

# Community Chronic Disease Prevention



## Week 1 Newsletter

Hi Everyone!

How's week 1 going? How many nutrient dense meals have you had? The response on our first night meeting was great!

We're sure you have questions that others share, so don't hesitate to contact us at the email below. We'll try to answer the most common ones in the newsletter.

This week's question is **What's so bad about dairy products?**

- The Physician's Committee for Responsible Medicine offers this evidence-based review of the [Health Concerns about Dairy Products](#)
- The T. Colin Campbell Center for Nutritional Studies published [12 Frightening Facts About Milk](#)
- And Dr. Fuhrman discusses cancer risks in [Eat For Health – The Anti Cancer Diet](#)
- And remember what Jay said last week about bonding with a cow!

Video recommendations for this week:

- Neal Barnard MD of PCRM shares these thoughts on [Diabetes](#)
- Don't forget to watch Michael Pollan "[In Defense of Food](#)" -- full episode from PBS (until 1/28/16 only)

We also want to share a variety of recipes with you. Your Resource List (sent in the Intro Week Newsletter) has a variety of websites with free recipes and.....

- The Physician's Committee for Responsible Medicine offered a [21-Day Kick Start](#) for plant based living – with a grocery list!
- Several “cold weather” meals are on page 2

Here's another list of whole food plant based pantry items from [PlantPlate.com](#)

Here's so food for thought as you move to Week 2:

[Seven things that happen when you stop eating meat from Forks Over Knives](#)

And if you are interested in references and scholarly evaluations of diet and wellness. Here are the [Top 20 Plant-Based Health Professionals to Follow](#) and I've got to say this is a list of my heroes!

And don't forget to contact us if you have questions! [ccdp@nau.edu](mailto:ccdp@nau.edu)

Happy Eating!

Your CCDP team

## [Spicy Three Bean Veggie Chili](#)

Any kind of beans will do!  
Season to taste.



## **Spicy Three Bean Veggie Chili**



## [Stove Top Pizza](#)

Replace the white flour with whole wheat and load on the veggies, top with nutritional yeast instead of cheese. You can also leave out the honey!



## **Wendy's Easy Peasy Veggie Spaghetti Sauce**

Ingredients:

2-3 cloves of garlic, minced  
1 medium onion, finely chopped  
2-3 stalks celery, chopped  
2-3 carrots, chopped  
1 medium zucchini, skin on, sliced in half rounds  
1 red pepper, diced

8 oz mushrooms, sliced  
(or consider eggplant, squash, etc, any veggie will do)  
1 jar pasta sauce, low sugar  
Whole wheat pasta, spaghetti squash or zucchini slivers

Sautee the onion and garlic in water for 3-5 minutes. Add celery, carrots, pepper and allow to sweat for 5-8 minutes, adding a small amt of water to prevent sticking. Add the zucchini, mushroom, and other soft veggies. Add pasta sauce. Cover and simmer for 15-20 minutes until veggies are al dente.

Prepare pasta per package directions. Spaghetti squash should be pre-roasted and scraped. Zucchini can be julienned into slivers.

## **Chloe's Veggie Burgers**

4 cups water	$\frac{1}{4}$ cup nutritional yeast flakes
$\frac{1}{2}$ cup soy sauce	1 Tablespoon basil
$\frac{3}{4}$ cup shredded carrots	1 $\frac{1}{2}$ teaspoons sage
$\frac{3}{4}$ cup salsa	4 cups bean soup*
1 Tablespoon onion powder	4 cups rolled oats ( $\frac{1}{2}$ thick oats & $\frac{1}{2}$ quick oats)

\*Or 4 cups water and 1  $\frac{1}{2}$  cups dried refried bean mix OR 1 can bean soup and 1 can refried beans

\*\*\*\*\*

Directions: Place water, bean soup, soy sauce, carrots, salsa, and seasonings in a stock pot and bring to a boil. Stir in oats and return to a simmer, for one minute. Set aside to cool.

Place a large scoop on a sprayed baking pan and pat down into a large burger. Bake at 350 degrees for 30 minutes on first side, flip and bake for an additional 15 minutes.

Or

Use a cookie scoop to "make" meat balls

Or

Spread on sprayed baking pan in a thin layer. Break into "crumbles" after 30 minutes, then complete baking.

You can re-watch the video here: [Veggie Burgers](#)

**Videotaping by Amanda Kapp**

ID # \_\_\_\_\_

Week \_\_\_\_\_

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Week \_\_\_\_\_

### Plant-Based Bingo

Please mark each box that you ate a plant-based meal.

Check tiny box in bottom right corner if you skipped that meal.

	Breakfast	Lunch	Dinner
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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