

FOOD AS MEDICINE EVERYDAY

Reclaim Your Health
With Whole Foods

JULIE BRILEY, ND & COURTNEY JACKSON, ND

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With Whole Foods

Julie Briley, ND & Courtney Jackson, ND



Portland, Oregon

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Individuals with serious health problems need to be under the care of a physician. Information in this book is intended to supplement, not replace, advice and treatments provided by one's doctor or trained health professional.

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To FAME series and ECO project participants
—past, current, and future.

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Foreword

My wife, Charlee, and I are in our mid-eighties now, and it seems like only yesterday the people of the world were of average size. The overnight prevalence of obesity and its accompanying ill health seem to have come about rapidly and with great severity in affecting our Western society's health. The public's response to the wholesome whole grain foods we and our company, Bob's Red Mill Natural Foods, have produced over the last forty-one years, brings with it the realization that a nutrient-rich, whole grain diet is one of the key elements to combating the health issues we face today.

Our concern for the world around us—especially children—caused us to look for a vehicle that would address some of these serious health issues. The Ending Childhood Obesity (ECO) project was birthed through our collaboration with the National College of Natural Medicine (NCNM), the naturopathic college in Portland, Oregon. NCNM appeared to be the perfect partnership whereby we could develop a valuable and worthwhile program educating our community about a healthy, whole grain diet, along with an understanding of the basics of good nutritional practices.

NCNM was ready, willing, excited, and they had one very eager physician willing to take on this incredible project: Dr. Courtney Jackson. Within the first year, the popularity of the ECO project was contagious. It soon became necessary to bring on a second physician to help oversee additional classes. Dr. Julie Briley joined the Food as Medicine Institute, and the Food as Medicine Everyday series soon developed following the success of the ECO project. Dr. Briley brought with her the same excitement and commitment to the program. Together they make a dynamite team, educating hundreds of families in the Portland community. They truly are the key to the Food as Medicine Everyday program success.

Charlee and I are so pleased with the growth, continued development, and refinement of the programs coming from the Food as Medicine Institute. Beginning with just one lead naturopathic physician and one twelve-week series, the program has now expanded to five physicians, eighteen series yearly, and has reached over one thousand families to date. This is truly amazing.

At the beginning of our involvement with Dr. Jackson, we talked with her about publishing a book if the project proved successful. We are so pleased to see that the project has proved successful, and here is that book. Congratulations Dr. Jackson and Dr. Briley!

To your good health!

Bob and Charlee Moore

Preface

Food is intimately woven into the culture of naturopathic medical training and clinical practice. Since its inception in the United States in the early 1900s, the profession of naturopathic medicine has always incorporated the healing power of food into patients' prescriptions. The profession has evolved and adapted with modern medicine, but it has not forgotten the original connection to food as medicine. In the United States, naturopathic medicine is currently defined as a distinct system of primary health care that, like conventional medicine, includes the diagnosis, treatment, and prevention of illness. It incorporates the best of both the art and science of traditional and conventional medical practices. NDs are trained to diagnose and treat acute and chronic health conditions, from hay fever to heart disease, from infancy through adulthood. NDs may also provide holistic medical treatment for patients who are using conventional medicine.

Naturopathic medicine is distinguished from other medical professions by its principles:

The Healing Power of Nature (*Vis Medicatrix Naturae*),
Identify and Treat the Causes (*Tolle Causam*),
First Do No Harm (*Primum Non Nocere*),
Doctor as Teacher (*Docere*),
Treat the Whole Person,
Prevention.

This underlying belief in and understanding of the healing power of nature, including the potential for a whole foods diet to prevent, treat, and reverse many chronic diseases, is truly unique to this group of primary care physicians.

When prescribing a treatment plan, naturopathic doctors follow a therapeutic order that does not rely first on prescription medications or surgery. Instead, they may prescribe one of many treatment options to address the whole person. Examples include:

clinical nutrition and prescribing food as medicine

- nutritional supplements
- botanical medicine
- homeopathy
- lifestyle counseling
- physical medicine, such as soft tissue and joint manipulation
- hydrotherapy, the application of hot and cold water to the body to stimulate a healing response
- intravenous (IV) therapy including vitamin and mineral infusions
- minor surgery
- prescription medications in some areas of the United States

Naturopathic treatments are in high demand. According to the 2007 National Health Interview Survey, which included a comprehensive survey of the use of complementary health practices by Americans, an estimated 729,000 adults and 237,000 children used a naturopathic treatment in the previous year.¹ Naturopathic doctors also provide something else that patients want from their doctors: time.² NDs spend an average of thirty to sixty minutes with their patients, while the average MD may spend seven to fifteen minutes. NDs take time to listen, to understand their patients' concerns and goals, to educate and to create individualized treatment plans.

As a small medical profession, we are stepping up to address the steep rise of chronic diseases in this country that are often based on poor lifestyle choices, including diet. In fact, naturopathic medicine has the potential to fill two significant needs in the current American healthcare system: (1) the lack of access to primary care physicians; (2) insufficient nutrition education provided to conventional medical doctors, preventing them from including appropriate, individualized dietary counseling at each visit.

Within the conventional medical model, a widespread lack of formal nutrition education and clinical application of food as medicine is a known barrier to success in reducing the rates of chronic disease.³ Compared to conventional medical doctors, NDs are exceptionally well prepared to fill this skill and knowledge gap. NDs complete four required semesters of nutrition training in addition to studies in naturopathic philosophy, which builds a foundation to use food as medicine for mind, body, and spirit. During nutrition courses, NDs receive training in the history, biochemistry, benefits and challenges of prescribing specific diets, such as an anti-inflammatory, low-glycemic, gluten-free, dairy-free, Mediterranean, or vegetarian diet,

for example. Additionally, we are trained to utilize diagnostic tests to identify food allergies and food sensitivities and to assess functional digestive problems. Combining this training with extended time face to face with patients, NDs can routinely make a difference in empowering their patients to make dietary changes.

We know that poor dietary choices are one part of the problem of our current healthcare crisis. Food is medicine; therefore, food is part of the solution. It is time that we truly recognize this therapy and that we all learn how to use food as medicine everyday.

Julie Briley, ND
Courtney Jackson, ND

Introduction

When we consider the health report card of Americans, it is no secret that most people have risk factors for chronic diseases such as diabetes, heart disease (still the number one cause of death of Americans), and cancer. These risk factors include a sedentary lifestyle, smoking, drinking too much alcohol, high stress, increased belly fat, and a poor diet. In fact, over 60% of Americans are overweight or obese, which is a significant risk factor for chronic disease.

We are bombarded with messaging, recommendations and guidance from a variety of sources (some reliable, some not) about how we are supposed to make healthy food choices. For example, your doctor tells you to reduce saturated fat and to eat more vegetables. The latest best-seller diet book advises you to increase protein intake, reduce fat, and avoid carbs. Your best friend tells you that by eating certain metabolic-enhancing foods, she finally lost that belly fat, and you can, too!

Most people do indeed want to eat healthier for a variety of reasons: to lose weight; to improve their cholesterol level; to lower blood pressure; or to improve energy. The challenge isn't the desire to eat healthy. The challenge is being able to sift through the varying dietary information sources, understand what is accurate and reliable, and then convert that knowledge into action. For those who have already embarked on improving their diet, initial behavioral changes may have looked something like this: choosing a diet soda over a regular soda; seeking out low-fat labels on food products; declining to add salt to a meal; incorporating *no-calorie* sweeteners, or choosing the latest *low-calorie* breakfast shake. While these examples of changes are made with every good intention for better health, they are often misguided attempts.

The optimal diet we reference throughout this book is based on the Latin word, *diaeta*, meaning *way of living*. We are not referring to a mass-marketed *diet* that promises weight loss and rapid improvements in health. Most such diets are only meant to be followed short-term, as they are too restrictive in their guidelines to be sustainable. Fad diets for sustained weight loss simply don't work by their very definition; they are meant to be short-lived. It has been clearly found that

no one diet, whether low-fat or low-carb, is better than another for weight loss.¹ Once you quit a diet, you gain the weight back. This yo-yo effect with weight explains the enormous financial success of the weight loss industry. Fad dieting creates a lifelong weight loss customer.

We also question the guidance of fad diets that, regardless of individual evaluation, encourage people to exclude a complete category of whole foods for improved health, such as grains, meat, or dairy. Not everyone benefits from a diet that is high protein, grain-free, low-fat, or dairy-free. In addition, a vegetarian or vegan diet may be nutritionally risky for some.²

This book is not a fad diet book; it is a guidebook that will illuminate the benefits of eating whole foods as a way of living. It will unravel common myths about nutrition so that you can approach food with confidence, not confusion. Physicians, nutrition experts, dietitians, and foodies around the globe are all trying to create the perfect dietary plan for everyone. However, it doesn't exist. There is no single diet that everyone should follow or one that is metabolically correct for all people. Even so, it is important to point out the unifying themes among health-care professionals. Few diets will encourage drinking more soda, eating more white bread, or eating fewer vegetables. We want to showcase what the majority of nutrition experts can all agree upon: eating real, whole foods matters most, and reducing highly processed foods from our diets will lead to better health. This is the way to live for improved health. This is the diet.

There are many contributing factors that influence the likelihood of health or disease in children and adults. One obvious factor is food choice. Simply stated; the Standard American Diet (appropriately nicknamed the SAD diet) is calorie-rich, nutrient-poor, highly processed, and low in whole foods. Poor food choices due to problems of access and education have contributed to our country's epidemic of poor health. As naturopathic doctors, we regularly treat patients dealing with illness and chronic disease due to a lifetime of poor dietary choices. Inspired to expand our work and address community health, we co-founded the Food as Medicine Institute as the National College of Natural Medicine (NCNM). Since 2010, we have facilitated a twelve-week series of community-based nutrition and hands-on cooking workshops called the Ending Childhood Obesity (ECO) project and the Food as Medicine Everyday (FAME) series. We have worked with hundreds of families from diverse cultures and different socioeconomic backgrounds. Time and time again,

we observe that participants with widely varied education backgrounds often arrive at the workshops with the same level of minimal nutrition knowledge. They share the same sense of confusion regarding the conflicting and rapidly changing nutrition fads that are widely marketed. Without a solid foundation regarding basic nutrition, it is no wonder that so many of us are swayed to move away from real food. We get easily distracted by all the highly processed, convenient and seemingly cheap products available.

We also understand the obstacles our patients face after they hear dietary advice in their doctor's office and then try to convert that knowledge into real action. People won't eat whole foods if there are obstacles of affordability and availability or if they do not know how to prepare healthy and delicious meals. In our twelve-week cooking and nutrition workshops, we have seen impressive change take place in the lives of participants as they learn to navigate these obstacles in order to develop a healthy relationship with whole food. Far beyond reading a nutrition book or watching a food documentary, we have found it can take at least three months of committed interest and action, such as attending twelve weekly workshops, to empower families and individuals to make sustainable changes in how they spend grocery dollars and cook at home. Our workshops provide multiple opportunities for participants to be in the kitchen with fellow community members. Together they create simple, healthy, and economical recipes. In the end, they realize that they too can purchase and make the same healthy foods at home, and their meals will taste good.

Thanks to this group, our family's eating habits have never been better. Each week my family has the opportunity to go and try new foods and cooking styles and learn to eat better. I have become more conscious of the origins of my family's food and of the tremendous varieties that exist right in my own area and to explore new recipes that enrich our diet with locally grown products. This course has been totally wonderful. Our 10-month old son can even eat the food that is made each week, and he LOVES it! I think a LOT of mothers would appreciate how yummy and healthy the classes are.

—Christine, ECO project, Mt. Olivet

As you read this book, we hope you will grow confident about making healthy changes to your food choices. To expand this change to have a wider reaching impact on reducing chronic diseases as a nation, especially for our children, we need a family-based, community-based effort. Lack of family involvement in programs

aimed at improving children’s health and reducing childhood obesity has been identified as the largest barrier to success.³ The ECO project and the FAME series are bridging this gap in a community-based health revolution.

There are tons of websites out there focused on health and wellness that you can read, but until you start putting healthy habits into your lifestyle, success cannot be achieved. Dr. Jackson and Dr. Briley educated us on how to incorporate simple practices into our everyday actions through the ECO project. I was thrilled to learn how to make grains and greens that my husband thinks ROCK!

Since coming to the ECO cooking classes, I look at recipes and how I’m living a bit differently. While I have always been a fit and healthy woman, they inspired me to try new recipes and make some of my already good habits even better! They taught me how to incorporate healthier choices into my busy lifestyle and that it is possible to be a working woman that can provide nourishing fresh meals for her family.

—Jackie, ECO project, Mt. Olivet

If you don’t have access to an ECO project or FAME series, don’t worry. This book is your beginning. Starting today, you can improve your health and the health of our nation by simply incorporating into your lifestyle sit-down, family dinners made with whole foods.^{4,5}

The success we have witnessed by getting individuals and families back in the kitchen, cooking and eating together, inspires us to share what we have seen and learned. This book, or any other nutrition or cookbook for that matter, is no substitute for time spent exploring, preparing and enjoying whole foods. While this book will serve as an excellent nutrition resource, our hope is that it will inspire you to spend time in the kitchen and enjoy a delicious meal.



CHAPTER ONE

The Wisdom Of Traditional Diets

If civilized man is to survive, he must somehow incorporate the fundamentals of primitive nutritional wisdom into his modern lifestyle. He must turn his back on the allure of civilized foodstuffs that line his supermarket shelves, and return to the whole, nutrient-dense foods of his ancestors. He must restore the soil to health through nontoxic and biological farming methods. And he must repair that “greatest breakdown in our modern civilized diet”, which is the gradual replacement of foods rich in fat-soluble activators with substitutes and imitations compounded of vegetable oils, fillers, stabilizers, and additives.

—Weston A. Price, DDS, *Nutrition and Physical Degeneration*

IN THE DEVELOPED WORLD, WE FIND OURSELVES IN A UNIQUE SITUATION IN THE EVOLUTION OF HUMANKIND. THE GREATEST threat to our well-being is no longer a rival tribe, a feared infectious outbreak, or a large-toothed predator. It is our lifestyle choices that are putting us at great risk.

The United States Centers for Disease Control reports that *non-communicable diseases* (NCDs), such as cancer, heart disease, lung disease, and diabetes are now the major cause of death and disability worldwide. By 2020, NCDs are expected to account for seven out of every ten deaths in the world, as they already do

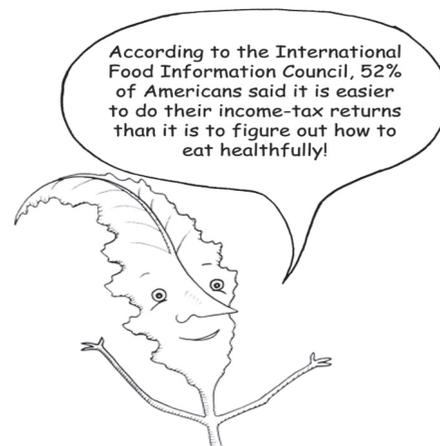
in the U.S. NCDs and the disability, illness, and mortality they cause will soon dominate health care costs.¹ Already, public health officials, governments, and multinational institutions are rethinking how to approach this growing global challenge. According to the World Health Organization, non-communicable diseases are responsible for 63% of deaths worldwide, double the number of deaths from infectious diseases (including HIV/AIDS, tuberculosis, and malaria), maternal and perinatal conditions, and nutritional deficiencies combined.² The principal known causes of premature death from NCDs are tobacco use, alcohol consumption, physical inactivity, and poor diet.

Lifestyle choices in the developed world are taking the greatest toll on our health. Rather than letting this grim scenario intimidate you, use this information as the source of a valuable, behavior-changing perspective. We all have a lot of control in mitigating the greatest threat to our health by making changes in daily lifestyle choices. That is something to be excited about!

In this book we will focus primarily on how to move away from the Standard American Diet (SAD), which is highly processed and nutrient-poor, and toward a more whole foods diet. To understand how our current eating habits have brought us to less than ideal health, we must first look back in time.

A Brief History Of Food Production In America

The industrialization of food production in America in the late 1800s included innovations in farming machinery, the building of railroads for food transport, improvements in refrigeration, and the mechanization of food processing. More people were moving into the cities from the country, distancing them from a closer connection to their food. As a consequence for many Americans, there was a shift away from a whole foods, low-processed diet. Ultimately, this transition would contribute to increased rates of chronic disease related to a highly processed diet with decreased nutritional value.



Grains

Humans began their dietary intake of grains over 100,000 years ago!³ The inclusion of grains in the diet is considered an important part of human evolution because of the complex manipulation required to turn seeds of grain into edible and nutritious food. Wild grains were often dispersed over wide areas, gathered in small amounts by hand, and unavailable certain times of the year. Due to these challenges, grains were eaten rarely and in small amounts.

Our relationship with grains in the diet changed significantly with the domestication of plants about 10,000 years ago. During this agricultural revolution, humans applied lessons learned over tens of thousands of years of grain harvesting and preparation to yield the greatest nutritional benefits from grains year-round. Grains were traditionally prepared by soaking, sprouting, and allowing a natural fermentation to occur for several days before being cooked and eaten. When we study the anatomical parts of a whole grain, we learn that the bran, or outer covering, contains naturally-occurring nutrient inhibitors, such as phytic acid. Phytic acid is the principal storage form of the mineral phosphorus that the plant will ultimately rely upon to grow. Phytic acid is not digestible by humans. Furthermore, phytic acid chelates, or makes un-absorbable, important minerals like zinc, iron, calcium, and magnesium. Generations of humans discovered, through observation, that in order to maximize the nutritional intake of grains in their diet, they needed to cook, soak, ferment, or sprout the grains.⁴

During the Industrial Revolution, planting, harvesting, and processing of grains became faster because of newly invented machinery. In the second half of the 1800s, the number and size of farms increased dramatically, growing commodities such as corn, wheat and cotton. Large scale agriculture in the United States and improved storage allowed for year-round availability of grains to the consumer. Initially, grains were processed via stone milling tools only and retained all their nutritional components: the germ, bran, and endosperm. With the creation of steel roller mills, the germ and the bran were removed, leaving only the endosperm. This starchy part of the grain was then

Phytic acid is not digestible by humans. Furthermore, phytic acid chelates, or makes un-absorbable, important minerals like zinc, iron, calcium and magnesium. Generations of humans discovered, through observation, that in order to maximize the nutritional intake of grains in their diet, they needed to cook, soak, ferment, or sprout the grains.

Nutrition/Naturopathic Medicine/Health

FOOD AS MEDICINE EVERYDAY • Reclaim Your Health With Whole Foods

Julie Briley, ND & Courtney Jackson, ND

FOOD AS MEDICINE is a powerful approach to health and healing, intimately woven into naturopathic medical education. *Food As Medicine Everyday: Reclaim Your Health With Whole Foods* is thoroughly researched, beautifully written and elegantly illustrated. Dr. Jackson and Dr. Briley remind us that poor dietary choices are a major element in the exploding issues of chronic disease. They also remind us that food *is* medicine, and a big part of the solution.

Drs. Julie Briley and Courtney Jackson have filled an enormous gap in the field of medical nutrition. They offer for the first time a well-documented, but easy-to-read, pathway to healthy eating that can be trusted by everyone.

—**Kent Thornburg, PhD**

Director, Bob and Charlee Moore Institute of Nutrition and Wellness, Oregon Health & Science University

Drs. Briley and Jackson make critically needed connections between food choices and the real world dangers of illness that will provoke both thought and lifestyle changes. Their simple to follow and effective eating plan, including recipes, makes sense for anyone. Health seekers will treasure this delightful book, because it offers a compelling avenue for improved vigor and vitality.

—**Jessica Black, ND**

Author of *The Anti-Inflammation Diet and Recipe Book* and *The Freedom Diet*

We have lost our way when it comes to the basic need of feeding ourselves and our families. We are inundated with conflicting advice about what we should and should not eat. Now, we have a source of solid information that helps us understand how to eat and its impact on our health. Read this book to learn how to bring real food back into your life in a delicious way.

—**Chef Alphonso Rosas, CCP**

The Organic Chef™

Food as Medicine Everyday complements the theory of inflammation which is the basic mechanism that triggers our most urgent health threats: heart attack and stroke. The best way to treat cardiovascular disease is to prevent it by taking ownership of our health through disciplined lifestyle choices. Thank you Dr. Jackson and Dr. Briley for providing elegant education and credible insight with helpful tools for making healthy choices.

—**Tracy Stevens, MD**

Cardiologist, Saint Luke's Mid America Heart Institute
Medical Director of Muriel I. Kauffman Women's Heart Center

To avoid illness and early death, we will have to rediscover the importance of real nutrients in whole foods. Drs. Briley and Jackson's guide is excellent for anyone committing to health through good food. Going back to our roots can scoot us ahead.

—**Jonh Matsen, ND**

Author of *Eating Alive: Prevention Thru Good Digestion*, *Eating Alive II: Curing the Incurable*, *The Secrets to Great Health*

Food As Medicine Everyday is not a diet book, but a clearly written guide to improve well-being by making healthy lifestyle choices. This phenomenal tool provides strategies needed for a balanced approach to eating. *Everyone* should read this. The evidence is clear—food and nutrition significantly impact our health.

—**Andrew Erlandsen, ND**

Chair, Graduate Nutrition Program, NCNM



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