

Kitchen & Pantry Makeover



With

Dr. Ritamarie Loscalzo

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Agenda

- Intro and resources
- Ingredients to avoid

ASSIGNMENT 1

- Healthy pantry ingredients

ASSIGNMENT 2

- Tour of Dr. Ritamarie's kitchen – 4 parts

ASSIGNMENTS 3 & 4

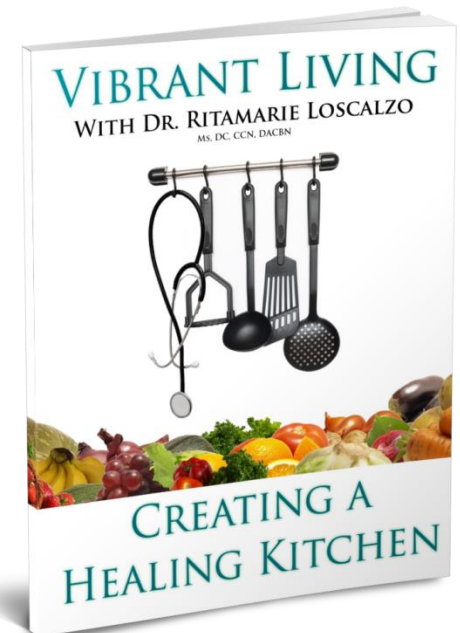
- Organizing for success

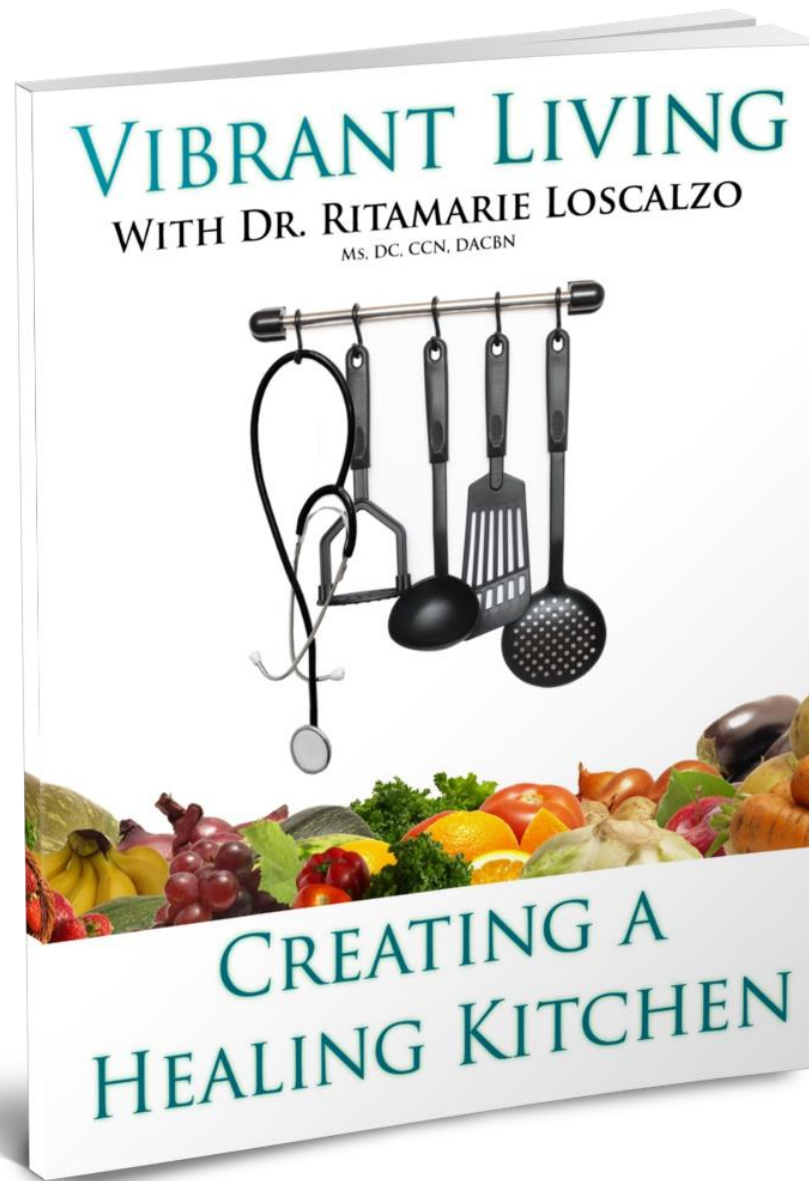
ASSIGNMENTS 5 & 6



Pantry Make Over Session 1

- Introduction and resources
 - ✓ Vibrant Living: Creating a Healing Kitchen
<http://www.drritamarie.com/go/VibrantHealingKitchen>
 - ✓ Essential Oils – Make Delicious and Nutritious Beverages
<http://www.drritamarie.com/go/EssentialOilsGuide>
- Ingredients to avoid
- **WORKING SESSION:** Go through pantry, freezer, and cupboards – look for products containing any “ingredients to avoid”





<http://www.drmarie.com/go/VibrantHealingKitchen>

Ingredients to Avoid

- Hydrogenated oil
- Shortening
- Olestra
- Brominated vegetable oil
- Canola oil
- Vegetable oil
- Any oil that's not cold processed and stored in dark containers



More Ingredients to Avoid

- Benzoate preservatives: BHT, BHA
- Natural flavor, MSG
- High fructose corn syrup, sugar, and all relatives
- Artificial colors and flavors
- Artificial sweeteners: Splenda, Aspartame, Sucralose
- Natural flavors
- Hydrolyzed vegetable protein



WORKING BREAK

1: Gather any products you have containing any “Ingredients to Avoid”.

2: Donate or toss



Your Healthy Pantry



- Staples
- Fresh food - perishable



Staples

- Nuts and seeds
- Grains and legumes
- Herbs, spices, extracts, and flavorings
- Green powders
- Protein powders
- Sweeteners
- Nut and seed butter
- Cold processed unrefined oils
- Konjac noodles
- Kelp noodles
- Irish moss



Sweeteners



Medium and High-Glycemic Sweeteners

- Honey
- Maple syrup
- Rice syrup
- Barley malt
- Agave
- Coconut nectar
- Molasses
- Fructose
- Cane sugar



Low-Glycemic Sweeteners

- Stevia
- Sugar alcohols
 - ✓ Xylitol
 - ✓ Erythritol
 - ✓ Mannitol
 - ✓ Sorbitol
- Lo han



Stevia



Lo Han Guo



Nutrition Facts

Serving Size 1 Scoop (1/2 teaspoon) (2 grams)

Servings Per Container 100

Amount Per Serving	% Daily Value*
Calories 0	
Calories from Fat 0	
Total Fat 0 grams	0%
Sodium 0 mg	0%
Total Carbohydrate 2 grams	<1%
Dietary Fiber 1.5 grams	6%

Not a significant source of saturated fat, trans fat, cholesterol, sugars, protein, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 grams	80 grams
Saturated Fat	Less than	20 grams	25 grams
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 grams	375 grams
Dietary Fiber		25 grams	30 grams

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

Ingredients: Inulin, lo han (monk fruit) concentrate, silica.

Suggested use: Can be mixed with tea, coffee, or other beverages, desserts and foods, to sweeten as desired. Can also be used for cooking and baking.

Lakanto



All Natural Sweetener **LAKANTO**[®]

All Natural Sweetener



Luo han guo

Lakanto[®] literally means "sweet plant" in Japanese and is prepared by adding an extract of Luo han guo (a Chinese medicinal plant) to erythritol, obtained from

fermented glucose made from corn. The result is a calorie-free, all natural sweetener that is ideal for the health-conscious consumer concerned with sugar intake.

One-to-One Sugar Substitute Zero Calories Zero Glycemic Index

Lakanto[®] can be used just like sugar since its sweetness profile is nearly identical to that of sugar. It's great any time you want a delicious sweet taste that won't affect your blood sugar level. Lakanto[®] is perfect for cooking and baking since it does not discolor or disintegrate when heated. Lakanto[®] is delicious, has no aftertaste

The color of Lakanto[®] is the original color of Luo Han Guo and may vary according to the time and place of harvest.

No added flavors, colors or preservatives.

Store in a cool, dry place.

※This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, prevent, treat, or cure any disease.

Nutrition Facts

Serving Size: 1 tsp. (4g)
Servings per Container: 50

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrates 4g 1%

Sugars 0g 0%

Sugar Alcohol 4g 1%

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fibers, sugars, vitamin A, vitamin C, calcium, iron, and calories from fat.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Erythritol, Luo Han Guo (pure extract)

Produced in an ISO 9001 and ISO 14001 approved facility.
SARAYA Co. Ltd. 543 0013 Japan www.saraya.com

Imported by:
SARAYA Canada Co., Ltd.
1528 West Hastings, Vancouver BC V6G 3J4 Canada
www.sarayacanada.com

Product of Japan

Be Careful

- **Slim Sweet Other Ingredients:**
Crystalline fructose, dietary fiber, lo han (momordica grosvenori), xanthan gum, guar gum.
- **Jarrow Lo Han Active Ingredients:**
Xylitol and MogroPure® (Momordica grosvenorii, Lo Han fruit juice concentrate).
- **Jarrow Lo Han Other Ingredients:**
Inulin-FOS (FructoOligoSaccharide) and silicon dioxide.



WORKING BREAK

- 1: Sweetener inventory.
- 2: Review lists in *Healing Kitchen* guide.
- 3: Make a shopping list.



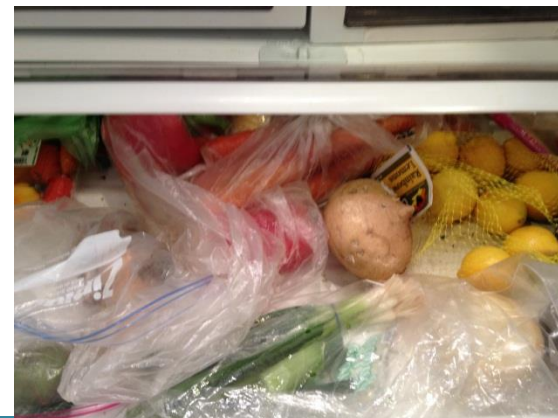
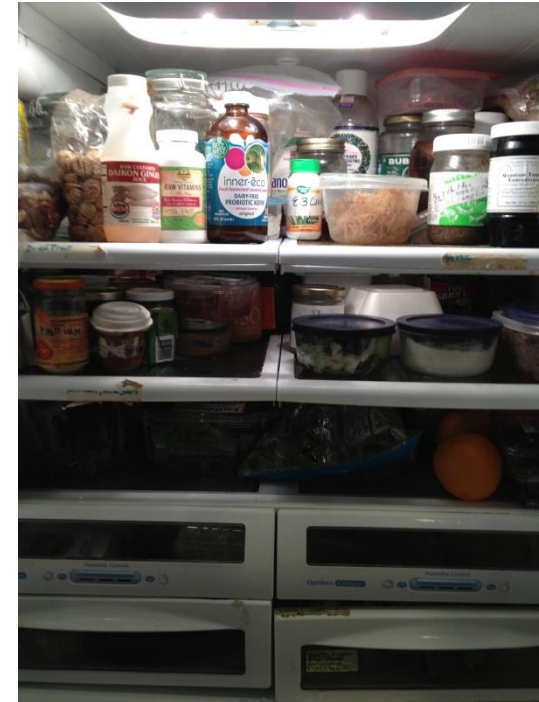
Tour of Dr. Ritamarie's Kitchen

Part 1: Refrigerator



Use Drawers and Shelves

- Each drawer has a theme
 - ✓ Salad stuff – lettuce, sprouts
 - ✓ Hearty veggies for steaming (or raw)
 - ✓ Roots, lemons, avocados
- Shelves have a purpose
- Shelves for overflow and leftovers



WORKING BREAK

- 1: Rearrange your refrigerator using the drawers and shelves.
- 2: Label the shelves and drawers.
- 3: Let other family members know.



Tour of Dr. Ritamarie's Kitchen

Part 2: Pantry



Jars and Labels to the Rescue

- Re-use jars from nut butter, tomato sauce, sauerkraut...
- Clearly label
 - ✓ Cut out original label and tape on
 - ✓ Address labels work fine
- Organize by category
 - ✓ Grains
 - ✓ Beans
 - ✓ Sea veggies
 - ✓ Noodles
 - ✓ Spices



WORKING BREAK

- 1: Create a pantry plan. Decide where to put things.
- 2: Label the shelves.
- 3: Begin the process.



Tour of Dr. Ritamarie's Kitchen

Part 3: Herbs, Spices, and Flavors



The Art of Being Organized

- Lazy Susan
- Rotating spice rack
- Silicon ice cube trays
- Clearly label
 - ✓ Cut out original label and tape on
 - ✓ Address labels work fine
- Organize by category and alphabetize
 - ✓ Medicinal herbs
 - ✓ Spices
 - ✓ Powdered sea veggies
 - ✓ Flavors
 - ✓ Essential oils



WORKING BREAK

1: Make a shopping list of supplies you need to get organized – labels, Lazy Susan's, jars, organizers, etc.

2: Set a date – set aside about 2 hours.



Tour of Dr. Ritamarie's Kitchen

Part 4: Overflow and Miscellaneous



Organize for Success

- Jars
- Labels
- An organization scheme
 - ✓ Pantry
 - ✓ Herbs and spices
 - ✓ Refrigerator
- Lazy Susan
- Organizer units



WORKING BREAK

- 1: Decide where your overflow area will be.
- 2: Begin to move things there to decrease clutter in main area.



Pantry Items Worth Noting

- Go Raw Sprouted Seeds
- Konjac Foods Root Fiber Powder
- Psyllium Seed Husks
- Ground Vanilla
- Thai Kitchen Red Curry Paste
- Himalayan Crystal Salt
- Coconut Aminos and Coconut Vinegar
- Navitas Naturals Products



Dr. Ritamarie's Top 12 Favorite Essential Oils

- anise
- cinnamon
- peppermint
- spearmint
- lemon
- lemongrass
- lime
- oregano
- thyme
- basil
- *Slim and Sassy* blend
- *On Guard* blend



Reading Labels

Nutrition Facts		
Start here	Serving Size 1 slice (47g)	
	Servings Per Container 6	
Check the total calories per serving	Amount Per Serving	
	Calories 160	Calories from Fat 90
Limit these nutrients		% Daily Value*
	Total Fat 10g	15%
	Saturated Fat 2.5g	11%
	Trans Fat 2g	
	Cholesterol 0mg	0%
	Sodium 300mg	12%
Get enough of these nutrients	Total Carb 15g	5%
	Dietary Fiber less than 1g	3%
	Sugars 1g	
	Protein 3g	
	Vitamin A 0%	Vitamin C 4%
	Calcium 45%	Iron 6%
Quick Guide to % Daily Value:	Thiamin 8%	Riboflavin 6%
	Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Label Reading Tricks to Avoid

- Sugar free
- Low fat
- Low carb
- Natural
- Whole grain
- Trans fat free
- Portion size trickery



So Called Healthy Comfort Foods

- Heated oils
- Refined grains (gluten-free versions)
- Heated, poor quality oils
- Sugar
- Gluten
- Additives and preservatives
- Dairy
- Eggs





White Bread Ingredients

- Made with Enriched Wheat Flour (Flour, Flour, Barley Malt, Ferrous Sulfate (Iron), B Vitamins (Niacin, Thiamine, Mononitrate (B1) Riboflavin (B2) Folic Acid), Water, High Fructose Corn Syrup, Potato Flour, Yeast, Buttermilk. Contains 2% or less of: Wheat Gluten, Dough Conditioners (Potassium Bromate, Sodium Stearoyl Lactylate, Alpha Amylase), Soy Flour, Calcium Carbonate, Monoglycerides, Monocalcium Phosphate, Calcium Sulfate, Calcium Propionate (to retain freshness)



Whole Wheat Bread Ingredients

Organic Whole Wheat Flour, Water, Organic Vital Wheat Gluten, Organic Evaporated Cane Juice, Cultured Whole Wheat Flour, Organic High Oleic Sunflower/Organic Safflower Oil, Sea Salt, Organic Unfiltered Honey, Organic Oat Flour, Yeast, Organic Molasses, Organic Barley Malt, Vinegar, Ascorbic Acid, Natural Enzymes.



Another Version of Whole Wheat Bread

Wheat Flour Whole, Water, Wheat Gluten, Corn Syrup High Fructose, Honey, Molasses, Contains 2% or less Soybean(s) Oil, Yeast, Salt, Dough Conditioner(s) (Sodium Stearoyl Lactylate, Calcium Iodate, Calcium Dioxide), Soy Fiber, Yeast Nutrients (Ammonium Sulfate), Ethoxylated Mono-And Diglycerides, Mono and Diglycerides, Guar Gum, Dicalcium Phosphate, Diammonium Phosphate, Calcium Sulphate (Sulfate), Vinegar, Enzyme(s), Calcium Propionate *To Retain Freshness,*



Manna Bread

Sprouted Rye Bread – Manna Brand

- Sprouted organic rye kernels, filtered water



Ezekiel Bread Ingredients

- *Organic Sprouted Wheat,
- *Organic Sprouted Barley,
- *Organic Sprouted Millet,
- Malted Barley, *Organic Sprouted
- Lentils, *Organic Sprouted
- Soybeans, *Organic Spelt, Filtered
- Water, Fresh Yeast, Sea Salt.



Gluten-Free Bread: Brown Rice

Brown Rice Flour, Filtered Water, Fruit Juice Concentrate (pineapple, peach, pear), Tapioca Flour, Safflower Oil, Fresh Yeast, Vegetable Gum (xanthan, cellulose), Rice Bran, Sea Salt.



Sprouted Millet Bread

Millet Rice Bread

Sprouted organic wheat kernels, filtered water, organic millet, organic brown rice.



Millet Bread

Ingredients: Brown Rice Flour, Filtered Water, Millet Flour (a Blend of Coarse & Fine), Fruit Juice Concentrate (Pineapple, Peach, Pear), Tapioca Flour, Fresh Yeast, Vegetable Gum (Xanthan, Cellulose), Sea Salt



Home Made Whole Wheat Bread

- Whole wheat flour
- Water
- Yeast
- Salt
- Sugar or honey



Dehydrated Bread

Aimee's Onion Bread Ingredients

Onions, sprouted
sunflower seeds, flax
seeds, coconut
aminos, olive oil.
All Organic and All
Raw.



Inflammatory Foods Are Not Really Fun



Eat Right Live Right!

