

NUTRIENT DENSE FOODS

One of the biggest food-related struggles we face during any fast is the temptation to reach for pre-packaged, processed foods for both convenience and taste.

Processed foods such as cereals, granola bars, fruit snacks, chips, and others should have as small of a place in our regular meals and snacks as possible. These foods typically contain tons of added sugar, salt, unhealthy fats, dyes, etc.

Instead of these processed foods, it is incredibly important to reach for whole, nutrient dense foods for both your main meals and snacks.

Fruit, vegetables, nuts, seeds, and beans are jam-packed with vitamins, minerals, & antioxidants that help support, strengthen, & nourish your body, mind, & spirit.

"All that exists is God's gift to man, and it all exists to make God known to man, to make man's life communion with God. It is divine love made food, made life for man. God blesses everything He creates, and, in biblical language, this means that He makes all creation the sign and means of His presence and wisdom, love and revelation: "O taste and see that the Lord is good."

—Fr. Alexander Schmemmann, For the Life of the World

NUTRITION TIPS FOR FASTING

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Though the main goal for each season of fasting is to prepare and renew our hearts for Christ to live through us, there usually seems to be a struggle with preparing our pantries for the journey the Church takes us on.

This guide provides a few nutrition-focused tips to help assist you as you shop for groceries and prepare your meals during this transformative season of the Orthodox Church.



STAYING HYDRATED

Did you know the number one reason for daytime fatigue is actually dehydration?!

Many of us underestimate the huge impact hydration has on us, and we often find ourselves dehydrated day in and day out without realizing it.

It is typically recommended that we consume half of our weight in ounces per day.

This water intake can be achieved through eating fruit & vegetables, drinking herbal teas, & of course, drinking water.



SUPERHERO LEGUMES

Beans, also known as legumes or pulses, pack a big protein punch & provide lots of fiber, vitamins, and minerals our bodies need to thrive.

Take advantage of the fasting season by incorporating more of these powerhouses in your regular diet (even after the fast!).

You can mitigate some of the GI discomfort that sometimes comes along with legumes by soaking them over night or flash boiling them & letting them soak for an hour.

7 high-protein pulses ▼



HEALTHY FATS

Another item we tend to reach for during periods of fasting is butter substitutes such as margarine.

Margarine is usually not the best choice since it is made with trans fats that (which is also found in non-dairy coffee creamer & many processed foods!) - trans fats increase LDL and have a negative impact on overall heart health.

Try your best to stick to sources of healthy fats such as avocados, raw nuts, & extra-virgin olive oil.

SUPPLEMENTS

One vitamin that can be very hard to obtain from our diet while abstaining from all animal products is Vitamin B12.

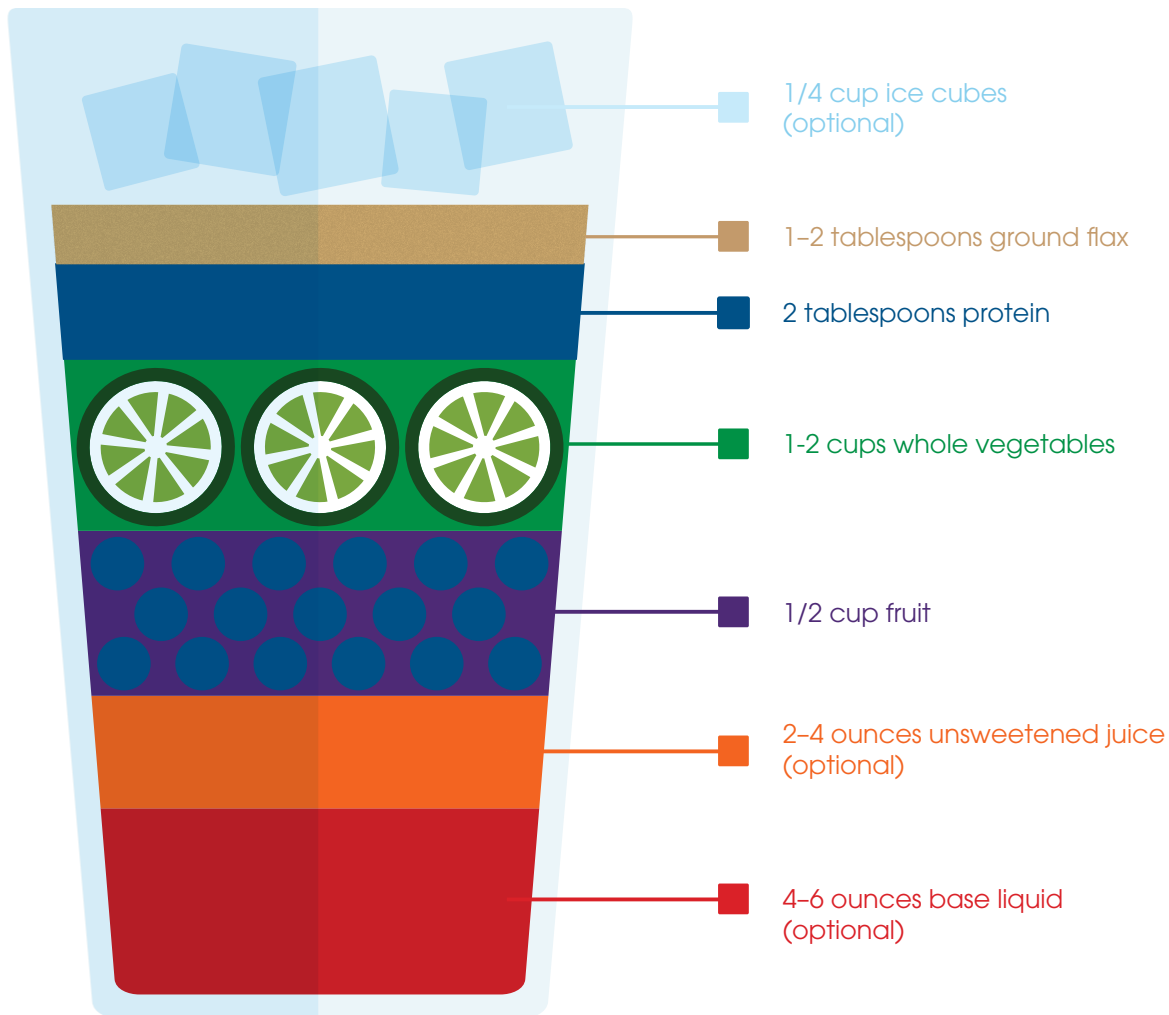
For those who struggle with their energy levels during fasts, it can be important to supplement with B12 (kids & adults!).

Vitamin D is also a great nutrient to supplement both during times of fasting and in general. Vit.D acts as a hormone in our bodies & regulates many important processes.



Building a Better Smoothie

Smoothies can be a great complement to your food plan and can help to make 'food as medicine' delicious and nutritious. Basic guidelines for building smoothies are below. You will find examples from each category from which to choose when building your smoothie. Your healthcare provider may also indicate specific recommendations for you, or may direct you to one of the condition-specific recipes included in this handout. Add the ingredients in the order suggested below, and blend all ingredients until your smoothie is the right consistency for you.



Base Liquids

Brew one quart of strong tea to use as a base for your smoothies. Base liquids can be made from different herb combinations, either from commercially-available tea bags or home-brewed from bulk herbs.

When using bulk teas and herbs, simmer herbs in two quarts of hot water for 10-15 minutes, then cover and turn off the stove. Allow to cool for 20 minutes before straining and discarding the loose tea. Use the herb tea mixes indicated below.

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|--|--|
| <input type="checkbox"/> Ashwaganda root, powdered – 1 T | <input type="checkbox"/> Lemon balm leaf – 2 T |
| <input type="checkbox"/> Cinnamon (fresh), ground – ½ t | <input type="checkbox"/> Rosemary (fresh), chopped – 1 T |
| <input type="checkbox"/> Elder berries, dried – 2 T | <input type="checkbox"/> Slippery elm bark, powdered – 1 T |
| <input type="checkbox"/> Green tea, loose – 4 T | <input type="checkbox"/> Turmeric (fresh), ground – 1 t |
| <input type="checkbox"/> Hawthorne, dried – 2 T | <input type="checkbox"/> White willow bark – 2 T |

Base Liquids (cont.)

When using commercially-available teas, brew as directed and let the tea steep 10–15 minutes. Let cool for 20 minutes, before discarding the bag. Examples of brands you might choose include Good Earth, Mighty Leaf, Numi, Pukka, Traditional Medicinals, Tulsi, and Yogi. Use the type of teas indicated below.

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|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Green tea | <input type="checkbox"/> Nettle tea |
| <input type="checkbox"/> Licorice tea | <input type="checkbox"/> Other _____ |

Once your tea and herb mixture is brewed, place 4 to 6 ounces of the mixture in a blender. Store the remaining liquid in the refrigerator for 7 to 10 days.

Juices

Choose an unsweetened, pure 100% fruit juice. Place 2 to 4 ounces of the chilled juice in the blender. Examples of juices to use are:

- | | |
|--|---|
| <input type="checkbox"/> Cranberry juice | <input type="checkbox"/> Pomegranate juice |
| <input type="checkbox"/> Dark cherry juice | <input type="checkbox"/> Purple grape juice |
| <input type="checkbox"/> Orange juice | <input type="checkbox"/> Other _____ |

Fruit

Add ½ cup of unsweetened fruit (preferably organic) to the blender. Avoid processed fruits containing added sugars, sweeteners, or syrups. Types of fruits to include are:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Apple (or unsweetened applesauce) | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Berries (blackberries, blueberries, raspberries, strawberries, etc.) | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Melon | |

Vegetables

Next, add a cup of any seasonal leafy greens or other whole vegetables of your choice. Types of vegetables to include are:

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mint leaves |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Dark leafy greens (chard, kale, spinach, etc.) | |

Protein

Add to the blender one of the following sources of protein:

- | | |
|---|--|
| <input type="checkbox"/> Protein powder (e.g., Pro-greens, UltraClear Plus, UltraInflamX, MediClear, UltraMeal, etc.) – 1 scoop | <input type="checkbox"/> Whey powder – 2 T |
| <input type="checkbox"/> Nut butter (almond, cashew, etc.) – 1 T | <input type="checkbox"/> Whole oats, soaked overnight in milk (almond, dairy, soy, etc.) – ½ c |
| <input type="checkbox"/> Soy powder – 2 T | <input type="checkbox"/> Yogurt or kefir (soy or dairy) – ½ c |
| | <input type="checkbox"/> Other _____ |

Flax Seeds

Add 1 to 2 tablespoons of ground flax seeds (or flax meal) to the blender. Store extra ground flax seed or flax meal in fridge for up to 3 to 4 weeks.

Ice

Add ¼ cup of crushed ice to the blender if you like your smoothie cold.

Phytonutrient Smoothie Recipes

Brain Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- 1 cup blueberries
- ½ cup Concord grapes
- 1 cup dark leafy greens (e.g., arugula, collard, kale, spinach, etc.)
- 2 to 3 tablespoons extra-virgin olive oil (varieties such as pique, coratina, koroneiki, etc.)
- ½ to 1 teaspoon turmeric, ground
- 1 medium orange, peeled (optional)

Directions

1. Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.

Cardio Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- 2 tablespoons whey powder
- 1 cup green tea
- ½ cup blueberries (or 1 tablespoon blueberry seed nutritional powder)
- ½ cup raspberries (or 1 tablespoon red raspberry nutritional powder)
- 4 tablespoons pomegranate juice (or ½ cup fresh seeds)
- ½ cup watermelon
- ½ small beet, cubed (or 2-3 ounces beet juice, or 1 tablespoon beet nutritional powder)
- 1-2 collard green leaves
- Water, for taste and texture
- Optional additions: kale, onion, cranberry, unsweetened cocoa powder, or grape seed powder (1 tablespoon)

Directions

1. Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.



Detox (Anti-Cancer) Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- ½ cup berries
- 1-2 tablespoon black raspberry nutritional powder (e.g., Botanic Innovations and other brands)
- 1 cup dark, leafy greens (e.g., arugula, broccoli leaves, collard greens, kale, watercress, etc.)
- 2-3 ounces carrot juice
- 4 ounces green tea
- 1 to 2 tablespoons pomegranate juice
- 3 ounces tomato juice
- Water, for taste and texture

Directions

1. Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.

Inflammation Control Smoothie

Makes 1 serving (about 12 ounces)

Ingredients

- ½ cup blackberries or black raspberries (or 1 tablespoon black raspberry nutritional powder)
- ½ cup citrus or tropical fruit (e.g., tangerine, orange, mandarin, papaya, mango, guava, apricot, nectarine, etc.)
- 1 large collard green leaf
- ½-inch knob ginger root, fresh
- 1 leaves kale, large
- ½ cup pomegranate seeds (or 2 ounces pomegranate juice)
- 1-inch knob turmeric root, fresh (or ½ teaspoon ground turmeric)
- Water, for taste and texture

Directions

1. Place all ingredients into a high-powered blender. Pulse blender a few times, then blend until desired consistency is reached.



How to Make Oat Milk

Prep Time: 5 mins

Total Time: 5 mins

Serves 4

There's no need to get store bought oat milk when you can make your own at home! Creamy and smooth, it's perfect for adding to coffee, baking recipes, or cereal!

Ingredients

- 1/2 cup whole rolled oats
- 3 cups water
- 2 teaspoons maple syrup
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon sea salt

Instructions

1. Combine the oats, water, maple syrup, vanilla, and salt in a blender and blend for 30 seconds.
2. Place a fine mesh strainer over a large bowl and strain the milk without pushing any excess pulp through the strainer. This will create a creamier texture that's not gritty or gummy.
3. Add more maple syrup, to taste, if desired. Chill overnight. If you want to drink your oat milk right away, I recommend adding ice - it's flavor is best when well chilled.

Notes

If you're gluten free, be sure to get oats that are Certified Gluten Free.

As the oat milk sits in the fridge, natural separation will occur. You can shake it, if you like, but I like it's texture best when I leave pulp at the bottom and pour off the top.



Phytonutrient Spectrum Foods

RED

Foods

Apples
Beans (*adzuki, kidney, red*)
Beets
Bell peppers
Blood oranges

Cranberries
Cherries
Grapefruit (*pink*)
Goji berries
Grapes
Onions
Plums

Pomegranate
Potatoes
Radicchio
Radishes
Raspberries
Strawberries
Sweet red peppers

Rhubarb
Rooibos tea
Tomato
Watermelon

Benefits

Anti-cancer
Anti-inflammatory
Cell protection

Gastrointestinal health
Heart health
Hormone health
Liver health

ORANGE

Foods

Apricots
Bell peppers
Cantaloupe
Carrots

Mango
Nectarine
Orange
Papaya
Persimmons

Pumpkin
Squash (*acorn, buttercup, butternut, winter*)
Sweet potato

Tangerines
Turmeric root
Yams

Benefits

Anti-cancer
Anti-bacterial
Immune health
Cell protection

Reduced mortality
Reproductive health
Skin health
Source of vitamin A

YELLOW

Foods

Apple
Asian pears
Banana

Bell peppers
Corn
Corn-on-the-cob
Ginger root

Lemon
Millet
Pineapple

Starfruit
Succotash
Summer squash

Benefits

Anti-cancer
Anti-inflammatory
Cell protection
Cognition

Eye health
Heart health
Skin health
Vascular health

GREEN

Foods

Apples
Artichoke
Asparagus
Avocado
Bamboo sprouts
Bean sprouts
Bell peppers
Bitter melon

Bok choy
Broccoli
Broccolini
Brussels sprouts
Cabbage
Celery
Cucumbers
Edamame/Soy beans
Green beans

Green peas
Green tea
Greens (*arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip*)
Limes

Okra
Olives
Pears
Snow peas
Watercress
Zucchini

Benefits

Anti-cancer
Anti-inflammatory
Brain health
Cell protection

Skin health
Hormone balance
Heart health
Liver health

BLUE/PURPLE/BLACK

Foods

Bell peppers
Berries (*blue, black, boysenberries, huckleberries, marionberries*)

Cabbage
Carrots
Cauliflower
Eggplant
Figs

Grapes
Kale
Olives
Plums
Potatoes

Prunes
Raisins
Rice (*black or purple*)

Benefits

Anti-cancer
Anti-inflammatory
Cell protection

Cognitive health
Heart health
Liver health

WHITE/TAN/BROWN

Foods

Apples
Applesauce
Bean dips
Cauliflower
Cocoa
Coconut
Coffee

Dates
Garlic
Ginger
Jicama
Legumes (*chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat*)

Mushrooms
Nuts (*almonds, cashews, pecans, walnuts*)
Onions
Pears
Sauerkraut
Seeds (*flax, hemp, pumpkin, sesame, sunflower*)

Shallots
Soy
Tahini
Tea (*black, white*)
Whole grains (*barley, brown, rice, oat, quinoa, rye, spelt, wheat*)

Benefits

Anti-cancer
Anti-microbial
Cell protection
Gastrointestinal health

Heart health
Hormone health
Liver health



Eat a Rainbow of Phytonutrients

Food is more than nutrition. We believe it's essential to have optimal amounts of these nutrients and to be nourished through the power of yum, joy of cooking and eating, and the courage to be creative while increasing control of our food supply and meal preparation.

6 STEPS TO GETTING MORE PHYTONUTRIENTS

1 Aim for 9-13 Servings of Plant Foods Everyday

We need about 9-13 servings of whole plant foods if we want to prevent chronic disease. A typical serving is only half a cup of cooked vegetables, one cup of raw leafy vegetable, or a medium-sized piece of fruit. It would be best to aim for every meal of the day to have about 3-4 servings of plant foods so that at three general meals per day (not including snacks), you would make your serving requirement on a daily basis.

2 Know Your Phytonutrient Sources

Phytonutrient-rich eats are limitless, making it fun to experiment with new varieties and colors even within one category of food. Here are some sources of phytonutrients to get you started: any and all plant foods, including fruits, vegetables, whole grains, legumes, nuts, seeds, and even herbs and spices.

3 Eat the Rainbow of Colors

Instead of getting the full rainbow of color, you may be eating the standard processed food colors of brown, yellow, and white. For example, think of the typical breakfast menu – waffles, pancakes, ready-to-eat cereal, sausage, and eggs – which does not necessarily provide much color early in the day. However, if you had a fruit smoothie with blueberries, peaches, and raspberries, you'd have three colors of the seven colors of the rainbow first thing in the morning! Make it your goal to get the full seven colors every day with a variety of foods.

4 Vary Your Choices

There are thousands of phytonutrients in nature. If we eat the same foods over and over again, even if they are colorful, we may be missing the universe of important phytonutrients in foods. One helpful hint is to try a new food every week to ensure that you are getting different foods to try!

5 Maximize Combinations

When we put certain foods together, we may achieve a better effect than if we just had the foods by themselves. Sometimes, there can be a “synergistic” result from combining certain foods. For example, putting turmeric with black pepper together with olive oil could enhance the phytonutrient effects of all three foods on your health. Adding lemon juice to spinach could help the iron become more absorbed by your body. Try putting plant foods together for an enhanced health benefit.

6 Be Creative with Substitutions

One way to get more plant foods would be to think of foods that are commonly eaten that may not be as nutrient dense and replace with nutrient-dense options. Some plant foods clearly give us more phytonutrients than others! For example, you could substitute mashed potatoes with mashed purple potatoes or sweet potatoes. You could substitute white rice with purple, brown, or black rice.