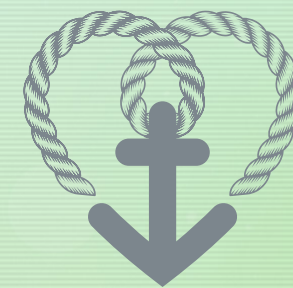


"Your Health Is Your Wealth Series"

MyPlate
Good Health Is
Somewhere Over The
Rainbow For You!



JOSEPH P CORY
FOUNDATION
Anchored in Love.



Nada Cory



From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and have given her the gift to create scrumptious meals from the garden's bounty, and to comfort and heal using natural remedies.

Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.



Nada And Her Cousin Bo In Croatia



➤ Focus for Today: You Are What You Eat!

The Key To Good Health – Eat Healthy - Boost Your Immune System – *Be The Best You Can Be.*

- Growing your own food
- Cook with your garden yield
- Introduce new items into your diet
- Cook simply



- I Had A Great Harvest... What Can I Do With It!
 - Juice it
 - Dehydrate it
 - Can it
 - Dry it
 - Create recipes with it
 - Add it to foods



Dehydration



Canning



Juicing



Drying



Cooking



Leave Out the Bad Stuff

Gluten, Dairy, and Sugar Free

Do you experience the following symptoms on a regular basis?

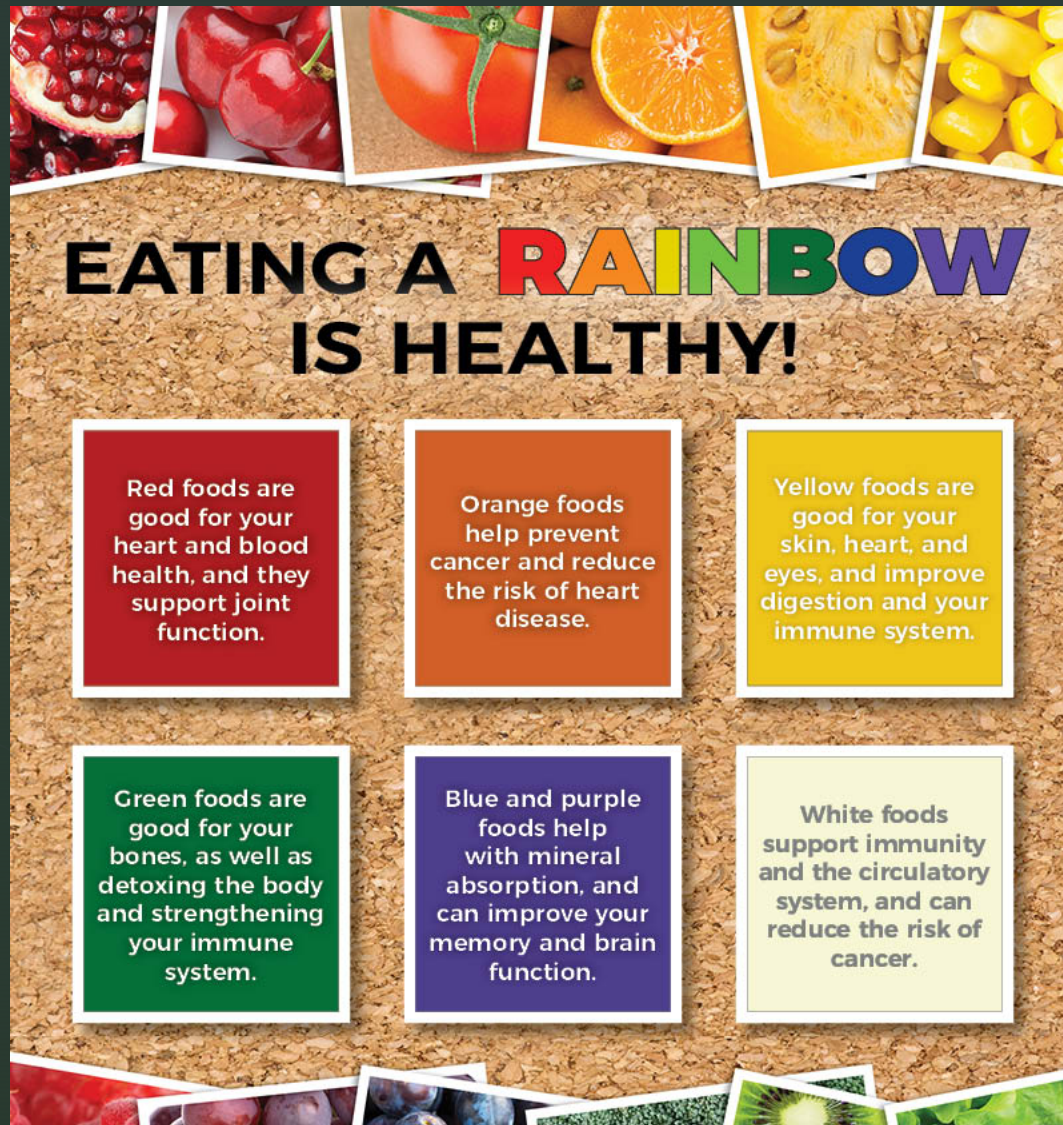
- Mental and Physical Fatigue
- Bloating and Gas
- High Sugar, Blood Pressure, Cholesterol
- Weight Gain
- Acne
- Prematurely Aging Skin



MyPlate

- A food guide that helps you make your own well-balanced eating plan. You eat enough, but not too much, and your food gives you the nutrients you need to stay healthy and boost your own immune system.
- Fruits and Vegetables – ½ of you plate
- Whole Grains – ¼ of your plate
- Protein Power! – ¼ of your plate
- Health Plant Oils in Moderation
- Drink Water, Coffee or Tea
- Stay Active





EATING A RAINBOW IS HEALTHY!

Red foods are good for your heart and blood health, and they support joint function.

Orange foods help prevent cancer and reduce the risk of heart disease.

Yellow foods are good for your skin, heart, and eyes, and improve digestion and your immune system.

Green foods are good for your bones, as well as detoxing the body and strengthening your immune system.

Blue and purple foods help with mineral absorption, and can improve your memory and brain function.

White foods support immunity and the circulatory system, and can reduce the risk of cancer.

- Using the colors of the rainbow, you can't go wrong.
- If you don't grow these items: Look for them at the store.



15 WAYS TO ENJOY MORE **FRUITS** AND **VEGETABLES**

BUILDING A HEALTHY PLATE IS EASY WHEN YOU MAKE HALF YOUR PLATE FRUITS AND VEGETABLES. IT'S ALSO A GREAT WAY TO ADD COLOR, FLAVOR AND TEXTURE, PLUS VITAMINS, MINERALS AND DIETARY FIBER. MAKE 2 CUPS OF FRUIT AND 2 ¼ CUPS OF VEGETABLES YOUR DAILY GOAL. TRY THE FOLLOWING TIPS TO ENJOY MORE FRUITS AND VEGETABLES EVERY DAY.

1. VARIETY ABOUNDS WHEN USING VEGETABLES AS PIZZA TOPPING. TRY BROCCOLI, SPINACH, GREEN PEPPERS, TOMATOES, MUSHROOMS AND ZUCCHINI.
2. MIX UP A BREAKFAST SMOOTHIE MADE WITH LOW-FAT OR NUT MILK, ADD FROZEN BERRIES AND GREEN SUPPLEMENTS.
3. MAKE A VEGGIE WRAP WITH ROASTED VEGETABLES AND LOW-FAT CHEESE ROLLED IN A WHOLE-WHEAT TORTILLA.
4. TRY CRUNCHY VEGETABLES INSTEAD OF CHIPS WITH YOUR FAVORITE LOW-FAT SALAD DRESSING FOR DIPPING.
5. GRILL COLORFUL VEGETABLE KABOBS PACKED WITH TOMATOES, GREEN AND RED PEPPERS, MUSHROOMS AND ONIONS.
6. ADD COLOR TO SALADS WITH BABY CARROTS, GRAPE TOMATOES, SPINACH LEAVES OR MANDARIN ORANGES.
7. KEEP CUT VEGETABLES HANDY AND PRE PORTIONED FOR MID-AFTERNOON SNACKS, SIDE DISHES, LUNCH BOX ADDITIONS OR A QUICK NIBBLE WHILE WAITING FOR DINNER. READY-TO-EAT FAVORITES: RED, GREEN OR YELLOW PEPPERS, BROCCOLI OR CAULIFLOWER FLORETS, CARROTS, CELERY STICKS, CUCUMBERS, SNAP PEAS OR WHOLE RADISHES.
8. PLACE COLORFUL FRUIT WHERE EVERYONE CAN EASILY GRAB SOMETHING FOR A SNACK-ON-THE-RUN. KEEP A BOWL OF FRESH, JUST RIPE WHOLE FRUIT IN THE CENTER OF YOUR KITCHEN OR DINING TABLE.
9. GET SAUCY WITH FRUIT. PUREE APPLES, BERRIES, PEACHES OR PEARS IN A BLENDER FOR A THICK, SWEET SAUCE ON GRILLED OR BROILED SEAFOOD OR POULTRY, OR ON PANCAKES, FRENCH TOAST OR WAFFLES.
10. STUFF AN OMELET WITH VEGETABLES. TURN ANY OMELET INTO A HEARTY MEAL WITH BROCCOLI, SQUASH, CARROTS, PEPPERS, TOMATOES OR ONIONS WITH LOW-FAT SHARP CHEDDAR OR VEGAN/NON-DAIRY CHEESE.
11. WAKE UP TO FRUIT. MAKE A HABIT OF ADDING FRUIT TO YOUR MORNING OATMEAL, READY-TO-EAT CEREAL, YOGURT OR TOASTER WAFFLE.
12. TOP A BAKED POTATO WITH BEANS AND SALSA OR BROCCOLI AND LOW-FAT/VEGAN CHEESE.
13. ADD A CUP OF VEGETABLE SOUP AS A SNACK OR WITH A SANDWICH FOR LUNCH.
14. ADD GRATED, SHREDDED OR CHOPPED VEGETABLES SUCH AS ZUCCHINI, SPINACH AND CARROTS TO LASAGNA, MEAT LOAF, MASHED POTATOES, PASTA SAUCE AND RICE DISHES.
15. MAKE FRUIT YOUR DESSERT: SLICE A BANANA LENGTHWISE AND TOP WITH A SCOOP OF LOW-FAT FROZEN YOGURT. SPRINKLE WITH A TABLESPOON OF CHOPPED NUTS.

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▸ Ways to Enjoy More Fruits and Vegetables

- Pizza Toppings
- Mix up your smoothies in the morning with berries and more
- Veggie wraps with roasted vegetables
- Crunchy vegetables instead of chips with dipping sauce
- Add color to salads with grapes, baby carrots, mandarin orange
- Get "saucy" with fruit
- And so "Munch" more – refer to your handout



Chef Olga Keller

- Easy recipes
- Minimal ingredients
- Minimal kitchen equipment
- Excellent nutritional content



Recipe from Cooking with Nada

Cooking with Nada!



Corn Salsa

Servings: 4

From The Joseph P Cory Foundation

Prep Time: 20 min. Total Time: 2 hours*, 20 minutes

Ingredients:

1 ear of corn, kernels removed. You can use frozen corn.
1/2 red bell pepper, diced small
1/2 green bell pepper, diced small
1/2 red onion, diced small
Juice of 2-3 limes and zest of 1 lime
Juice and zest of 1 navel or any orange
2 tablespoons extra virgin olive oil
1/4 cup fresh cilantro, minced
1 clove of garlic, grated
Salt and pepper to taste
1 jalapeno pepper, minced. Use seeds if you want more heat, remove seeds for less heat.

Preparation:

1. Combine all the ingredients together in a bowl and mix thoroughly.
2. Cover and refrigerate for at least *two hours.
3. For healthy options, serve with blue corn chips, romaine lettuce leaves, or on a veggie burger.

Enjoy!



Brought to you by the Joseph P Cory Foundation





FYI

- Our next class is one January 21,2021
- Sign up for our newsletter, great for kids and adults
- Volunteer with us!
- Email with your photos for social media
- Email questions to the Foundation



A top-down photograph showing a pair of hands holding a heart-shaped patch of vibrant green sprouts over dark, rich soil. The hands are positioned at the top and bottom of the frame, with the fingers gently cupping the edges of the heart-shaped plant patch. The background is a dark, textured surface of soil. A semi-transparent green rectangular box is overlaid on the upper portion of the image, containing a quote in black text. The overall composition is centered and balanced, emphasizing the connection between human hands and nature.

“Why try to explain miracles to kids when you can have them plant a garden.”
-Robert Brault

