



Plant Based Protein

Many of the families we work with ask questions such as “can I be a vegetarian and also follow a diet without gluten and casein?” “If I am vegan, how can I eliminate soy protein from my diet?” “Can our children be gluten and casein free if they refuse all meat products?” The answer to each of these questions is yes – each plan is quite doable with the proper guidance, support, planning, and implementation.

In truth, the vast majority of us consume too much animal protein. For the children we work with, we monitor dietary protein intake, and we encourage getting healthy protein from plant-based sources, too. Options for healthy plant-based protein that meet the requirements of a gluten, casein, and soy protein free diet include:

- Legumes such as split peas, lentils, adzuki beans, white beans, black beans, and pinto beans
- Nuts and seeds
- Grains such as amaranth and quinoa
- Support products such as brown rice protein powder and hemp protein powder

For families who consume animal protein, we strongly encourage choosing local products if possible, including free range eggs, and pastured poultry (and this means birds that can run around in the yard, not the current commercial definition of that term which is birds that are housed in 24 inch square grasslined enclosures), beef, and bison products. We also recommend adding a meatless menu to a dietary rotation.

How can you make this happen?

Breakfast options include (1) Tree nut butters (such as almond, pecan, or hazelnut) or peanut butter on nutrient dense gluten free bean flour bread (recipes can easily be found on the web) with fresh berries and bananas; (2) Parfait of homemade coconut or nut based yogurt (or So Delicious coconut yogurt), granola, and fruit; (3) Hot gluten free cereal with butter nut squash puree, maple syrup, and nuts; (4) Bean flour waffles with coconut oil, maple syrup, and strawberries; (5) smoothie with green vegetable juice such as celery and kale, protein powder, and frozen fruit.

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Upcoming Events May and June

May 22nd

Sensory Friendly Film: *Shrek Forever After*. Showing at 10am local time. Please visit <http://www.autism-society.org/> for more information on local participating AMC theatres.

May 31st

Memorial Day Holiday

June 2nd

Thoughtful House Community Meeting: *Adult Services & Vocational Rehabilitation*, presented by Dr. Melissa Olive at 6:00pm. Please RSVP to nisey.w@thoughtfulhouse.org.

June 7th

Pitching Autism Awareness: Round Rock Express @7:05 PM. Call Trey at 512.238.2257 for more information or to reserve tickets.

June 12th

2010 Central Texas Autism Conference, sponsored by Dell Children’s Medical Center. Contact Tina Torres at ttorres@sfcaustin.com for more information or to register.

Nutrition Clinic Team

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Lunch or dinner options include: (1) Black bean patties with pan fried sweet potatoes and sautéed greens; (2) Pizza using Daiya cheese and vegetables; (3) Split pea soup with gluten free cornbread; (4) vegetable pot pie with gluten free crust and a simple green salad; (5) Lentil loaf with sautéed peas and corn.

Snacks could include: (1) hummus or babaganoush with vegetable sticks; (2) White bean dip with Francis Simun black bean pita chips (see www.francissimunbakery.com); (3) apple or pear slices with Sunbutter; (5) bananas with nut butter and honey.

Meatless Monday?

The Meatless Monday project was initiated in 2003 as a program of Johns Hopkins Bloomberg School of Public Health's Center for a Livable Future. The organization advocates for a 15% reduction in meat consumption to both improve the health of our society as well as the health of the planet. The idea is simple: eliminate consumption of animal protein on the first day of each

week. The choice of Monday is intentional – Monday is seen as a beginning, an opportunity to be thoughtful in preparation for the coming week. Meatless Monday has been embraced in theory and practice by individuals and organizations around the country – the entire Baltimore Public School System now observes Meatless Monday! Michael Pollan, author of *Omnivore's Dilemma*, endorses the movement as well.

Paul McCartney and his family initiated a similar project in the UK called Meat Free Mondays. The Meat Free Mondays campaign focuses more on the global impact of commercial meat consumption (“many people are unaware that livestock production is responsible for 18% of global greenhouse gas emissions – that’s more than the entire transport sector”) and less on the impact on individual nutrition, but the message and implementation are important none the less.

To learn more, see www.meatlessmonday.com and www.supportmfm.org.

Try this simple and kid-friendly recipe as a start:

Bare Bones Cannellini/White Bean Dip

2 cups (16 ounces) soaked and cooked white beans, such as cannellini or Great Northern
5 teaspoons high quality olive oil, divided
1 medium yellow onion, thinly sliced
6 cloves garlic, thinly sliced
1 Tablespoon fresh lemon juice
Celtic Sea Salt

Place the cooked beans in the bowl of a food processor. Pour 2 teaspoons olive oil into a skillet over high heat. Add the onions and garlic to the pan. Stir with a wooden spoon as they brown. Add the browned onions and garlic to the beans in the food processor bowl. Add the remaining olive oil, lemon juice, and sea salt to taste. Serve with Francis Simun black bean pita chips, organic corn tortilla chips, carrots, celery, zucchini, and more.

Research Update: in related news...

A recent study funded by the National Institute of Health and the Robert Wood Johnson Foundation, published in the American Journal of Clinical Nutrition, and conducted by researchers at Penn State University evaluated vegetable intake of preschool children. The study design was straightforward: offer children no carrots, 30g (1 ounce), 60g (2 ounces), or 90g (3 ounces) of carrots 10 minutes prior to a meal. The meal served included pasta, broccoli, applesauce, and low fat milk. 51 participants were divided into these 4 groups, with the following significant results: (1) children served no carrots consumed 23g (less than 1 ounce) of broccoli at the meal; (2) children served 30g of carrots consumed 36g (50% more than those consuming no carrots) of broccoli at the meal; (3) children served 60g of carrots consumed 63g (greater than 2 ounces) of broccoli; (4) children served 90g of carrots showed no change in broccoli consumption. The take home message: offer vegetables as a precursor to a meal and it potentially more than doubles vegetable intake otherwise.