

A Clean Eating Nutrition Guide



**For
Flexitarians, Vegans
and Vegetarians**

Fee O'Shea

sample

Welcome to a little sample of my latest book
“A Clean Eating Nutrition Guide”.

The reason I’m sending you this sample is so you can get a feel of what this book is really about.

It’s a combination of things I have learned over my years of being vegetarian then vegan. So they are my own opinions and ideas. I guess you can say it’s more than just a nutrition guide.

There certainly are many lists of which foods have which vitamins/minerals or other goodies in them, so you’ll be able to refer to those when you’re not sure. But, it also shows you that nutrition doesn’t have to be hard when you’re vegetarian or vegan.

Hopefully the other content of the book will give you insight into what food is like in this day and age we are currently living in. It certainly is different to times gone by. So, along with the lists, there is a bit of history that may help you understand the process of how some of our foods have got where they are.

So, check out the Table of Contents, then have a read of the Introduction along with parts of three of the chapters.

The book is available in both paperback and Kindle ... oh, and you can get a free Kindle reader to download onto your computer if you don’t already have one – you’ll find it on the same page as the book:

<http://feeoshea.com/clean-eating>

Enjoy!

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Introduction

Being a vegan I get asked many times what I eat for protein or calcium or any other nutrient that fascinates the inquirer. My usual stock answer is “food”.

However, I never want to appear glib about it, so I usually follow that up with examples as I know that many people struggle to understand just how vegetarians and vegans work out how to get the necessary nutrients that they need each day.

Most of this is because meat-eaters, who would like to go veg, and those new to the vegetarian or vegan lifestyle, have a fear that they are going to “get it wrong” and that their health will suffer for it. We are brought up believing that meat, eggs and dairy are the best source of protein, vitamins and minerals so to embark on a vegetarian/vegan lifestyle just gets put into the “too hard” basket.

This book “A Clean Eating Nutrition Guide for Flexitarians, Vegans and Vegetarians” is written to help you to understand that it is really quite easy, it’s nothing to stress about and it’s certainly worth the effort to go vegetarian or vegan not only for your health but also for the health of animals and the planet.

Although this book is aimed more towards vegetarians and vegans, “A Clean Eating Nutrition Guide” is also directed to those who just want to have one or two animal free days a week giving them a healthier life without the worry of where their nutrients come from. These people are called Flexitarians.

The purpose of this book is to help you to realize that, up to now, you have been brought up believing that you can’t do without animal products. To help you create a healthier way of eating and to take the stress out of your food choices I have written this book in order to make it easier for you to understand that my answer “food” (see above), is totally correct.

Let me ask you something. When you were eating meat did you worry on a daily basis if you were getting the correct amount of iron or calcium or protein or vitamin B or or or ??????

I’m guessing your answer is “No” or at least “Occasionally”. Well, I’m going to tell you something that you may not think is possible. When you are eating vegetarian or vegan meals on a continuous basis, then your answer will also be “No” or “occasionally”.

Before I finish off this Introduction, let me re-iterate the disclaimer. I am not a registered health professional. I have learned about my own nutrition through educating myself, researching and from personal discovery. It is these thoughts and findings that I am presenting here. Please feel free to follow up with your own research. Like most things, new research always sheds new light on different subjects and the subject of nutrition is no exception.

Just beware of the “fads” and if something doesn’t feel right for you, don’t do it/don’t believe it/check it out.

This is written for those who have no problems with digestion, no allergies and no illnesses. If you suffer from any malady, please seek professional advice.

With that now out of the way, let’s march right on in and discover the meaning of “clean eating”.

Note:

The word “meat” and “animal products” used in this book encompasses all flesh and by products of animals and fish including shellfish, dairy and eggs.

Sample of:
Chapter One:
Definition of Clean Eating

Let's begin by understanding exactly what is "clean eating".

This can also be "eating clean" or "whole foods". It's quite a major movement now around the world where more and more people, from all walks of life, are wanting to, not only know, but to be able to feel good about what they put into their bodies in the way of foods.

Simply put it is eating plant based foods that are whole, foods that are natural and foods that have been grown in a spray free and chemical free environment.

These foods have nothing artificial in them.

If you really wanted to be fanatical about eating clean then instead of having a banana and nut muffin you would have just the banana and nuts. BUT, I am not proposing that you do this, as you will see as you go through this book. I am more interested in showing you how you can have healthy eating without stressing about it.

Plant based food is the most nutrient dense of all foods, which means that they have the most amount of nutrition and the least amount of calories

They are packed with vitamins, minerals and anti-oxidants and other things that are essential for good health. On top of that, most of them are alkaline forming, which means they are great for reducing inflammation, wonderful for bone health, awesome for the immune system and, in other words, good for your overall health. All that adds up to good nutrition.

All this clean eating started back in the late 80's. Consumers started to take an interest in exactly how foods were made and what was in them. Health food stores started to increase in both numbers and in business and places like Wild Oats Markets in USA (a chain of natural food stores and farmer's markets, later acquired by Whole Foods) experienced a remarkable 4-year growth of 544% between 1989 and 1993.

Like most things that begin as a small groundswell of “alternative” thought, the desire to have access to good wholesome foods has become “normal” and the clean eating movement is here to stay.

In a nutshell – it is eating food that is not artificial.

..... end of sample Chapter One.

Sample of:
Chapter Six:
Vitamins and Minerals

All vitamins and minerals are important for the body to sustain good health. They make our bodies work properly and without them, well; basically you’ll get sick. They boost the immune system, support normal growth and development and help cells and organs do their jobs.

Let’s start with vitamins –

Vitamins.

There are two different types of vitamins and they come from plants or are eaten by animals and passed on.

- Fat-soluble.
- Water-soluble.

Fat-soluble vitamins are: A, D, E and K. These vitamins dissolve in fat and can be stored in the body.

Water-soluble vitamins are: C and the B group.

B-complex vitamins =

- Thiamine (B1)
- Riboflavin (B2)
- Niacin (B3)
- Pantothenic acid (B5)
- Pyridoxine (B6)
- Cyanocobalamin (B12)
- Folic acid.
- Biotin.

These need to absorb in water before your body can absorb them. Some of these vitamins are stored in the liver, but the excess gets flushed away.

So let's look at each of the vitamins and find out what they do and where you can source them.

Vitamin A

Includes retinol, retinal, retinoic acid and several pro-vitamin A carotenoids, among which beta-carotene is the most important.

This vitamin is essential for healthy eyes, bone growth and general development, including healthy teeth, skin, hair and nails. It also helps to protect the body from infections.

Food Source:

- Carrots and other orange foods
- Sweet potato
- Cantaloupe melons
- Dark Leafy Greens (Such as Kale, Spinach Cooked)
- Squash (Butternut, Cooked)
- Cos or Romaine Lettuce
- Dried Apricots
- Sweet Red Peppers
- Iceberg Lettuce
- Paprika
- Mustard Greens
- Dried Basil
- Dried Marjoram
- Peas
- Turnip Greens
- Tomatoes
- Peaches
- Papaya
- Dandelion Greens

..... end of sample Chapter Six.

Sample of:

Chapter Thirteen: The Hype About Grains

Take the food pyramid. Any food pyramid will do. It can be a meat-eaters pyramid or the vegan pyramid I've put at the beginning of this book. What do they have in common? They all have grains either sitting on the bottom tier or close to it.

Recently there has been a lot of discussion on the benefits verses the no benefits of grains and the argument is still going on.

So first let's define the word "grains" and use the USDA's definition: "Any food made from wheat, rice, oats, cornmeal, barley or other cereal grains."

Let's start at the beginning. The agricultural revolution happened fairly recently in human evolutionary history and I'm not sure if our digestive system has caught up. In saying that, in the past we seemed to have been able to tolerate grains quite comfortably.

I'm going to start with:

Rice:

It is believed that wild rice grains were initially gathered and consumed by prehistoric people and actual cultivation didn't begin until around 2500 B.C. in India where the start of agriculture was attributed to the Harappan civilization and later around 2800 B.C. in China.

We all know that rice makes up a huge part of Asian cuisine - but just how healthy is the modern day rice?

Originally rice was harvested then cleaned and the husks removed which left "brown" or "unpolished" rice. At this point there was left thin layers of bran, which is full of nutrients, vitamins, minerals and protein.

Around the turn of the 20th century corporations started developing techniques that "polished" the rice. Traders who exported rice demanded that it be shipped as polished white rice because it weighed less and stored longer and hence increased their profits. Then, over the decades, the dominant elite culture defined brown rice as "dirty" and fit only for the poor. I mean, get

modern, one doesn't want "dirty" looking brown rice, and it was much easier to sell if it was pure white. Thus was born the white rice, so refined that it no longer had any nutrients left.

The bran that was taken off includes the nutrients vitamin B and thiamine both of which are necessary to prevent beriberi. During World War 2 in the largest prison camp in the Philippines, prisoners suffered from beriberi due to the fact that they were given white rice. Luckily the prisoners were able to convince the Japanese guards to give them the bran shavings so they could cook it up with the white rice and, when that happened, the beriberi went away.

Now days, people get the necessary nutrients from other foods and do not have to rely on the rice. Unfortunately, the health of those who depend on rice as a staple part of their diet is suffering and many are reverting back to the original brown rice.

Moral of this story is, choose brown rice over white rice and you won't need to worry at all about the nutrients this will add to your meal.

Next comes:

Wheat:

..... end of sample Chapter Thirteen.

I know it's only just a peek at the book, but I'm hoping that you'll see there's a lot more to it than just lists of the foods you should be eating, (that's there too).

Follow the link and read what others say about it

<http://feoshea.com/clean-eating>

Have Great Food

Fee

www.feoshea.com