

canada-menu-planner

on github

command line utility for data-driven planning of
whole foods plant based meals, per the 2019
Canada Food Guide

food-guide.canada.ca

- Vegetables, fruit, whole grains, and protein foods should be consumed regularly. Among protein foods, consume plant-based more often.
- Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fat.
- Water should be the beverage of choice.

Additional references

Kaiser Permanente Nutritional Update for Physicians: Plant-Based Diets

Abstract

The objective of this article is to present to physicians an update on plant-based diets. Concerns about the rising cost of health care are being voiced nationwide, even as unhealthy lifestyles are contributing to the spread of obesity, diabetes, and cardiovascular disease. For these reasons, physicians looking for cost-effective interventions to improve health outcomes are becoming more involved in helping their patients adopt healthier lifestyles. Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. We present a case study as an example of the potential health benefits of such a diet. Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA1C, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.

Seven Day Rescue Diet

The Alzheimer's Solution

The Whole Foods Diet

How Not To Die

Summary of Dietary Guidelines Based on All References

- 1) Eat minimally processed foods, defines as “nothing bad added, nothing good taken out.” Leave the naturally occurring fiber in the food, in other words, and don’t add extra sugar, salt or fat.
- 2) Roughly half your food by volume should be leafy vegetables, a quarter starchy vegetables and whole grains, the remaining quarter beans along with a modest amount of calorie dense nuts and seeds.
- 3) No more than 5 to 10% of your calories should come from animal food products. Meat, eggs and dairy should be a condiment, at most. Avoid processed meats entirely; also avoid red meat.
- 4) Take a vitamin B12 supplement, whether you forswear animal foods or not.

Using minimalist software design ideas from text-based accounting, this project seeks to make it easy to cook Canadian Food Guide compliant meals while minimizing ingredient cost and preparation time.

foodJournal.txt

```
2019/07/11 breakfast
  breakfastBase      250 g
  quinoa              93 g

2019/07/11 lunch
  Okinawa             301 g
  muesli              455 g
```

```
> canada-menu-planner report --daily

          19Jul07 19Jul08 19Jul09 19Jul10
targets          81      105      115      136
fiber           134      114      101       98
iron            116      131
Calcium          80       75
vitA            225      256
vitC            165      183
vitB12          151      178      ■ ■ ■
Folate           69       77
cost             16       18
```

Minimally processed food means simple ingredients and a short shopping list. All ingredients used in one food guide compliant diet are shown in the table at right. Total food cost for this diet was about \$15/day

type	time (min)	name	Amount (g)	Energy (kcal)	Water (g)	B1 (Thiamine) (mg)	B2 (Riboflavin) (mg)	B3 (Niacin) (mg)
recipe	N/A	breakfastBase	210	712	0.66	0.45	3.88	0.59
recipe	12	mushroom						
recipe	N/A	muesli						
recipe	N/A	okinawa						
recipe	N/A	threeSisters						
grain	2	quinoa						
grain	5	oats						
grain	5	buckwheat						
grain	10	millet						
grain	10	rice						
grain	10	bulgur						
grain	10	freekeh						
grain	15	farro						
grain	25	rye						
grain	25	wheat						
grain	25	spelt						
grain	35	driedCorn						
beans	5	redLentils						
beans	10	mung						
beans	10	splitPeas						
beans	10	lentils						
beans	15	blackEyedPeas						
beans	15	kidney						
beans	25	garbonzo						
beans	25	northern						
beans	25	pinto						
vegetables	2	kale						
vegetables	2	redOnion						
vegetables	2	greenBellPeppers						
vegetables	2	acornSquash						
vegetables	2	butternutSquash						
vegetables	2	parsnips						
vegetables	2	tumips						
vegetables	2	rutabega						
vegetables	2	kohlrabi						
vegetables	2	apples						
vegetables	2	rhubarb						
vegetables	5	collards						
other	N/A	salt						

