Ate It?
Or
Hate It?

By:
Kimberly Wiser-Daggs, RD
March 3, 2017
Why are we doing this?

• Try something new
• Learns about health benefits of various foods
• Expand your diet to include new foods
• Make healthier choices
Foods

- Edamame
- Quinoa
- Star Fruit
- Sunflower Butter
- Ezekiel Bread
Edamame, also known as green soybeans, are commonly used as a snack or appetizer, and in salads, casseroles and rice dishes.

- Least processed source of soy protein.
Nutritional Information

Edamame

- Good source of carbohydrates and proteins
- Low in fat and sugar
- Minerals
  - Calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper and manganese
- Vitamins
  - Vit C, riboflavin, thiamin, niacin, pantothenic acid, Vit B6, folate, and Vit E
Cooking is easy!
Can buy precooked and eat/use straight out of package
Pods are not toxic but very very tough and not really edible...
Can be roasted and seasoned
Use in salads, stir frys, pasta, or just eat raw as a snack!
Quinoa

- Edible seed from the Amaranthaceae family
- Psuedocereal as it is not a grass
- Related to beetroot, spinach and amaranth
- Important to the Incan Empire – “Mother of all Grains”
Gluten Free
Protein – 8g
Fiber – 5g
Vitamins
  • 10%+ B1, B2 & B6
Minerals
  • Manganese – 58%
  • Magnesium – 50%
  • Phosphorus – 28%
  • Folate – 19%
  • Copper – 18%
  • Iron 15%
Potential Health Benefits
Quinoa

- Digestion
  - High fiber
- Gluten Intolerance or Sensitivity
  - Naturally gluten free
- Protein
  - Contains all essential amino acids
- Blood Sugar
  - Low glycemic index food
Cooking with Quinoa

- Use like/in place of rice
- Salads, baked goods, casseroles, sushi, soups
- 2 c water to 1 c quinoa – boil 15-20 minutes - eat
Star Fruit

- Carambola
- Mild tasting
  - Apple, pear, grape
  - Plum, pineapple, lemon
  - Papaya, orange, grapefruit
- Native to the Philippines, Indonesia, Malaysia, Vietnam, Nepal, India, Bangladesh, Sri Lanka, Mauritius and Seychelles
Nutrition Information
Star Fruit

- Very low calorie (31 cal/100g)
- High Fiber – 15%
- Vitamins
  - Vit C – 57%
  - Vit A – 2%
  - B vitamins – 1-3%
- Minerals
  - Potassium – 3%
  - Magnesium – 2%
  - Phosphorous – 2%
- Other
  - Antioxidants
Potential Health Benefits
Star Fruit

- Immunity
  - Vit C
- Allays Inflammation
  - Antioxidants & Flavonoids
- Blood pressure and heart
  - Potassium, Sodium, Magnesium
- Digestion
  - Fiber
- Iron absorption
  - Vit C
Cooking With Star Fruit

- Eat it raw
- Jams & Jellies
- Cakes/Baked goods
- Smoothies
- Fruit Salad
- Ice Cream
Sunflower Seed Butter

- Great alternative to peanut butter
- Peanut allergies have doubled (or more!) in the past 15 years.
# Sunflower VS Peanut Butter

<table>
<thead>
<tr>
<th></th>
<th>Sunflower</th>
<th>Peanut</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
<td>sunflower seeds &amp; sea salt</td>
<td>peanuts &amp; salt</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>180 (2 tbsp)</td>
<td>200 (2 tbsp)</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>12g</td>
<td>16g</td>
</tr>
<tr>
<td><strong>Sat fat</strong></td>
<td>1.5g</td>
<td>2.5g</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>65mg</td>
<td>105mg</td>
</tr>
<tr>
<td><strong>Fiber</strong></td>
<td>4g</td>
<td>2g</td>
</tr>
<tr>
<td><strong>Sugar</strong></td>
<td>&lt;1g</td>
<td>1g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>9g</td>
<td>7g</td>
</tr>
</tbody>
</table>
Potential Health Benefits
Sunflower Seed Butter

- High in Protein
  - Muscle strength
  - Improves Metabolism
- Vitamin E – 27%
  - Balances cholesterol
  - Increases Immunity
- Magnesium
  - Improve digestion
- Healthy Fats
  - Carry & absorb nutrients
  - Skin health
- Unprocessed
  - Natural & unprocessed
Cooking With Sunflower Butter

- Anywhere you would use peanut butter!
  - Thai food sauces
  - Baked goods
  - On toast
  - On fruit
Ezekiel Bread

- Sprouted Grain Bread
- Based off Ezekiel 4:9
  - Wheat
  - Millet
  - Barley
  - Spelt
  - Soybeans
  - Lentils
- Not gluten free
- Flourless
<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Ezekiel Bread</th>
<th>Whole Wheat Bread</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
<td>90</td>
</tr>
<tr>
<td>Fat</td>
<td>1g</td>
<td>1g</td>
</tr>
<tr>
<td>Sodium</td>
<td>70mg</td>
<td>135mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>4g</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td>4g</td>
</tr>
</tbody>
</table>
Sprouted Wheat Bread

- Freshly Sprouted Live Grains
- A sprouted grain is a seed that has been allowed to begin the process of changing from a seed to a full fledged plant.
- Benefit of sprouted grains: significantly increases vitamins, causes a natural change that allows the protein and carbs to be assimilated more efficiently.
Cooking With Ezekiel Bread

- Anywhere you use bread!
  - Toast
  - Sandwich
  - Bread pudding
So......?

- Anything you liked?
- Anything you’ll consider using at home?
- Did you learn anything?
THANK YOU!