



## **Principle #1 Nutrition**

When you think of nutrition a lot of different things can run through your mind. With all of the conflicting messages of what you should and shouldn't eat, it can be hard to figure out what to cut out or add into your diet.

The dictionary defines nutrition as "*the process of providing or obtaining the food necessary for health and growth.*"

### **What is Nutrition?**

Nutrition is all about getting the foods that we need to be healthy.

## What are the right foods?

With our many cultures, there is no one size fits all when it comes to what we eat. Fortunately, we are not without a guide given to us by the very one who designed and created us. Genesis 1:29, Genesis 3:18, Joel 2:28

What was God's original diet in the Garden of Eden? Genesis speaks of a diet of fruits, grains, nuts, and legumes. After sin God introduced the 'herb of the field', vegetables. There is also a consensus that most of these foods should be eaten in the purest form possible.

Seventh-day Adventists focus on eating vegetables and fruits first and foremost, followed by seeds, beans, whole grains, and legumes. Nuts and healthy oils are also good in small amounts. Adventists typically attempt to avoid meat and meat products, processed food, pre-packaged food, fast food, and white sugar.

A good way to determine if you should be eating a certain food is by looking at the nutrient density. High calories and low nutrients per serving are typically foods that you should stay away from, while low calorie high nutrient foods should be eaten frequently.

Another benefit to eating nutrient dense foods is that you will be able to eat a lot more food without gaining excess weight.

## How to Eat Food

Adventists believe that there are ways of preparing and eating your food that are better than others.

**First**, keep food preparation simple! Don't worry about cooking everything, raw is often better, especially fruits and vegetables. Whole grains and legumes of course, needs to be well cooked. Also, keeping preparation to a minimum can help you stick to a nutritional goal.

**Second**, eat the good stuff first!

What's the good stuff you ask? Vegetables and fruits of course.

If you eat the most nutrient dense foods first, they will help to fill you up before you move onto the cooked foods. Remember in most cases cooked foods will have a lower nutrition density than their raw counterparts. Adventists also believe that it's best to eat fruits and vegetables at separate meals for optimal digestion. Eat vegetables with two meals and fruits with one. One exception to this rule is - at breakfast eat your protein first as this will help wake you up and decrease your serotonin. In the evening eat more starches and less protein and you will sleep better.

**Third**, chew your food slowly and savor each bite. The more you chew your food the less work it is on your stomach. Also, slowing down can help your body to register that you're full before you overeat. If you ever have the urge to gobble something down, slow down and ask yourself why you want to devour it. In this way eating slowly can help you eliminate emotional eating patterns. It's nice to sit down at your meal table and before you pray for the blessing on the food, take a moment to think about God's goodness and blessings, then thank Him. Your food will digest better and generally you will slow down.

**Fourth**, eat food regularly and don't eat between meals. Eating food at regular intervals without snacking will help to eliminate junk food snacks and help you to identify when you are actually hungry versus thirsty. Recent reports indicate that people have a hard time telling the difference between

hunger and thirst, so if you feel hungry during the day-reach for a glass of water instead. Eating two meals a day is often more beneficial, especially for those who are older or sedentary.

**Fifth**, eat for your health. This is hard for most people with taste buds. Fast food, desserts, fat, and sweet foods all smell and taste delicious beckoning us to eat them. Unfortunately, these are the foods that we need to avoid the most! Overeating is often due to a lack of self-discipline which doesn't benefit your overall health.

**Bonus Point:** Remember to consume a variety of foods every day! In some cases, foods are in season and so it makes sense to eat them over other foods. But it's best if you try to mix it up. Eat garbanzo beans, kidney beans, and pinto beans during the week instead of the lentils you normally eat. In choosing foods you want to eat a whole rainbow of colors.

*“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”*  
1st Corinthians 10:31

## Nutrition Links

**Canada's Food Guide** <https://food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf>

**Recipes** <https://lifeandhealth.org/food/recipes> ; <https://leavesoflife.org/vegan-vegetarian-recipes/>

**Cooking 101** <https://lifeandhealth.getlearnworlds.com/course?courseid=cooking-101>

**Vegetarian Seasonings** <https://thevegetarianexpress.com/>

**Online Meat Alternatives Foods** <https://www.vegefood.com/>

**Vegetarian Nutrition** by Winston Craig <https://vegetarian-nutrition.info/>

**Interesting information on herbs and books** written by Dr. Winston Craig

**Growing and Preserving Your Own Food** <https://lifeandhealth.org/topics/lifestyle/home-garden>

**Nutrition & Wellbeing Clinic Nutritionist Sue Radd** <http://nwbc.com.au/home.html>

## Articles

### 1. The Seventh Day Adventist Diet

Many experts have said that the Seventh Day Adventist food beliefs and diet approach are one of the healthiest diet options available. Those that follow this faith are said to follow a lifestyle, which includes a good diet, exercise, and spirituality. A good diet, according to followers of the Seventh-day Adventist health principles, involves eating a vegetarian diet, which incorporates, vegetables, fruits, whole grains, nuts and legumes. It is also not uncommon for some Seventh-day Adventists to follow a vegan diet.

- **The Main Food Sources**

Vegetables, fruits, and whole grains make up the crux of the diet. Although the SDA religion promotes a vegetarian diet, meat can be eaten if a follower really chooses to. Meats are however categorized as either 'clean' or 'unclean.' Clean meats are regarded similar to Kosher meats and should be prepared as instructed in Leviticus 11. Shellfish and pork are forbidden.

- **Products from Animals**

Products such as dairy items or eggs are allowed as part of the Seventh-day Adventist diet, however, they should not be eaten often, in order to control and maintain good cholesterol levels. Another factor to consider is the current health status of the animals from commercial meat and dairy operations. When it comes to dairy, ideally low-fat options should be consumed. Alternatives to dairy include almond, rice or soymilk, soy yogurt and occasionally vegan cheeses.

- **Foods That Are Limited**

Foods that contain cholesterol, salts, or sugar, once again, should only be eaten in moderation. Overall the recommendation is that followers should be eating nine or more portions of fruit or vegetables each day and six or more portions of legumes, cereals and whole grains. It is also important to ensure that enough nutrients are eaten such as vitamin B12, iron, calcium, protein and zinc.

- **The Religious Perspective**

The body is viewed as a temple of the Holy Spirit and therefore it is vital to take care of one's body and treat it with the respect it deserves. The Holy Spirit lives in every Christian and for this reason followers need to eat a healthy, clean diet. In order to respect and honour God, all food and drink consumed should never have suffered i.e. meat. As mentioned above, alcohol and caffeine should also be avoided and eating a variety of whole plant foods is seen as the best way to achieve the best health.

**Study Texts:** 3 John 2; Deuteronomy 6:24; Exodus 23:25; Ps. 67:2; John 10:10; Isaiah 55:2; 1 Corinthians 10:31; Genesis 1:29; 2:16, 3:18; Leviticus 11:13-20 & 21-47; Deuteronomy 14:6,9; Isaiah 66:15-17; Proverbs 23:31,32; Proverbs 20:1; 1 Corinthians 6:9,10; 1 Corinthians 6:9,10; 1 Corinthians 3:16, 17; Romans 6:16; 1 Peter 2:11; Ecclesiastes 10:17; Leviticus 3:17; Proverbs 32:2; Luke 21:34; Proverbs 14:30; Proverbs 17:22; Proverbs 4:20-22; 1 Corinthians 9:25; Philippians 4:5; Ecclesiastes 3:13; Daniel 1:8;

### **The Kinds of Food Seventh Day Adventists Depend Upon**

1. **Avocados.** Avocados are not only low in salt; they are high in potassium, which makes them a great food source for those who have high blood pressure. For example, the amount of potassium in an avocado is 30% more than can be found in a banana.
2. **Nuts/Seeds.** Those that eat raw nuts or seeds tend to have lower blood pressure, better levels of cholesterol, less chance of diabetes, and a lower risk of cardiovascular related issues. Raw nuts and seeds are also a great source of healthy fat and protein. A great place to add nuts to the diet is at breakfast, consuming about two tablespoons and choosing a different variety each morning.
3. **Water.** Eight glasses of water should be consumed every day for those following the Seventh-day Adventist food beliefs. Water not only hydrates the body; it also flushes out everyday toxins.
4. **Soymilk.** A healthy alternative to dairy is soymilk. Soymilk can be used on cereals or as a whitener in herbal teas. Soymilk is low in fat and high in protein; in fact, much more protein than other dairy-free milks. Look for an organic, unsweetened variety.

## 5. **Oatmeal and Other Grains**

Oatmeal tends to be a staple when it comes to breakfast for Seventh Day Adventists. Oatmeal provides a good balance between carbohydrates and fats. It also provides a good amount of B vitamins and iron. Steel cuts or wide flake oats are better than quick oats. There are also many other whole grains to enjoy such as Teff, Quinoa, Brown Rice, Millet, Amaranth, Barley, Rye, and Buckwheat. Batch cook these grains and freeze them in portion sizes. In the morning steam them to reheat them for a breakfast that is as fast and convenient as a box of processed cereal. When you choose breads for your diet look for whole grains and even better breads made with sprouted whole grains. Eating whole grains will help you enjoy the healthy carbohydrates that will keep your brain working optimally and give you great energy for your day.

## 6. **Beans**

For protein, Seventh-day Adventists turn to beans as well as lentils and peas. It is worth bearing in mind that there are many varieties of beans that can be consumed and there are many different ways to prepare them. Beans are the king of fiber and initially can cause some gas for most individuals. The good news is that if eaten daily for 3 weeks the body adjusts to this healthy fibre.

## **2. Where Do Vegetarians Get Their Protein?**

You may be wondering, “What do vegetarians eat for protein?” As part of a healthy diet protein is essential. As a vegetarian it may seem difficult to get the amount of protein that you need if you’re not sure which foods are rich in protein.

### **Why do we need protein?**

Protein is vital when it comes to the repair of damaged cells as well as for building new cells. Protein is also crucial when it comes to building our bones, muscles, and tissue, so it is clear why our bodies need protein.

### **What amount of protein do we need each day?**

On average, it has been suggested that women should aim to consume around 40 g of protein every day, and for men, around 55 g of protein every day. This number can vary depending on your level of activity.

### **What do vegetarians eat for protein?**

As a vegetarian you will not be eating some food groups including fish or meat, and for this reason you may feel that when it comes to protein, your options are limited. This, however, is not the case as there are many food sources that you can eat which are full of protein.

- **Nuts and Seeds**

Nuts and seeds contain protein as well as essential facts. Flaxseeds, cashews, chia seeds and almonds are particularly rich in protein. For example, if you consume 30 g of almonds, you will obtain 6 g of protein.

- **Grains and Pulses**

Pulses, beans and lentils are very good sources of protein. For example, 9 g of protein can be found in 100 g of boiled lentils. These lentils can be used to bulk up casseroles, stews and soups. Also, opt for kidney beans, black beans, and chickpeas to increase your protein consumption. Grains such as quinoa, rice, barley and oats can also increase your protein intake. In fact, quinoa is a plant source that is regarded as complete protein, so therefore it contains all nine of the crucial amino acids.

- **Soy Protein**

This is a very versatile source of protein as it can be made into different forms of food. For example, tofu which is made by using the curds of soymilk. Tofu also comes in various types including firm, extra firm, or silken. It is a great source of protein which is low in calories. Eight grams of protein can be obtained from 100 grams of firm tofu. Another soy food to try is tempeh. Try it in a stir-fry, in a sandwich, or with a tofu scramble for breakfast. Soybeans can also be eaten as they are or turned it into milk or miso. Soybeans themselves contain approximately 15 g of protein per hundred grams. Almond or hazelnut milk is a source of protein for those on a vegan diet; however, it is worth bearing in mind that soymilk contains the same amount of protein as cow's milk whereas almond and hazelnut milk do not.

### **Specific Vegetarian Meal Ideas**

*Below is a breakdown of a few foods that are high in protein and can be eaten as a meal or part of a meal.*

#### **Breakfast:**

- Tofu scramble
- Porridge
- Whole-wheat toast with nut/seed butter.
- Raw Nuts/Seeds
- Hummus on Whole grain toast
- Beans on Whole grain toast
- Tempeh

#### **Lunch:**

- Tofu or Tempeh stir fry
- Soy Curls added to a stir fry, Fajitas, etc.
- Dahl
- Chili
- Enchiladas
- Haystacks (taco Salad)
- Baked Beans
- Bean burgers or patties
- Curry
- Lentils in Spaghetti sauce
- Lasagna made with Tofu

#### **Supper: (keep it light)**

- Tacos made from black beans
- Sandwich made using hummus
- Lentil salad
- Edamame Beans in a salad
- Veggie Burger
- Split pea or Minestrone soup
- Smoothie with protein powder\*
- Fruit Salad with whole grain bread and nut butter

**\*Note:** According to the most recent Adventist Health Study, Seventh-day Adventist seniors are often low in their protein intake because of eating smaller portions. In this case it is wise to purchase a protein powder such as a sprouted rice protein and have a smoothie every day to increase and supplement protein intake.

### **3. Steps to Planning Healthy, Economic Meals**

Most people usually adopt a vegetarian eating lifestyle for ethical reasons, such as protecting the rights of animals, personal/religious reasons, or environmental reasons. This explains why there are varieties in the forms of vegetarianism and kind of restrictions that come with each of them.

Vegetarian diets, which excludes eating meat, fish and poultry, have many health benefits such as enhancing weight loss, reducing cancer risk, stabilizing blood sugar levels, and promoting heart health, among others.

Since foods like dairy, eggs, fish, and any other foods from animals are all off-limits on a plant-based meal plan, it can be quite expensive to maintain. This post will educate you on the steps you can take to plan an economic meal plan, without missing out on essential proteins, vitamins, and nutrients, or jeopardizing your health.

#### **1. Go for Economic Whole Foods**

First tip to making an economic vegetarian meal plan is basing your meals on economic whole foods. Processed vegan foods such as meat substitutes, sweets and vegan cheese are generally more expensive than whole foods. However, tofu is an exception. By staying away or avoiding processed vegan alternatives for meat or dairy and choosing the whole foods, you will have benefits when it comes to your health and wallet.

Legumes of all kinds can be used to create your cheap vegetarian meal plan, especially if you purchase dry legumes in bulk and cook them yourself. Other economic choices are all kinds of potatoes, grains (such as oats and brown rice), some seeds and nuts (such as sunflower, pumpkin and flax seeds), vegetables, and fruits.

#### **2. Make Time to Plan Ahead**

Planning is very important if you are going to create a healthy but cheap vegetarian meal plan to meet your budget. The headache comes when you decide what you want to eat at the last minute and this rack up the cost of things. Spend some hours each week to put down your ideas for daily meals for breakfast, lunch and dinner. Next, come up with a grocery list. This can be done by going through your pantry and refrigerator to determine any missing ingredients. Try to buy fresh produce. Produce from farmer's markets are significantly cheaper than the ones in the grocery store.

#### **3. Follow These Shopping Tips**

You can store frozen vegetables for longer and you won't have to be using them all the time, so go for them. They are convenient, pre-washed, chopped and readily available to be steamed, stir fried or stewed. Buying frozen fruit and berries will help you save a lot of money. Buy canned vegetables as well. Buying your foods in bulk is one of the most effective ways to save more money on your weekly budget. Fresh produce will have to be purchased on a regular basis due to its perishable shelf life. Take some time to read weekly flyers or look for shopping apps that help you compare prices.

#### **4. Grow Your Own**

Nothing is more rewarding and healthier than growing your own fruits and vegetables. Yes, it is a little bit of work, but that work is rewarding when it comes to health. The healthiest people are gardeners. This is also a great legacy to pass on to your children. If you can find a garden plot to rent, you can

even garden if you live in a city or town. Many cities have community gardens you can be a part of. The healthiest food is harvested and eaten the same day. You can also plan to freeze up some vegetables such as corn, peas, green beans and broccoli. Pick fruits in season such as raspberries and strawberries and tuck these away in your freezer as well. You can enjoy the fruits of your labor all year long and save on your grocery bill. <https://lifeandhealth.org/topics/lifestyle/home-garden>

### 5. Try These Tips for Your Kitchen

If you are going to make economic vegetarian meal planning easier, you also need to arrange your kitchen, structure your freezer, fridge, and dry store with whole vegetarian foods.

- **Dry Store**

In your dry store, you can have all kinds of potatoes, garlic, onions, grains such as rice, oats, pasta, barley and quinoa, legumes, which consists of all kinds of dry or canned lentils and beans.

- **Fridge**

Your fridge should consist of seasonal fruits and vegetables that can't be frozen, leafy greens wrapped in damp paper towel for durability, condiments, sauces, plant milk, tempeh and tofu.

- **Freezer**

Fill your freezer with leftovers, frozen herbs, fruit and frozen berries, and whole wheat bread as well.

### Take Away

Be sure each of your meals comes with adequate fiber and protein. Protein sources for vegetarian foods include seeds, nuts, beans, soybeans, legumes, and whole grains such as quinoa. Most vegetables and fruits are loaded with fiber; and beans, whole grains, berries and oat bran are especially great sources of this nutrient. The key to eating healthy and being healthy is to eat a variety of the foods that our Creator has so abundantly provided for us.

## 4. The Blue Zone Study and Seventh-day Adventists

Many people wonder about the commonly cited **Blue Zone Study** which looked into the longest living populations in the world. One of those groups were Seventh-day Adventists specifically in Loma Linda California who are living 10 years longer than the average population. Here's what the official Blue Zone Study Concluded about the Adventists living in this area.

*"The Seventh-day Adventist church in this sunny pocket of Southern California was founded in the 1840s. The church flourished through the 20th century – and so did its 430 Loma Linda members who view health as central to their faith. Today, a community of about 9,000 Adventists in the Loma Linda area are the core of America's Blue Zone region. They live as much as a decade longer than the rest of us, and much of their longevity can be attributed to vegetarianism and regular exercise. Plus, Adventists don't smoke or drink alcohol.*

*How can you live like the American longevity all-stars? Try these tactics practiced in Loma Linda to live measurably longer.*

### **Find a Sanctuary in Time.**

*A weekly break from the rigors of daily life, the 24-hour Sabbath provides a time to focus on family, God, camaraderie, and nature. Adventists claim this relieves their stress, strengthens social networks, and provides consistent exercise.*

### **Maintain a Healthy Body Mass Index (BMI).**

*Adventists with healthy BMI's (meaning they have an appropriate weight for their heights) who keep active and eat meat sparingly, if at all, have lower blood pressure, lower blood cholesterol, and less cardiovascular disease than heavier Americans with higher BMIs.*



### **Get Regular, Moderate Exercise.**

*The Adventist Health Survey (AHS) shows that you don't need to be a marathoner to maximize your life expectancy. Getting regular, low-intensity exercise like daily walks appear to help reduce your chance of having heart disease and certain cancers.*

### **Spend Time with Like-Minded Friends.**

*Adventists tend to spend time with lots of other Adventists. They find well-being by sharing each other's values and supporting each other's habits.*

### **Snack On Nuts.**

*Adventists who consume nuts at least five times a week have about half the risk of heart disease and live about two years longer than those who don't. At least four major studies have confirmed that eating nuts has an impact on health and life expectancy.*

### **Give Something Back.**

*Like many faiths, the Seventh-day Adventist Church encourages and provides opportunities for its members to volunteer. People like centenarian Marge Jetton stay active, find sense of purpose, and stave off depression by focusing on helping others.*

### **Eat Meat in Moderation.**

*Many Adventists follow a vegetarian diet. The AHS shows that consuming fruits and vegetables and whole grains seems to be protective against a wide variety of cancers. For those who prefer to eat some meat, Adventist recommend small portions served as a side dish rather than as the main meal.*

### **Eat an Early, Light Dinner.**

*"Eat breakfast like a king, lunch like a prince and dinner like a pauper," American nutritionist Adelle Davis is said to have recommended—an attitude also reflected in Adventist practices. A light dinner early in the evening avoids flooding the body with calories during the inactive parts of the day. It seems to promote better sleep and a lower BMI.*

### **Put More Plants in Your Diet.**

*Non-smoking Adventists who ate 2 or more servings of fruit per day had about 70 percent fewer lung cancers than non-smokers who ate fruit once or twice a week. Adventists who ate legumes such as peas and beans 3 times a week had a 30 to 40 percent reduction in colon cancer. Adventists women who consumed tomatoes at least 3 or 4 times a week reduced their chance of getting ovarian cancer by 70 percent over those who ate tomatoes less often. Eating a lot of tomatoes also seemed to have an effect on reducing prostate cancer for men.*

### **Drink Plenty of Water.**

*The AHS (Adventist Health Study) suggests that men who drank 5 or 6 daily glasses of water had a substantial reduction in the risk of a fatal heart attack—60 to 70 percent—compared to those who drank considerably less."*

*~ This is an excerpt from **Blue Zones: Lessons for Living Longer from The People Who've Lived the Longest**, by Dan Buettner, Copyright 2008, all rights reserved.*