



# CREATING A HEALTHY KITCHEN

make it easier to eat well



[www.tablehealthtc.com](http://www.tablehealthtc.com)



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**"I apply food strategies to treat the root cause of your health condition. By offering reassurance and guidance to make food and dietary changes, I can help you transform your body and mind."  
-Carol Bell, RD**

Culinary medicine. This phrase may seem like an oxymoron, but it's not. The fact is we are what we eat. This is a scientific fact. Proteins, carbohydrates, fats, vitamins, and minerals, are the building blocks of everything in our body. Every function, every system, every repair, every reaction exists only when the body has the raw materials needed to make that happen. And the better our nutrition, the more nutrients, the more minerals, the more phytonutrients that we get, the more efficiently our bodies can function.

If choosing foods and cooking for health does not come naturally, you can always learn! As you begin to create healthy eating habits you're also training your mind and body to make different choices and to execute your plan for sustained transformation. A dietitian can support you through this process and teach you valuable skills along the way. And yes, you can learn to make healthy cooking enjoyable and cost-effective.

Practicing culinary medicine in your own home may seem overwhelming, but it's rather straightforward. In addition to talking about your food choices with a registered dietitian, clearing out your kitchen space and making sure you have the essential kitchen tools and staples are major components of cooking for health.

Keep in mind eating habits have to evolve as your health changes so remember to stay flexible and LISTEN to how your body is responding to the things you are eating from week to week and season to season.

# HEALTHY KITCHEN MUST HAVES

## PRODUCE

### 4 KINDS FRUIT:

bananas, pineapple, apple, berries, grapes, mango, pears, plum, peach, melon, starfruit, persimmon, papaya, kiwi, tomato

### 2 CITRUS FRUIT:

lemons, limes, oranges, tangerines, tangelo, grapefruit

### 3 TYPES OF LEAFY GREENS:

lettuce, kale, arugula, spinach, chard, microgreens, collard greens, turnip greens, broccoli, brussels sprouts, bok choy

### 1-2 GREEN HERBS:

parsley, cilantro, basil, dill, scallions

### 3-5 TYPES OF NON-STARCHY VEGGIES:

cauliflower, pea pods, green beans, zucchini, yellow squash, radish, celery, carrots, green or red cabbage, fennel bulb

### 2-3 TYPES OF STARCHY VEGGIES:

butternut squash, acorn squash, sweet potato, redskin potato, russet potato, blue potatoes, rutabaga, parsnips, corn on the cob



# PANTRY



## **VINEGAR:**

apple cider, balsamic, red wine, rice vinegar, sherry vinegar, champagne vinegar

## **OLIVE OIL:**

organic extra virgin preferably from one location (multiple sources in one bottle often are lower quality oils that are diluted with vegetable oils)

## **GHEE & UNREFINED COCONUT OIL:**

(skip these if you have diabetes or heart disease, they elevate LDL)

## **RAW NUTS & SEEDS:**

walnuts, almonds, cashews, pumpkin seeds, sunflower seeds

## **WHOLE GRAINS:**

millet, quinoa, brown rice, wild rice, steel cut oats, buckwheat

## **CANNED (BPA-FREE)/BOXED:**

chickpeas, black beans, white beans, red beans, kidney beans, navy beans, pinto, tomatoes, vegetable stock, artichoke hearts

## **WHOLE GRAIN CRACKERS**

## **DULSE FLAKES**

type of seaweed

## **GREEN TEA, HERBAL TEAS, ORGANIC COFFEE**

# PROTEIN

- PASTURE-RAISED EGGS
- ORGANIC, PASTURE-RAISED CHICKEN OR TURKEY
- GRASS-FED BEEF
- DRIED LENTILS

Source your meat proteins locally from a nearby farm, if possible.

Choose meats and eggs that have been pasture raised and fed their natural diet (grass, bugs, etc).

Choose wild caught fish when possible or farmed fish from the United States. Avoid farmed fish from Asia.

Great lakes fish may often be contaminated with mercury depending on the location where the fish are caught.

CHECK OUT THE BEST AND WORST CHOICES WITH THE ENVIRONMENTAL DEFENSE FUND SEAFOOD SELECTOR:

[SEAFOOD.EDF.ORG/GUIDE/BEST](https://seafood.edf.org/guide/best)

A woman with dark curly hair, wearing a white t-shirt, is looking into an open refrigerator. The refrigerator is filled with various items including jars, bottles, and containers. The kitchen background shows wooden cabinets and a countertop with a coffee maker and other items.

## FRIDGE

### **PLANT MILKS (UNSWEETENED)**

almond milk, cashew milk, flax milk,  
sunflower milk, soy milk

### **FERMENTED FOODS**

Greek yogurt, coconut yogurt, raw  
unpasteurized kimchee, sauerkraut or pickles

### **CONDIMENTS**

mustard, miso paste, olives

# FREEZER

2-3 TYPES OF ORGANIC FRUIT

1-2 TYPES OF FROZEN VEGETABLES

3-4 FROZEN MEATS, FISH OR SEAFOOD



## DITCH IT

### REFINED COOKING OILS:

Corn oil, canola, safflower, sunflower, soybean, margarine, butter-like products.

These oils are easily damaged with heat, exposure to light and oxygen and can contribute to chronic pain and inflammation.

They are high in omega 6 fats which, when eaten frequently, can contribute to high blood pressure and poor heart health.

:::INSTEAD use olive oil for medium to lower heat cooking. Avoid high heat cooking over 400 degrees for optimal health.\*\*\*

\*\*\*Ideally for health purposes, foods should not be burned, seared, roasted or grilled so that they are smoking and charring. While this is a popular method with chefs, this high heat treatment of foods makes them more inflammatory for people who have chronic pain or ongoing health conditions.

### MICROWAVE POPCORN:

There are many contaminants coming from the plastic bags, chemical additives for flavor, excess sodium.

:::INSTEAD buy kernels and pop them in an air popper, or on the stovetop with a dab of coconut oil.

### CHIPS, COOKIES, CRACKERS

Anything made with refined flours, chemical additives and refined oils.

### BOXED FLAVORED RICE AND PASTA SIDES

Anything with added chemicals like MSG, yeast extract, artificial flavors and sodium.

:::INSTEAD buy whole grains and whole grain pasta and flavor them with broth, dried or fresh herbs, garlic, spices and lemon.

### ADDED SUGAR AND MSG (MONOSODIUM GLUTAMATE)

Look at the ingredients for spice mixtures, tomato sauces, and condiments, anything that contains added sugars.





## GET RID OF IT!

### THE NASTY KITCHEN SPONGE

These harbor so many bacteria unless you sanitize them daily in bleach, boiling water or microwaving for a minute.

**:::INSTEAD** buy some mini kitchen towels, or washable scrubbing cloths and a scrub brush that can be put in the dishwasher.

### TEFLON, NON-STICK COOKWARE

Especially if they are scratched. Teflon releases toxic fumes when overheated and it may leech into your food.

**:::INSTEAD** buy ceramic nonstick, cast iron, stainless steel and glass cookware.

### PLASTIC

Water bottles, lined coffee mugs, plastic food storage containers.

**:::INSTEAD** invest in glass or stainless steel water bottles, travel mugs, and lunch containers.

### YOUR WATER FILTER

Most pitcher filters only last 2-3 weeks before they need to be changed. Under the counter and whole house filters may need maintenance too if they haven't been changed. Keep a calendar on your fridge and mark off the dates to change water filters so your water is clean!

### EXPIRED FIRE EXTINGUISHER:

Check the dates.

### CRACKED WOODEN SPOONS & MIXING BOWLS

Can harbor bacteria: replace them.

### WARPED CUTTING BOARDS

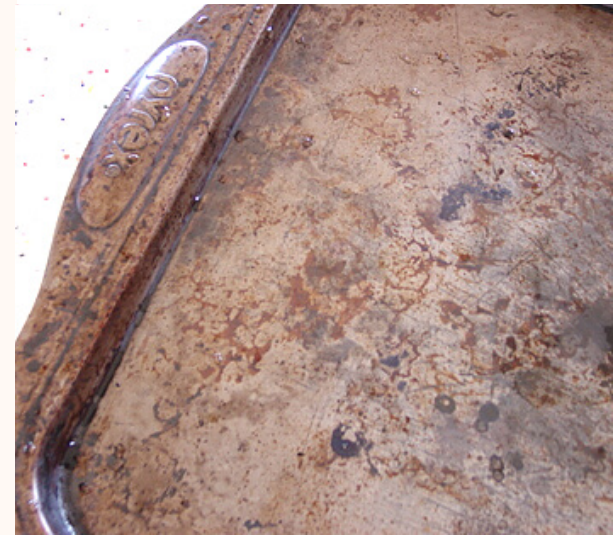
Can be dangerous to cut on if they are unstable: replace them.

### CRACKED PLASTIC SPATULAS, BOWLS OR STRAINERS

You don't want pieces of plastic in your food.

### RUSTY BAKING PANS OR POTS

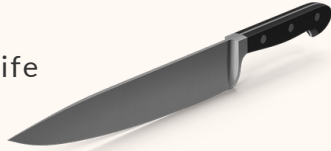
Time to let them go (unless they are cast iron, which can be reseasoned)



## TOOLS

### GREAT KNIVES:

- Quality Chef Knife



- Serrated Knife



- Paring Knife



These three knives will help you accomplish 95% of your cutting tasks. It's worth it to spend a bit more for high quality knives that will last you a lifetime with proper care.

Also don't throw these in the dishwasher or dish rack as this will damage the blades. Hand wash and dry and store them in a drawer by covering the blade with a blade guard that slides over the edge. Another good storage location is a knife magnet that attaches to the wall. Wood blocks may be safe but can dull the blades.



### HIGH-SPEED BLENDER

Worth every penny you will spend. Cheap blenders give you chunky, gritty smoothies.

Spend the extra money on a high-quality high-speed blender like Vitamix or Blendtec. You can make flours, nut butters, smoothies, soups, dressings, sauces and more. This is the way to healthier eating!



### CAST IRON PAN

For non-stick cooking. Once your pan is properly seasoned and cared for, it will literally last forever.

#### *Seasoning Tips:*

1. Wash and Dry Your Pan
2. Rub It All Over With Oil
3. Heat for 30 MIN in a 450°F Oven

## Every Bite is the Opportunity to Hurt or Heal

A functional medicine dietitian can help you look into what types of nutrients might be an excess or deficiency in your diet and also why they're important.

Together, you come to an understanding of which dietary changes are going to accomplish your health goals, which can be different for each person.

Table Health offers multiple opportunities to work with Registered Dietitian, Carol Bell, including in-person, virtually, through our Wellness Membership, or with discounted packages.



[Make An Appointment](#)