

Affordable Nutrition

SECOND EDITION



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1989

**BAUMAN
COLLEGE**

Affordable Nutrition

SECOND EDITION

Affordable Nutrition was created to serve as a guide for holistic nutrition professionals to serve their communities to fulfill our mission to transform society by teaching people to eat well to be well. Nowadays, as many as two-thirds of our population either doesn't know how to cook or prefers to purchase pre-packaged convenience food with significant dollar and health costs (Hyman, 2018, *Food Revolution Summit*). The pivot toward wellness is for us to offer community programs that encourage folks to make traditional foods that connect them to their past, that they can share with their friends and family with rich stories and pride.

Affordable Nutrition is a return to local, empowered, diverse grass roots culture. This is an essential antidote to the problems of our age; hunger, poverty, violence, illness and climate change. *Eating For Health™* is an achievable and cost-effective path to personal and societal peace, health and recovery.

Thanks for your participation in changing the world, one choice and one bite at a time.

— Dr. Ed Bauman

Healing From The Ground Up



**BAUMAN
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Affordable Nutrition

SECOND EDITION

Jessica Bauman, B.S.



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Mission Statement

Bauman College aims to create a sustainable culture of wellness in individuals, in the community, and in our health care delivery systems by promoting a comprehensive and integrative approach to Holistic Nutrition and the Culinary Arts. Through our training programs, we prepare individuals for successful careers as Nutrition Consultants, and Natural Chefs. We are committed to bringing our *Eating For Health™* model to an ever wider audience, advocating the use of whole, organic foods, nutritive herbs, and appropriate supplementation to promote health, restore metabolic balance, and support recovery from injury and illness. The unifying Bauman College philosophy of holistic nutrition and culinary arts aims to change the way people consume food from convenience to conscious eating. We educate people of all ages to participate in an earth-friendly paradigm shift that supports natural, chemical-free agriculture, aqua-culture, and animal-culture to feed and heal a malnourished world.

(2010, 2019)

Preface

This workbook was created to serve as a guide for holistic nutrition professionals to serve their communities to fulfill our mission to transform society by teaching people to eat well to be well. Since the first printing of this book, ten years ago, the rich have gotten richer, the poor have gotten poorer, and the sick have gotten sicker; a tragic report card for our communities and culture. I have witnessed, first hand that people from every socio-economic strata and ethnic background love homemade whole foods. Nowadays, as many as two-thirds of our population either doesn't know how to cook or prefers to purchase prepackaged convenience food with significant dollar and health costs (Hyman, 2018, Food Revolution Summit).

The pivot toward wellness is for us to offer community programs that encourage folks to make traditional foods that connect them to their past and that they can share with their children and family with rich stories and pride. I love it when our daughter calls us and asks my wife or I, how can I make that yummy pumpkin pie, without dairy or sugar, and with that tasty gluten-free crust? Which herbs and spices will give my soup the taste that Dad creates when he makes a mushroom soup, not from the can, but from scratch?

Some years ago, I taught the Bauman College Nutrition Consultant Training program in San Francisco wherein Spanish was the primary teaching language. I taught with a Chilean naturopathic doctor. He lectured in Spanish from notes I created to Latino students. I translated in English to non-Spanish speakers who were Anglo and Asian. I taught in English, and he translated my words and concepts into Spanish. The most memorable part of the training was when the students brought traditional foods to share for snack or pot luck lunches from their country of origin. I asked that they share the story of how they learned to make these dishes and whether they were staples or celebratory foods. The students learned to replace any unhealthy ingredients, such as refined sugar, white flour, GMO corn, soy or canola oil, trans-fats, hormone enriched meat, and artificial ingredients, preservatives, etc. with S.O.U.L. (seasonal, organic, unprocessed, and local) ingredients. The pride and joy they expressed when sharing native recipes was returned in kind by our class when we ate the naturally flavorful and lovingly prepared food. As part of their learning process, students reported on the cost per dish, length of preparation time, and sourcing of ingredients.

Food for People, Not for Profit

When digging into the progressive food, health and transformation movement, some 50 years ago, we chanted slogans such as "power to the people," "food for people, not for profit" and "give peace a chance," I protested for awhile, and then took action to create the change I wished to see. The first step was to rent and later purchase with four others, an organic farm outside of Amherst, Massachusetts. There, I learned to grow organic food, raise free-range chickens, bake whole grain bread, and prepare nourishing meals on a wood-burning stove. I quickly learned the skills of canning, freezing, fermenting and dehydrating to "put up" the bounty of food that we grew. The next step was to organize a community food buying club, wherein people



from diverse backgrounds would place orders for produce and dry goods, and distribute these to our members at 10-20% above the wholesale price. This service brought folks together, who volunteered on distribution day, and came together to discuss other ways we could have affordable food and community services. This was a citizen initiative, not one started by or dependent on local, state or federal agencies. We decided to open one of the first organic restaurants in the country, *Home Comfort*, where I served as a chef and program coordinator. In addition to providing incredible food at very reasonable prices, we also hosted music at meals, meditation classes, poetry, art and family activities. Just as the hearth is the center of a warm home, our restaurant became the center of our rural community. I loved offering a "hands on" Soup-to-Nuts cooking class to teach folks how to make the dishes we served at the restaurant, and how to procure and prepare healthy food on a budget of limited time and money.

While the times have changed in the past 50 years, the problems we are facing with food scarcity, safety and cost have escalated. It is no coincidence that as our naturally fertile soils have been depleted, seeds have been genetically modified, and chemicals have saturated our air, water and food supply that our national health has significantly worsened. Drugs, both pharmaceutical and recreational, are not a solution to what ails our population. People are starving for quality food and commercial free, non-dogmatic education. To address this problem head on, Bauman College is launching an *Anti-Poverty* campaign to bring *Affordable Nutrition* programs to communities to teach people who want to "eat well to be well" how to achieve that outcome.

Poverty is more than a state of low income; it is also poor mental and physical health, with limited access to healthy food, community gardens, farmers' markets, backyard gardens and a caring, resourceful community. Now is the time for us to share our knowledge of healing foods, culinary herbs, and family meals with one another, and with those around us. I advocate for and envision a return to local, down home culture as folks power down and lively up. This is a very achievable path to peace, health and recovery whose time has come. Thank you for your participation in this return to our roots.

"Do not let what you cannot do interfere with what you can do."

— John Wooden



Dr. Ed Bauman

August, 2019 – Sebastopol, California

Acknowledgments

I would like to thank Irema Sivcevic and Naomi Tomoda from the bottom of my heart for their tireless work on this project and constant dedication.

When Bauman College first embarked upon this project, we had no idea how it would finally emerge or the extent to which it would evolve. To this end, I owe Irema and Naomi a huge heartfelt thanks for their constant thoughtfulness, contribution in weekly meetings and utter dedication. Their work has been invaluable. This project owes much to them.

For the inspiration, mentoring, guidance and support that I've received in life and in work, I am eternally in debt to Ed Bauman, my dad. I am also in debt to my mother, Chris Clay Bauman, not only for her job as my mother, but for her patience in transforming my intellectual ideas into a physical reality for the *Portion Control Guide*. She has contributed many hours of hard work and creativity. Her skill really shines. I'm blessed to have such a wonderful and inspiring family.

I would like to thank Karen Rotstein, Oshyan Greene and Marlina Eckel for their oversight and input. This project would not be possible without the entire Bauman College staff, who helped share their own recipes, experiences and support.

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This has been a wonderful collaborative process. Enjoy!



Jessica Bauman, B.S.
Bauman College Community Outreach Administrator
May, 2010 – Sebastopol, California

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Introduction to *Affordable Nutrition*

Everyone has to eat. Growing, preparing, and eating food have been part of our daily experience as far back as the caveman. What we eat, how we treat our bodies, and the mindfulness we bring to these activities has a deep impact on our health and well-being and can help us to experience inner peace in stressful times. *Affordable Nutrition* builds upon that existing tradition. It adds new skills, science-based knowledge and hands-on experience for any stage of life and any budget.

Many people consider "health" and "health food" to be expensive luxuries that only the affluent can afford. One of the main goals of *Affordable Nutrition* is to change this misconception. When you shop carefully, make your food purchases at local farm stands or farmers' markets, and prepare wholesome, unprocessed meals for yourself and your family, quite the opposite is true. According to the *U.S. Department of Agriculture (USDA)*, only \$0.19 of every dollar spent on processed food actually goes towards the ingredients in the food. The rest goes towards packaging, shipping, and advertising. Food is unquestionably cheaper when prepared at home from fresh ingredients. The healthiest foods in the world – unprocessed whole grains, beans, vegetables, fruits, nuts, and seeds – are very affordable.



How To Use This Guide

Each lesson in this workbook is built around a concept (the lecture), a skill (the activity), and a cooking demo using a produce item or box of local produce (the cooking experience). The recipes used in the cooking demos, as well as others, are included in Appendix C for you to make during the week. If you do nothing else with this program, try out a recipe or two each week. You may actually enjoy learning to cook, which will super-charge your transition to healthier eating.

Each lesson includes a series of articles related to concepts covered in the lecture and activity, provided for your knowledge and enjoyment. They can serve as a future reference for you or as concurrent reading as you work through the course. We recommend that you read the articles for each lesson prior to class so you can ask questions and clear up any areas of confusion. Each lesson ends with a **"Learn, Do, Reflect"** section, a series of questions to help you get the most out of the program.

Learn

This area prompts a review of the most important concepts in the lesson. This is helpful as a review of the subject matter to make sure you have gained an understanding of the topic.

Do

This area encourages you to implement the skills learned in class throughout the rest of the week.

Reflect

This area is a space for your personal thoughts and feelings. Spend some time with yourself and gain a deeper understanding of how the process is working for you on every level.

While **"Learn"** and **"Do"** are academic, **"Reflect"** invites you to focus in on your experience.

"Reflect" represents the most important part of the workbook. In the process of transition, you will examine and integrate the change you are experiencing as you answer the **"Reflect"** section.

Guess This Food Boxes

There are 15 "Guess This Food" boxes scattered throughout the workbook. Each box contains the ingredients for a common processed food and invites you to guess what it is. Your homework will be to guess the food and say what you think it is.

Affordable Nutrition guides you through all aspects of transforming your eating habits. It explains holistic nutrition in simple terms, instructs you in cooking tasty meals, and discusses the inner process of choosing better health. As you work your way through the lessons, you will learn to listen to your body, refine your tastes and build better habits. It offers a healthy mix of knowledge-building lessons, exercises to increase your practical skills, concepts for reflection, and shopping/cooking guides so you can pick and choose what is useful to you, wherever you are in the process.

Everyone is different. Thus, everyone will use this workbook in his or her own way. The key to successful dietary transition is learning to prepare healthy foods at home. We highly encourage you to try our recipes, even if you've never cooked before. They are easy and affordable to make, whatever your skill level and budget.

Change is the one constant in our lives, so we are constantly in transition. Change is challenging, yet it brings great opportunity. We invite you to use this guide to build better food habits, develop a tasty and cost-effective repertoire of recipes, and transition smoothly into a happier, healthier you.

Stay Well,

Jessica Bauman, B.S.

May, 2010 – Sebastopol, California



LESSON ONE:

Eating For Health™

Introduction

Nutrition is the organic process of nourishing or being nourished, the processes by which our bodies assimilate food and use it for growth and maintenance. Ideally, consideration for nutrition would be a part of every day and every meal. Yet, as chronic disease climbs to staggering proportions (at least 133 million Americans or 45% of the U.S. population is inflicted with at least one chronic disease, according to *RAND Corp.*), it appears that true nourishment has become secondary.

This chapter brings you information and practical tools for bringing nourishment back into your life. The suggestions provided are adaptable to your own unique circumstances and are quite cost-effective.

This chapter will help you create a sustainable eating, cooking, and shopping "system" using the *Eating For Health™* model. To really make the model work for any budget, it is important to cook at home. Whatever your skill level, from beginner to expert, we highly encourage you to try at least two of the recipes each week.

This week, we recommend cooking the following recipes from Appendix C:

- Buckwheat Kasha
- Power Eggs
- Cabbage Apple Slaw
- Black Bean Salad

Lesson Outline

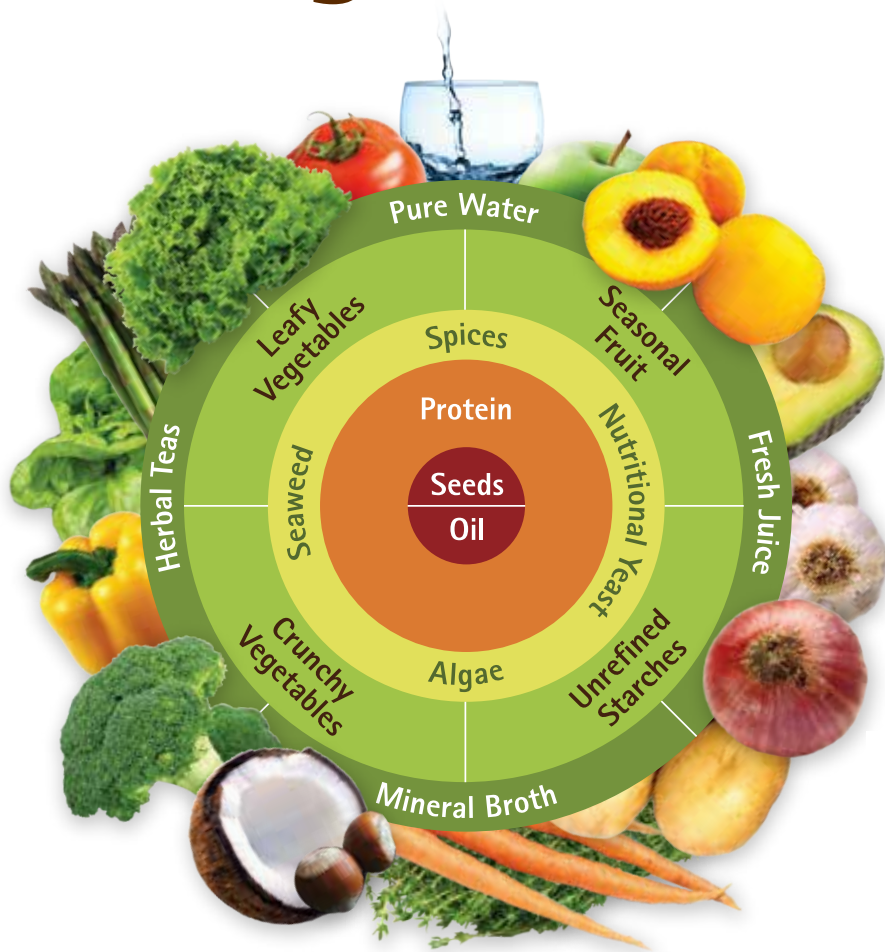
- Influencers of taste:
 - Biological
 - Social
 - Environmental
- Current eating habits of the group
- Complexity of modern food environment
- What is *Eating For Health™*?
 - Individualized
 - Anti-inflammatory
- Local/Seasonal vs. Conventional
- Taste test comparison
- SMART goals
- Cooking demonstration

Core Competencies

1. Listing 3 properties of fruits and vegetables and 3 reasons why they are important.
2. Understanding and experiencing the complexity and impact of the modern food environment on food and diet choices.
3. Naming 3 different ways that vegetables could be integrated into one's current meals.



Eating for Health



Eating for Health Serving Chart							
Food Group	Seeds/Oils	Protein	Leafy Vegetables	Crunchy Vegetables	Unrefined Starches	Seasonal Fruit	Booster Foods
Daily Servings	2-3	2-4	2-3	2-3	2-4	2-4	2-4
Serving Size	1 Tbs oil 2 Tbs seeds	3 oz animal 6 oz vegetable	1 cup	½ cup	½ cup whole grain, 1 medium root vegetable	½ cup or 1 medium piece	1 tsp to 1 Tbs
Examples	flax, sunflower, sesame, almonds	poultry, fish, eggs, milk, beans	salad mix, spinach, kale	broccoli, string beans, onions, celery	grains, bread, yams, winter squash, corn, millet, rice	berries, apple, grape, citrus	nutritional yeast, algae, spices, seaweed

Eating For Health™ Is...

- Diversified, plants-based diet
- Whole foods
- Unpackaged
- No additives, preservatives, pesticides, antibiotics or hormones
- Local and Seasonal
- Rainbow of colors
- Stay away from the "whites"— white sugar, white flour, white rice...
- Mindful of your body and surroundings
- Importance of community
- Importance of the Earth



Guess This Food #1

Ingredients: Enriched parboiled long grain rice (preserved with BHT), wild rice, hydrolyzed vegetable protein, monosodium glutamate, dried onion, salt, dextrose, beef extract, dried torula yeast, dried parsley, dried celery, dried garlic, partially hydrogenated vegetable oil, natural flavors, artificial flavor.

Guess This Food #2

Ingredients: Skim milk, water, sugar, partially hydrogenated soybean oil, modified food starch, salt, sodium stearoyl lactylate, artificial flavor, color added (including FD&C yellow #5).

Health Claim:
"No Preservatives, No Cholesterol!"



Eating For Health™ Guidelines

by Dr. Ed Bauman



1. Increase intake of local, seasonal, fresh, organic foods
2. Drink plenty of purified water each day, about ½ cup (4 ounces) every hour. To determine the total amount you need, divide your weight in half and drink that many ounces of water
3. Read labels and avoid foods with artificial ingredients
4. Decrease intake of refined and artificial sugars, white flour products, unnatural fats, added hormones, preservatives, colors, and antibiotics
5. Diversify sources of proteins, fats, and carbohydrates
6. Ingest 1 gram of protein per kilogram (2.2 lbs.) of normal body weight
7. Eat protein by ten in the morning and 1-3 more times during the day
8. Eat protein to curb sugar cravings
9. Minimize caffeine intake to 50mg or less (1 cup black tea, 3 cups green tea, or ½ cup coffee or espresso)
10. Eat more monounsaturated fat (olives, avocados, almonds) than saturated fat (animal, dairy, coconuts) or polyunsaturated oils (soy, corn, sunflower)
11. Decrease consumption of glutinous grains (wheat, rye, oats, barley) to prevent digestive disturbance and inflammation
12. Increase consumption of gluten-free grains (rice, corn, millet, quinoa, buckwheat, amaranth), which are mineral rich and easy to digest
13. Increase consumption of leafy (e.g. kale), crunchy (e.g. broccoli) and starchy (e.g. yam) vegetables to provide abundant minerals
14. Eat three portions of vegetables in a meal to 1 serving of protein and 1 serving of fat for pH balance.
15. If body temperature is cold, eat more proteins, essential fatty acids, seaweeds, and warming spices such as ginger and cayenne
16. If body temperature is warm, eat more cooling foods, such as fruits, vegetables, and green herbal teas and spices like mint, rosemary, lemongrass, and rooibus
17. Determine a diet direction according to your metabolic tendency: Building if metabolism is fast, Cleansing if metabolism is slow, or Balanced if metabolism is neither fast nor slow
18. Add booster foods to the diet to increase energy, detoxification, and antioxidant activity
19. Undertake a simplified diet or fasting program seasonally, including colon cleansing and increased spiritual practice
20. Enjoy your food and let others eat in peace

Thanks for working on your health and sharing this important information.

Blessings and Peace to All!



Recommended Booster Foods

by Dr. Ed Bauman and Catherine McConkie, NC, 2005

Green powder blends (spirulina, blue green algae, chlorella, etc.):

1 tsp. 3 times daily

- High protein and essential fatty acid content
- Good source of trace minerals, B vitamins, beta-carotene, and enzymes
- Easily digested and assimilated
- Good for detoxifying and cleansing the blood and liver
- Supports the immune system

Lecithin: 2 Tbsp. granules daily

- Main constituent of cell membranes
- Found in high amounts in brain and nerve tissue
- Good source of choline, inositol, and linoleic acid (Omega-6)
- Supportive to liver, aids fat metabolism
- Assists Vitamin A and Thiamine (B1) absorption

Sea vegetables: 1-4 Tbsp. daily

- Cleanse lymphatics and alkalize blood
- Support endocrine and central nervous system
- Rich source of B vitamins, calcium, and trace elements
- Soothing to mucosal membranes, aid elimination



Flax seeds:

2-3 Tbsp daily

- High nutrient and fiber content
- Supportive to the nervous and endocrine systems
- Help to stabilize cell membranes
- Support formation of anti-inflammatory prostaglandins
- Soothe and restore gut mucosa

Garlic: Use liberally in cooking,

1-4 cloves daily

- Detoxifies cadmium
- Enhances immune function (antimicrobial, anti-viral)
- Lowers blood pressure and blood lipid levels
- Contains vitamins and minerals

Ginger: Use liberally in cooking

- Antioxidant properties
- Stimulates circulation and digestion
- Contains important vitamin and mineral nutrients

Cayenne: Use liberally in cooking

- Aids digestion and circulation
- Good for heart, lungs, kidneys, spleen, stomach, pancreas
- Supportive to nerves when used with lobelia
- Excellent source of Vitamin C, flavonoids, B vitamins, and folic acid

The Complete Eating For Health™ Program

SAMPLE DIETARY RECOMMENDATIONS

Clean protein (replace seafood), largely plant-based diet with culinary herbs and spices.

Breakfast

- 1/2 cup cooked brown rice or oatmeal
- 1 cup plain, whole milk yogurt (cow, goat or coconut)
- 1/2 cup berries or sliced fruit
- 2 Tbsp. flax, sunflower, or pumpkin seeds
- 8 oz. water with lemon, tea (green or herbal) or coffee or black tea (preferably black)

Lunch

- 1 cup cooked gluten-free grain: brown rice, millet, quinoa or buckwheat
- 1 cup dark green leafy salad greens
- 1/2 cup grated or chopped tri-colored seasonal vegetables
- 1/2 cup cooked lentils, garbanzo, black, pinto or green beans
- OR
- 3-4 oz. clean animal protein (wild seafood, pasture-raised meat, free range poultry)
- 1 Tbsp. fermented foods (sauerkraut, kimchi, pickles)
- 1 tsp. hydrated sea vegetables (kelp, dulse, arame, nori, hiziki, or spirulina)



The Complete Eating For Health™ Program—CONTINUED

Afternoon Snack

- 1/2-1 cup sliced carrots, celery, cucumbers, or apple
- 1 Tbsp. almond or sunflower butter or sesame tahini
- 8 oz. water or tea (green or herbal)



Dinner (by 6PM)

Baked yam, winter squash, or organic potato topped with:

- 2 Tbsp. pumpkin seeds
- 1 tsp. nutritional yeast
- 4 oz. organic goat, cow, or coconut yogurt
- OR
- 2 oz. sheep feta cheese

1 cup steamed cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts) cooked

- 1 large chopped onion
- 4 cloves garlic
- 1/2 tsp. turmeric or curry powder



Seasonings may include:

- Bragg's Liquid Amino's Sauce®*
- Tamari
- OR
- Savory herbal seasonings



Dessert (2 hours after a main meal)

- 1 cup fresh seasonal, organic fruit with:
 - 3 Tbsp. chopped almonds, walnuts, pecans, or cashews
 - 1/2 tsp. grated lemon, orange, or tangerine peel
 - 1/2 tsp. cinnamon, nutmeg, cardamom, and/or ginger powder



Beverages

Drink 3 liters of filtered water with lemon or customized herb tea blend.

Review and Self-Reflection

Please complete this worksheet over the course of the next week and use it to track your changes, behaviors, feelings, and questions. We will share the information at the beginning of class next week in small groups. Congratulations! You're one step closer to a healthier, happier you.

LEARN:

Did you learn something new last week? _____

What is E4H? _____

Why is local, seasonal food better than conventional, imported food? _____

According to the E4H model, what foods and beverages should you eat the most of? Give an example of each: _____

Review and Self-Reflection—CONTINUED

DO:

What new fruits or vegetables did you try this past week? _____

What foods from the E4H model did you eat during the week? _____

Have you "killed" or "wounded" any Nutritional Bandits in your diet last week? Woo Hoo! Remember that reducing your consumption counts as a serious wound! What Nutrition Bandits did you reduce or eliminate?

Did you cook any recipes from the manual? What were they? _____

REFLECT:

How did the process of trying to eat healthier make you feel? _____

Review and Self-Reflection—CONTINUED

Did you feel a stronger connection to your food when you cooked and prepared your own meals?

What about when/if you ate slowly and consciously? Please describe: _____

Did you run into any obstacles in your quest to eat healthier? _____

How could those obstacles be overcome for next week? _____

Did the knowledge you gained last week help you make any healthy food changes? Please describe:

Did you make any recipes from the book? Please list which recipes were tried and any comments:

QUESTIONS:
