

# Native Food for Life Online

## Lesson 1



PARTNERS IN  
**NATIVE FOOD FOR LIFE**  
ONLINE



Sun Life



Physicians  
Committee  
for Responsible Medicine



# Welcome to Native Food for Life!

## What Can You Expect?

In this 6-week class series, we will explore exactly how “food is medicine.” We will talk about what to eat to get healthy and stay healthy. We will cover some useful kitchen skills, demonstrate easy meals, and encourage you to try out one or more new behaviors each week. Native Food for Life is a way out of diabetes and other diseases. It honors indigenous plant-based foods and promotes wellness.

Here are some of the many positive “side effects” people report for themselves and their families when they follow the Native Food for Life program:

- ◆ More energy
- ◆ Weight loss if overweight
- ◆ Less joint pain from arthritis
- ◆ No more constipation (trouble having a bowel movement)
- ◆ Indigestion (gastric reflux or GERD) may go away.
- ◆ Skin problems clear up
- ◆ Better blood sugar numbers
- ◆ Better blood pressure
- ◆ Better cholesterol
- ◆ Less need for medication
- ◆ Less of your money going to junk-food and medication companies!



# Native Food for Life Online Class Schedule

Your Course Leader/Coordinator: Darylin Berryman

Email [\\_Darylin.Berryman@gtb-nsn-gov](mailto:Darylin.Berryman@gtb-nsn-gov)

<b>Week</b>	<b>Topic</b>
1.	The Power to Heal Diabetes
2.	The Power of Your Plate
3.	Lessons from the Blue Zones and the Magic 8
4.	Great Grains & More: Nutrition Basics
5.	The Story of Two Sisters: Plant Foods in Action
6.	Putting it All Together & Graduation

Course Materials are available at [PCRM.org/nffloresources](http://PCRM.org/nffloresources)

Questions? [darylin.berryman2@gtbindians.com](mailto:darylin.berryman2@gtbindians.com)



# Native Food for Life - Please Read Carefully



## Be Safe with Medication(s)

One HUGE advantage to filling up on plant-based foods is that you might not need to take as many medications. For example:

- ◆ Often arthritis improves, and people don't need pain medication.
- ◆ Indigestion may clear up.
- ◆ Depression may go away.
- ◆ Skin problems get better.
- ◆ Constipation is no longer a problem, so no need for laxatives.

There are two types of prescription medications that can become too strong. If you (or anyone in your house who begins eating the same way as you) take medication for either high blood pressure, or for diabetes, or both, work with a health care professional to decide if these medications should be reduced or even eliminated.

### **Some possible symptoms of too much diabetes medication include:**

Headache, hungry, shaky, sweaty, blurred vision. Or a blood sugar reading below 80. These symptoms tend to come on suddenly. They would be more likely to occur when it has been awhile since eating.

### **Some symptoms of too much blood pressure medication include:**

Feeling dizzy or lightheaded when changing position from lying to sitting or sitting to standing.

Of course, other things can cause these symptoms. **WORK WITH YOUR HEALTH CARE PROFESSIONAL TO MONITOR AND ADJUST or ELIMINATE MEDICATIONS.**

I have read this and understand it: \_\_\_\_\_

Date: \_\_\_\_\_

*The next page is a letter to share with your health care provider to explain how a diet change may impact medication needs.*



# PhysiciansCommittee

for Responsible Medicine

5100 Wisconsin Ave., NW, Suite 400 | Washington, DC 20016 | Tel: 202-686-2210 | Fax: 202-686-2216 | PhysiciansCommittee.org

Dear Health Care Provider,

Your patient, \_\_\_\_\_, is enrolled in a 6-session plant-based cooking and nutrition education program called Native Food for Life.

With diet changes, it is common for people who have diabetes or high blood pressure to find their medications become too strong. **Your patient has been instructed to ask for your guidance and support to monitor medication needs and make changes as necessary.**

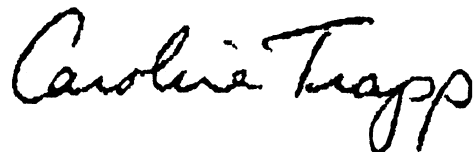
If you would like more information about the program, please visit [PCRM.org/nffloresources](http://PCRM.org/nffloresources). To earn Continuing Medical Education (CME) credits on nutrition to prevent and treat chronic diseases, visit [NutritionCME.org](http://NutritionCME.org). There is no charge for these resources.

Thank you for your consideration.

Kind regards,



Neal Barnard, MD, FAAC  
President



Caroline Trapp, DNP  
Director of Diabetes  
Education & Care  
[ctrapp@pcrm.org](mailto:ctrapp@pcrm.org)



# Plant-Based No-Recipe Meal and Snack Ideas

Build Meals from 4 Groups: Fruits, Veg, Beans, & Whole Grains  
Include a handful of nuts or seeds each day. Drink lots of water.

## BREAKFAST IDEAS

- ◆ Hot cereals: blue corn mush or rolled oats with toppings such as cinnamon, raisins, banana, berries, nuts or seeds, applesauce.
- ◆ High fiber cold cereal All Bran, bran flakes or muesli cereal with non-dairy plant-based milk and/or berries, peach or banana.
- ◆ Apples, strawberries, bananas, oranges or other fruit.
- ◆ High-fiber toasted bread topped with beans and salsa, nut butter, mashed avocado, or hummus with fresh or steamed greens.
- ◆ Oven-roasted sweet potato “home fries” solo or smothered with “sauteed” mushrooms, peppers and onions.
- ◆ Burrito filled with vegetarian “refried” beans, lettuce, and tomato (no egg or cheese)
- ◆ Tofu Scramble (sauté firm tofu and spices with cooked onions and peppers)
- ◆ Google recipes for WFPB Overnight Oats, Oatmeal Pancakes or Baked Oatmeal.
- ◆ Fat-free meat substitutes (e.g., Gimme Lean fat-free “sausage” or “bacon”)

## LUNCH IDEAS

### *Soups*

- ◆ Vegetable-based: carrot-ginger, potato-leak, butternut squash, vegetable, mushroom-barley, etc.
- ◆ Bean-based: black bean, vegetarian chili, spinach lentil, minestrone, split pea, etc.
- ◆ Instant or prepared soups if they are low-fat and free of animal products.

### *Salads*

- ◆ Green salad with fresh or roasted vegetables. Top your salad with flavored vinegar, lemon juice, fat-free non-dairy dressing, or soy or teriyaki sauce.
- ◆ Bean-based salads: Three-bean, chickpea, lentil, or black bean and corn salads.
- ◆ Grain-based salads: Noodle, couscous, bulgur, pasta or rice salads.
- ◆ Commercial bagged salad are fine. Avoid salads with cheese. Top with cooked beans and fat- and dairy-free dressings.

### *Sandwiches/Wraps*

- ◆ Black bean dip, peppers, tomatoes, and lettuce wrapped in a whole wheat tortilla.
- ◆ CLT: cucumber, lettuce and tomato sandwich with mustard on high fiber bread. Vary with grilled tempeh or tofu.
- ◆ Hummus or bean spread tucked into whole wheat pita or rolled in a tortilla with grated carrots, sprouts and cucumbers.
- ◆ Peanut butter and jam on high fiber bread
- ◆ Black bean and sweet potato burrito with corn and tomatoes
- ◆ Sandwich made with fat-free meat alternatives such as barbeque seitan, Lightlife Smart Deli turkey style or Yves veggie pepperoni slices and your favorite sandwich veggies.





**DINNER**—Give beans and grains the starring role in all your meals. Start with beans, add a rice or other grain or potato dish, and add a couple of vegetables. Think, “A BEAN, A GREEN and a GRAIN,” plus a sauce or seasonings—it’s that easy!

**Beans:**

- ◆ Pinto, Teparay, Anasazi, black beans, white beans, navy, garbanzos, kidney beans, lentils, split peas and more can be turned into Baked Beans, Bean Burritos, Bean Dips, Bean Salads, Bean Burgers, Bean Soups, Bean Casseroles, etc.!

**Starches:**

- ◆ *Grains:* corn, pasta, brown rice, barley, quinoa, couscous, millet, or others.
- ◆ *Potatoes:* bake, steam or roast.
- ◆ *Breads:* High fiber, whole-grain breads are preferred. Look for 2-3 grams of fiber per slice. Avoid breads that contain oil, eggs or milk.

**Vegetables:**

Try any vegetables you like. Lemon juice on greens or broccoli sweetens the taste. Enjoy vegetables that are:

- ◆ Steamed
- ◆ Roasted with herbs
- ◆ Fresh, frozen or canned

**Main Dishes:**

- ◆ *Pasta:* Look for marinara or spaghetti sauce that has less than 3 grams fat per serving and no cheese or meat.
- ◆ *Beans and rice or potatoes:* Pinto or black beans with salsa, vegetarian baked beans, or fat-free refried beans. Bake, steam or roast potatoes.
- ◆ *Soft tacos:* Prepare this dish with flour tortilla, beans, lettuce, tomato, and salsa.
- ◆ *Fajitas:* Lightly sauté sliced bell peppers, onion, and eggplant in a non-stick pan, with fajita seasonings.
- ◆ *Chili:* Vegetarian boxed or canned versions are fine. Leave out the meat.
- ◆ *Veggie lasagna:* Made with low-fat tofu to replace the ricotta, layered with grilled veggies.
- ◆ *Vegetable stir-fry:* Season with soy sauce or other low-fat stir-fry sauce. Be sure to use a non-stick pan. Serve over pasta, beans, or rice.
- ◆ *Fat-free vegetarian burgers:* Look for lentil burgers or other commercial brands, such as Boca Burgers.
- ◆ *Pizza:* Hold the cheese, pile on the vegetables.
- ◆ *Sloppy Joes* made with brown lentils, vegetarian crumbles or TVP instead of meat.

**DESSERTS and SNACKS:**

- ◆ Fresh, cooked or dried fruit
- ◆ Fruit smoothie (made with frozen fruit, pitted dates or agave nectar or frozen fruit juice concentrate as a sweetener, water and/or non-dairy milk and/or juice. Sneak in some frozen spinach for a nutritious kick!)
- ◆ Carrot, celery, or other vegetables with low-fat hummus or bean dip
- ◆ Corn tortillas or baked tortilla chips with salsa or bean dip
- ◆ Air-popped popcorn topped with nutritional yeast for cheesy flavor, or cinnamon.



## Where to Find Whole Food, Plant-Based Recipes, Inspiration, and More

1. <https://www.thejaroudifamily.com/recipes>
2. <https://www.youtube.com/user/cookingwithplants>  
<https://cookingwithplants.com/>
3. <https://www.youtube.com/channel/UCh2D2ss44sKdb6l7iGU7eLg> and  
<https://plantbasedcookingshow.com/>
4. [www.Forksoverknives.com](http://www.Forksoverknives.com)
5. [www.pcrm.org/recipes](http://www.pcrm.org/recipes)
6. [www.sweetpotatosoul.com](http://www.sweetpotatosoul.com)
7. [www.pbnsq.com](http://www.pbnsq.com)
8. [www.fatfreevegan.com](http://www.fatfreevegan.com)
9. [www.drmcDougall.com](http://www.drmcDougall.com)
10. [www.pbnsq.org](http://www.pbnsq.org)
11. [www.pbnsq.org](http://www.pbnsq.org)
12. <https://www.icanyoucanvegan.com/>
13. <https://simple-veganista.com/recipes/diet/wfbp/>
14. <https://faithfulplateful.com/>
15. <https://healthiersteps.com/recipes/>
16. <https://byanygreensnecessary.com/>
17. <https://theminimalistvegan.com/>
18. <https://www.facebook.com/groups/livemastsupport/about>
19. <https://www.youtube.com/c/WellYourWorld>

From Marc Anderson (our favorite environmental engineer):

1. <https://www.deliciouseveryday.com/>
2. <https://www.connoisseursveg.com/>
3. <https://lovingitvegan.com/>
4. <https://www.cearaskitchen.com/>
5. <https://www.eatfigsnotpigs.com/>
6. <https://picklesnhoney.com/>
7. <https://www.forkandbeans.com/>

Here's an article describing the results of a study concluding that veganism is the single biggest way to reduce our environmental impact:

<https://www.independent.co.uk/life-style/health-and-families/veganism-environmental-impact-planet-reduced-plant-based-diet-humans-study-a8378631.html>

and the study itself (also attached):

<https://science.sciencemag.org/content/360/6392/987>

This is interesting regarding plant-based milk and its environmental impacts. Cow's milk is harmful to the environment, any plant milk is better, and hazelnut, soy and oat are winners for both human health and the environment.

<https://www.theguardian.com/environment/2020/jan/28/what-plant-milk-should-i-drink-almond-killing-bees-aoe>





# Resources for Diabetes During Pregnancy (Gestational Diabetes) and Plant-Based Diets for Pregnancy:

1. [https://pcrm.widen.net/view/pdf/wmdqesul9v/Diabetes-During-Pregnancy-Fact-Sheet?t.download=true&x.share=true&x.portal\\_shortcode\\_generated=gr0kpkol&x.app=portals](https://pcrm.widen.net/view/pdf/wmdqesul9v/Diabetes-During-Pregnancy-Fact-Sheet?t.download=true&x.share=true&x.portal_shortcode_generated=gr0kpkol&x.app=portals)
2. [https://pcrm.widen.net/view/pdf/oz6xa4ogwi/Plant-Based-Diets-for-Pregnancy-Fact-Sheet?t.download=true&x.share=true&x.portal\\_shortcode\\_generated=gr0kpkol&x.app=portals](https://pcrm.widen.net/view/pdf/oz6xa4ogwi/Plant-Based-Diets-for-Pregnancy-Fact-Sheet?t.download=true&x.share=true&x.portal_shortcode_generated=gr0kpkol&x.app=portals)



# Blue Corn and Squash Oatmeal

*Makes 2 servings*

- ◆ ½ cup oatmeal
  - ◆ ¼ cup blue corn meal
  - ◆ ½ cup butternut squash, frozen or fresh, cut into ½-inch cubes
  - ◆ ¼ cup raisins
  - ◆ 1 tablespoon chia seeds
  - ◆ 1½ cups water
1. In a medium pot, bring water to a boil on medium to high heat. Add butternut squash and lower heat to medium-low. Let cook for 5 minutes.
  2. Add oatmeal and stir for 1 minute. Then turn heat down to lowest setting.
  3. Add cornmeal, raisins, and chia seeds. Cover and let steam for 5 minutes.



Oats are an ancient source of food, originating in the Middle East. This crop is environmentally sustainable; it depletes less water and nutrients from the soil and reduces the need for herbicides and pesticides. Oats are high in many vitamins and minerals, reduce the risk of heart and artery conditions, lower cholesterol, lower blood pressure, and improve digestive health. Oats provide a feeling of fullness for several hours after eating. This is useful for achieving and maintaining a healthy weight. Herbalists use oats to ease anxiety and depression, and to restore emotional balance.

Blue corn has been cultivated by the Hopi and other tribes for centuries, playing a significant role in culture, ceremony, and diet. Heirloom blue corn is drought tolerant and can grow in an arid environment. Anthocyanin gives blue corn its pigment and is an antioxidant that promotes kidney and eye health, lowers inflammation, and lowers blood pressure. Blue corn has more protein content than white or yellow corn.

Squash is one of the oldest food sources Indigenous people cultivated in North and South America. Winter squash varieties like butternut, Hubbard, and acorn can keep for months due to low water content and tough skin. Butternut squash is high in potassium, fiber, vitamin A, and vitamin C. It helps boost immunity and digestive health, and it promotes healthy skin. Emerging research suggests that consuming foods high in vitamin A may prevent asthma.



Tips for maintaining healthy blood sugar levels, energy, and alertness throughout the day:

- ◆ Avoid sugary foods and simple carbs, like white bread or pasta.
- ◆ Eat complex carbs, like vegetables and whole grains. Complex carbs take longer to absorb, and this can help prevent glucose swings. They also contain higher fiber, which will help you feel fuller.
- ◆ Eat small, frequent meals, about three hours apart during waking hours.
- ◆ Drink lots of water.
- ◆ Exercise regularly and have a healthy snack beforehand to power your workout.
- ◆ Get enough sleep.

## Nutrition Facts

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**A**

Serving Size **1 serving (74g)**

Amount per serving

**Calories** **167**

% Daily Value\*

<b>Total Fat</b> 4.7g	<b>7%</b>
Saturated Fat 0.4g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.4g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 3.4mg	<b>0%</b>
<b>Total Carbs</b> 29g	<b>10%</b>
Dietary Fiber 6.5g	<b>26%</b>
Total Sugars 1g	
<b>Protein</b> 5g	<b>10%</b>
Vitamin A 3,721IU	<b>74%</b>
Vitamin C 7.4mg	<b>12%</b>
Vitamin D 0IU	<b>0%</b>
Calcium 61mg	<b>6%</b>
Iron 1.8mg	<b>10%</b>
Potassium 212mg	<b>6%</b>

*Based on a 2,000 Calorie Diet. Nutrition facts found at MyNetDiary.com. Does not include "Optional Toppings."*



# Challenge of the Week - Week 1

Taking good care of yourself is time and effort well-spent! Set a goal that is meaningful and worthwhile for you, one that you feel confident you can achieve over the next 7 days.

Don't make it too vague, such as, "I'll eat more healthy meals." What is "more"? What are "healthy?"

Make it very specific. For example, "For at least 5 of the next 7 days, I'll start my day with a plant-based breakfast and a large cup of water."

**Write your specific, measurable goal 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?

**Write the plan here that will lead to your success:**

**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!!!**

