AIN'T NOTHING LIKE THE REAL THING:

WHOLE FOODS FUNDAMENTALS

PRESENTED BY MARY PURDY, MS RDN

MARYPURDYRD@GMAIL.COM
@MARYPURDYHERE
MARY’S NUTRITION SHOW ON YOUTUBE:
HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCLA5JFMHJ4QUPAH76JLPLPQ
DISCLOSURES

• No affiliations to any of the food products/brands that will be mentioned in this presentation

• I do periodically shop at Whole Foods
LEARNING OBJECTIVES

• 1. Speak about the health benefits of a whole foods based diet

• 2. Identify ways for both affluent and cost-conscious consumers to include more whole foods in their diets.

• 3. Assist clients in crafting a delicious and nutritious meal based on the “healthy plate model” with nutrient dense foods and adequate distribution of macronutrients.
DISCLAIMERS

• There may be foods mentioned in this presentation that you don’t like.
  • (Eg: I don’t like zucchini)

• There may be foods mentioned in this presentation that you may discover that you DO like once you try them

• You may not agree with all foods recommended in this presentation: It is meant for omnivores
  • Personalize it to clients/you appropriately.

• Please join the conversation as we go along if you have ideas.

• People cannot eat like this all of the time. IDEA IS: Eat more like this MORE of the time.
What is a Whole Food?

CAN I IMAGINE IT GROWING?
It is easy to picture a wheat field or an apple on a tree but tough to picture a field of marshmallows.

HAVE ANY OF THE EDIBLE PARTS OF THE PLANT BEEN REMOVED?
Is this product “part” of the food or the “whole” entity? Juice is only a part of a fruit. Oil is only part of the olive. When you eat partial foods, your body in its natural wisdom will crave the parts it didn’t get.

HOW MANY INGREDIENTS DOES IT HAVE?
A whole food has only one ingredient - itself. No label of ingredients is necessary on simple foods like apples, salmon, and wild rice.

WHAT’S BEEN DONE TO THE FOOD SINCE IT WAS HARVESTED?
The less, the better. Many foods we eat no longer resemble anything found in nature. Read the ingredient list. If you can’t pronounce it or can’t imagine it growing, don’t drop it into your cart.

HOW LONG HAS THIS FOOD BEEN KNOWN TO NOURISH HUMAN BEINGS?
Putting something on toast or in tea that the FDA approved last month begs caution. “Food-like substances” have questionable long-term effects. Most whole foods have been served at the dinner table for centuries.

BASTYR UNIVERSITY www.Bastyr.edu

This definition of “Whole Food” is reprinted with permission, from Feeding the Whole Family by Cynthia Lair, Bastyr faculty member in the Department of Nutrition & Exercise Science (Sasquatch Books, 2008)
WHAT IS A WHOLE FOODS DIET?

• Eating as whole, organic and fresh as possible.

• How would you hunt it, pluck it, pick it or harvest it, no “Franken food”

• Eating as close to the source as possible

• Promotes real foods over processed

• Real food is naturally more nutrient rich

• Diet based on Fruits, Vegetables, herbs, spices, Whole grains, Protein, Legumes, Nuts and Seeds

WHY is this approach helpful?
WHY ARE WHOLE FOODS BENEFICIAL?

• Whole = more nutritious
• Complete intact food = nutrients and phytochemicals less altered
• More nutrient dense = more full
• More whole = less waste
• Less processed = more flavor
• Connects us to the source of the food

FUNCTIONAL MEDICINE PERSPECTIVE:
• Biochemical reactions are nutrient dependent
• Decreased likelihood of deficiencies
“Too often, physicians ignore the potential benefits of good nutrition and quickly prescribe medications instead of giving patients a chance to correct their disease through healthy eating and active living…

The future of health care will involve an evolution toward a paradigm where the prevention and treatment of disease is centered, not on a pill or surgical procedure, but on another serving of fruits and vegetables.”

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/
Take these fruits and vegetables and call me in the morning
NO LONGER CONSIDERED “HIPPIE FOOD” *

* Mary is 26.7% hippie so this term is not used pejoratively.
STUDIES

• Whole-Foods, Plant-Based Diet Alleviates the Symptoms of Osteoarthritis
  
  [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4359818/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4359818/)

• Changing perceptions of hunger on a high nutrient density diet
  • “A high micronutrient density diet mitigates the unpleasant aspects of the experience of hunger even though it is lower in calories.”

• A diet high in whole and unrefined foods favorably alters lipids, antioxidant defenses, and colon function.
“If current trends prevail, these 2050 diets would also lead to a 80 percent increase in global greenhouse gas emissions from food production as well as habitat destruction due to land clearing for agriculture around the world.

- Emissions per gram of protein for beef and lamb are about 250 times those of legumes; pork, chicken, dairy, and fish have much lower emissions;
- Twenty servings of vegetables have fewer greenhouse gas emissions than one serving of beef.
LET’S EXPLORE THE HEALTHY PLATE MODEL
Bastyr Healthy

FRUITS
Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.

DIGESTIVES
Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lactic fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

VEGETABLES
Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.

HEALTHY FAT
Include fats from whole foods such as avocado, nuts, seeds and fatty fish. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, coconut oil and butter for cooking and baking.

PROTEIN
Include a variety of healthy plant proteins like legumes, nuts and seeds, and animal proteins like fish, poultry, eggs and dairy. Select organic, free-range or grass-fed animal proteins when possible.

WHOLE GRAINS & STARCHES
Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.
DRAW OUT THE PLATE WITH YOUR CLIENTS

“What are veggies that you like and will eat”

Brainstorm with them
Cauliflower/Broc

Cucumber, carrots, celery

Peppers, cabbage,

Zucchini, yellow squash

Leafy greens: kale chard, collards bok choy

Beets, green beans etc

Asparagus, artichoke, radishes
DON’T FORGET ABOUT:

• Mushrooms!
• Fennel!
• Dandelion greens!
• Kohlrabi!
• Jicama! (great for chip lovers!)
• Jerusalem Artichokes!
GET OUT OF THE VEGGIES RUT

• VARY THE COLOR!

• Think outside the box
  • Culturally relevant veggies
    • Indian, Asian Latino Markets

• Cooking methods
  • Raw, Roasted, Steamed, sautéing, juiced, stir fried, shredded, baked, sprinkled with cheese

Help with Meal Planning
VEGGIES IDEAS

• Hummus and veggie plate
• Pizza with added veggies
  • (cauliflower crust)
• Sandwich with added veggies
• Greens in smoothies, omelets or quiches
• Kale or sweet potato chips
• Chili’s or Soups
• Eggs with veggies
• Stir fries
“BUT I DON’T LIKE VEGETABLES…”
MAKE VEGGIES TASTE GREAT WITH SAUCES!

What flavors do they already love? Indian? Thai? Mexican?
“I BUY VEGGIES AND THEY GO BAD”
NO EXCUSES, WON’T GO BAD VEGGIES

- Olives
- Salsa
- Shelf stable veggies in jars/cans
  - Roasted red peppers, sundried tomatoes, artichoke hearts
- Frozen spinach & veggies from Costco etc.
FERMENTED FOODS

- Firefly Kitchen (Fresh and Fermented Cookbook)
  - http://www.fireflykitchens.com/
- Britt’s Pickles
  - http://www.brittsliveculturefoods.com/
- WILD BRINE:
- Iggy’s Fermented Foods
  - http://www.iggysfoods.com/
SEA VEGGIES

- **Kombu** – add to soups, beans (decreases gas)
- **Dulse** – whole leaf, flakes, or powder
  - *Bon Appetite* suggest pan-frying whole leaves for “dulse bacon” in a DLT sandwich
- **Hijiki** – hijiki salad with edamame and sesame
SEA VEGGIES – MORE ON HOW TO USE THEM

• Nori
  • putting nori wrap into your lettuce wraps, eggs with nori and a little rice for breakfast, sushi

• Eden Foods, Wakame Flakes
  • eat with cucumber, can eat by itself, add to a salad

• Condiments: Eden Foods Organic Seaweed Gomasio (season veggies)
CONDIMENTS AND THEIR BRANDS

- **Mustards** – Annie’s Brand
- **Miso** paste- Miso Master
- **Nut butters** – Joyva, Maranatha
- **Karam’s garlic sauce** (great replacement for mayo)
- **Coconut milk** – Thai Kitchen, Natural Value
- Pesto
- Tzatziki
MORE CONDIMENTS

• **Vinegars** – Eden Umeboshi

• **Tamari sauce** – Eden Organic

• **Nutritional yeast** – Braggs or Bob’s Red Mill

• Bragg’s Liquid Aminos

• Homemade mayo/aioli

• **Tapenade** – find premade at Whole Foods and PCC
Cauliflower/Broccoli

Cucumber, carrots, celery

Peppers, cabbage,

Zucchini, yellow squash

Leafy greens: kale chard, collards bok choy

Beets, green beans etc

garlic, onions, ginger

Asparagus, artichoke, radishes
HERBS COUNT TOO! BONUS: ANTI-INFLAMMATORY/ANTIBACTERIAL

- Basil
- Rosemary
- Dill
- Cilantro
- Parsley
- Thyme
- Mint
- Oregano
- Others?
NEED IDEAS?

- Put chopped Basil in scrambled eggs or a soup
- Mix Rosemary and olive oil with potatoes, sweet potatoes, beets (roast at 350 for 20 mins)
- Flavor salmon with Dill
- Throw Cilantro in a grain or pasta salad
- Add chopped Parsley to tuna salad sandwich or pasta
- Add to dressings, marinades
- Put in smoothies
SPICES! ANTI-INFLAMMATORY

- Garam Masala
- Curry
- Cumin
- Cinnamon
- Nutmeg
- Turmeric
- Cloves
- Cardamom
- Others?
NEED IDEAS?

Spices

• Sprinkle Garam Masala on winter squashes
• Throw Cumin or Curry in beans (make a dip)
• Flavor warm cereals with Cinnamon or Nutmeg (add it to cookies!)
• Cinnamon in coffee, yogurt, ice cream!
• Add Cloves to fish or tomato sauce
• Marinades
HERBS & SPICES EXAMPLES
Beef, lamb, pork
Soy products
Nuts and seeds
Beans & legumes
Eggs, Chicken, fish,
Cauliflower/Broccoli
Cucumber, carrots, celery
Peppers, cabbage,
Zucchini, yellow squash
Leafy greens: kale chard, collards, bok choy
Beets, green beans etc
garlic, onions, ginger
PROTEIN: GO BEYOND AT MORE DRIED PEAS AND LEGUMES” – “PULSES”

- **Beans**: black beans, adzuki, cannellini, black eyed peas, chickpeas, kidney beans, pinto beans, fava, lentils, great northern beans, gigante beans

- **Lentils**: yellow, red, green, black, beluga
  - Ground meat substitute, soup, burgers
1. Improved glycemic profile
2. Reduction in HTN
3. Improvement in body weight
4. Associated with decreased CHD
HOW TO GET PEOPLE TO EAT MORE BEANS!

• Bean dips & Hummus

• Bean salad
  • 3 different types of beans, add in Parsley, olive oil, lemon and mushrooms
  • Lentils salad

• Burritos
  • Get creative with the wrap!

• Beans & Rice

• Chili & soups – lentil soups

• Bean and grain bowls
HOW TO GET PEOPLE TO EAT MORE BEANS!

• Smoothies
  • Pinto beans

• Roasted chick peas

• Add white beans to tuna salad

• Take something you love and add beans to it
  • Sauces
     • Chick pea flour for pancakes

• Lentil Dal or Ethiopian “Wat”
  Add Bay leaf for improved digestion

• DESSERTS! Brownies, (Chickpea or black beans)
  • Lentil balls
“I’LL NEVER MAKE THAT” – READY TO GO BRANDS FOR BEANS

- Better Bean Company
  - Betterbeanco.com
- Hope Foods
  - Hopefoods.com
- Eden Foods
  - Edenfoods.com
- Lilly’s
  - lillyshummus.com
“BUT BEANS GIVE ME GAS”
SOLUTION

- Cook with herbs/spices
- Cook with bay leaf or kombu seaweed
- Rinse
- Chew thoroughly
- Try mung or adzuki which don’t cause as much gas.
VEGGIE PROTEIN SOURCES: UNPROCESSED SOY

Tempeh

- Marinated tempeh, crumbling on top of soups, sandwiches, tacos
- Tofurky.com (marinated tempeh strips)
- Light Life (tempeh bars)
  - lightlife.com/products/tempeh
  - Try steaming first before cooking

Tofu

- Desserts (puree into pudding), crumble on a salad, quiche, scrambled tofu, grilled, stir fry, smoothies, miso soup
- Wild Wood Foods
  - Wildwoodfoods.com
VEGGIE PROTEIN SOURCES: SOY

Edamame

• As a snack
• In salads
• Hummus

• What else?
“I DON’T COOK” - OTHER EASY VEGGIE PROTEIN OPTIONS

• Veggie Burgers
  • SunshineBurger.com (garlic, brown rice, olive oil)
  • Hilary’s
  • Chez Marie
  • Amys.com - Amy’s Bean Burgers
ENSURING HEALTHY PROTEIN

• **Meat:** When possible: 100% grass fed organic beef, bison, lamb, pork, turkey and chicken, pasture-raised eggs
FISH & MERCURY

• **Fish highest in mercury**: mackerel (king), marlin, orange roughy, shark, swordfish, tilefish, tuna (bigeye, ahi, yellowfin), sea bass (Chilean), grouper, bluefish

• **Moderate mercury**: bass, carp, cod, halibut, lobster, mahi mahi, monkfish, snapper, tuna (canned chunk light, skipjack)

• **Lowest mercury**: anchovies, butterfish, catfish, clam, crab, crawfish, flounder, haddock, herring, mackerel (N. Atlantic, chub), mullet, oyster, Pollock, salmon, scallop, shrimp, sole, squid, tilapia, trout, whitefish
FISH

• **Best for omega-3s:** cold water fish (salmon, herring, halibut, mackerel, sardines, trout, tuna), shellfish (oysters, clams, crab)

• **Tuna/Salmon/anchovies/sardines - Brand**
  • Wildplanetfoods.com
  • less mercury, more sustainable, canned, then cooked so omega 3’s stay in tact
HIGH QUALITY DAIRY

• Have dairy in moderation in cultured forms
  • If no intolerance or allergy symptoms, okay to recommend or experiment with
  • Cultured, organic, fermented
  • Milk, yogurt, kefir, cottage cheese, etc.
DAIRY ALTERNATIVES…”WHOLE?”

- Almond
- Soy
- Hemp
- Oat/hazelnut
- Goat’s milk
- Coconut
  - Avoid thickeners in dairy alternatives
- Make your own: 1 tsp nut butter + 8 oz water & Blend!
READY TO GO: EASY PROTEIN SNACKS (BESIDES BARS)
PROTEIN POWDERS (NO SOY ISOLATES)
OTHER PROTEIN OPTIONS
NUTS & NUT BUTTERS – BRANCH OUT OF THE ALMOND RUT!

• Pistachios, cashews, walnuts, hazelnuts, pecans, macadamia, brazil nuts,

• **Nut butters:** Hazelnut butter, almond butter, Cashew butter

• **BRANDS:** MaranathaFoods.com ; WildernessPoets.com (rainbow packet - idea for surprise and delights), Artisana, Justin’s Nut Butter (packets), Adams PB
SEEDS & SEED BUTTERS

- Chia
- Flax
- Hemp
- Pumpkin Seeds
- Sunflower
- Sesame

- Available in Bulk
HOW TO INCORPORATE NUTS

• On the go nuts as snacks
  • Trader joes individual packets
• On top Oatmeal
• Add to salads
• Chia pudding for breakfast
• Tahini salad dressing
• Flax oil in dressing
• Cashew butter in soup
• Add to Smoothies
• Desserts – on top of ice cream
• Nut based granola

• Other ideas?
Beef, lamb, pork  Soy products  Eggs, Chicken, fish, Cauliflower/Broccoli

Nuts and seeds  Cucumber, carrots, celery  Peppers, cabbage, etc

Beans & legumes  Zucchini, yellow squash

Whole grains: quinoa, buckwheat millet  Leafy greens: kale chard, collards bok choy

Oats, teff, rice  Beets, green beans etc

Corn, polenta, tortillas  Garlic, onions, ginger

Squashes & root veggies  Fruit
GRAINS + COOKING TIMES

• **Brown Rice**
  - 2 cups water to 1 cup rice, 45 mins

• **Millet**
  - 2 cups water to 1 cup millet, 10-15 mins

• **Quinoa**
  - 2 cups water to 1 cup quinoa, 15 mins

• **Buckwheat**
  - 2 cups water to 1 cup buckwheat, 10-30 mins (cracked vs whole)

• **Wheat berries**
  - About 3 cups water to 1 cup wheat berries, 1 hr
GRAINS + COOKING TIMES

• Wheat berries
  • About 3 cups water to 1 cup wheat berries, 1 hr

• Teff
  • 4 cups water to 1 cup teff, 15-20 mins

• Amaranth
  • 3 cups water to 1 cup amaranth, 20 minutes

• Wild Rice
  • 3 cups water to 1 cup wild rice, 45 mins

• Oats
  • rolled oats - 2 cups water to 1 cup oats, 5 mins

  • Steel cut oats - 3 cups water to 1 cup oats, 20-30 mins
BREADS & TORTILLAS

- **Ezekiel Bread**, English muffins, tortillas (sprouted)
  
  http://www.foodforlife.com/about_us/ezekiel-49

- **Dave’s Killer Bread**
  Daveskillerbread.com

- **Alvarado Street Bread**

- **Manna Bread**: mannaorganicbakery.com

- **Silver Hills Bakery** (Sprouted and Gluten Free options)

  http://www.silverhillsbakery.ca
BREADS & TORTILLAS

- **Food For Life** (gluten-free exotic black rice bread)
  

- **Happy Camper** (gluten free bread)

- **Essential Baking** (gluten free bread)

- **Gluten Free Bakeries:**
  - Nu Flour Bakery
  - Flying Apron Bakery
WHOLE GRAIN CRACKERS
HOW TO INCORPORATE MORE WHOLE GRAINS

• Breakfast
• Desserts
• Muffins
• Breads
• Soups
• Salads
• Stir Fry
• Other ways?
MORE WHOLE GRAIN/ALTERNATIVE PASTA OPTIONS

- Pastas
  - Buckwheat
  - Quinoa
  - Whole Wheat
  - Spaghetti Squash
  - Brown rice Pasta
  - Kelp noodles
FLOURS

- Alternative Baking flours
  - Brown rice
  - Buckwheat
  - Chickpea
  - Coconut or almond
  - Bob’s Red Mill
  - Whole wheat flours
STARCHY VEGETABLES

• **Potatoes, Sweet Potatoes, parsnips, rutabaga,** – mashed, roasted, chips

• **Squash**
  • Butternut, spaghetti, delicata, kabocha, acorn, pattypan, pumpkin

• **Ideas** - Roasted squash in soups, veggie dips, muffins, oatmeal, smoothies
STARCHY VEGETABLES

- Corn – add to soups & salads

- Grits

- Corn muffins or bread

- Polenta- (great for pizza crust)
HEALTHY FAT SOURCES

- **Avocado** – use in place of mayo
- Olive oil, hemp seeds,
- **Coconut**
  - 1/3 cup coconut milk = 9-11g saturated fat
  - 1 tbsp coconut oil = 12g saturated fat
  - ¼ cup shredded coconut = 7g saturated fat
- **High heat oils**: Grapeseed oil, Sesame oil,
- *Nuts and seeds, nut butter*
HEALTHY FAT SOURCES

• Cheese and butter – organic (see dairy slide)
  • (butter from grass fed cow: higher omega 3’s)

• Ghee

• Olives (variety of olives)

• Eggs from pastured hens or hens fed Omega 3 rich diet.
BREAKFAST IDEAS FOR VEGAN/VEGETARIAN

- Oats & Almond/soy/coconut/hemp milk with nuts/seeds on top
- Crumble tempeh or bake eggs into oatmeal
- Tofu scramble with veggies
- Nut butter on whole grain toast
- Chia pudding with walnuts/pecans & blueberries
- Bean burrito with no cheese
- Veggie burger crumbled for ‘sausage’
- Teff grain as cereal: 10 grams protein/cup
- Smoothie – sip slowly
EXAMPLES
BARS: KEEP IT SIMPLE
WHOLE FOODS DESSERTS! MAKING HEALTHY TREATS

Use natural sweetness instead of candy and refined carbs

- Dates and almonds – fiber!
- Figs – fiber, potassium!
- Coconut shreds – healthy fat & fiber

Ideas

- **Smoothie**: cocoa powder, frozen banana, dates, peanut butter, yogurt & “milk” in blender
- **Rice pudding**: sweet brown rice, almond butter, coconut shreds, vanilla, “milk”
NATURAL SWEETENERS

• Maple syrup
• Honey
• Brown rice syrup
• Stevia – use in moderation
• “Just Like Sugar”?
  • Chicory based + vit C & Calcium + Orange peel
GOOD QUALITY ALTERNATIVES

**High Quality Brands of Chocolate**

- Theo
- Endangered Species
- Dagoba
- Alter-Eco

**Alternative to Candy Bars**

- Kind Bars
- Lara Bars
- Pure Bar
- Simple Square
ALTERNATIVE DESSERTS

- Coconuts (toasted ice creams)
- Fruit (baking apple with cinnamon and nutmeg)
- Frozen banana ice cream
- Grilled fruit
- Crumble/Crisp, compote (berry with rosemary)
- Apple with nut butter/cashew butter
- Dried fruit
- Figs and cashew butter
- Adding chocolate to raisins and walnuts or dried fruit
I WANT MY DESSERT AS IS!

Have small amounts of whatever you want

Enjoy and indulge just in moderation

Enjoy without guilt

Mindfully eating

High Quality
EXAMPLES
INCREASING FLUIDS/BORED WITH WATER

- Water with lime/lemon/cucumber
  - Water with carbonation (Talking Rain, Trader Joes)
- Splash of juice with carbonated water
  - Sprig of mint/basil leaf
- Water bottle with fruit infuser
- Having a glass of water right when you wake up (put next to your bed) with or without lemon
- **Alcohol reduction** – seltzer water with bitters: Scrappy’s, Urban Moonshine
MORE BEVERAGE IDEAS

- **Herbal teas** (add phytochemicals)
  - Traditional medicinal (traditionalmedicinals.com)
  - Yogi teas (yogiproducts.com) Also beneficial for sugar cravings
- **Starbucks** (hibiscus, green tea)
- **Coconut water**
MORE BEVERAGE IDEAS

- Kombucha

- Or Mary Purdy’s: “Faux-bucha”: water, ¼ cup apple cider vinegar, chunk of ginger, touch of honey/stevia and blend

- Pok Pok Som (vinegar add in with sparkling water. Multiple flavors)

- Veggie juices – Suja, Evolution, Blueprint, Columbia Gorge, Whole
DAILY DOZEN APP
AFFORDABLE OPTIONS FOR CLIENTS

- Top Foods
- Fred Meyers
- Grocery Outlet
- Bartell’s or drug stores near you
- Costco
- Trader Joes

- Buy in Bulk
- Beans and eggs = cheap protein options
- Clip coupons & look for deals
- Buy the store brand
- Ask companies for free samples
“I HAVE NO TIME TO PREPARE FOOD”
FOOD DELIVERY

• HOME DELIVERY SERVICES
  • Munchery: www.Munchery.com
  • Lish: http://www.lishfood.com/
  • Eat Local: http://eatlocalonline.com/locations-delivery

• COMPANIES THAT PROVIDE INGREDIENTS AND RECIPES FOR YOU TO COOK
  • www.GreenChef.com
  • www.BlueApron.com
  • www.Sunbasket.com
  • www.Plated.com
HOMEWORK!

• Choose three products or foods that you aren’t as familiar with and experiment with purchasing and or making that food/dish.

• Share with colleagues
thank you
AIN'T NOTHING LIKE THE REAL THING:

WHOLE FOODS FUNDAMENTALS

PRESENTED BY MARY PURDY, MS RDN

MARYPURDYRD@GMAIL.COM

@MARYPURDYHERE

MARY'S NUTRITION SHOW ON YOUTUBE:
HTTPS://WWW.YOUTUBE.COM/CHANNEL/UCLA5JFMHJ4QUPAH76JLPLPQ