

Food for Health and Healing



Allina Health

**PENNY GEORGE
INSTITUTE
FOR HEALTH
AND HEALING**

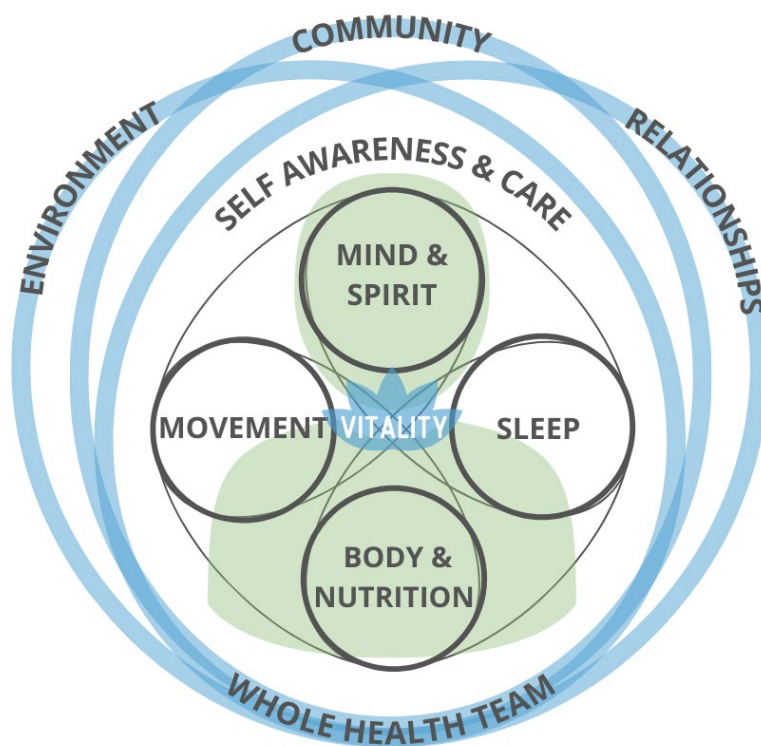
Food is an important part of health and healing.

The Penny George Institute for Health and Healing is committed to supporting you as you change your eating approach.

The information provided in these pages can help you prevent and manage chronic (long-term) health conditions.

Nutrition is an important part of health and healing. Our integrative nutritionists partner with you to make changes at your own pace that fit with your lifestyle.

Whole Person Care Model



Food for Health and Healing

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What to Expect When Changing Your Food

Diet changes need to be done safely to reduce the risk you will feel worse.

These changes are not right for everyone. Cook and eat more meals at home, and plan your meals and snacks when you are away. You may need to practice these skills before making significant changes in what you eat and drink.

Here are some possible risks to be aware of as you make changes in what you eat and drink:

- Digestive symptoms such as increased gas, bloating and abdominal discomfort, constipation and diarrhea can occur with diet changes as your system adjusts.
- Dehydration or low blood glucose can happen if you are not eating or drinking enough.
- Disordered eating. Especially if you have struggled with food in the past or have experienced high anxiety.
- You may need support if you have a limited palette or identify as a “picky eater.” Discuss any concerns you may have with your care team before beginning this plan.

Important

You may have other goals based on your diagnosis or health concerns. This guide does not replace nutritional advice from your health care team.

A Whole Foods-based Eating Plan

This eating plan includes whole foods and plant foods at most meals and snacks.

Whole foods are lightly processed or not processed, and contain most of their nutrients and fiber. Plant foods are vegetables, fruits, nuts, seeds, beans, lentils, olives, root vegetables, whole grains, and herbs and spices.

Highly processed foods often contain artificial colors, preservatives, white flours and added sugars. They often have less fiber and nutrients. When you eat too many of these foods it can lead to more inflammation and blood glucose swings. It may even lead to negative moods.

When you eat more whole foods and plants you naturally reduce the amount of highly processed foods you eat.

This plan is based on the Mediterranean diet. You can adapt the plan to include traditional whole foods that fit with your culture.



How it can help

A whole foods, plant forward, Mediterranean style eating plan is associated with lower risk of chronic (long-lasting) disease, less pain and inflammation, better digestion, and improved mood. When all of your cells get the nutrients they need, your whole system is more in balance.

The goal of this plan is to help you feel better, enjoy your food, and support your energy and focus so you can do all the things you love!

Food for Health and Healing

Food can help you heal

The way you feed yourself has a great impact on how you feel, and how you heal.

Food is an essential part of your healing plan.

The foods you eat provide your body with nutrients. Food can also heal by connecting you with others, with the seasons and the earth, with your culture, your values, your spirituality, and with your own body's needs.

Take time to prepare food at home. Make time to share meals with others.



Basics of Eating for Your Well-being



- 1
 - Aim for plenty of plants in your diet.
 - Try to include plants and whole foods in $\frac{3}{4}$ of each meal.
 - Eat a wide variety of colorful foods.
- 2
 - Eat consistent meals and snacks. Don't go too long without eating.
 - Combine sources of fruits and vegetables; proteins and fat; beans, starches and whole grains; and herbs and spices to help you stay satisfied and energized.
- 3
 - Enjoy mindfully! Slow down, chew well, and notice tastes and smells.
 - Being mindful improves your awareness of hunger and fullness, and improves digestion.

Eat Mostly Plants

Look for plenty of colorful fruits and vegetables. But, that's not all. Plant foods also include avocado, beans and legumes, berries, corn, herbs and spices, leafy greens, lentils, nuts, olives, root vegetables, seeds, and whole grains.

You can find plant foods in many places. At the grocery store in the fresh, frozen or canned food sections, in your garden, at a farmers market or food pantry, or from a meal kit service.

Challenge the Dieting Mindset

Focus on foods to include

- Eat consistent, balanced and flavorful meals.
- Stay aware of how you feel.
- Avoid meal plans that are too rigid such as diets in which you count calories, weigh and measure foods, or those that limit too many pleasurable foods. These eating plans can make you feel shame, deprived and hungry which can lead you to make impulsive choices or overeat.

A balanced eating plan gives you permission to eat foods that you enjoy and to eat enough so you feel full longer.

See the next page for ideas on how to find balance in your meal choices and to feel full for longer.



Combine Whole Foods for Fullness and Balance

Vegetables

Asparagus | Beets | Broccoli | Cabbage | Carrot
Corn | Celery | Garlic | Green Beans | Leafy greens
Jicama | Kohlrabi | Mushrooms | Onion | Okra
Peas | Peppers | Potato | Radish | Taro | Tomato
| Snap peas Squash | Sweet potato | Zucchini

Fruits

Apple | Apricot | Banana | Blackberry | Blueberry
Cherry | Clementine | Date | Grapefruit | Kiwi
Lemon | Lime | Mango | Melon | Nectarine | Orange
Plum | Pomegranate | Raspberry | Strawberry

Fats

Avocado | Butter | Cream
Cream cheese | Ghee | Guacamole
Mayonnaise | Nut butters
Nuts: almonds, cashews, pecans,
pistachios, walnuts | Olives
Oils: canola, coconut, grapeseed,
olive | Peanuts |
Seeds: chia, flax, pumpkin,
sesame, sunflower
Sour cream | Tahini

Proteins

Beans | Beef | Bison | Cheese
Eggs | Fish and Shellfish | Legumes
Lentils | Milk | Nuts | Nut butters
Peas | Pork | Poultry | Quinoa
Seeds | Soy | Tempeh | Tofu
Yogurt | Wild game | Wild rice

Beans, Whole Grains, Root Vegetables

Beans | Beets | Breads
Buckwheat | Cereals | Crackers
Legumes | Lentils | Oats
Parsnips | Pasta | Popcorn
Potatoes | Quinoa | Rice
Sweet potatoes | Squash
Turnips | Wild rice

Herbs, Spices, Seasonings

Anise | Basil | Bay leaf | Berbere | Black pepper
Cayenne | Chives | Cilantro | Cinnamon
Coriander | Cumin | Curry | Dill | Fenugreek
Garlic | Ginger | Lemongrass | Marjoram | Mint
Oregano | Mustard | Nutmeg | Parsley | Poppyseed
Rosemary | Saffron | Sage | Tarragon | Thyme
Turmeric | Za'atar

Combine Whole Foods for Fullness and Balance

Fill about $\frac{3}{4}$ of your plate with colorful whole plant foods.
Fill about $\frac{1}{4}$ of your plate with protein-rich foods.

- Take time to savor flavors and enjoy your meals
- Colorful whole plant foods can be sources of proteins, carbohydrates and fats.
- Cook at home as often as you can. Add herbs and spices for flavor and health benefits.
- Stay well hydrated. Drink water, tea or coffee throughout your day.
- Healthful fats and oils help keep you satisfied. Use olive oil most often.



Meal Planning and Preparation Tips

1

You don't need to change everything all at once.

Write down your goals, make a plan, then shop for what you'll need. Think about the ingredients you have at home. Shop for seasonal foods and sales to help plan your menu each week. Cooking more meals at home will also help you save money.

2

Include a variety of choices for meals and snacks.

Plan for a cold salad, a slow cooker meal, roasted vegetables, a flavorful sauce, a pot of cooked grains, cut up raw fruit and vegetables, dip, a sheet pan dinner, and easy to grab snacks.

3

Make extra and repurpose leftovers.

Eat leftovers from dinner for lunch the next day. Mix roasted veggies with your eggs at breakfast. Top a baked potato or a grain bowl with leftover meats. Add cut up raw veggies into a stir fry.



Quick and Simple Meal Planning

Combine whole foods to make a satisfying meal.

Fruits and
vegetables

Proteins

Whole grains,
beans,
root vegetables

Fats

Herbs, spices,
seasonings



fruit + yogurt + granola + nuts + cinnamon



salad greens + mozzarella cheese + chickpeas + olive oil vinaigrette + oregano



mushrooms, peppers + egg scramble + roasted sweet potato + olive oil + garlic



celery, tomato, onion + tuna + whole grain bread + mayonnaise + lemon, dill



corn, tomato + beans + rice + avocado + chili powder

Quick and Simple Meal Planning

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Fruits and
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Whole grains,
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Fats

Herbs, spices,
seasonings



+



+



+



+



carrots, onions, tomato + chicken + brown rice + coconut milk + curry powder



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+



+



+



collards + lentils + injera + clarified butter (ghee) + berebere



+



+



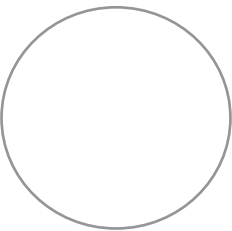
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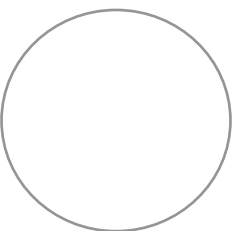
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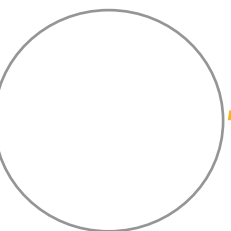
squash + salmon + wild rice + hazelnuts + sage



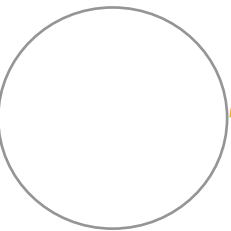
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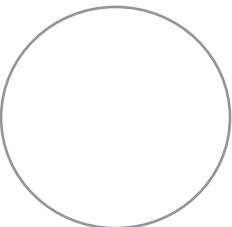
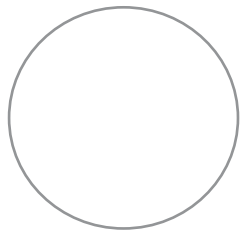
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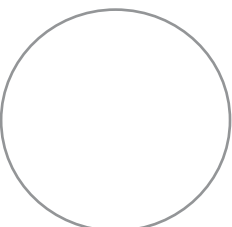
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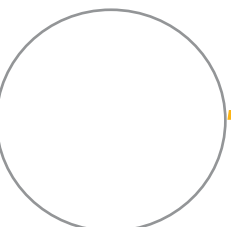
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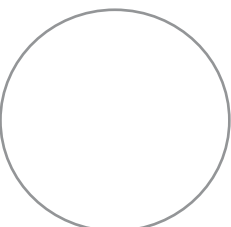
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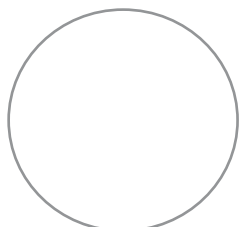
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Healthful Fats

Include foods rich in Omega-3 fats.

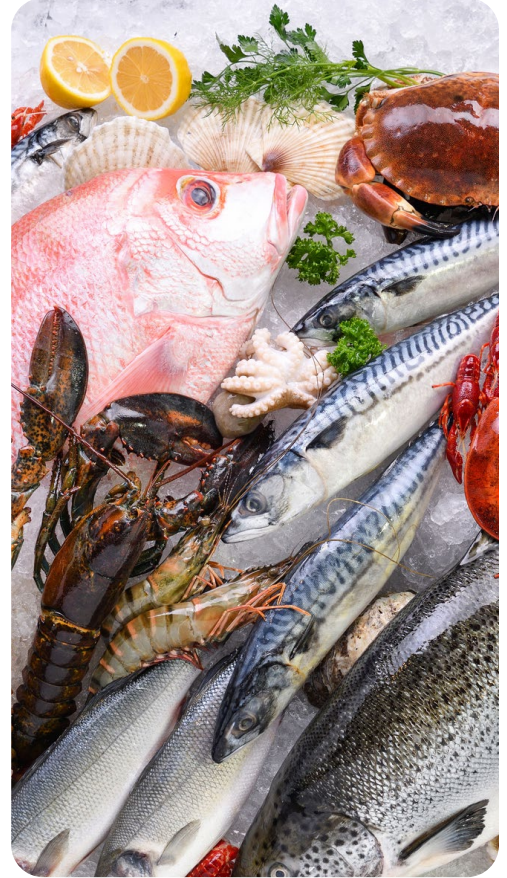
These foods are anti-inflammatory and great for your heart, brain and mood.

Foods that contain Omega-3 fats include:

- fish and seafood (anchovies, crab, herring, mackerel, mussels, oysters, sardines, salmon, trout, tuna, walleye)
- flax, chia and hemp seeds
- Omega-3 eggs
- pasture-raised and grass-fed meats
- walnuts.

Meal ideas:

- Add canned tuna or salmon to pasta or salads.
- Mix hemp hearts or ground flax into oatmeal or smoothies.
- Add walnuts to trail mix or make a chia pudding.



Olive Oil Vinaigrette

Extra virgin olive oil has many health benefits. Try using it in this easy, delicious homemade salad dressing.

$\frac{1}{4}$ cup red or white wine | apple cider vinegar | lemon or orange juice
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon ground pepper or red pepper
 $\frac{3}{4}$ cup olive oil

Mix-ins:

1 tablespoon jam, honey or maple syrup
 $\frac{1}{2}$ teaspoon dry mustard, chopped garlic or garlic powder,
dried herbs (basil, oregano, rosemary, tarragon, thyme)
or 1 to 2 teaspoons minced fresh herbs

In a mason jar, combine all ingredients, cover and shake well. Serve immediately or refrigerate up to 1 week.



Carbohydrates are Essential

Carbohydrates from whole food sources:

- digest more slowly due to the fiber content
- contain complex carbohydrates and natural sugars which provide fuel for energy
- are high in fiber which keeps your gut in balance and feeds healthy gut bacteria
- help your body prioritize protein to repair, build and maintain strength
- provide B vitamins, minerals and antioxidants.

Look for 100% whole grain options more often than white flours. Choose foods with natural sugars such as fruit and dairy products.

Fruits, Vegetables, Dairy

fresh, frozen, dried fruit
fresh, frozen, canned vegetables
unsweetened milk
cheese | cottage cheese
kefir | yogurt

Whole Grains, Beans, Root Vegetables

beets | black beans
brown rice | buckwheat
chickpeas | corn | farro
lentils | oats | parsnips
peas | pinto beans | quinoa
rutabaga | sweet potatoes
turnips | wild rice | whole wheat

Eating too few carbohydrates can have a negative effect on your:

- gut health
- mood
- hormone balance
- important nutrients.

When you eat too many foods with added sugars and refined carbohydrates it can increase inflammation and blood glucose swings. It may even lead to negative moods.



Proteins

- Eat a protein-rich food at each meal and snack. It will help you feel satisfied between meals and keep your blood glucose at an even level.
- Fill ¼ of your plate with plant or animal protein sources.
- Plant-based proteins are high in fiber and nutrients. Choose foods such as almonds, black beans, edamame, hummus, lentils, peanut butter, pinto beans, tempeh, tofu and walnuts.
- Animal proteins are great sources of iron, B vitamins and zinc. Include poultry, fish, seafood and eggs more often than beef, goat, lamb, pork and dairy foods such as milk and cheese.
- When possible, seek out local, wild-caught, pasture-raised or wild game options. For example, grass-fed beef has more healthful omega-3 fats. Pasture-raised eggs are higher in vitamins A and E.
- Organ meats, or “offal,” such as liver or kidney, are high in nutrients.
- Limit how often you eat processed or cured meats such as bacon, sausage, deli, or blackened or charred meat.



Proteins

Protein-rich Snack Ideas

- cheese and grapes
- cottage cheese and fruit
- Greek yogurt and granola
- hard boiled egg and carrots
- hummus and peppers
- nuts and dried fruit
- peanut butter and apple
- whole grain crackers and almond butter



Supporting Your Gut: The 3 Ps

A Healthy Gut Supports Your Overall Health

Your gut contains trillions of bacteria that impact your health. A healthy gut is essential for your digestion, metabolism and a healthy immune system. Good bacteria in your gut can help lower inflammation, lower your risk of disease, and may improve your mood.

Digestion works best when your body and mind are relaxed. A diet rich in a variety of colorful plants is best for good digestion and healthy bacteria.

In times of high stress or illness eating more warm and well-cooked foods such as soup and stews can help you absorb nutrients and aid digestion.

1

Prebiotic foods.

Fiber-rich plant foods contain prebiotics that feed the healthy bacteria in your gut. Include foods such as onions, garlic, beans, lentils, asparagus and green bananas.

2

Probiotic foods.

Fermented foods add healthy bacteria to your gut. Include foods such as sauerkraut, miso, kombucha, yogurt, kimchi and sourdough bread.

3

Polyphenols (colorful foods).

Black, blue, purple and deep red foods all feed your gut bacteria. The deeper the colors the more rich in nutrients you get. Look for colorful versions of vegetables such as purple carrots, red cabbage and purple potatoes.



Savor the Joy of Eating!

Mindful eating can support a healthy relationship with food. Use your senses when you eat.

It will enhance the flavors of your food, improve digestion and be more satisfying.



Here are some ideas to help you practice mindful eating:

- **Sit down. Breathe. Center yourself.** Connect with gratitude. Make a choice to be present. Look at the food you are about to eat.
- **Create stillness.** Remove distractions. Dedicate at least part of the meal to silent enjoyment of your food, even if just the first bite or two. After all, the first bites are the most flavorful!
- **Connect with your body and emotions.** Are you physically hungry? Emotionally hungry? How are you feeling?
- **Open up your senses.** Notice the aromas, colors and textures of the food you are about to eat. Explore it as if it was the first time you've tried it. Now taste it. Notice how your whole mouth comes alive with your first bite. Notice the sounds you make as you chew. Notice when it's time to swallow.




































What did you learn from just this one bite? From more bites? Try to use descriptive words such as “sour” or “spicy” rather than judgments such as “good” or “bad.”




































Colorful Food

The more colorful foods you eat, the more nutrients you get. There are many whole foods to choose from that add color into your meals.

RED FOODS	Apples Beets Cherries Cranberries Kidney beans	Pomegranate Radishes Red bell peppers Red leaf lettuce Red onion	Red rice and quinoa Rhubarb Strawberries Tomato Watermelon
ORANGE FOODS	Apricot Bell peppers Cantaloupe Carrots Clementines	Hot peppers Mango Nectarine/Peach Orange Pumpkin	Sweet potato Turmeric Winter squash (acorn, butternut)
YELLOW/ WHITE FOODS	Banana Bell Peppers Bok choy Canellini beans Cauliflower Coconut Corn Garlic Ginger	Golden raisins Jicama Lemon Mushroom Onion (yellow, white) Pineapple Pinto beans Popcorn	Rice (brown) Shallots Spaghetti squash Starfruit Tortilla (corn, whole grain) Yellow squash Yellow tomato
GREEN FOODS	Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Collard, mustard, turnip greens Cucumber Edemame	Grapes (green) Green beans Green pepper Green tea Herbs (basil, cilantro, mint, oregano, parsley) Honeydew melon Jalepeno pepper Kale	Leeks Lettuce, leafy greens Lime Okra Olives Pears Scallions Spinach Tomatillo Zucchini
BLUE/PURPLE/ BLACK FOODS	Blackberries Black sesame seeds Black olives Black beans Blueberries Blue corn	Cabbage (purple) Carrots (purple) Dates Eggplant Figs Grapes (purple)	Kale (purple) Plums Potatoes (purple) Raisins Rice (black or purple) Wild rice

Tracking Colors and Variety

WEEK 1	SUN	MON	TUE	WED	THU	FRI	SAT
Choose foods from each color group every day							
							
							
							
							

WEEK 2	SUN	MON	TUE	WED	THU	FRI	SAT
Choose foods from each color group every day.							
							
							
							
							

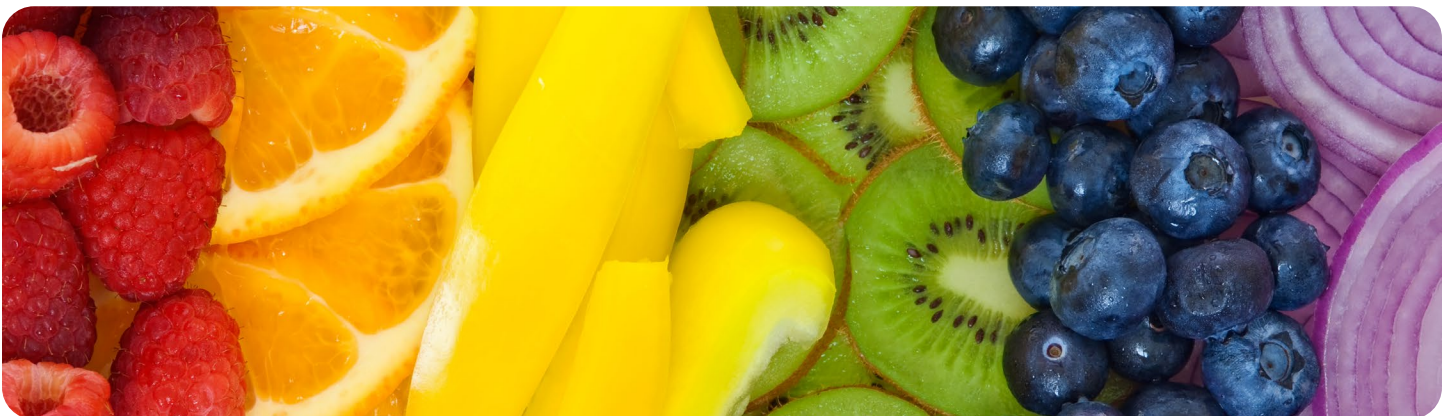
Meet the Challenge:

Eat 40 Different Plants in a Week

There are so many foods to choose from! When you eat a lot of different foods you get more nutrients, maintain a healthier digestive system and support your overall health and wellness.

For a week, track how many different plant foods you eat. The next week, see if you can increase your variety. Any plants count, even if you only eat a little bit of each. Choose different vegetables, fruits, herbs, spices, grains, beans, nuts and seeds.

1. _____	11. _____	21. _____	31. _____
2. _____	12. _____	22. _____	32. _____
3. _____	13. _____	23. _____	33. _____
4. _____	14. _____	24. _____	34. _____
5. _____	15. _____	25. _____	35. _____
6. _____	16. _____	26. _____	36. _____
7. _____	17. _____	27. _____	37. _____
8. _____	18. _____	28. _____	38. _____
9. _____	19. _____	29. _____	39. _____
10. _____	20. _____	30. _____	40. _____



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7. _____	17. _____	27. _____	37. _____
8. _____	18. _____	28. _____	38. _____
9. _____	19. _____	29. _____	39. _____
10. _____	20. _____	30. _____	40. _____



Build Healthful Habits

Eating well may take some extra time and energy but it doesn't have to be stressful!

Use the charts below and on the next page. Start tracking a few goals each week to begin building habits that support your wellness plan.

Goal	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mostly plants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindful eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Combine food groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular meals, snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pre-, probiotic foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Olive oil, Omega-3 food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Herbs, spices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yellow foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blue, purple, black foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Goal	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mostly plants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Goal	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mostly plants							
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