

Martha Benedict's Bone Builder Handouts

from April 2011 American Bone Health Club Meeting

Sample menu with high calcium/gelatin/mineral ingredients

Meats	Vegetables	Salads	Dressings	Starches	Spices
<ul style="list-style-type: none"> • Lamb Shoulder 	<ul style="list-style-type: none"> • Kale Pate' 	<ul style="list-style-type: none"> • <u>Vegetables:</u> Cucumbers, Peas • <u>Fruits:</u> oranges, apples, cranberries • <u>Nuts:</u> walnuts, pecans, macadamia 	<ul style="list-style-type: none"> • Salt/Pepper • Extra virgin olive oil • Balsamic vinegar • Garlic • Lemon juice • Molasses: Apricot, pomegranate 	<ul style="list-style-type: none"> • Root vegetables: carrots, daikon, sweet potatoes, yams, taro corm, onions • Tabouli • Rice 	<p>see handout</p>

Food Ideas for Chinese Conditions

Heat: White Fish, Beef, Pork. Infrequently include Lamb, Venison, and Salmon

Cold: Lamb, Chicken, Salmon, Venison, Oatmeal, Rice, Cinnamon, Pepper

Dampness: Barley, Celery, Com, Kidney Beans, Anchovy, Mushrooms.

On a hot day, it's OK to have a small amount of dampness promoting foods including milk, yogurt and eggs.

Gluten Sources (to look out for if gluten sensitive)

In addition to the main grains, wheat, oats, rye, and barley, it is found in processed foods including yogurt with fruit, cheese spreads, salad dressings, ketchup, luncheon meats, and canned soups. Avoid distilled white vinegar, hydrolyzed vegetable protein, malt or malt flavoring, modified starch or modified food starch, monoglycerides and diglycerides, products that list "natural" or "artificial" flavorings, red or yellow food dyes, and vegetable gum or vegetable protein.

Soluble Fiber

Fruits and legumes, oats and oatmeal, oat bran, wheat bran, and fruit in their skins.
Carnitine (acetyl-L-carnitine) for the brain Found in dairy products, kidney beans, eggs, and red meats

What to grow in your garden:

Leafy greens	Root vegetables	Herbs	Vegetables	Trees
<ul style="list-style-type: none"> • Lettuces (French ...) • Arugula • Dandelion • Kale • Turnip greens • Bok Choy 	<ul style="list-style-type: none"> • Beets • Carrots • Fennel • Onions • Garlic 	<ul style="list-style-type: none"> • Garlic • Cilantro • Parsley • Rosemary • Oregano • Thyme • Calendula 	<ul style="list-style-type: none"> • Leeks • Peas • Tomatoes 	<ul style="list-style-type: none"> • Lemon

For Efficiency in cooking:

Correct tools:

mixers	oven/ stove	utensils	storage
<ul style="list-style-type: none"> • Cuisinart • Vitamix • Blender 	<ul style="list-style-type: none"> • Rice Cooker • Double Broiler • Roasting Pan • Cookie sheet 	<ul style="list-style-type: none"> • Measuring spoons • Wooden spoon • Spatula • Whisk • Knives: chopper, paring 	<ul style="list-style-type: none"> • Vacuum sealer • Ice cube trays • Freezer containers (lc.- 1qt.)