



Eat More Plants

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April 6, 2019



An article in The Lancet “Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017” was published this week. Basically it states that worldwide the most significant cause of preventable non-contagious disease deaths worldwide is due to poor quality diet. Poor diet was defined as the cause of over 11 million deaths including high intake of sodium, and not eating enough whole grains, fruits, vegetables nuts, seeds and healthy omega-3 fats. Basically it says on a global scale that: We consume too many processed products masquerading as food. A.K.A. Too much junk food is bad for you. Fruits, vegetables, nuts, seeds, whole grains are good for you.

*Open Access*Published:April 03, 2019 DOI:[https://doi.org/10.1016/S0140-6736\(19\)30041-8](https://doi.org/10.1016/S0140-6736(19)30041-8)

This is really not breaking news Day 6 Creation week

*Genesis 1: 29-31 Then God said, “Behold, I have given you every seed-bearing plant on the face of all the earth, and every tree whose fruit contains seed. They will be yours for food. And to every beast of the earth and every bird of the air and every creature that crawls upon the earth—everything that has the breath of life in it—I have given every green plant for food.” And it was so. **And God looked upon all that He had made, and indeed, it was very good.***

Exodus 15:26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

So basically just EAT MORE PLANTS!

When you do you will have less room for junk foods. Be prepared.

So the question is how to we eat more plants, enjoy more plants and afford more plants in our life?

1. REMEMBER that you can enjoy fruits and vegetables ALL YEAR LONG in many forms such as fresh, frozen, dried, canned (low sodium or fruits in 100% juice).
2. Check your local health resources for Farmers Markets in your area. Many accept SNAP benefits
3. Remember you State Farmers Markets. Remember your smaller town farmer’s markets with local produce and low prices on quality produce such as Aldi, Sprouts Farmer’s Market and other local markets featuring local goods
4. Check your local Farmers Markets. Elon, Mebane and North Park have local farmer’s market products in spring through fall.
5. Buy fruits and vegetables in season in your area for lowest prices and high quality fresh produce
6. REMEMBER many dollar stores such as Dollar Tree offer canned and frozen fruits and vegetables.
7. REMEMBER to use your EBT card for SNAP benefits at Dollar Tree for canned and frozen food items.
8. Keep delicious shelf stable plant products in your home, car, purse/backpack for “snack emergencies” Larabar, Wild Garden shelf stable hummus to go, That’s It fruit bars, canned fruit singles in 100% juice, olives to go (black olives in single serving cups), unsweetened applesauce, Bolthouse Farms smoothies.
9. Many stores such as Food Lion have to-go cups of fresh fruit, water, coconut water, etc. in the checkout aisle refrigerator just before you hit the candy section. Take advantage of the low prices of real foods.

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC.
Visit us at www.thetakebacktour.com

In season in April in North Carolina: broccoli, collards, honeydew, sweet potatoes, strawberries, turnips. On sale and delicious this month so far honeydew melons, strawberries, apples, grapes, blackberries, lemons, kale (did someone say kale chips ☺)

EAT YOUR COLORS to make sure you have enough yummy plants to enjoy.
REMEMBER herbs and spices (more yummy plants) to season your real foods instead of table salt.

L O D E S S E C O R P S F G F
 O B L K G O G R E E N A M C M
 K A A I R G S R I S R C C O R
 S L V A O E U L B M H S T C E
 E E N O L E M W E D Y E N O H
 F G I P C H V R W N S L C N A
 E R P R S A S I I H T B A U G
 S A O E R M D A L J I A N T E
 S D R Z A E R O I O U T N O M
 D F E R E G B J O I R E E I O
 F E K E E N V W C I F G D L U
 H E R L S P V N A M L E W N Q
 T S O G R A P E S R N V I U V
 P H W O L L E Y N I T Z W T T
 W C A N T A L O U P E S B S D

- NUTS
- SEEDS
- OMEGA-3
- OLIVE OIL
- FRUITS
- VEGETABLES
- WHOLE GRAIN
- FARMERS MARKET
- STRAWBERRIES
- KALE
- APPLES
- GRAPES
- HONEYDEW MELON
- CANTALOUPE
- FRESH
- FROZEN
- CANNED
- PROCESSED
- GREEN
- WHITE
- RED
- BLUE
- ORANGE
- YELLOW
- AVOCADO OIL
- COCONUT OIL

HEY DID YOU KNOW?

GOD LOVES VARIETY

There are

More than 10,000 types of grapes

2,500 types of apples grown in US

10,000 types of apples grown in the world

16 types of lettuce

40,000 types of rice