

THE HEIMERDINGER FOUNDATION'S

TIPS TO FLIP YOUR KITCHEN

GUIDE TO CREATE A WHOLE FOOD SETTING IN YOUR HOME



THE HEIMERDINGER FOUNDATION

*Meals 4 Health
and Healing*

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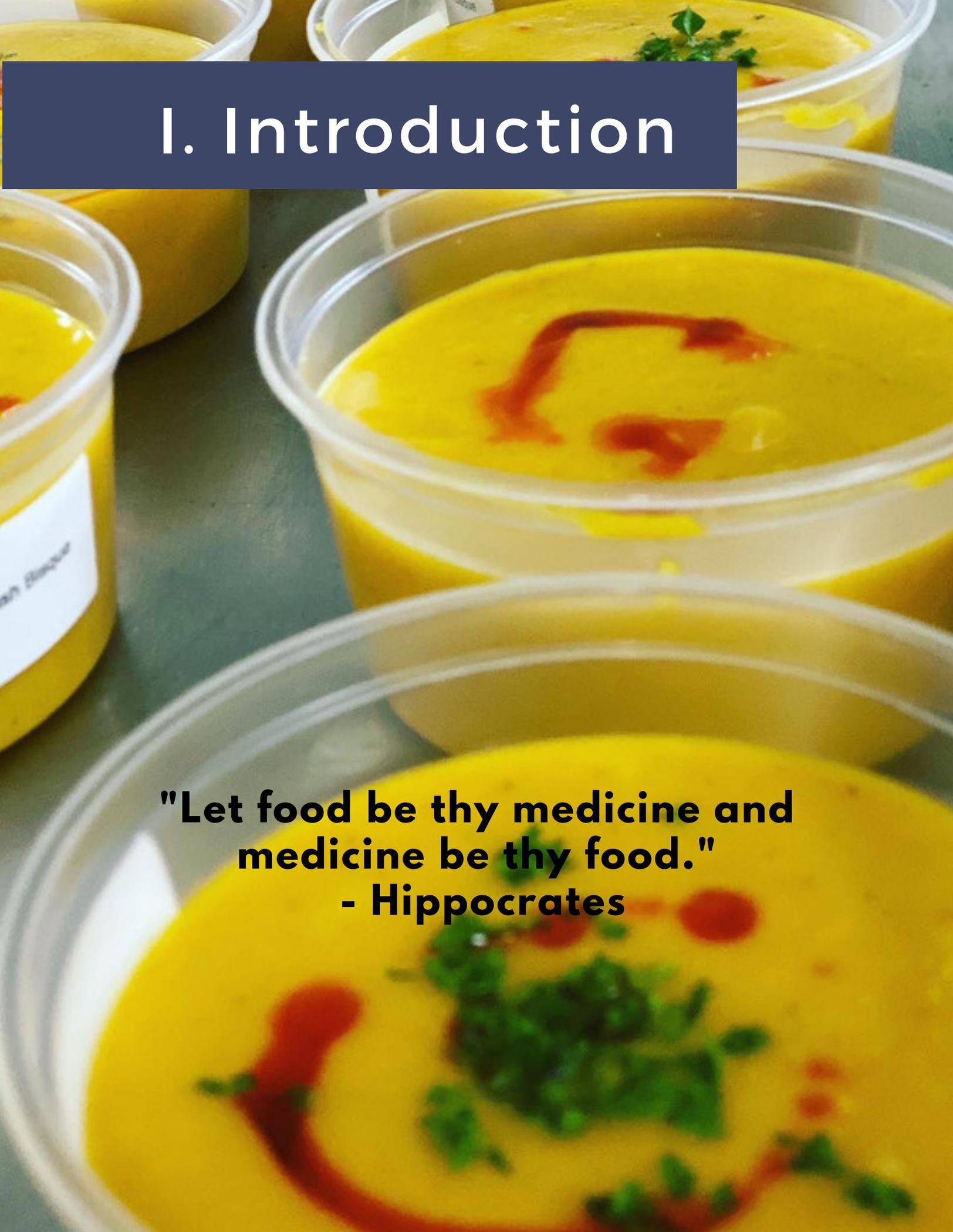
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I. Introduction



**"Let food be thy medicine and
medicine be thy food."
- Hippocrates**



In November of 2010, Mike Heimerdinger was diagnosed with a rare form of cancer.

He began undergoing traditional cancer treatments, including chemotherapy, immediately following his diagnosis. He sought to find answers by making changes to his diet and lifestyle. Then, when faced with the news that traditional treatments were not working, it led him to clinics that approached cancer using different therapies. These clinics treated cancer with a whole-body approach by using nutrition, supplements, and alternative treatments along with chemotherapy. Although he ultimately lost his battle in September of 2011, the information we gained from his journey has opened our eyes to the benefits of eating nutritious whole foods and the additional therapies available to help support the body. In memory of Mike's life, we have organized The Heimerdinger Foundation to promote healthier lifestyles and help raise awareness about cancer treatment options

We have been overwhelmed as a family with the outpouring of love and support from people whose lives "Dinger" impacted. It is our dream to give back to the community he so loved.

The Heimerdinger Foundation

MISSION:

We are dedicated to raising awareness in our community about healthy lifestyles and nourishing meal preparation. We strive to be a resource for those undergoing cancer treatments by providing guidance, support, and delicious organic meals.

VISION:

To educate the Nashville community about proper nutrition, healthy meal options, and provide nutrient-rich meals to patients fighting cancer during a time when eating right can make all the difference

The diagnosis of a serious illness like cancer often serves as a catalyst to change lifestyle habits that may have been detrimental to overall health. Diet is at the top of the list. Consuming nourishing meals can make a vital difference to cancer patients, as research shows that nearly 80% of cancer patients end up malnourished as a result of treatment. Being poorly nourished worsens side effects, reduces the effectiveness of treatment, and lengthens recovery time once treatment ends.

Our Meals 4 Health and Healing program is modeled after Ceres Community Project of Sonoma County, California. It consists of four basic parts:



- Food is donated and purchased from local farms, farmers markets, grocery stores, and producers.
- Under the guidance of adult mentor chefs, teens volunteer in the kitchen and prepare beautiful, delicious, and nourishing meals for people dealing with cancer. Teens also volunteer in our garden, where they learn basics of growing food for use in our meals.
- Our volunteer Delivery Angles deliver meals to clients in Davidson and Williamson counties who are in cancer treatment.
- Clients are supported by Client Manager who helps them understand how this food can make a difference in their healing, and stay in weekly communication to answer questions and make sure the food is working for them.

MEALS 4 HEALTH & HEALING

provides nutritious, anti-inflammatory meals to people fighting cancer, and to their caregivers, during a time when eating right can make all the difference.

Nourishing meals can

- counter side effects
- improve treatment outcomes
- promote healing

The program also provides inspiration and nutrition education to adult and teen volunteers as they prepare and deliver meals to our clients. Through our Teen Leadership Program, teens learn about leadership and teamwork, cooking skills, organic gardening, and how good nutrition practices early in life can possibly help to prevent cancer and other illnesses.

Using a wide range of vegetables, whole grains, proteins, and herbs, we provide meals that are nutritious, anti-inflammatory, and immune-boosting. Our "clean," organic foods are from sustainable sources and contain no pesticides, herbicides, added hormones, preservatives, or overly refined ingredients.

The truth is, we make decisions that influence our health for better or for worse each day, most of the time without even realizing it. In a single day, you may choose to wear a seatbelt when you get into a car, to get a good night's rest, or not to smoke cigarettes. All these choices would positively affect our long-term health, but what about the fuel you feed your body? The foods we eat significantly impact our long-term health and how our bodies protect against and heal disease. Each time we eat, we cast a vote to heal or harm our bodies.

This decision is markedly more difficult than it was 1a century ago. Today, convenience is king. Highly-processed, shelf-stable foods reign supreme in the supermarket, fast food restaurants are on every corner, and sugar consumption is at an all-time high. We, as a society, have forgotten what it means to eat for health and healing.

In fact, the American Cancer Society researchers conducted a study in 2017 that found 42% of cancer cases and nearly half of cancer death in the US could be prevented by lifestyle modifications like altering your diet, quitting smoking, and avoiding excess alcohol. That's right. YOU have the power to help your body heal itself. The purpose of this guide is to serve as a springboard to jump-start your journey to healthy, wholesome cooking and eating. It will explain why the Meals 4 Health and Healing emphasizes certain foods and omits others, breakdown health buzz-words like anti-inflammatory and organic, and go over how to properly read a nutrition label.

**"To eat is a
necessity, but to
eat intelligently
is an art."**

**- François de la
Rochefoucauld**



II. Food as Fuel

YOUR MOM WAS RIGHT... EAT YOUR VEGETABLES

Once you understand why it is important to eat for health and healing, you may find yourself thinking, "Ok, so now what? Which foods should I eat?" This concern is magnified by sensational "health experts" making headlines each week, trying to get you to buy a new magic bullet "superfood." While there is no one cure-all food, the over-arching advice is simple - focus on plants.

Plants include vegetables, whole grains, legumes, and fruits. The American Institute of Cancer Research (AICR) recommends at least 2/3s of your diet is made up of plant-based foods and 1/3 or less comes from animal protein. The AICR's research finds that eating this plant-based diet may reduce the risk of cancer and helps to maintain a healthy weight.

Plant-based foods provide vitamins, minerals, fiber, healthy fats, and antioxidants - all of which are crucial for long-term health. Not sure why all of that matters? We've got you covered.

Vitamins

Vitamins are organic compounds (organic in this case means containing carbon) necessary in small quantities to sustain life. Vitamins are essential, which means we must get them from food because our bodies cannot make them. There are 13 known vitamins which are categorized into two categories, fat-soluble vitamins and water-soluble vitamins. Our bodies keep fat-soluble vitamins in our fat, so they are easier to store than water-soluble vitamins. Vitamins A, D, E, and K are fat-soluble. Vitamin C and all the B vitamins are water-soluble. Eating food is the best way to meet your vitamin recommended intake.

Vitamin A

Promotes a healthy immune system, vision, reproduction, and cellular communication.

Food sources: carrots, broccoli, sweet potato, butter, kale, spinach, pumpkin, collard greens, egg, apricot, and cantaloupe

Vitamin B1 or Thiamine

Promotes energy metabolism and critical to growth, development, and function of cells

Food sources: nutritional yeast, whole grains, sunflower seeds, brown rice, asparagus, kale, cauliflower, potatoes, oranges, and eggs

Vitamin B2 or Riboflavin

Plays critical role in energy production, cellular function, and metabolism of fats, drugs, and steroids

Food sources: asparagus, bananas, persimmons, okra, chard, eggs, fish, and green beans

Vitamin B3 or Niacin

Helps digestive system, skin, and nervous system function and critical in converting food into energy

Food sources: chicken, tuna, salmon, eggs, avocados, dates, tomatoes, leafy vegetables, broccoli, carrots, sweet potatoes, asparagus, nuts, whole-grains, legumes, mushrooms, and brewer's yeast

Vitamin B5 or Pantothenic Acid

Necessary for growth, energy metabolism, and the production of fatty acids

Food sources: whole-grains (milling may remove it), broccoli, avocados, royal jelly, and fish ovaries

Vitamin B6 or Pyridoxine

Vital for protein metabolism, promotes a healthy immune system, and is needed for cognitive development

Food sources: bananas, whole-grains, vegetables, and nuts

Vitamin B7 or Biotin

Plays critical role in protein, fat, and carbohydrate metabolism and gene regulation

Food sources: egg, salmon, sunflower seeds, sweet potato, and almonds

Vitamin B9 or Folic Acid

Necessary for production of DNA and other genetic material and helps cells divide

Food sources: leafy vegetables, legumes, baker's yeast, and sunflower seeds

Vitamin B12

Helps keep nerve and blood cells healthy and makes DNA

Food sources: fish, shellfish, poultry, eggs, and fortified nutritional yeast

Vitamin C or Ascorbic Acid

Precursor to collagen, a protein that helps heal wounds, aids in the absorption of iron, keeps immune system working properly, and acts as an antioxidant, protecting cells from damage

Food sources: oranges, grapefruit, red and green bell peppers, kiwifruit, broccoli, strawberries, cantaloupe, and tomatoes
(Note: cooking and prolonged storage can reduce vitamin C content in foods.)

Vitamin D

Allows the body to absorb calcium to maintain strong bones and contributes to a healthy immune system. Muscles need it to move and nerve cells need it to transmit signals.

Food sources: fatty fish, eggs, and mushrooms

Vitamin E

Boosts immune system, keeps blood from clotting, and acts as an antioxidant, protecting cells from damage

Food sources: kiwifruit, almonds, avocado, eggs, nuts, leafy green vegetables, unheated vegetable oils, and whole-grains

Vitamin K

Helps blood to clot for wound healing and promotes healthy bones.

Food sources: spinach, kale, broccoli, blueberries, avocado, kiwifruit, and parsley



Minerals

Minerals are nonorganic compounds (nonorganic, in this case, means not containing carbon) necessary in small quantities to sustain life. Minerals are essential, which means we must get them from food because our bodies cannot make them.

Calcium

Maintains strong bones and teeth, necessary for muscle movement and to transmit messages between nerve cells, and aids in the release of hormones and enzymes

Food sources: kale, spinach, turnip greens, broccoli, Chinese cabbage, almond, rice, coconut, and hemp milks, seafood with soft bones

Chloride

Assists in acid-base balance, energy metabolism, digestion, and fluid balance

Food sources: celery, lettuce, olives, seaweeds, salt, tomatoes

Chromium

Enhances the action of insulin and aids in carbohydrate, fat, and protein metabolism

Food sources: broccoli, potato, garlic, basil, turkey, apples, bananas, green beans, whole grains



Copper

Helps form red blood cells, keeps the immune system healthy, and aids in the production of myelin (protective layer covering nerve fibers), collagen (protein in bones, skin, and connective tissue), and melanin (pigment that colors hair and skin)

Food sources: Lentils, nuts, seeds, whole grains

Iodine

Necessary for the production of thyroid hormones, which control the body's metabolism and contribute to growth and development

Food sources: fish, seaweed, shrimp, potatoes, turkey

Iron

Carries oxygen to all parts of your body and prevents you from feeling tired

Food sources: fish, poultry, beans, peas, lentils, nuts, seeds, blackstrap molasses

Magnesium

Maintains health of nerves and muscles and helps form bones and teeth

Food sources: spinach, swiss chard, beans, peas, lentils, nuts, seeds

Manganese

Aids in energy metabolism, bone development, and wound healing and serves as an antioxidant, protecting cells from damage

Food sources: beans, nuts, pineapple, spinach, sweet potatoes, whole grains



Molybdenum

Aids in enzyme production

Food sources: beans, peas, nuts, whole grains

Phosphorus

Necessary for acid-base balance, bone formation, energy production, and hormone activation

Food sources: beans, peas, nuts, seeds, poultry, seafood, whole grains

Potassium

Keeps fluids balanced in blood and tissue, helps to control blood pressure, and allows nerves and muscles to work together

Food sources: banana, papaya, sweet potato, dark leafy greens, avocado, beans, fish, nuts, seeds

Selenium

Necessary for reproduction, thyroid gland function, DNA production, and serves as an antioxidant, protecting cells from damage

Food sources: eggs, nuts, seeds, poultry, seafood, whole grains

Sodium

Maintains body's acid-base balance and nervous system function, aids in muscle contraction, and regulates blood pressure and fluid balance

Food sources: salt, soups, processed foods (Note: Most people overconsume this mineral.)

Zinc

Necessary for growth and development, immune and nervous systems function, protein formation, reproduction, wound healing, taste, and smell

Food sources: beans, peas, nuts, poultry, seafood, whole grains

POWER UP WITH PLANTS

Think plant-based diets are boring? Think again. Vegetables, legumes, fruits, and whole grains offer impressive variety.



CRUCIFEROUS VEGETABLES

Cruciferous vegetables include broccoli, cabbage, collard greens, kale, and radishes, just to name a few. Compounds from these vegetables have been shown to inhibit the development of cancer in rats and mice by protecting cells from DNA damage, inactivating carcinogens, and promoting cancer cell death. They also have antiinflammatory, antiviral, and antibacterial effects.

DARK LEAFY GREENS

Dark leafy greens include some cruciferous vegetables in addition to lettuces, chard, and edible green leaves like those of dandelion or watercress.

These vegetables are packed with cancer-fighting antioxidants. They are great sources of vitamins A, C, E, and K as well as fiber, iron, magnesium, potassium, and calcium.



ORANGE AND RED VEGETABLES

This seems obvious, but orange and red vegetables include (drumroll please) carrots, sweet potatoes, red and orange peppers, winter squashes, and tomatoes. These vegetables are highest in vitamin A, vitamin C, potassium, and vitamin K.

HERBS AND SPICES

Herbs and spices do not provide calories, but are a great way to flavor foods. Turmeric, ginger, garlic, black pepper, and cayenne pepper may have protective effects against cancer. Most herbs and spices are relatively inexpensive. Try using them instead of salt!



FRUITS

Fruit is a great source of fiber and antioxidants. The Heimerdinger Foundation emphasizes berries and green apples because they have a lower glycemic index than other fruits. The American Institute of Cancer Research has studied the protective effect of apples, blueberries, cherries, cranberries, grapefruit, and grapes, specifically.



WHOLE GRAINS

Whole grains include the fiber-rich bran, nutrient-packed germ, and starchy endosperm of the grain.

Whole grains offer greater nutrition, fiber, and phytochemicals than refined grains, which lack the bran and the germ. The Heimerdinger Foundation emphasizes millet, amaranth, brown rice, and the pseudoo-cereal grain, quinoa.



LEGUMES

Legumes consist of beans, peas, and lentils. These foods provide protein, carbohydrates, fiber, and healthy fats and are great alternatives to red meat. They are full of antioxidants and resistant starch, or starch not digested in the small intestine. Both of which protect against cancer.



EATING HEALTHY ON A BUDGET



STICK TO YOUR LIST

Check out deals advertised online or in weekly store circulars. See what you have at home, then create a grocery list using sale items and your pantry items as main ingredients. Most importantly, stick to your plan! Shopping while hungry can lead you to splurge on high-calorie foods you didn't plan to buy. Eat something before heading to the store to avoid craving-driven purchases.



SHOP DILIGENTLY

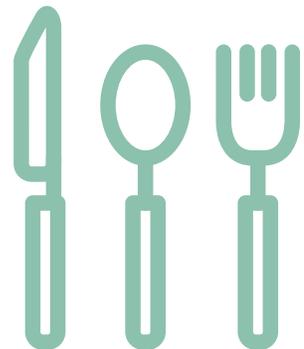
Utilize a product's unit price to save money when shopping. Unit price is the price per standard unit of measurement (usually listed in ounces). Unit prices are helpful when you need to compare similar products from different brands. It is usually listed on the shelf price label. Generally, the store brand item will be a better deal.

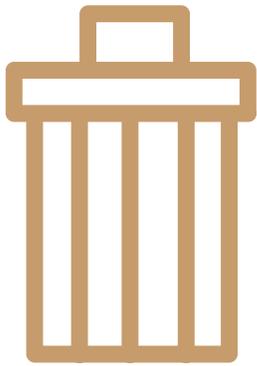


TRY BATCH COOKING

Buy foods that have long shelf lives, like dry rice, beans, and oils, when they are on sale. Use the motto, "Cook once; eat twice." Make large batches of food and freeze leftovers for quick meals later on in the week. Slow cookers are great tools to cook large portions at once.

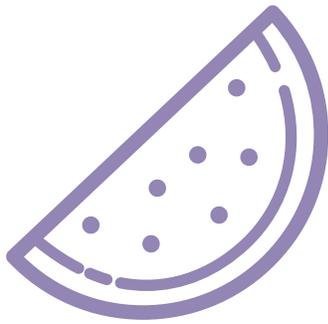
Slow cook protein-rich beans and lentils, which serve as economical meat alternatives.





MINIMIZE FOOD WASTE

Don't throw money away. Challenge yourself to eat everything you buy. Freeze or make soups with leftover fruits, vegetables, protein, or herbs about to go bad. Keep perishable foods within eyesight in the refrigerator or on the counter so you don't forget to eat them.



VARY YOUR PRODUCE

Stretch your dollar by buying a mix of fresh and frozen fruits and vegetables. Fresh produce is less expensive when it is in season. Frozen options may be the better deal for out of season produce and often come prechopped for easy meal prep. If you are interested in buying organic produce while staying in budget, choose items that give you the most bang for your buck. Every year, the Environmental Working Group ranks 48 fruits and vegetables by their respective amounts of pesticide residue and publishes a list of the 12 most contaminated produce, or the “dirty dozen.” Buy these items organic. On the other hand, produce on the “clean 15” list have minimal pesticide residue. Purchase the conventional versions of these fruits and vegetables.

Dirty Dozen

Each year, the Environmental Working Group publishes a list of produce with the highest amounts of pesticide residues. The foods on this list tested positive for multiple pesticides and had markedly more pesticides than other produce. If possible, try to buy these foods organic.

- | | |
|-------------------------|--------------------------------|
| 1 Strawberries | 7 Cherries |
| 2 Spinach | 8 Grapes |
| 3 Nectarines | 9 Celery |
| 4 Apples | 10 Tomatoes |
| 5 Peaches | 11 Sweet Bell Peppers |
| 6 Pears | 12 Potatoes |

Clean Fifteen

The Environmental Working Group's Clean Fifteen list ranks produce least likely to contain pesticide residues. Relatively few pesticides were detected on these foods, and residues found were in low concentrations. If you are on a budget, these are "cleaner" nonorganic produce options.

- | | |
|------------------------|----------------------------|
| 1 Sweet corn | 8 Asparagus |
| 2 Avocados | 9 Mangos |
| 3 Pineapples | 10 Eggplant |
| 4 Cabbage | 11 Honeydew Melon |
| 5 Onions | 12 Kiwi |
| 6 Sweet peas | 13 Cantaloupe |
| 7 Papayas | 14 Cauliflower |
| 15 Grapefruit | |

Food Safety

You may be more susceptible to infections while undergoing cancer treatment. Make sure to follow these food safety tips when preparing food at home

- Keep foods at appropriate temperatures. Hot foods should stay hot, and cold foods should stay cold. Put any leftovers in the refrigerator immediately.
- Wash all raw fruits and vegetables thoroughly. Scrub them with a vegetable brush to ensure they are clean. Avoid foods that cannot be washed well, like raspberries. Scrub produce with inedible surfaces, like pumpkins or melons, too.
- Wash countertops, knives, cutting boards, and hands well before preparing foods. This is especially important when handling raw meat, poultry, and fish.
- Use separate cutting boards for meats and produce.
- Thaw raw meat, poultry, and fish in the refrigerator or under cold running water. Do not thaw at room temperature.
- Avoid raw fish and shellfish including sushi and uncooked oysters.
- Do not drink unpasteurized juices, dairy products, and honey.
- Do not use food items that are past their 'best by' date



- Do not eat foods with mold, including foods that are inherently moldy like bleu cheese and Roquefort cheese.

Do not buy food from bulk bins.

- Do not eat at salad bars, buffets, or self-service restaurants
- Do not microwave foods from the Heimerdinger Foundation, and never microwave plastic. Heat food on the stove or in the oven.
- Cook meat, poultry, fish, and eggs thoroughly. Eggs should not have a runny center. Invest in a meat thermometer to make sure all proteins are cooked to adequate doneness. See chart on following page.



Safe Minimum Cooking Temperatures

Category	Food	Temperature (°F)	Rest Time
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145	3 minutes
Poultry	Chicken & Turkey, whole	165	None
	Poultry breasts, roasts	165	None
	Poultry thighs, legs, wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh pork	145	3 minutes
	Fresh ham (raw)	145	3 minutes
	Precooked ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.	None
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.	None
	Clams, oysters, and mussels	Cook until shells open during cooking.	None
	Scallops	Cook until flesh is milky white or opaque and firm.	None