing



Palm

3 - 4 oz. meat, fish, poultry, pasta, potatoes



Fist

1 cup fresh fruit, vegetables, cereals

GROCERY SHOPPING WITH CHRONIC DISEASE



Diabetes

GRAINS:

- CEREAL - PLAIN OATMEAL, CHERRIOS, ALL BRAN, FIBER ONE
- BREAD - WHOLE WHEAT BREAD, RYE, WHOLE WHEAT TORTILLA
- RICE/PASTA - WILD RICE, BARLEY, BROWN RICE, WHOLE WHEAT PASTA

FRUIT:

- FRESH FRUIT - APPLES, BERRIES, PLUMS, PEACHES, PEARS, AVOCADO
- CANNED FRUIT - "IN 100% JUICE", "UNSWEETENED", "NO SUGAR ADDED"
- DRIED FRUIT - UNSWEETENED CRANBERRIES, UNSWEETENED PRUNES

VEGETABLES:

- FRESH VEGETABLES - CABBAGE, CUCUMBER, LEAFY GREENS, ZUCCHINI, SQUASH, TOMATOES
- CANNED VEGETABLES - "NO SALT ADDED", "LOW SODIUM" NO SAUCE OR PRE-SEASONED
- FROZEN VEGETABLES - "NO SALT ADDED", "LOW SODIUM", NO SAUCE OR PRE-SEASONED

PROTEIN:

- ANIMAL PROTEIN - 93/7 GROUND BEEF, SKINLESS CHICKEN OR TURKEY, SEAFOOD, EGG WHITES
- PLANT PROTEIN -CHICKPEAS, BLACK-EYES PEAS, LENTILS
- CANNED PROTEIN - "NO SALT ADDED", "LOW SODIUM" NO SAUCE OR PRE-SEASONED
- DAIRY - LOW-FAT MILK, LOW-FAT CHEESE, LOW-SUGAR YOGURT

High Blood Pressure

GRAINS:

- CEREAL - PLAIN OATMEAL, PLAIN GRITS, CREAM OF WHEAT
- BREAD - WHOLE WHEAT BREAD, RYE, WHOLE WHEAT TORTILLA, ENGLISH MUFFIN
- RICE/PASTA - QUINOA, BROWN RICE, WHOLE WHEAT PASTA, COUSCOUS

FRUIT:

- FRESH FRUIT- APPLES, BERRIES, AVOCADO, BANANAS
- CANNED FRUIT - "IN 100% JUICE", "UNSWEETENED", "NO SUGAR ADDED"
- DRIED FRUIT - UNSWEETENED FIGS, UNSWEETENED PRUNES, UNSWEETENED DATES

VEGETABLES:

- FRESH VEGETABLES - BROCCOLI, ACORN SQUASH, CARROTS, CAULIFLOWER, PEAS, TURNIP GREENS
- CANNED VEGETABLES - "NO SALT ADDED", "LOW SODIUM", NO SAUCE OR PRE-SEASONED
- FROZEN VEGETABLES - "NO SALT ADDED", "LOW SODIUM", NO SAUCE OR PRE-SEASONED

PROTEIN:

- ANIMAL PROTEIN -GROUND TURKEY, SKINLESS CHICKEN BREAST, FISH, EGG WHITES
- PLANT PROTEIN - NUTS, PEANUT BUTTER, SPLIT PEAS, KIDNEY BEANS
- CANNED PROTEIN - "NO SALT ADDED", "LOW SODIUM", NO SAUCE OR PRE-SEASONED
- DAIRY - LOW-FAT MILK, LOW-FAT CHEESE, LOW-FAT YOGURT

PASTA WITH PEAS

INGREDIENTS :

- 1 can peas
- 1 box pasta of choice
- 1/2 cup parmesan cheese
- 2 cups vegetable broth
- 1 tbsp oil
- salt and pepper to taste

INSTRUCTIONS:

- In a large pot, heat the oil and add the peas
- Once peas are heated, add broth and bring to a boil
- Add the pasta to the hot water
- Drain any leftover liquid
- Serve with parmesan chesse, salt and pepper.



INGREDIENT HIGHLIGHT: PEAS

BENEFITS

- The nutrients in peas help to keep your eyes and vision healthy
- High in fiber which helps with digestion
- Contain Vitamin C, which supports the immune system
- Great source of plant-based protein



SIMPLE ROASTED TURNIPS

INGREDIENTS :

- 7 cups turnips, peeled and cut into 1 1/2-inch chunks (about 6 medium turnips)
- 1 tablespoon oil
- 1/2 teaspoon salt
- 1/2 teaspoon Ground black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 teaspoon garlic powder

INSTRUCTIONS:

- Preheat oven to 425° F
- Toss turnips, oil, salt and pepper in a large bowl. Spread out on a large rimmed baking sheet. Transfer to the oven and roast for 30 minutes, stirring once or twice
- Mix oregano, thyme and garlic in a small dish. Remove the turnips from the oven. Sprinkle the turnips with the herb mixture and toss them with a spatula to coat
- Return turnips to the oven and continue roasting until the turnips are tender, about 5 minutes longer. Serve warm

INGREDIENT HIGHLIGHT: TURNIPS

BENEFITS

- Great source of fiber
- Can help with controlling blood pressure
- Reduces risk of cancer
- Similar to a potato

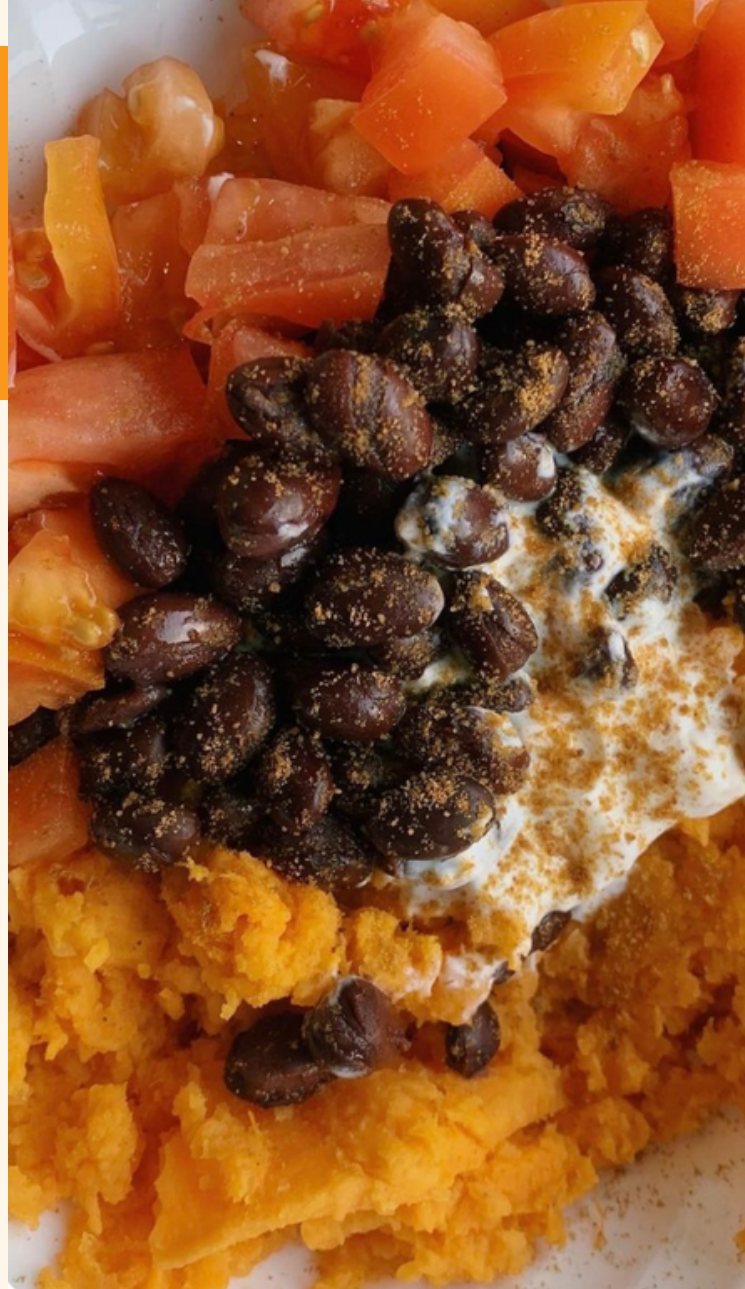
LOADED MASHED SWEET POTATOES

INGREDIENTS :

- 4 sweet potatoes
- 1/2 teaspoon salt
- Ground Black Pepper
- 1 teaspoon ground cumin
- 1 cup tomatoes, diced
- 1 can of black beans

INSTRUCTIONS:

- Wash sweet potatoes with water and use a fork to poke a generous amount of holes in each one
- Microwave for 6 minutes, flipping them over halfway through. Let cool for several minutes before cutting
- Cut sweet potatoes and add them to a bowl. Mash with a fork and then stir in spices.
- Stir in can of black beans and tomatoes
- Optional: add a dollop of sourcream or greek yogurt!



INGREDIENT HIGHLIGHT: SWEET POTATOES

BENEFITS

- Rich in Vitamin A and Vitamin C
- Great source of fiber
- Can help increase brain function and support immune system
- Helps support healthy eyesight



CANNED SALMON SALAD

INGREDIENTS :

- 7.5 ounces canned salmon
- 1/4 teaspoon Ground black pepper
- 1/4 cup mayonnaise
- 2 teaspoons Dijon mustard
- 1/2 teaspoon hot pepper sauce (optional)
- 1/4 cup thinly sliced scallions (green part)

INSTRUCTIONS:

- Drain the salmon. Transfer to a small bowl and flake with a fork
- Add the black pepper, mayonnaise, Dijon mustard and hot pepper sauce (if using).
- Mix well
- Mix in scallions
- Serve Immediately, or cover and chill and use within 2 days

INGREDIENT HIGHLIGHT: SALMON

BENEFITS

- High in Omega-3, which is good for brain health
- Packed with vitamins
- Great source of Protein
- May reduce risk of heart disease

KALE GREENS WITH PORK

INGREDIENTS :

- 10 Oz kale, chopped
- 1 small pork loin, chopped
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon crushed red pepper flakes

INSTRUCTIONS:

- Turn stove on medium heat and add chopped pork loin to a stock pot
- Sear the pork until it renders juices
- Add remaining ingredients to the stock pot and fill enough water to almost cover
- Bring to a boil, reduce to a simmer and cook partially covered, at least until tender, about 1 hour.
- Taste and adjust with any salt-free seasonings as desired



INGREDIENT HIGHLIGHT: KALE

BENEFITS

- High in Vitamin K and Vitamin C!
- Use as the greens for a salad
- The stems of Kale have plenty of good fiber
- Can help to prevent heart conditions and cancer.



CANNED TUNA SALAD WITH APPLE

INGREDIENTS :

- 3 ounce can of light tuna, drained
- 1/4 cup low-fat Greek yogurt
- 1 apple, chopped
- 2 celery stalks, diced
- 1 medium carrot
- 1/2 small red onion, diced
- 1/8 teaspoon black pepper
- 1 lime

INSTRUCTIONS:

- In a large bowl, mix apple, red onion, celery and carrot.
- Add the lime juice, tuna and yogurt
- Stir well to combine
- Serve on whole wheat bread, lettuce or tortilla

INGREDIENT HIGHLIGHT: CANNED TUNA

BENEFITS

- Great source of protein
- Can be paired with a salad, a sandwich or on top of rice
- Helps to reduce the risk of heart disease
- You can skip the cooking step!

TURKEY TACOS

INGREDIENTS :

- 1tbsp cooking oil
- 1 lb lean ground turkey
- 1 oz taco seasoning
- 28oz low sodium canned diced tomatoes
- 8 taco shells
- Salt and pepper to taste

INSTRUCTIONS:

- Add oil to pan and heat on medium high
- Add ground turkey and stir in taco seasoning
- Once fully cooked, mix diced tomatoes with ground turkey
- Assemble tacos with your favorite toppings



INGREDIENT HIGHLIGHT: GROUND TURKEY

BENEFITS

- Great source of lean protein
- High in mineral selenium which is good for cell protection
- Low in saturated fat
- Can help increase "good" HDL cholesterol in your body



EGGPLANT, CHEESE & TOMATO BAKE

INGREDIENTS :

- Cooking spray
- 1 large eggplant, sliced
- 2 zucchini, diced
- 1 onion, diced
- 2 teaspoons olive oil
- 2 tablespoons water
- 1.5 teaspoons minced garlic
- 28oz can, tomato sauce
- 1 cup low fat mozzarella cheese
- 1 cup plain or whole wheat breadcrumbs

INSTRUCTIONS:

- Preheat the oven to 375°F. Lightly spray a large baking sheet and a baking dish with cooking spray.
- Arrange the eggplant, zucchini, and onion in a single layer on the baking sheet. Lightly spray with cooking spray. Cover with aluminum foil. Bake, covered, for 10 minutes. Remove the foil. Bake for 10 minutes.
- In a small saucepan, heat oil over medium heat, swirling to coat the bottom. Cook the water and garlic, 6 minutes.
- Stir in the tomato sauce. Reduce heat and simmer for 10 minutes, stirring occasionally.
- In the baking dish, layer half the tomato-garlic mixture; half the eggplant, zucchini, and onion; half the mozzarella; the remaining tomato-garlic mixture; and the remaining eggplant, zucchini, and onion. Sprinkle the remaining mozzarella over all. Top with the bread crumbs.
- Bake for 30 to 45 minutes. Let cool for 10 minutes.

INGREDIENT HIGHLIGHT: **EGGPLANT**

BENEFITS

- Contributes to a healthy heart
- Can help with controlling blood sugar
- Helps to manage weight
- filled with antioxidants which help tp fight diseases

GROUND TURKEY SKILLET

INGREDIENTS :

- 1lb lean ground turkey
- 2 potatoes, peeled and cut into small cubes, 2 large carrots
- 15 oz can of peas
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder

INSTRUCTIONS:

- Lightly spray a wide/deep pan with cooking spray, break apart and cook the turkey until slightly browned.
- Add the potatoes, carrots, and peas (all peas in the can and half of the liquid from the can). Throw away the remaining liquid from the can of peas.
- Now add the spices and mix all of the ingredients well
- Cook the mixture for 10 minutes covered, but mixing occasionally, or until all vegetables are softened.
- Remove from heat, let cook for a few minutes
- Serve and enjoy!





FIESTA CHICKEN CASSEROLE

INGREDIENTS :

- 2 cups rotini pasta
- 1 cup sour cream
- 15 oz can tomatoes with green chilis
- 15 oz can corn, drained
- 15 oz can black beans, rinsed and drained
- 2 cups shredded chicken
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 cups shredded cheese

INSTRUCTIONS:

- Preheat oven to 350 degrees F.
- Cook and drain pasta according to directions on the box.
- In a large bowl, mix together sour cream, diced tomatoes, beans, corn, chicken and 1 cup cheese.
- Stir in cooked pasta.
- Spray 9x13 baking dish with nonstick cooking spray. Pour pasta mixture into baking dish.
- Top with remaining shredded cheese.
- Bake for 20 minutes or until cheese melted on top.
- Serve warm and enjoy!

MEAL BENEFITS

- Loaded with protein to help build strong and healthy muscles
- Black beans add fiber and could help ward off heart disease and lower blood pressure
- Corn is rich in vitamin C, which can help prevent cancer
- Tomatoes are a great source of vitamins and minerals to help keep you healthy!

BLACK BEANS AND BROWN RICE

INGREDIENTS :

- 1 tbsp of oil
- 1 onion, chopped
- 1 can low sodium black beans, undrained
- 1 can of low sodium stewed tomatoes
- 1.5 cups of brown rice
- ½ tsp of garlic powder
- 1 tsp of oregano



INSTRUCTIONS:

- Heat oil over medium-high in a large saucepan. Add onion; cook and stir until tender. Add beans, tomatoes, oregano, and garlic powder. Bring to a boil.
- Stir in rice. Cover; reduce heat and simmer for 5 minutes. Remove from heat; let stand 5 minutes before serving.



APPLESAUCE

INGREDIENTS :

- 8 apples peeled and cored (any apple will work!)
- ½ teaspoon cinnamon
- ½ cup water
- 2 tablespoon lemon juice

INGREDIENT HIGHLIGHT: **APPLES**

BENEFITS

- High fiber and antioxidants
- Great source of Vitamin-C
- Varieties in season year-round

INSTRUCTIONS:

- Peel and core your apples. The apple peeler and corer will speed up the process, but you can also cut and core your apples using a paring knife. Cut the apples into smaller chunks.
- Combine the apples with cinnamon in a pot. Add ½ cup water and bring to a boil.
- Reduce the heat, and cover. Cook for 25-30 minutes on low heat. Apples will be broken down but still a bit chunky.
- Remove from heat and add lemon juice.
- For chunky applesauce mash with a potato masher or fork.
- Serve warm or cold.

ABOUT DIABETES

Type 1 Diabetes

Type 1 diabetes is usually diagnosed in children or young adults. For these people, the body doesn't make enough insulin, a hormone needed to use glucose (sugar) in the blood for energy. Some people with Type 1 diabetes need medicine and other treatments to stay healthy.

Type 1 Diabetes

Body doesn't make enough insulin

- Can develop at any age
- No know way to prevent it

Type 2 Diabetes

The most common form of diabetes, Type 2, is a chronic or long-lasting condition that occurs when your body can't regulate the amount of glucose or sugar in the blood.

This happens when your body doesn't use or make enough isnulin to control the way our cells use glucose for energy.

Type 2 diabetes can lead to serious health problems such as heart disease, blindness, kidney failure, nerve damage and stroke.

Type 2 Diabetes

Body can't use insulin properly

- Can start at any age
- Most cases can be prevented

How to Manage Type 2 Diabetes

Here's a list of ways to control Type 2 diabetes.

- Talk to your healthcare professional
- Learn about carbohydrates, sugars and portion control
- Keep an exercise schedule
- Keep a healthy weight
- Drink a lot of water
- Control stress levels
- Take prescription medicine
- Stop tobacco use



Signs and Symptoms

Peeing a lot

Increased thirst and hunger

Feeling tired

Blurry vision

Slow healing cuts and bruises

Extreme hunger or weight loss

Risk Factors

- Over 45 years old
- Family history
- Race/Ethnicity
- Overweight
- Little to no exercise
- Diabetes during pregnancy
- Tobacco use

ABOUT BLOOD PRESSURE

What is blood pressure?

When your heart beats, it pumps blood around your body. This gives your body the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure.

What is high blood pressure?

High blood pressure means the pressure in your arteries is higher than it should be. High blood pressure usually has no signs or symptoms. Many people have it for years without knowing it. It can lead to heart attacks and stroke. High blood pressure is also known as “hypertension.”

High blood pressure effects 1 in 4 adults.

Use the chart below to know about your blood pressure reading:

Blood Pressure Category	Systolic (upper number)		Diastolic (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High Blood Pressure Hypertension Stage 1	130 - 139	or	80 - 89
High Blood Pressure Hypertension Stage 2	140 or higher	or	90 or higher
Hypertension Crisis Consult your doctor immediately	Higher than 120	and/or	Higher than 120

What do my blood pressure numbers mean?

The top number (systolic)

is the pressure when the heart is pushing blood out to all the parts of your body.

The bottom number (diastolic)

is the pressure when the heart is at rest between beats.

How to manage your blood pressure:

1. Check and track your blood pressure routinely.
2. Take your medicine as prescribed by your doctor.
3. See your doctor and find out how often you should set up more visits.

CONTACT INFORMATION



loavesandfishes.org/contact-us



loavesandfishes.org



Need Groceries? We're Here to Help

For a week's worth of groceries from a Loaves & Fishes food pantry, individuals and families must have a referral. **A referral can come from:**

- school counselor
- social worker
- human service agency in Meck. Co.
- medical provider
- church pastor or clergy member
- your employer's Human Resources Dept.

For a complete schedule of all mobile pantry sites, including this site, visit www.loavesandfishes.com/mobile-pantry

For more information on how to get a referral:

www.loavesandfishes.org/get-help or

contact the Loaves & Fishes Social Services Coordinator at (704) 523-4333

You can also sign up to visit a Pop Up Food Share for fresh produce as well as other food items No ID, no referral, no financial documents needed but participants will need to register. For details and to register, visit www.loavesandfishes.org/food-share

RECIPE (R) & IMAGE (I) REFERENCES

- Pasta with Peas (R & I) - <https://theclevermeal.com/pasta-with-peas/>
- Simple Roasted Turnips (R & I) - <https://www.healthyseasonalrecipes.com/roasted-turnips/>
- Loaded Mashed Sweet Potatoes (R&I) - Anna Duke, Dietetic Intern @ LFFT
- Canned Salmon Salad (R & I) - <https://healthyrecipesblogs.com/salmon-salad/>
- Roasted Kale with Pork (R & I) - <https://www.thehungryhutch.com/kale-greens-ham-hock-recipe-comfort-food/>
- Canned Tuna Salad with Apples (I) - <https://thecleanplatechef.com/2015/01/28/honeycrisp-apple-tuna-salad/>
- Turkey Tacos (R & I) - <https://www.myforkinglife.com/ground-turkey-tacos/>
- Eggplant Cheese and Tomato Bake (R & I) - <https://recipes.heart.org/en/recipes/eggplant-cheese--tomato-bake>
- Ground Turkey Skillet (R & I) - <https://leanmeankitchen.com/ground-turkey-with-carrots-peas-and-potatoes/>
- Fiesta Chicken Casserole (R & I) - <https://www.foodlovinfamily.com/fiesta-chicken-casserole/>
- Black Beans and Rice (I) - <https://www.americastestkitchen.com/recipes/11610-black-beans-and-rice>
- Applesauce (R & I) - <https://www.keepingthepeas.com/how-to-make-sugar-free-applesauce-3-methods/#recipe>