

Wholesome Foods: by Laura Mancuso

PRINCIPLES OF HEALTHY, SUSTAINABLE MENUS

BE TRANSPARENT ABOUT SOURCING AND PREPARATION

BUY Fresh, Seasonal, Local, Global

REWARD BETTER AGRICULTURAL PRACTICES

LEVERAGE GLOBALLY INSPIRED, PLANT-BASED CULINARY STRATEGIES

FOCUS ON WHOLE, MINIMALLY PROCESSED FOODS

GROW EVERYDAY OPTIONS, WHILE HONORING SPECIAL OCCASION TRADITIONS

CELEBRATE CULTURAL DIVERSITY & DISCOVERY

LEAD WITH MENU MESSAGING AROUND FLAVOR

REDUCE PORTIONS, EMPHASIZING CALORIE QUALITY OVER QUANTITY

DESIGN HEALTH AND SUSTAINABILITY INTO OPERATIONS AND DINING SPACES

USE POULTRY AND EGGS IN MODERATION

REDUCE ADDED SUGAR

CUT THE SALT

RETHINK FLAVOR DEVELOPMENT FROM THE GROUND UP

MAKE WHOLE, INTACT GRAINS THE NEW NORM

THINK PRODUCE FIRST

LIMIT POTATOES

MOVE LEGUMES AND NUTS TO THE CENTER OF THE PLATE

GO "GOOD FAT," NOT "LOW FAT"

SERVE MORE KINDS OF SEAFOOD MORE OFTEN

REIMAGINE DAIRY IN A SUPPORTING ROLE

SERVE LESS RED MEAT, LESS OFTEN

SUBSTANTIALLY REDUCE SUGARY BEVERAGES, INNOVATE REPLACEMENTS

DRINK HEALTHY: FROM WATER, COFFEE, AND TEA TO, WITH CAVEATS, BEVERAGE ALCOHOL

Healthy Sustainable Menus

I found this graphic in the March 2019 Nutrition Action Healthletter and thought it was an excellent reminder about how to eat a healthy diet.

In 2013, the Culinary Institute of America and the Harvard T.H. Chan School of Public Health created Menus of Change, a partnership that encourages restaurants to create dishes that celebrate, but aren't limited to, plant-based foods.

The Culinary Institute of America have also presented a Plant Forward Global 50 – a gathering of 50 of the world's most forward thinking chefs – including Jose Andres, Alice Water and Yotam Ottolenghi. By the creation of Plant-Forward Global 50, chefs and restaurants around the world are honored for their commitment to advancing healthy, vegetable-centric and sustainable food choices.

Here is a recipe to help you follow a sustainable menu: Greek Lentil Salad. Whisk together the zest and juice of ½ lemon, 2 tablespoons of olive oil, ¼ teaspoon of salt and a pinch of dried oregano. Toss with 1 cup cooked lentils, 1 cup diced cucumber, ¼ cup toasted walnuts and 1 tablespoon of chopped dill. Serves 2

Opening Day 2019!



(Photo courtesy of Finessa Stone for The Illinois Valley News)

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