

Native Food for Life Online

(NFFLO)

LESSON 5

A Tale of Two Sisters



PARTNERS IN
NATIVE FOOD FOR LIFE
ONLINE



Sun Life



Physicians
Committee
for Responsible Medicine



Course videos and other materials are available at
[PCRM.org/NFFLOresources](https://pcrm.org/NFFLOresources).

Native Food for Life Online - Lesson 5

A Tale of Two Sisters

What Can You Expect?

Meet Chooli and Manuelita

After we discuss progress on the challenge of the week (did you eat more whole grains?), we consider this question: What's happening inside the body after a sugary, greasy donut or a plate of bacon? You'll meet Chooli and Manuelita, two imaginary sisters who demonstrate for us the power of our food choices to affect how we feel, physically and emotionally.



Then, we'll introduce you to Tarrah Oliver, a real person who was lucky enough to have a plant-based eating challenge at her workplace, the Tséhootsoóí Medical Center in Fort Defiance, Ariz. She shares her experience of making a shift to a whole food, plant-based lifestyle over four weeks, and how she's still doing it, more than two years later. She shares great suggestions for overcoming challenges (see the article from *S.O. Connected*, the journal of the Association for Healthcare Foodservice, to learn more about the four-week employee wellness challenge).



Recipe Demonstration/Cooking Skill:

Last week, we heard that Navajo Nation President Jonathan Nez follows a plant-based diet. This week, Chefs Walter Whitewater and Lois Ellen Frank, PhD, demonstrate how to make a soup recipe shared with us by Navajo Nation First Lady Phefelia Nez, which the chefs prepare along with their No-Fry Fry Bread. Both

recipes are included in today's handouts.

Today's **Challenge of the Week** focuses not on foods but on one beverage and one supplement:

The beverage? Water! It's the beverage of choice of every species on the planet, except for humans! It's a healthy habit to break away from soda pop, fruit-flavored beverages, energy drinks, and cow's milk when you get thirsty, and to stay hydrated.



The supplement? It's vitamin B12. Here are the facts about vitamin B12:

- ◆ A whole food, plant-based diet provides almost all the nutrition you need.
- ◆ Vitamin B12 is the one nutrient we do need to get from a supplement.
- ◆ Low vitamin B12 levels can be dangerous. Long-term low B12 is linked to anemia (too few of the oxygen-carrying red blood cells), nerve damage, memory problems/dementia, stroke, poor bone health, and failure to thrive.
- ◆ A vitamin B12 supplement should be taken when following a whole food, plant-based diet because plant foods do not contain vitamin B12.
- ◆ Vitamin B12 supplements are also recommended by the U.S. Department of Agriculture for anyone over the age of 50, because absorption of B12 goes down as we get older.
- ◆ Vitamin B12 is produced by a single-cell organism and is in the soil and in the gut bacteria of animals. Modern farming practices have reduced B12 in the soil.
- ◆ Many cereals and other products like plant-based milks are fortified with vitamin B12. Taking a supplement will ensure a consistent intake of vitamin B12.
- ◆ Most supplements in the store are inexpensive. Often these supplements are 1,000 micrograms or more. Try to find a 500 to 1,000 microgram supplement and take 500 micrograms (cutting the 1,000 microgram in half) two to three times per week.
- ◆ To be sure you are getting enough B12, request a blood test from your health care provider.

Important considerations for vitamin B12 for people with diabetes:

- ◆ People with diabetes may be at risk for vitamin B12 deficiency if they have been on a pill called metformin.
- ◆ Metformin can reduce vitamin B12 absorption in the small intestine.
- ◆ Symptoms of vitamin B12 deficiency include tingling in the hands and feet. This could be misdiagnosed as diabetic neuropathy.
- ◆ Patients on metformin should take a vitamin B12 supplement and have their vitamin B12 levels checked every year.



Medications?

An important reminder from Whitney Brooks, RDN

If you do the weekly challenges each week, you eat more plants and fewer animal products, AND you take medication that can lower your blood sugar or blood pressure—PLEASE BE CAREFUL. These medications can become too strong with a diet change. Check in with your health care provider if you are not feeling well or see your blood sugar or blood pressure are too low. I want everyone in this program to be successful, and safe!



This recipe is a favorite of the First Lady of the Navajo Nation, Mrs. Phefelia Nez!

Minestrone Soup

(Adapted with permission from the *Frugal Vegan Cookbook*, WellVegan.com)
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Ingredients

- Olive oil spray
- 1 onion, diced
- 2 carrots, chopped
- 2 stalks celery, chopped
- 6 cloves garlic, minced
- ½ teaspoon fresh oregano
- 1 teaspoon fresh basil
- 1 15-ounce can diced tomatoes
- 6 cups water
- 2 small zucchinis, diced
- ¾ cup frozen spinach
- 1 15-ounce can dark red kidney beans
- 1 15-ounce can pinto beans
- 1 cup frozen corn kernels
- 4 cups bow tie pasta, cooked
- 1½ teaspoons kosher salt (or to taste)
- ¼ teaspoon black pepper (or to taste)

Directions

In a pasta pot, boil water and cook pasta until done following the directions on the package. Remove from heat, drain hot water, and then rinse with cold water to stop the pasta from cooking and set aside.

In a separate soup pot, spray olive oil on bottom of pan. Saute onion, carrots, and celery, stirring to prevent burning for approximately 7 to 9 minutes. Add the garlic and cook for another minute, stirring to prevent burning. Add the zucchini and cook for another 3 to 4 minutes, stirring to prevent burning. Add the diced tomatoes and stir to completely mix into the other vegetables. Add the corn kernels and cook for another 2 minutes. Add the frozen spinach, bring to a boil, reduce heat, and let simmer for 10 minutes.

Add the canned kidney and pinto beans and cook for another 5 minutes, stirring to prevent burning. Add the fresh herbs and stir. Let simmer for 3 minutes. Just before serving, add the pasta or pour the hot soup over the pasta and serve immediately. Serve hot with no-fry bread.

Makes 6 servings



No-Fry Fry Bread

© By Lois Ellen Frank, PhD

This recipe makes Indian tortilla breads that can be cooked on an open flame grill or open flame instead of fried.

Ingredients

- 4 cups organic unbleached flour
- 2 tablespoons baking powder
- 1 teaspoon kosher salt
- 2 cups warm water

Directions

In a medium mixing bowl, combine flour, baking powder, and kosher salt. Gradually stir in the water until the dough becomes soft and pliable without sticking to the bowl.

Knead the dough on a lightly floured cutting board or surface for 4 minutes, folding the outer edges of the dough toward the center.

Return the dough to the bowl, cover with plastic wrap, and let rest for at least 30 minutes to allow it to rise.

Shape the dough into small balls and roll out on a lightly floured surface to 1/4-inch width using a rolling pin or your hands. I always use my hands, which makes for slightly uneven round breads, but everyone will know they were handmade, and I think it gives each bread a little more character. Stretch or roll the dough out so that it is approximately 8 to 10 inches in diameter.

Heat a cast-iron skillet or open-flame grill until very hot. Place your shaped dough circle onto the hot pan or open-flame grill and let it cook for approximately 2 to 3 minutes on each side until it browns. Then turn the bread over and cook another 2 to 3 minutes until bread is completely done.

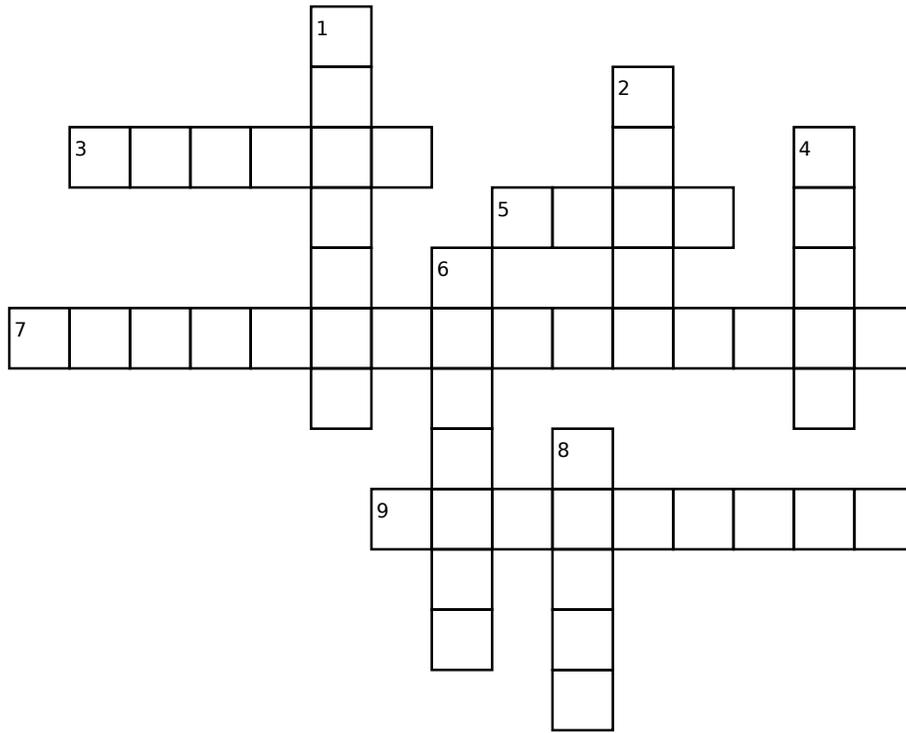
If you are cooking these breads over an open flame or on a grill, cook until the dough starts to turn golden brown and puffs a little. Turn over and cook until both sides have brown spots and the dough is completely cooked.

Repeat this process with each piece of dough. Keep warm between two clean kitchen towels. Serve immediately with your favorite stew or taco, or just serve as bread with any meal.

Makes 12 no-fry or grilled tortilla breads



The Story of 2 Sisters



Down:

- _____ is made by the pancreas to lower blood sugar but can't do its job if too much fat in the diet.
- Only _____ foods contain fiber while animal foods have none.
- Blue Corn Mush contains _____ which keeps blood sugar steady and bowel movements regular.
- Food travels through the esophagus to the _____.
- Oil and white flour and _____ in the donut caused Manuelita's blood sugar to rise.

Across:

- Hold the _____ when ordering a bean burrito to avoid excess fat.
- Studies have shown that eggs and _____ can increase insulin resistance which worsens diabetes.
- Vitamins and minerals and sugars and amino acids are absorbed in the _____.
- Cholesterol and _____ fat in animal products and oils can clog arteries and raise blood pressure.



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So Many Whole Food, Plant-Based Recipe Websites!

Carol Barnett, PhD, JD, Rochester Lifestyle Medicine Institute

aplantifulpath.com

cearaskitchen.com

chickpeaandbean.com

cookingwithplants.com

dreenaburton.com

drmcDougall.com

eatplant-based.com

eattolivedaily.com

fatfreevegan.com

fatmanrants.com

forksoverknives.com

happyherbivore.com (Lindsay Nixon)

healthygirlkitchen.com

kickstart.pcrm.org

monkeyandmekitchenadventures.com

myplantbasedfamily.com

nutriplanet.org

nutritionstudies.org

plantbasedgabriel.com

plantbasedrecipe.com

plantpurechef.com

plantstrong.com

potatostrong.com

shaneandsimple.com

simplifiedailyrecipes.com

simplyplantbasedkitchen.com

straightupfood.com/blog/

sustainablediet.com

theculinarygym.com

thevegan8.com

- ◆ Nutrition information short videos NutritionFacts.org
- ◆ Forks Over Knives: free weekly emails: ForksOverKnives.com
- ◆ Dr. Greger's Daily Dozen: NutritionFacts.org/Video/Dr-Gregers-Daily-Dozen-Checklist/
- ◆ Physicians Committee for Responsible Medicine (PCRM) free 21-Day Vegan Kickstart: Kickstart.PCRM.org/en (English), Kickstart.PCRM.org/es (Español)

Books and cookbooks:

- ◆ *Dr. Neal Barnard's Program to Prevent & Reverse Diabetes* (book)
- ◆ *Dr. Neal Barnard's Cookbook for Reversing Diabetes* (cookbook)
- ◆ *How Not to Die* by Dr. Michael Greger (book)
- ◆ *Nourish: The Definitive Plant-Based Nutrition Guide for Families* by Brenda Davis, RD, and Reshma Shah, MD, PMH (includes recipes)
- ◆ *The Vegan Starter Kit: Everything You Need to Know About Plant-Based Eating* by Dr. Neal Barnard (includes recipes)



Two Challenges for Week 5: Drink Water! Take Vitamin B12!

“Always remember: Your focus determines your reality.” —George Lucas

SMART goals are:

- ◆ Specific
- ◆ Measurable
- ◆ Achievable
- ◆ Relevant
- ◆ Time-Based



Not a SMART goal: “I will drink more water.”

SMART goals examples:

- ◆ “I will fill and drink a bottle of water every morning and afternoon this week.”
- ◆ “I will purchase a bottle of vitamin B12 supplements and take one every morning with breakfast.”

Write your specific, measurable goal or goals here:

What will you need to do to be successful with your goal? Do you need to shop for something? Do some prep the night before? Ask your family to help you meet your goal?

List some barriers that might get in your way, and what you can do to get around these barriers:

Congratulations! You are on your way! At the beginning of the next class, we will ask you to tell us how you did. We are rooting for you!

