



Take Back Your Health  
 Take Back the Love  
 Take Back the Fun  
 Take Back Your Faith  
 A Health Ministry of the Philadelphia 7<sup>th</sup> Day  
 Adventist Church, Burlington, NC

# EAT ENJOY MORE PLANTS

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How did you fare with our Round 1 EAT MORE PLANTS CHALLENGE? Did it make you more mindful of the plant based meals/snacks that you are proud to share? Part of the eating more plants mindset is the enjoyment of eating what God has given us for our good. **Good2UGood4U**. Herbs and spices are pieces of plants that we can use to increase our enjoyment of eating other plants. Here are some guidelines of culinary herbs & spices including fresh, dried, ground and spice blends that can help you use plants to enjoy more plants.

|                               |                                                                                                                                                                                                                     |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fruits                        | <ul style="list-style-type: none"> <li>Allspice, anise, cinnamon, cloves, nutmeg, ginger, curry, mint, agave nectar, honey, molasses</li> </ul>                                                                     |
| Steamed or roasted Vegetables | <ul style="list-style-type: none"> <li>Thyme, rosemary, oregano, chili, dill</li> <li>Himalayan Pink Salt, Sea Salt, Kosher salt</li> <li>Red palm oil, coconut oil, avocado oil, extra virgin olive oil</li> </ul> |
| Beans & legumes               | <ul style="list-style-type: none"> <li>cardamom, cilantro, coriander, cumin, fennel, garlic, ginger, mint, paprika, parsley, rosemary, parsley, oregano, thyme, turmeric</li> </ul>                                 |
| Nuts & Seeds                  | <ul style="list-style-type: none"> <li>Himalayan pink salt, sea salt, cinnamon, dill, maple syrup, cayenne, allspice, cumin, molasses, honey</li> </ul>                                                             |

## Don't forget the Fat!

Vegetables have little to no fat but do contain tons of fat soluble vitamins. Adding some omega-3 heart-healthy unsaturated fats (avocado), and brain healthy medium chain fats (coconut oil) plant fats makes absorption of the fat soluble vitamins and compounds ( think cancer fighters) available for our bodies to use.

**Making your own spice blends is a great way to reduce your sodium consumption and still enjoy the taste of more plants.**

### POPULAR SPICE BLENDS

|                            |                                                                                                                                                              |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Taco Seasoning             | Chili powder, cumin, garlic powder, onion powder, oregano, paprika, Himalayan pink or sea salt, turmeric                                                     |
| Italian Seasoning          | Rosemary, basil, oregano, thyme, garlic powder                                                                                                               |
| Herbs de Provence          | Thyme, marjoram, savory, fennel, orange zest                                                                                                                 |
| Asian 5-spice              | Anise, black pepper, fennel, cinnamon, cloves, Himalayan pink salt                                                                                           |
| Pumpkin Pie spice          | Cinnamon, ginger, nutmeg, allspice, cloves                                                                                                                   |
| (Renee's Umami Max) R.U.M. | Use the water from cooked chickpeas marinated with dried shitake mushrooms for 2-3 days in the refrigerator. Strain out mushrooms and freeze for future use. |

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

ALLSPICE  
 OREGANO  
 BASIL  
 CHILI  
 CUMIN  
 GINGER  
 MUSTARD  
 PAPRIKA  
 SAVORY  
 NUTMEG  
 THYME  
 GARLIC  
 ROSEMARY  
 SAGE  
 CINNAMON  
 CLOVES  
 DILL  
 PEPPER  
 FENNEL  
 PINK SALT  
 SEASALT  
 TURMERIC  
 PEPITAS  
 SPICE BLEND

## Hey Men! Yes you.

Do you want to reduce or **prevent** urinary problems from enlarged prostate?

Do you want to maintain your testosterone levels?

Do you want to manage your blood pressure and heart health?

Do you want to have better sleep quality?

### EAT MORE PUMPKIN SEEDS (aka pepitas)

- zinc ( immune system, testosterone)
- magnesium ( muscle health, better sleep, stress-fighting)
- manganese, phosphorous
- copper and vitamin K ( wound healing, immune system)
- iron (convert food to energy)
- omega-3 fats (reduced inflammation; heart health; healthy blood flow)
- 6 grams of plant protein in every ½ cup!