



WELLNESS STARTS WITH WHAT YOU EAT



RECIPES
INSIDE



We all know the typical sayings that health specialists, enthusiasts, and doctors drill into your head, “Your body is your temple”, or “Health is wealth”. There’s even the saying “You are what you eat” which quite frankly, can be extremely annoying to hear if there’s no information on how you can eat healthier to follow behind the statement. Many people love to give advice but forget the facts and statistics that come with it.

Healthy eating is a lot more than just picking fruit over candy everyday. It’s a mindset that needs to be implemented correctly for the best results. Since eating healthier is pushed a lot more these days (which is a good thing), and going to be a topic of discussion then it needs to be done thoroughly and be informative, so let’s dive in.

We all know health is wealth and that what you consume is extremely important, but it’s very easy to fall into bad eating habits and extremely difficult to get out of them. Life plays a huge factor in why one’s eating habits may not be the best -- stress, mental disorders, poverty, lack of time, it could be anything. Healthy eating can be hard when you factor in a lot of things but it doesn’t have to be impossible. There are so many ways to eat healthier and be more mindful of what you put into your body, but first, you need to know more about your body, how it operates when it comes to food and what you can do to help it function to its best potential.

WHAT TO KNOW ABOUT YOUR BODY:

Knowing about your body is key to how you will be able to serve it. First, start off with your body mass index and where you should be on the scale. Your BMI also known as your Body Mass Index is a measurement of the amount of fat in your body based on your weight and height. This form of measurement helps to know if you’re at a healthy weight or not.

The weight categories on a BMI measurement are:

18.4 or lower = Underweight

18.5 to 24.9 = Normal

25 to 29.9 = Overweight

30 or higher = Obese

How to calculate your BMI is easy, simply go online and type in “how to find my bmi” in any search engine of your choosing. When you find a good one, give your weight and height and it will calculate your BMI for you. Once you’ve figured out your BMI, you’ll know where you are on the scale and it will help lead you to your next steps.

Now your calorie intake is also very important. On average, an adult woman's calorie intake should be 1,800–2,200 calories everyday, and an adult man's calorie intake should be 2,200–2,800 daily. Keep in mind that there are other factors that play into what your calorie intake should be: your age, how often you exercise, amount of mass in your muscles, and your health overall are factors that your calorie intake will depend on.



Quick Tip

An easy way to improve your BMI whether it's lowering it or raising it is to incorporate at least one healthier component a day. Here's a quick tip:

For lowering your BMI, have at least two low calorie meals a day. For breakfast, swap out your pork bacon and sausage for turkey or plant based sausages. For lunch, try to consume at least one type of vegetable or whole grain, eat a garden salad with light dressing, or replace rice with quinoa in your burrito bowl.

For raising your BMI, instead of eating 3 meals a day, try to eat 4–6 small healthy meals a day. Between meals, snack on nuts, avocados, and peanut butter. Healthy fats are great for weight gain.

PORTION CONTROL:

Just like what you eat is important, how much you're eating is important, as well. Consuming too much of anything can be harmful to your body and it's no different with food. In order to eat healthier and be more mindful, it starts with portions.

PORTION SIZES FOR:



Vegetables:

Food	Serving Size
Raw, Leafy Vegetables	1 Cup
Raw, Cooked, Chopped Vegetables	½ Cup
Vegetable Juice	¼ Cup



Fruits:

Food	Serving Size
Whole Fruit	1 Cup
Chopped or Cooked Fruit	½ Cup
Fruit Juice	¾ Cup
Dried Fruit	¼ Cup



Meat and Poultry:

Food	Serving Size
Meat and Poultry	3 Ounces



Beans, Eggs and Nuts:

Food	Serving Size
Eggs	1
Cooked Beans	½ Cup
Nuts	⅓ Cup
Peanut Butter	2 tablespoons



Dairy (Milk, Yogurt, Cheese):

Food	Serving Size
Natural Cheeses (Swiss, Cheddar, Provolone, Mozzarella etc.)	1 ½ Ounce
Process/Packaged Cheese (American)	2 Ounces
Milk, Yogurt	1 Cup



Starches (Bread, Pasta, Rice,)

Food	Serving Size
Bread	1 Slice
Pasta	½ Cup
Rice	½ Cup

(Chart information from Memorial Sloan Kettering Cancer Center)

When consuming 3 meals a day, it's best to take these serving sizes into consideration. Every meal should contain these portions for healthy and better eating.

“Progress over Perfection”

- Dr. Monique May, The Physician in the Kitchen





Quick Tip

An easy way to improve your BMI whether it's lowering it or raising it is to incorporate at least one healthier component a day. Here's a quick tip:

To remember your portion sizes, think of this fun trick:

Protein: Men should consume 2 palm sized portions of protein with each meal.

Women should consume 1 palm sized portion of protein with each meal.

Vegetable: Men should consume 2 fist sized portions of vegetables with each meal.

Women should consume 1 fist sized portion of vegetables with each meal.

Carbohydrates (Carbs): Men should consume 2 cupped-hand sized portions of carbs with every meal.

Women should consume 1 cupped-hand sized portion of carbs with every meal.

Fat: Men should consume 2 thumb sized portions of fats with every meal.

Women should consume 1 thumb sized portion of fat with every meal.

MAKING SMARTER FOOD DECISIONS:

When it comes to food it seems that the unhealthiest options give you the most satisfaction so with that being true, it's extremely important to be aware of what you eat and how much you're eating.

The fats, oils, and cholesterol levels in the foods consumed are very important to pay attention to. Cholesterol is a fat-like substance specifically found in meats, eggs, and dairy. It travels in your body like the shoes you purchased online to your home: in packages. There are two packages that travel through your body when it comes to cholesterol: the good and the bad.

The first package is called **Low-Density-Lipoproteins or LDL's**. This is the bad cholesterol which causes clogged arteries and can later lead to heart disease, something which is very prevalent in African Americans.

The second package is called **High-Density-Lipoproteins or HDL's**. This is the good cholesterol in your body because it removes the cholesterol. Think of the two as a superhero and a villain. The villains are the LDL's and the superhero are the HDL's

The same goes for fats and oils that are prominently found in unhealthy foods. There are 6 types of fats found in food. **Saturated Fats, Trans Fats, Polyunsaturated Fats, Monounsaturated Fats, Omega-3 Fatty Acids, and Omega-6 Fatty Acids**. Saturated fat and trans fat are fats that can raise your LDL levels. Consuming foods with high saturated fat levels will cause your cholesterol to rise. Pork, beef, lard, chicken skin, baked pastries, and deserts, etc, all contain saturated fats and processed, prepackaged, fried, buttered products and powdered foods (creamers, coffee, etc.) all contain trans fats.

The healthy fats, monounsaturated, polyunsaturated, omega-3 fatty acids, and omega-6 fatty acids are better to consume in your diet. You can find these in fish, leafy green vegetables, plant-based sources such as corn oil, sunflower oil, soybean oil, nuts like almonds and peanuts, and even avocados.

So remember, anything that says saturated or trans fat should NOT be consumed in large amounts. Unsaturated and omegas are more ideal and where most of the fat you eat should come from.



"The food that you eat is actually broken down by the body, and that is what provides food to the cells of the body"

”

- Dr. Coleman (Sugar Busters With Dr. Coleman Part One via [BlackDoctor.org](https://www.blackdoctor.org) Facebook)



Quick Tip

Craving something sweet and savory? In dire need of some chocolate to satisfy your cravings? Swap out regular or white chocolate for dark chocolate. Dark chocolate is a great and healthy alternative to the typical chocolate.

EAT YOUR FRUITS AND VEGGIES

The most important part of anyone's diet is obviously your fruit and vegetables. These two food components have been drilled into skulls since birth, but they are very important. Your plate of food should be colorful which means you have a good amount of vegetables and, or fruits in your meal. Quoted from Dr. Monique May, "half of your plate should be comprised of vegetables and fruits. Colors on your plates are health benefits"



These two types of foods are rich in fiber, antioxidants, and minerals and are low in fat, carbs, and calories. It's recommended that you consume at least 2 ½ cups of vegetables and 2 cups of fruit a day specifically with solid foods. Fruits and vegetables are also rich in vitamins which helps with a lot more than just maintaining a healthy weight. Vitamins aid in making your skin look younger, help with depression, making sure your bones, hair and nails are strong, etc. Here are some vitamins and what foods you can find them in:

Vitamin A- spinach, collard greens, kale, green lettuce, overall dark leafy vegetables, carrots, sweet potatoes, tomatoes, sweet red peppers, mangos, grapefruits, and more. When you see red, green, and orange fruits and vegetables, think of vitamin A.

Vitamin C- leafy greens, broccoli, brussel sprouts, citrus fruit, strawberries, kiwi, potatoes, spinach, etc.

Potassium- bananas, dried fruits (apricots), oranges, cooked beans, cooked greens, soybeans, lentils, etc.

Most of these food options also include folate which is another healthy nutrient to have in your diet.

Your fiber and whole grain intake are also an important part of eating healthy. Consuming the right amount of fiber and whole grains not only helps with lowering your cholesterol but it also helps with regulating your poop, prevents constipation, and lowers your risk for serious illnesses such as diabetes, obesity, and heart disease. Adding more fiber into your daily diet helps you feel fuller faster, so you won't be inclined to overeat. Foods to add to your diet that contain fiber and whole grains:

Cereals, seeds, nuts, legumes, whole-wheat bread, brown rice, oats and oatmeals, using whole-wheat flour, fresh fruits, and whole grains.





Quick Tip

Here is an easy recipe to follow for a delicious turkey sandwich:

- Whole wheat bread
- Sliced turkey breast
- 1 Slice of swiss cheese
- Your choice of spread (light coating)
- Green leaf lettuce
- 1-2 tomato slices

THAT'S TOO MUCH SALT

“We all know that sugar is something we need to worry, but salt is what we really have to watch, as well.”



- Dr. Coleman (Sugar Busters With Dr. Coleman Part One via BlackDoctor.org Facebook)

A big issue that many people face when eating is consuming too much salt and sugar. Chips, high fructose corn syrup in drinks, and candies contain high amounts of salt and sugar. On average, a person should only consume 2,300 milligrams of sodium a day (Memorial Sloan Kettering Cancer Center). It's even lower for people who are 40 and older, have diabetes or hypertension (high blood pressure) and or are African American who should only consume 1500 milligrams of sodium a day. Fast and packaged foods usually contain over 1,300 mgs in one meal. So imagine almost reaching your limit for sodium intake by lunch? What about dinner and dessert?



People with high blood pressure and other heart and health issues should always choose foods with less sodium. A good alternative to sodium is potassium. Potassium is a mineral mostly found in fruits and vegetables. Adult men should consume 3,400 mg of potassium a day, and adult women should consume 2,900 mg a day (Memorial Sloan Kettering Cancer Center). Foods rich in potassium:

Prune juice, baked potatoes, tomato paste, sweet potatoes, salmon, orange juice, lima beans, tuna, spinach, avocado, squash, yogurt, etc.

There are two different types of natural sugars and added sugars. Natural sugars are found in fruits, vegetables, and unprocessed foods. Look to consume more natural sugars when creating or choosing healthier meal options.

Added sugars are exactly that, added sugars, which are added to processed foods. They're used mostly to preserve food, offer volume, or color and texture, but they offer no type of nutrients to the body. The recommended daily sugar intake is 10% of your daily calorie intake. Examples of added sugars:

Honey, agave, corn syrup, brown sugar, high fructose corn syrup, maple syrup, molasses, white sugar, fruit juice concentrate, etc.

A great piece of information stated by Dr. Monique May also known as The Physician in the Kitchen is “High fructose corn syrup is highly processed and anything highly processed is going to promote oxidation which is stress on the body”. Simply eating highly processed foods at high quantities can cause not only internal health problems but physical ones, as well. Stress on your body can definitely grow to show on the outside.





Quick Tip

Here's a easy recipe to follow for Air Fried Cajun Drumsticks:

<https://blackdoctor.org/five-soul-food-recipes-without-the-soul-food-sodium/>

WHAT ABOUT THE BIG C?

Now if you've never heard the saying it's important to drink milk so you can have strong bones and teeth then you must have slept all throughout elementary school. The promotion of milk back in the day and even in some of today's ads we see, was to get more people in the habit of consistently consuming calcium. Calcium in fact does keep your bones and teeth strong and healthy, but it also keeps your muscles and your nerves healthy.

Not getting enough calcium can lead to a disease called osteoporosis. Osteoporosis is when your bones begin to weaken and become even more fragile than they already are. This is due to your body taking calcium from your bones if they're not getting enough of this nutrient through food consumption. You should have **2 to 3 cups of dairy, (low-fat or skim milk)** every day. Don't worry, if consuming dairy is a problem for you then consider eating or drinking lactose free products. You can also eat **almonds, salmon, leafy greens, sardines, orange juice, and more to get your daily calcium intake.**



Daily Calcium Intake:

Age	Calcium (mg)
Newborn-6 months	200 mg
7-12 months	260 mg
1-3 yrs	700 mg
4-8 yrs	1,000 mg
9-18 yrs	1,300 mg
19-50 yrs	1,000 mg
51-70 yrs	1,200 mg (women) 1,000 mg (men)
70+	1,200 mg

(Chart information from Memorial Sloan Kettering Cancer Center)

Vitamin D is another important nutrient because it goes hand and hand with calcium. Your body needs the vitamin D to absorb the calcium it is receiving. Yes, getting enough sunlight is a good way to get vitamin D, but food consumption is great for your internal health, as well. Foods that contain vitamin D are mostly dairy and some fatty fish.

Daily Vitamin D Intake:

Age	Calcium (mg)
Newborn-6 months	400 IU
7-12 months	400 IU
1-3 yrs	600 IU
4-8 yrs	600 IU
9-18 yrs	600 IU
19-50 yrs	600 IU
51-70 yrs	600 IU
70+	800 IU

(Chart information from Memorial Sloan Kettering Cancer Center)



Quick Tip

Here's an easy recipe to follow for tasty granola parfait:

- 1 banana sliced
- 1 c raspberries
- 1 container (5.3 oz) fat free Greek-style yogurt
- 1 ½ c granola

Layer the banana, raspberries, yogurt and granola in 2 tall glasses and serve immediately (“5 Flat Belly Breakfast” by Gemma Greene via BlackDoctor.org)

A GLASS OF WINE A DAY MAY (OR MAY NOT) KEEP THE DOCTOR AWAY:



Listen, a nice glass of wine after a long day with a good meal, your favorite tv show and a little piece of desert is what some may call the perfect Tuesday night and truthfully, that sounds like the perfect Tuesday night to us! But what about when you want more than one glass? Or when it's a night out with your friends and your credit card is screaming “buy more, buy more”? Yes that seems like a good time in the moment, but unfortunately, your body will be paying for it later.

As an adult, you're bound to have a glass or two of whatever type of alcohol you choose, it's perfectly fine, but it's important to do it in moderation.

Alcoholic beverages do contain calories but have no nutrients in them so consuming multiple drinks a day is not good for your health. On average a woman should consume only one drink a day and a man should only consume 1-2 drinks a day.

- 5 ounces of wine
- 1.5 ounces of 80-proof liquor
- 12 ounces of beer ...

That may seem like no fun at all, but just remember, you don't have to over do things, sometimes simplicity is okay. Besides, do you want to wake up with a bad hangover that will take you forever to get over? It is not fun at all!

Consuming too much alcohol can also lead to certain cancers such as esophageal and mouth cancer and liver scarring, so again consume in moderation.



Quick Tip

Here's an easy recipe to follow for a healthy gin and tonic beverage:

1. Add ice to a copa glass
2. Pour 50 ml of the preferred gin brand of your choosing
3. Add 100-150 ml of tonic water
4. Stir mixture
5. Top it off with a slice or wedge of lime for garnish

Fun fact, gin and tonic is one of the healthiest alcoholic beverages to drink. Check out this article on [BlackDoctor.org](https://blackdoctor.org) to learn more: 5 Reasons Why Gin And Tonic Is The Healthiest Alcoholic Drink...Ever

(Chart from shapeyourfutureok.com)

DO YOU KNOW YOUR LABELS?

So have you ever been grocery shopping and you're browsing the store and you notice that one person staring at the back of the food box? Did you look at them and slightly judge the fact that they're standing in the middle of the aisle analyzing every single item that they picked up? Well truthfully, they're actually doing the right thing, no not by standing in the middle of the aisle but reading over food labels.

When working towards a healthier diet, food labels are an essential part of eating healthier. This is where you get ALL of the information needed on what is in your food. For some, reading labels might be tricky, especially if you don't understand what many of the words mean. If that's you, then no worries, everything that has been discussed so far, lead to this point. You already know the information, so let's apply it.

Below is a guide on how to read the nutritional facts on the back of your food packages. This guide will help you with all your food labels. Refer back to what we discussed earlier about calories, sugars, fats, fibers, etc, and apply it to how the guide shows you.

Nutrition Facts	
Serving Size: 1 cup (228g)	
Servings per Container 2	
Amount Per Serving	
Calories 135	Calories from Fat 75
<small>% of Daily Values*</small>	
Total Fat 12g	18%
Saturated Fat 0.5g	15%
Cholesterol 30mg	10%
Sodium 270mg	20%
Total Carbohydrate 31mg	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>

NUTRITION FACTS LABEL GUIDE

Use this to compare foods!

Start with Serving Size
Nutrition information listed on food labels is based on **ONE** serving. If the food package contains two servings, the calories and other nutrient numbers listed will double.

Get Less of these Nutrients
Eating too much of these nutrients may increase your risk of heart disease, high blood pressure and some cancers.

Limit sodium (salt) intake to less than 480mg per serving.

Use the % Daily Value
The %DV is based on the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

5% DV or less per serving is low.
20% DV or more per serving is high.

Check Calories*
400 calories or more per serving is high.
100 calories per serving is moderate.

No more than 35% of the total calories should come from fat.
*Based off a 2000 calorie diet.

Get Enough Nutrients
Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

What about sugar?
Check the ingredient list and avoid foods with added sugars like high fructose corn syrup, fruit juice concentrate and sucrose.



Quick Tip

Here's a quick way to challenge yourself about what you just learned. Read over these two labels and determine which one is better to consume as a midday snack to consume with help from the information above.

Nutrition Facts	
About 4.4 servings per container	
Serving size: About 3 1/2 cups (28g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Insoluble Fiber 3g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 40mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Popcorn, Sunflower Oil and Salt.



Nutrition Facts	
About 13 servings per container	
Serving size About 17 chips (28g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 330mg	6%

Not a significant source of added sugars.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

If you guessed the left label (Skinny Pop Original Popped Popcorn) then you are correct. Simply because there are less carbohydrates, less sodium and sugars and more fibers. The label on the right (Lay's Salt & Vinegar Potato Chips) has too many unhealthy levels of ingredients to consume if you're working towards eating healthier.

Images taken from Skinnypop.com and Instacart.com

HOW TO GET STARTED:

Now that you've read and learned about everything that comes with eating healthier, it's time to start applying it to your everyday diet. Every Tuesday at 8pm, we on BlackDoctor.org sit down with the wonderful Dr. May for a series called Vegan-ish and before you completely shut down the idea, hear this out. Dr. May discusses how you can be vegan without being vegan. That's why it's called Vegan-ish, get it? The series discusses how you don't need to be fully vegan or even vegan at all to eat healthier. Simply incorporating vegan practices into your diet will lead you to better eating habits.

So, how to get started? Well, according to Dr. May, there are four simple ways to start a plant-based diet. Even if you're not interested in a solely-plant based diet, using these simple methods will assist you on whatever healthy food journey you decide to take.

Dr. May's first suggestion is: **Know Your Why.** "It starts with your mindset?, why do you want to go on a diet and why is it important to you?". Identifying why you want to change your eating habits is key, and the journey truly does start with your mindset. In order to achieve your goals, you have to figure out what they are and why you want them. Once you have a good understanding of that, everything else will fall into place.

So, how to get started? Well, what are they and why do you want them?. Once you have a good understanding of that, everything else will fall into place.

Pick a Day: "Pick a day to start your vegan journey that's ideal to you"- Dr. May. Establishing better eating habits is not something that many can do automatically. When you're conditioned to certain ways of life and certain habits, getting rid of them can be a lot harder than you might expect. Choosing a specific day to start your journey can give you the push that you're looking for. Not only does it hold you accountable, but it also gives you time to prepare yourself. Depending on the day you choose, there could be some significant meaning behind it which might light even more fire under you and push you to get started.



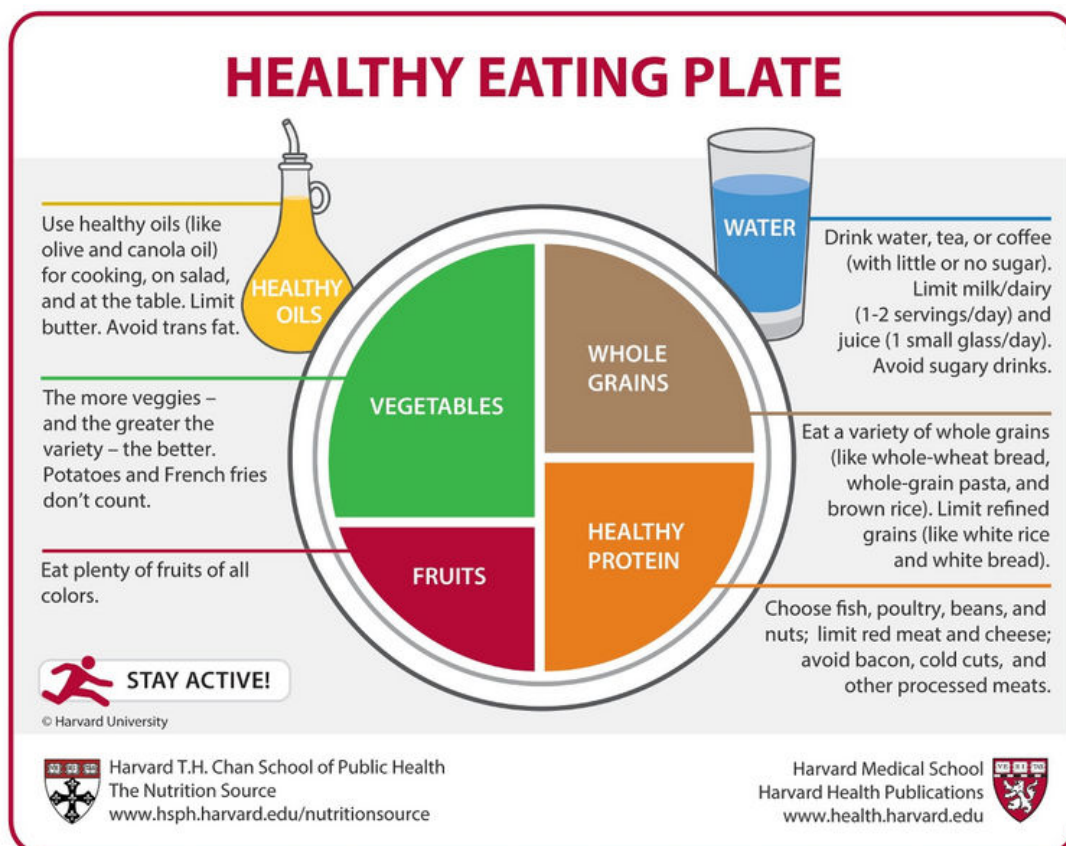
Commit to One Day A Week:
“Baby Steps”- Dr. May.



Overwhelming yourself and forcing yourself to be present in your journey every single day will only lead to hardship and disappointment. Why? Because everyday isn't the same and some days might be harder than others. Committing to simply one day out of the week is a great start, you truly do have to start somewhere.

Look Up Easy Recipes: “Look up something that has 4-6 ingredients excluding spices and look for recipes containing foods you already have”- Dr May. Just like committing to eating healthy every single day to start off might be overwhelming, so can trying to create dishes with too many steps. Finding recipes with less ingredients in the beginning of your journey is your stepping stone, basically how you get your feet wet. Not only will you feel at ease, it will also help you discover what works and doesn't work for you.

The chart below is a representation of how your plate should look. As mentioned previously by Dr. May, half of your plate should be filled with fruits and vegetables when building a healthy and balanced diet. Though everything on the chart has been discussed, visual representations are always helpful. It's also important to keep in mind that though your plate should look like this when it comes to portion size, certain health factors do play a role in what needs to be consumed ie. Food allergies such as nuts, gluten, dairy etc. can be a deciding factor as to what you put on your plate. The chart is simply a guide to follow.



(Harvard T.H. Chan School of Public Health Healthy Eating Plate)



Quick Tip

Here's an easy recipe to follow for a healthier way to cook in the kitchen:

SAY NO TO SKIN

Three ounces of chicken breast meat with skin has almost 150 calories; three ounces of chicken without the skin has 50 fewer calories. Tasty as it might be, the skin contains mostly heart-unhealthy saturated fat. You can cook with the skin on to retain moisture (add fresh herbs or citrus zest underneath it to really bake in some flavor), but be sure to remove the skin before you enjoy your meal to save on calories and saturated fat.

Excerpt taken from "9 Tricks To Lighten Up Any Recipe (Without Losing The Flavor)" – Felcia Vance via. BlackDoctor.org

SAMPLE MENU OF A DAILY FOOD INTAKE:

Breakfast:

- 8 ounces of low-fat vanilla or fruit yogurt
- 1 cup of oatmeal with a teaspoon of cinnamon and sugar mixed
- Coffee or tea with skim milk, oat milk or almond milk
- Orange juice

Lunch:

- Chicken caesar salad with light dressing
- 1 pack of apple slices
- Water

Snack:

- 1 serving size of popcorn

Dinner:

- 2 cups of cooked brown rice
- 6 ounces of cooked salmon (if using oil, cook with healthy oils ie. olive oil, sunflower oil, corn oil etc.)
- 6-7 steamed asparagus spears

Snack:

- ½ a cup of frozen fruit with one cup of fresh fruit on top

Above is a sample of what can be eaten during a day to lead to healthier eating habits. The method doesn't have to be followed exactly but using it as a guide can help you along your journey. Remember that based on one's BMI, recommended calorie and personal goals are all determining factors about what should be eaten and how. This example again is just a guide.

A RECIPE FOR SUCCESS:

Here are a few healthy, dish recipes from the BlackDoctor.org team:

Sweet Whole Grain Waffles:



Ingredients:

Cherry Sauce

- 2 cups fresh or frozen pitted cherries
- ¼ cup water
- ¼ cup honey
- 2 teaspoons cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

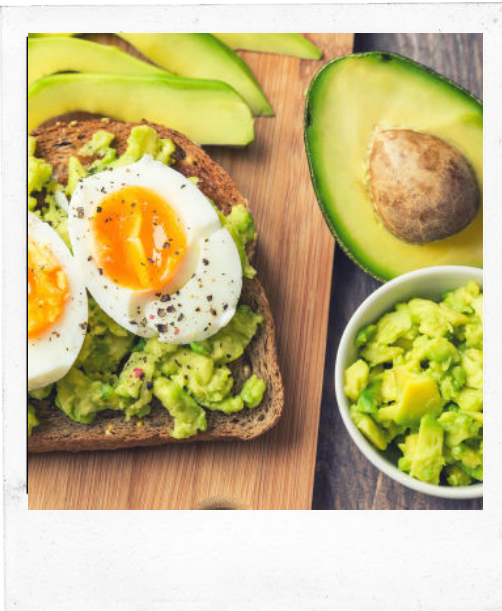
Waffles:

2 cups white whole wheat flour (see note)
½ cup fine cornmeal
1 ½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
2 large eggs
¼ cup packed light brown sugar
2 cups low-fat or nonfat buttermilk
1 tablespoon extra-virgin olive oil or canola oil
2 teaspoons vanilla extract

DIRECTIONS:

1. Cherry Sauce: Combine cherries, water, honey, cornstarch, lemon juice and vanilla extract in a small saucepan. Bring to a boil over medium heat and cook, stirring occasionally, until the mixture thickens
 2. Waffles: Preheat oven to 250F
 3. Place a large baking sheet on the center rack
 4. Whisk whole-wheat flour, cornmeal, baking powder, baking soda and salt in a large bowl. Lightly beat eggs and brown sugar in a medium bowl. Add buttermilk, oil, vanilla; whisk until well blended. Add the wet ingredients to the dry ingredients, stirring until combined
 5. Preheat Belgian-style waffle iron. Lightly coat it with cooking spray. Add enough batter to cover about two-thirds of the surface
 6. Cook until golden brown. Transfer waffles to the baking sheet to keep warm until ready to serve: do not stack. Repeat as needed
 7. Warm the cherry sauce over medium heat. Serve with the waffles
- (“ 4 Healthy Recipes To Improve Your Iron Intake” by Karen Heslop via [BlackDoctor.org](https://blackdoctor.org))

California Avocado Toast With Fried Egg:



Ingredients: Cherry Sauce

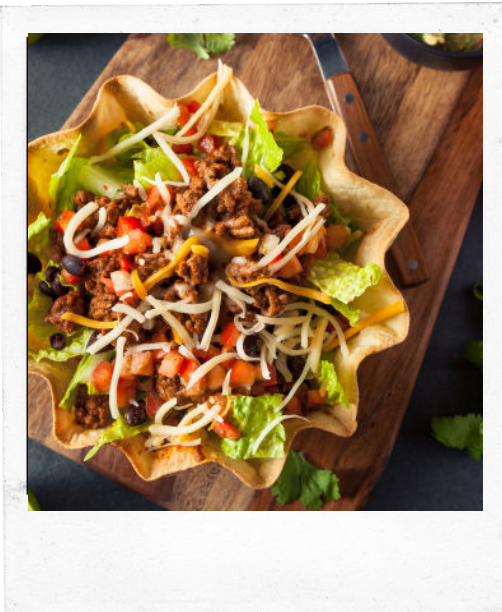
- 2 cups fresh or frozen pitted cherries
- ¼ cup water
- ¼ cup honey
- 2 teaspoons cornstarch
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract

DIRECTIONS:

1. Toast one slice of bread and spread with the half ripped California avocado (mashed sliced).
2. Spray a small nonstick skillet with cooking spray and fry one egg as desired
3. Place cooked egg on to avocado toast, sprinkle with salt and pepper if desired

(“Change The Way You Look At Breakfast With These 5 Avocado Toast Recipes” by Ruthie Hawkins via BlackDoctor.org)

Taco Salad:



Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 ½ cup fresh corn kernels
- 4 large tomatoes
- 1 ½ cups cooked long grain brown rice
- 15 ounces black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1 ½ teaspoons dried oregano
- ¼ teaspoon salt
- ½ cup chopped fresh cilantro
- ⅓ cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese
- 2 ½ cups coarsely crumbled tortilla chips

DIRECTIONS:

1. Heat the oil in a large nonstick skillet over medium heat
2. Add both onion and corn
3. Cook, stirring until the onion begins to brown
4. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt. Cook, stirring frequently until the tomato cooks down. Let cool slightly.
5. Coarsely chop the remaining 3 tomatoes
6. Combine with the cilantro, salsa, and the remaining ½ teaspoon oregano in a medium bowl
7. Toss the lettuce in a large bowl with the bean mixture, half the fresh salsa and ⅔ cup of cheese
8. Serve sprinkled with tortilla chips and the remaining cheese and fresh at the table (“ 4 Healthy Recipes To Improve Your Iron Intake” by Karen Heslop via BlackDoctor.org)

Zucchini Noodles with Mini Chicken Feta And Spinach Meatballs



Ingredients:

- 2 ½ cups fresh baby spinach
- 3 garlic cloves
- 1 tablespoon of olive oil
- 4 ounces feta cheese, crumbled, plus extra for topping
- 1 pound lean ground chicken
- 1 large egg, lightly beaten
- 1 tablespoon Worcestershire sauce
- ⅓ to ½ cup seasoned panko breadcrumbs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons fresh oregano, plus extra for sprinkling
- 2 medium zucchini squash spiralized
- 1 tablespoon unsalted butter
- 2 garlic cloves minced
- Pinch red pepper flakes
- 1 lemon, juiced

DIRECTIONS:

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper

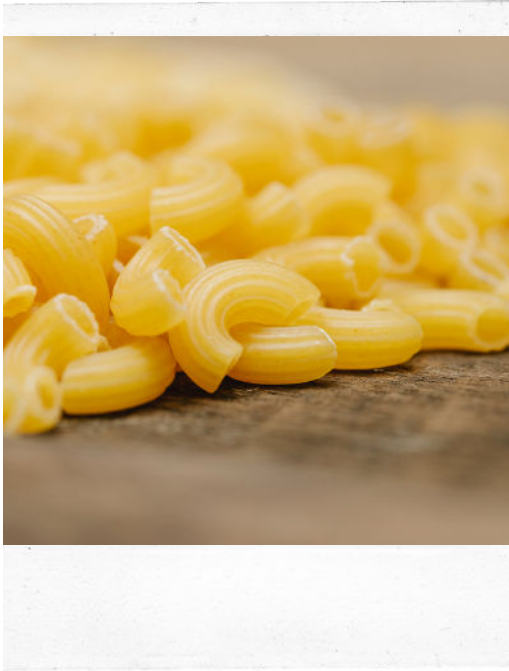
In your food processor, combine the spinach and garlic and pulse it until small pieces remain. You don't want it completely pureed, but you want it to look as if the spinach is chopped. Drizzle 1 tablespoon of olive oil and add half of the feta (2 ounces), pulsing again just a few times.

In a bowl, mix together the chicken, egg, Worcestershire sauce, spinach mixture, salt, pepper, oregano, and $\frac{1}{3}$ cup of breadcrumbs with your hands until just combined. If it feels too wet and is difficult to shape into balls, add a touch more breadcrumbs and mix. Add in the remaining feta cheese and mix. Form into 30 or so mini meatballs about $\frac{1}{2}$ diameter. Place on parchment paper and bake for 20 to 25 minutes or until the meatballs are cooked and thorough.

While the meatballs are cooking, spiralize the zucchini into noodles. Heat a large skillet over medium-low heat and add olive oil and butter. Add the garlic and pepper flakes and cook for 1 minute, then stir in the lemon juice. Add the zoodles and toss well to coat. Cook until the noodles are softened slightly, tossing often for about 5 to 6 minutes.

Serve the netballs on a bed of zoodles. Top with extra feta and fresh oregano (“4 Healthy Fall Comfort Food Recipes” by Jasmine Browley via BlackDoctor.org)

Macaroni and Cheese:



Ingredients:

- 2 cups (8 oz) whole wheat elbow macaroni
- 2 cups (8 oz) reduced fat cheddar cheese
- ½ cup low-fat 1% or 2% milk
- 2 large lightly beaten eggs
- ¼ cup reduced fat sour cream
- 1 tablespoon dijon mustard
- ½ teaspoon salt (or use salt blend)
- ¼ teaspoon cayenne pepper
- ⅓ cup grated parmesan cheese

DIRECTIONS:

1. Preheat the oven to 350 °F. Coat a 13x9 inch baking dish with cooking spray
2. In a large pot of boiling water, cook the macaroni noodles according to the package directions. Drain well and transfer the pasta to a large bowl.
3. Add the cheddar cheese and stir until the pasta is coated and the cheese has melted
4. In a medium bowl, whisk together the evaporated milk, eggs, sour cream, mustard, salt and cayenne pepper
5. Add the milk-egg mixture to the macaroni and cheese and stir well to combine
6. Scrape the mixture into the prepared baking dish and sprinkle parmesan cheese evenly over the top
7. Bake for 30-45 min until golden brown and crispy around the edges
(“Satisfy Your Taste Buds Without Compromising Your Health” by Deborah Easton via BlackDoctor.org)

SO WHAT NOW?

To make, it's time to get started officially. Your challenge from us is to be mindful and intentional about your next meal. Evaluate what this meal is for. Is it for pleasure, comfort, or health?

And yes, this may seem far fetched to ask yourself because we all know you eat to stay alive, but as we stated in the beginning, different things in life play into one's eating habits. Your next meal may be a comfort meal because you had a bad day and are looking for pleasure through food. There is absolutely no judgement here because we understand, life happens and everyone's coping mechanisms are different. This book was designed to not only help you cope in healthier ways when it comes to eating but to also teach and inform you of how to eat healthier and how easy it can be.

So with that being said, challenge yourself with your next meal, find out what you're eating for and then use what you've learned to choose and create a healthy meal or snack that future you will thank you for.

REFERENCES:

<https://www.mskcc.org/cancer-care/patient-education/eat-your-way-to-better-health>
<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
<https://www.precisionnutrition.com/calorie-control-guide#:~:text=For%20protein%2Ddense%20foods%20like,and%20diameter%20as%20your%20palm.>
<https://www.skinnypop.com/our-popcorn/popped-popcorn/original/>
<https://www.instacart.com/products/20983768-lay-s-salt-vinegar-potato-chips-12-5-oz>