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FOOD AS MEDICINE

COOKING FOR YOUR BEST HEALTH

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WELCOME TO THE FOOD AS MEDICINE COOKBOOK

Good nutrition—and your best health—starts in your kitchen!

In my earliest memories of cooking, I picture my grandmother at her wood stove and kitchen garden in Croatia—and me climbing her sour cherry trees! She was always teaching me the value of homemade food and “unsprayed” produce.

For years after graduating as a dietitian, I prescribed medical nutrition therapy to my patients. But when scientists began reporting more and more clinical trials showing the amazing health benefits of whole plant foods, I became more passionate about teaching people how to use food as medicine in a practical way.

In 2009, I started running Culinary Medicine Cookshops from the demo kitchen at my Sydney clinic. This was not to replace important clinical nutrition interventions, but as an extra service to help patients connect their nutrition prescriptions with delicious healing meals they could make easily at home. Since then we have had the pleasure of hosting more than 86 events with 1720 attendees!

What have I discovered?

Learning about how to enjoy the foods you should eat can be your motivator for change. And understanding what they can do for you can make all the difference.

Often at my Cookshops, doctors excitedly say they have learned more in one night about how to eat to fight chronic disease than in their entire medical training, and leave inspired to improve their lifestyle.

That's what this book is for. This book will help you have a better quantity and quality of life by eating real, tasty foods that attack the silent, deadly disease processes driven by poor diet. Applying the findings from nutrition science can vastly reduce the need for drugs and surgery, and help prevent or even reverse the chronic diseases that kill too many of us.

Unfortunately, despite significant advances in medicine in recent years, the value of food as a form of medicine is still under-recognised. Few universities or hospitals offer culinary medicine classes to help their graduates and patients learn how to stay well. But imagine if hospitals showed each patient with a chronic disease how to cook tasty, healthy food as part of their treatment and rehabilitation program.

As an experienced nutritionist and dietitian currently undertaking doctoral research on how diet can target memory and thinking problems and lower the risk of dementia, I have spent countless hours reading thousands of scientific research studies to present you with the latest thinking about how food can be your medicine. Research consistently shows that adopting a natural, minimally processed, plant-based diet (page 334) is best because it can simultaneously impact multiple pathways to disease (page 322), rather than just tinkering with symptoms.

What we put in our mouths becomes even more important as we get older. What you eat will either speed up or slow down disease in your body. There is no neutral ground. Scientific evidence shows that you can add 10 good years to your life by regular physical activity, a plant-based diet, a handful of nuts most days, maintaining a healthy weight and not smoking.

The best part is, whether you are looking to stay well and prevent disease or influence the progression of an advanced medical condition, it's never too late to start reaping benefits. Your diet is the cornerstone of health improvement.



So here is my gift to you: 150 of my best recipes showing you how to use food as medicine in your own home and, at the back of the book, a summary of the scientific evidence. You can read it from cover to cover or dip in and out, trying recipes and reading sections that appeal to you.

I hope you will often thumb through these pages as you plan your family meals. My recipes are also useful if you cook regularly for larger groups. Or if you are a health professional or educator, wanting to place something practical into the hands of your patients or food and nutrition students to empower them.

Whether you use this cookbook by yourself or in conjunction with your health practitioner, I hope it will be your roadmap to wellness with less detours to hospitals, a reduced need for medication and improved energy. Enjoy these recipes and enjoy your best health.

For life,

A handwritten signature in black ink that reads "Sue". The signature is fluid and cursive, with a long horizontal stroke at the end.

Sue Radd

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What you will learn

Enjoy plant-based recipes (page 27) adapted from traditional societies, and the advantages they offer, as shown by modern science.

Re-stock your pantry (page 16) and master easy meal ideas (page 312).

Discover why every meal matters (page 322) and how your food choices control the expression of your genes (page 327). This is even more important if you have a strong family history of disease.

Learn how healthy diets can deliver a list of positive effects like those of medications (page 328).

See why your wellbeing is affected by when you eat (page 325) and why mindless eating is dangerous.

From organics (page 370), raw-food trends (page 372) and alcohol (page 370) to red meat (page 364), sugary drinks (page 369) and supplements (page 368), get the low-down on the major issues people are talking about today so you can decide for yourself how much and what to eat.

Learn the healthiest methods of cooking (page 378), and what cookware and containers to use (page 20) to help you minimise your exposure to toxic chemicals that can leach into your food (page 381). You'll never look at a non-stick pan the same way again!

My key message is that the quality of your calories (or kilojoules) is most important, not just the quantity. If you maintain the healthy way of eating described in these pages, you might never need to diet again. My patients tell me they feel satisfied even while losing weight. This is because unrefined plant-based meals are bulky and make you feel full. Going on a popular diet plan might help you lose a little weight in the short term by dictating what you will eat for each meal (page 332), but my approach is to teach you how and why to adopt your own plant-based eating pattern so the health rewards will remain for life.

Conditions that may be helped by recipes in this cookbook

As you enjoy the delicious foods and flavours in this cookbook, you can feel great about the growing scientific evidence that shows plant-based diets may help reduce the risks of developing—or better manage—a host of chronic conditions linked to the modern diet, including:

- anxiety
 - asthma
 - cataracts
 - constipation
 - declining kidney function
 - dementia (including Alzheimer's disease)
 - depression
 - diabetes
 - diverticulosis
 - emphysema
 - fatty liver
 - gallstones
 - gout
 - heart disease (including elevated cholesterol and blood pressure)
 - inflammatory bowel disease (Crohn's disease and ulcerative colitis)
 - insulin resistance
 - kidney stones
 - macular degeneration
 - metabolic syndrome
 - multiple sclerosis (MS)
 - obesity
 - Parkinson's disease
 - PCOS (polycystic ovarian syndrome)
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The *daio* is called 'nasu (roasting eggplant/*okazugiri*) *denryaku*' in Japanese. It is tenderly cooked eggplant roasted with a sweet miso sauce. While the eggplant is traditionally fried, I bake it before applying the miso glaze. The Japanese use sweet miso and usually use a lot more sugar, which helps with the preservation of the topping. *Denryaku* can also be made with other vegetables, mushrooms and even grilled *kyunpiku* fish threaded onto skewers. Eggplant is rich in various fibres, which lowers elevated cholesterol.

SWEET MISO GLAZED EGGPLANT ROUNDS

PREPARATION: 10 MINUTES, COOKING: 45 MINUTES, SERVES 4

2 medium eggplants (*aubergines*)
 2 tablespoons extra virgin olive oil
 2 tablespoons vegetable
 3 tablespoons sweet miso, light in sodium
 1 tablespoon honey
 2 teaspoons black sesame seeds

NOTE

- Japanese eggplant is smaller, narrower and less watery than globe eggplant, but is more difficult to source.
 - Vegetable is pressed from unripened grapes. It has a delicate acidity and is available from good delicatessens.

1. Preheat oven to 180°C (350°F) and line 2 trays with parchment (baking) paper.
2. Slice eggplants into 2-centimetre (1-inch) rounds and place on the trays, then brush with olive oil. Bake for 35 minutes until softened and golden.
3. Meanwhile, place vegetable and miso in a small saucepan over a medium heat and stir to dissolve. Blend in honey and 3 tablespoons of water, then reduce heat to low and continue cooking for about 5 minutes until the glaze thickens and becomes shiny. (Alternatively, place all ingredients in a small glass bowl and heat for 1 minute in microwave, then stir. Cover and set aside until eggplant is cooked.)
4. Remove eggplant rounds from the oven and brush each surface thickly with the miso paste, using the brush from the oil.
5. Place eggplant back in the oven for a further 10 minutes until the topping starts to bubble and brown. Turn up the heat to 250°C (480°F) for the final 5 minutes—or use a chef's torch to achieve the same result.
6. Sprinkle each round with sesame seeds and serve with a healthy *maso* *sau* *dash* and *Azari* grains. Recipe is unsuitable for freezing but leftovers can be reheated and consumed over a couple of days.

PER 100g: Energy 107 kJ (25.6 kcal), Protein 4 g, Total fat 0.9 g, Saturated fat 0.2 g, Carbohydrate 19 g, Sugar 17 g, Fibre 6 g, Sodium 24 mg, Iron 0.4 mg, Calcium 42 mg



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Variation:
 Add 1 teaspoon of extra
 virgin sesame oil to the miso
 paste at the end of cooking.

End of product sample

This product is available at:

AdventistBookCentre.com.au



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