



The Secrets of a Healthy Kitchen

Pedestrian Foods

Getting Iron out of a Vegetarian Food Source

- Beans are a great source of iron.
- To get the iron out of a vegetarian food source you need to have a vitamin C source present.
- So when you have your beans have a vitamin C rich food too.
 - Examples:
 - Black beans and pineapple
 - Hummus and tomatoes, red bell pepper, or carrots
 - Pinto beans and salsa
 - Lentils and onions
 - Kidney beans and tomato sauce
 - Green peas and carrots

Cabbage, Cholesterol and Cancer

- The cholesterol lowering benefits of cabbage are enhanced when eaten in the steamed form vs. the raw state.
- Cabbage aids in the prevention of cancer. A component of cabbage works to stop the cell cycle of cancer formation before it starts.

Bulgur

- Made from precooked wheat berries.
- Good carbohydrate source for blood sugar control.
- A grain that is a good source of protein.
- Contains heart healthy omega-3 fatty acids and folate.