

**THE AFIB REPORT**  
**Your Premier Information Resource for Lone Atrial Fibrillation**  
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## VIRTUAL LAF CONFERENCE

Proceedings of 32<sup>nd</sup> Session  
September 14<sup>th</sup>, 2004 -

### SUBJECT: Afib-Friendly Recipes

Several afibbers have expressed an interest in compiling recipes for afib-friendly meals and snacks, particularly those providing a high magnesium and potassium content. Here is your chance. As usual, the postings will be available in .pdf format in the Conference Room Proceedings.

Hans

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#### **No Cook Soup**

As I have trouble chewing salads this is my way of eating them..... as a **cold soup**:

serves one.

Liquidise [not juice] together:

One stick of celery cut up  
a good helping of lettuce-type leaves the more colourful the better  
a good sprig of parsley  
one apple washed and cut up and/or a few strawberries

I put a small amount of filtered water or apple juice in the jug to begin with and the beauty of this is that you can really add whatever you like and experiment!

I put celery leaves in once, but found that just too bitter.

#### **Joyce**

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Well for a nice **light meal, for fish lovers**:

Any fish should do although i used cod, frozen or unfrozen, as it doesn't take long to cook.

Wrap piece of fish in foil add some mixed Fruits Alfresco , one of them grinding pots(contains sundried tomatoes, black pepper, roasted garlic, olives, bell peppers, red onion, basil and wheatgrass) you can buy this is most supermarkets i got mine from Morrisons/Safeways. can use it on many different foods fish, meat, pasta sauces probably almost anything.

then put in oven for about 20 mins till hot, no need to add oil/olive oil. Gas mark 7.

It goes nice with either boiled rice. And Or mixed vegetables, cabbage onion, tomatoes and whatever other vegetables you like in silver foil with little olive oil also cooked in oven for 20 mins, and it taste nicer that way.

I've become addicted to it.

Even do same with slice of turkey just add the spice. wrapped in foil. keeps moisture in and dryness out.

## ***Babs***

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### **Poor man's salmon**

If you like salmon but hate other oily fish I defy anyone to tell the difference (apart from the colour) with this way of cooking mackerel.

As many whole mackerel (with heads off and guts out) as you want. Bring a pan of salted water to the boil, place the mackerel in the water and put the lid on, allow to come back to the boil then turn off the heat. Leave the mackerel to cool in the water. Then drain and put in fridge.

The flesh falls from the bones, and if blindfolded you would think you were eating wild salmon.

## ***Fran***

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### **Ratatouille**

Tablespoon of olive oil or beef dripping. Heat in large saucepan. Beef dripping gives this a heartier feel.

1 large onion chopped into chunks  
2 cloves garlic (optional)  
pinch of chilli flakes  
1 red or green pepper  
1 aubergine (eggplant) chopped into chunks  
2 courgettes (zucchini) chunked  
1/4lb portobello mushrooms sliced.  
3 or 4 semi ripe tomatoes

Fry off the onions, garlic and chilli flakes, then add peppers, then aubergine courgettes and mushrooms. Lastly add tomatoes. Cook on a low heat with no lid until the aubergines and courgettes are cooked and the tomatoes have left a sauce, but not gone oily. Add sea salt and ground black pepper to taste and serve.

Goes great with pork chops, gluten free sausages etc.

## ***Fran***

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### **Pancakes**

3 heaped dessert spoons of ground almonds  
1.5 heaped dessert spoons arrow root  
2 eggs  
coconut milk to form a good dropping consistency.

Cook as normal pancakes over a low heat in coconut oil. Can be used as a savoury type crepe with whatever topping you fancy (trad bacon and romaine lettuce is good) or a sweet when covered in berries and maple syrup (high in K).

## ***Fran***

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### **Fruit/nut bars**

If you feel like baking you could try making your own. My attempts have gone down well with the rest of the family, but I am trying to make it more moist. To date I do this. Get a selection of any seeds, nuts and dried fruit you have in the kitchen, put them through the food processor so that they are in bits, Add a bit of ground nuts and then whizz up with a syrup or sweetening juice of your choice. I only use enough to bind the mixture. Then press the mixture into a flat pyrex dish (greased with coconut fat) and cook for about ten minutes. Cut up into blocks when still hot. Its still crumbly when hot but hardens when cold. I have used date syrup and maple (I prefer the maple) but am thinking of trying it with pure apple juice next and not cooking for so long to try for a more moist bar.

### **Arrowroot**

I not only use arrowroot because it is not a grain and is edible raw, but because it also gives a slight raising effect to what you are baking. It means the cookie or pancake is lighter (nut flour is heavy). Also it does not have that gluteny stickiness that bloats the stomach. I suppose whipped egg white might do for this instead. Today I cooked my mother in law and husband scallops for lunch. They wanted them in white sauce. So after pan frying the scallops and adding some milk, pepper and butter (hence why I didn't have them) it only took one teaspoon of arrow root to thicken it. I don't think carbs like this should be consequential when you get more carbs than this in a slice of cheese or a piece of liver etc.

## ***Fran***

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### **Meatloaf**

I've made this meatloaf a few times and my husband and I can't believe how good it is!

1 lb organic ground beef

1-2 cups of your favorite spaghetti sauce (I like Mom's garlic and basil sauce from the coop or health food store - it has spinach and whole garlic cloves in it)

1 egg, beaten

1 cup ground pecan or other nut flour

various dried ground or powdered organic herbs: I use thyme, dill, italian seasoning, garlic granules, onion granules, parsley, cilantro, chives, basil.

Save out about half the spaghetti sauce for the top. Use big pinches of all the various herbs (this is the flavor secret!) and smash all the ingredients together with your hands until well-mixed. Press into a loaf pan and spread the remaining sauce over the top; bake uncovered for about 45 minutes at 350 degrees.

## ***Kestra***

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### **Fran's Almond Cookies**

2 grated eating apples, Cup of ground almonds, half a cup of sliced almonds, half a cup of dessicated coconut, Chopped dates or cherries (fresh), one or two tablespoons of unpasteurised honey, about a tablespoon of olive oil and one egg. Mix it all together to the consistency of a thick (not runny) batter and place spoon size dollops on an oven tray in a hot oven for about ten to 15 minutes. You have a very moist and filling cookie with all the taste of a gunky sweet cake and none of the badness.

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## **SPICED GINGER TEA**

1 quart of water – preferably filtered –with no tap chemicals.  
Ginger root - about a 3-inch piece cut in thin slices  
2 cinnamon sticks – 3- 4 inches long  
6 whole cloves

Slice ginger root into ¼ inch pieces – use about 3 inches for one recipe. Refrigerate the rest or what I like to do is slice it all and freeze in separate baggies.

Simmer gently for about 20 minutes. Simmer is just under a low boil.  
Strain and serve as hot tea or pour over ice. You can add a few cloves in the cup for interest and to chew if you like the taste of clove. Refrigerate the remaining tea.

Shopping for ginger root – it's usually in the produce department and looks like a very strange, knobby rhizome... the surface is usually light tan and shiny when fresh. Organic is preferred if available. If you find a piece that is too big, just break off a piece the size you want. Cinnamon sticks can be re-used several times because they are pure bark. Additionally, fresh, peeled and finely minced ginger is a perky treat when making stir-fry dishes – that and a little minced garlic will turn you into a gourmet chef!

### *Therapeutic Properties*

Ginger –(*Zingiber officinale*) Strong Antioxidant, anti-inflammatory, digestive tonic, sexual tonic, reduces pain, (arthritis, rheumatism), effective for motion sickness.

Cinnamon Bark - (*Cinnamomum verum*) - Highly anti-microbial, anti-infectious, antibacterial for large spectrum of infection, general tonic, sexual stimulant, increases blood flow and is lightly anti-coagulant. Researchers have found that powdered cinnamon kills *E. coli* and is helpful as a preventive measure in children - just sprinkle some every day on foods like oatmeal and applesauce. *E.coli* is dangerous to children and older adults.

Clove - (*Syzygium aromaticum*) – Highly anti-microbial, antiseptic, analgesic, bactericidal, antioxidant, anti-inflammatory. Clove in the form of Eugenol has been used for many years in dental practices to reduce pain (numbing) and kill bacteria.

Hope you enjoy

**Jackie**

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## **Waller Water**

FOUR STEPS FOR MAKING MAGNESIUM/BICARBONATE DRINKING WATER, CALLED "WW", USING THE MAGNESIUM HYDROXIDE IN "MILK OF MAGNESIA", AND CARBON DIOXIDE IN "CARBONATED WATER"  
The chemical conversion in water is:  $Mg(OH)_2 + (CO_2)_2 \rightarrow Mg^{++} + (HCO_3^-)_2$

Step 1. CHILL COMPLETELY TO REFRIGERATOR TEMPERATURE A 1 LITER BOTTLE OF "FULLY CARBONATED" WATER. Carbonated waters such as "Canada Dry Seltzer" which consist of only water and carbon dioxide (CO<sub>2</sub>) are suitable, as are many other brands of bottled "seltzer water". "Club soda", such as "Schweppes Club Soda" is also suitable; soda water is carbonated water with a small amount of added sodium.

Step 2. SHAKE WELL A BOTTLE OF PLAIN MILK OF MAGNESIA (MoM), THEN MEASURE OUT AS ACCURATELY AS POSSIBLE 3 TBS (45 ml) AND HAVE IT READY. The plastic measuring cup that comes with the MoM is accurate and ideal for the purpose. Use only plain MoM without flavorings, sweeteners, mineral oil, or other additives. The "active ingredient" should be only magnesium hydroxide (Mg(OH)<sub>2</sub>), 400 mg per teaspoon (5 ml), and the "inactive ingredient" should be only purified water (check the bottle's label). 41.7% by weight of magnesium hydroxide is

magnesium (Mg), so 1 teaspoon of MoM has 167 mg of Mg, and 1 tablespoon (TBS) has 500 mg of Mg (1 TBS = 15 ml).

Step 3. MAKING THE CONCENTRATE: REMOVE THE BOTTLE OF CARBONATED WATER FROM THE REFRIGERATOR WITHOUT AGITATING IT. REMOVE THE CAP SLOWLY AND CAREFULLY TO MINIMIZE THE LOSS OF CO<sub>2</sub>. SLOWLY ADD THE PRE-MEASURED MoM \*, THEN PROMPTLY REPLACE THE CAP. Next, shake the bottle vigorously for 15 to 30 seconds, making the liquid cloudy. After 1/2 hour or so the liquid will have cleared, and any un-dissolved Mg-hydroxide will have settled to the bottom of the bottle. Again shake the bottle vigorously for 15 to 30 seconds, making the liquid cloudy again. After several hours all of the Mg hydroxide in the MoM should have reacted with all of the CO<sub>2</sub> to become dissolved (ionized) magnesium and bicarbonate. However, if a small amount of un-dissolved Mg hydroxide still remains in the bottom of the bottle as a sediment it may be ignored. This 1 liter of concentrated magnesium bicarbonate water will have ~1,500 mg of magnesium and ~7,500 mg of bicarbonate, at pH ~8.3. This concentrate must be diluted per Step 4 to become drinkable "WW".

\* It's a good idea to pour out a small amount of the carbonated water before adding the MoM, allowing room for the MoM and preventing 'boil over'.

Step 4. TO MAKE DRINKABLE WW DILUTE THIS CONCENTRATE 11:1. Measure and transfer 1/3 liter of the concentrate (333 ml) into a suitable container. Add 3 2/3 liters (a bit less than 4 quarts) of plain, preferably purified water. Or, prepare a single glassful of WW by adding 11 ounces of water to 1 ounce of the concentrate. This drinkable water will have ~125 mg of Mg and ~625 mg of bicarbonate, pH ~8.3. Other dilutions of the concentrate may of course be made, if so desired.

LEGAL DISCLAIMER: These instructions and recommendations do not constitute a claim of health benefits from consuming this water. The maker and consumer of this water assumes full responsibility for understanding and complying with these instructions and recommendations.

And then about acidifying it, from a post by PC:

For those new to ww and why we're a little concerned about its pH, it helps to know that all magnesium waters are basic with a pH of around 8.3 or so. This includes Noah's Adobe Springs Water, Unique Water and our very own Waller Water, courtesy of our very own Erling Waller. Many tout this as an advantage, a three for (magnesium, water, HCO<sub>3</sub><sup>-</sup> all in one). The Unique Water site really sells this last component, especially for the predominantly meat eating acidic Western diet.

Who knows if this is good or bad. I certainly don't. However, while drinking ww I ran periodic blood electrolyte levels on myself, including HCO<sub>3</sub><sup>-</sup>. The latter slowly rose and finally became abnormal after about two months. During this time my K<sup>+</sup> was midrange. My concern was that this excretion of excess HCO<sub>3</sub><sup>-</sup> in urine (the body tightly regulates blood pH between 7.35 and 7.45) would eventually lead to a decrease in blood K<sup>+</sup>. HCO<sub>3</sub><sup>-</sup> drags K<sup>+</sup> out with it in the urine. This maintains electrical neutrality. Hypokalemic alkalosis is a condition that results from this physiologic process. I don't know that this will happen when taking aqueous Mg, but I'm a little concerned that it might. We all know how important intracellular K<sup>+</sup> is wrt LAF.

So I grabbed my pool pH/chlorine/... kit reagents and started experimenting. Most of the things I tried were acidic but also contained sugar, e.g., cranberry juice. This wasn't too good either. Finally someone on this BB suggested lemon juice. It turns out that lemons are very acidic. Jackie knows better than anyone how damaging lemon juice can be for your teeth.

I found that between a quarter and an eighth of a lemon squeezed into a liter of ww just about completely neutralized its pH.

**Erling**

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Hello, all, here is a sample of a **one day's diet containing 5 g potassium, provided by Erling** in response to a request by Carol A.

My meals are really unplanned and random, but in general, one day's meals will emphasize vegetables and fruit, and will have adequate protein while attempting to minimize carbohydrates. Here's yesterday's approximate potassium, in milligrams, using various on-line lists (their values vary quite a bit):

4 oz grapefruit juice (150), 1 egg (61), 2 slices bread (100), 1 apple (182), 1 banana (451), 1 plum (48), 1 oz peanuts (187), 4 crackers (17), 1 oz cheese (28), 1 tomato (444), 2 carrots (450), 12 oz beer (89), 4 oz chicken (467), 1/2 avocado (680), 1/2 baked potato (540), 4 oz yogurt (265). Total from "common foods", 4159 mg. I also used some "salt substitute" (1/8 tsp - 305) and 4 oz low-sodium tomato juice (505). Total for yesterday, pretty typical, 5.0 g potassium. According to many sources the RDA upper limit is 5.6 g.

## ***PeggyM***

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Here is Fran's account of a sample **packed lunch** for her husband.

As for my husband. He agreed to go without grains, beans etc. So is eating paleo along with me. He is amazed too. Last night he was saying that he has not missed grains one iota. He is a manual worker and needs to take a packed lunch. No-one understand how you can make a packed lunch without bread. So I have been very busy making sure of other peoples food choices. Today he has taken homemade coleslaw (made with savoy cabbage, spring onion and grated carrot and mayo) the leg and breast of last nights 2 chickens and an orange and a handful of nuts.

## ***PeggyM***

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### **Breakfast tips – Paleo diet**

From Carol:

I sometimes eat sardines with lemon juice or salmon for breakfast. **Leftovers** of meat, chicken or fish can also be eaten at breakfast.

From Fran:

Chops (pork or lamb). Also some carb sources which = potassium source, such as parsley, tomato, mushrooms, etc.

Cold meat (leftovers or a good ham) - and if you are alright with dairy - wrapped around a mild cheese with lots of cress or chives and some other veggie.

Omelette made of two eggs, and lots of fresh herbs.

If you really miss your starchy bread here is **quick pancake recipe**. But eat it with meat.

3 dessert spoons ground almonds, 1 dessert spoon of arrow root, 2 eggs, a little sea salt and some coconut milk. Fry like normal pancakes. I find this makes two good sized pancakes. I sometimes cook this at lunch time but would have it for breakfast if I didn't crave my fish. I have the first with good bacon, lots of green leaves and avocado oil (avocado oil is a source of omega 9 like olive oil and very high in Vit E) which is a nice change from olive oil. The second I have with fresh or frozen berries, a squeeze of fresh lemon and a dash of maple syrup. Mmmmmmmmm!! (if OK with dairy a dash of double cream would go down really well) Now don't get at me but the protein in the meal offsets any reaction to the maple syrup (which incidentally is high in K) - and lets face it our eating plans have to be realistic or we will only slip by the way side and torture ourselves for wrong doing. So once in a while things like this are OK.

## ***Fran***

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### **Using Stevia**

"Stevia is 10 times sweeter than sugar and can be used on all foods, hot or cold.  
Stevia does not increase blood glucose levels or create an insulin response.  
Stevia is a natural food product, derived from a plant. You can grow a Stevia plant at home.

The disadvantage of Stevia is its inability to be used effectively in recipes that require yeast, such as breads and cake. Sugar activates the yeast and provides texture and browning when baking.

Stevia blends very well with citrus flavors, cranberry, and dairy foods.  
It intensifies the flavor of fresh lemon and peaches.

Stevia is heat-stable for baking, high cooking and is heat stable. High temperatures will not destroy its sweetening powers.

When using, be sure to blend very well into the mixture to which it is added because of the intense sweetness. When adding to liquid ingredients, it may be helpful to use the liquid form.

*Comparisons:*

2 tsp. of sugar = 32 calories, 8 gm Carbs, has a Glycemic Index (GI) of 70, and is a natural food product.  
Splenda = 0 calories, 1 gm Carb, GI of 80, and is chemically derived.  
Equal = 0 calories 1 gm Carb, GI of 80 and is chemically derived.  
Stevia equivalent = 0 calories, 1 gm Carb, GI = zero, is derived from a plant.

Note that with the variety Stevia brands, a general conversion table is not totally accurate...use this table as a guide to your own experimentation...

Conversion table using Wisdom Herbs Sweet Leaf Stevia

Granulated Sugar(GS) ,Stevia Green Leaf Powder (GLP),White Stevia Extract (EXP), Liquid (L)

*For the equivalency of*

1 tsp. GS –use 1/8 tsp GLP or dust on spoon to = 1/16 tsp. (EXP) or 2 – 4 drops (L)  
1 TBS GS use 3/8 tsp. GLP or ½ pinch to ¼ tsp. EXP or 6 to 9 drops (L)  
¼ cup GS use 1½ tsp GLP or one pinch EXP or ¼ tsp. (L)  
½ cup GS use 1 TBS GLP or up to ½ tsp EXP or ½ tsp (L)  
1 cup GS use 2 TBS GLP or up to 1 tsp EXP or 1 tsp. (L)

Some people find that using just half of the Stevia required and half of another sweetener such as honey, molasses , fruit juice or rice syrup produces the desired end result in baking. However, this doesn't avoid the glucose/insulin response issue. It does require experimenting and being prepared for "flops." (If all else fails you can always smother the flop with maple syrup and honey. – My humor :) j )

Stevia Plus by Sweet Leaf has the addition of FOS a natural dietary fiber derived from chicory

I particularly like the Wisdom of the Ancients brand which comes with a shaker feature and spoon-accommodating top because for ease measuring. It pours more like a granular substance than a powder. While it's more expensive for initial outlay, it lasts a very long time. The liquid version is also very handy although not as cost effective.

Hope this is helpful. My advice would be to start with the smallest package you can find to determine if you are going to enjoy using it as a sugar substitute. "

**Jackie**

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## **Coconut Ice Cream**

The author writes: This dessert has no dairy products, but the coconut milk and young coconut give it such a rich taste that everybody just calls it "ice cream"

Serves 4 to 6 as a side dish, or 2 as a one-dish meal

Ingredients:

1 pound frozen shredded young coconut, defrosted and drained  
2 cans (19 ounces each) unsweetened coconut milk  
3/4 cup superfine sugar or granulated sugar  
1/3 cup chopped canned jackfruit, or any fresh or canned tropical fruit, or fresh corn kernels  
Toasted Coconut or roasted unsalted peanuts (optional)

Directions:

In a large mixing bowl, combine the young coconut, coconut milk, and sugar. Stir until the sugar is dissolved and blended. Add the fruit or corn kernels and mix well. Cover and chill until cold.

Freeze the mixture in an ice-cream maker, following the manufacturer's instructions.

Before serving, temper the ice cream in the refrigerator until it is no longer icy-hard and becomes smooth and easy to scoop.

Scoop the ice cream into dessert bowls and top with toasted coconut or peanuts, if desired.

<http://www.coconut-info.com/recipes.htm>

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***Ella***

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## **Liver for Non-Liver Lovers**

Adrian - here is a wee tip for you and your first time. Put some nice steak, bacon and liver in a food processor with onions and salt and whizz round. Make them into hamburgers to dilute the taste. I don't find you need an egg or anything to bind. You might find it easier to eat this way and won't have the new texture to deal with.

***Fran***

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## **Grilling on George Foreman Grill**

I have been using my GF grill for over a year. I have the small one that has a light on the cover. I go by the light that when it shuts off, it means that what you are grilling is done. I also rub olive oil on the upper cover and the plate that you grill on so that whatever you are grilling doesn't stick to the surface. If I grill fish, I sprinkle some dill on it... Chicken, I spread some crushed garlic on it. Actually, these are the only foods I have grilled. You also could just go by checking the fish or chicken after a couple of minutes of grilling to see if it is to your liking. Another suggestion, if you still have the information that comes with the grill, you might try calling the company and ask for customer service and they would probably give you some tips according to which grill you have purchased. Hopes this helps you and good grilling to you.

***Geri***

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I usually undercook my meats, except for chicken, and then I keep a real close eye, so as not to overcook. It only takes about 3-5 min. for my meats. I just use Johnny's seasoning salt, as it contains no MSG and rub my chicken or fish with olive oil. I get plenty of potassium by other things I eat to offset the sodium. That helps seal in the juices. I, too, have the small one, but also have the larger one, and it cooks hotter. I'd try different herbs, as Geri mentioned.

**Richard**

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### **Oatmeal porridge substitute**

For those, like me, who just can't stomach oatmeal mush, try oat bran with flaxseed meal and raisins. Oat bran has a milder taste than oatmeal, the flaxseed meal adds a slightly nutty flavor, and the raisins add a natural sweetness. And oat bran is a doctor recommended cholesterol lowerer. My wife Alice came up with the following recipe after I tried several times to eat oatmeal mush, and just couldn't do it.

Put a half cup of Oat Bran and one and a third cups of water in a large (8.5inch) bowl, stir, cover with saran wrap, and heat in the microwave for 3 minutes on high. Remove, stir thoroughly, let sit for 2 to 3 minutes, and then sprinkle 2 heaping tablespoons of flaxseed meal evenly over the porridge. Scatter raisins on the top to taste.

Alice prefers to stir the raisins into the porridge before letting it sit. This plumps them, and she says makes the eating of the porridge more adventuresome! However, I guarantee one raisin with each big spoonful of porridge by placing them on top.

I use Trader Joe's Natural Toasted Oat Bran, Bob's Red Mill Whole Ground Flaxseed Meal, and Trader Joe's Jumbo Golden Raisins.

I switched from Post's Shredded Wheat 'n Bran with skim milk to Oat Bran mush in late February during a 2 and a half month AF episode (my 495th episode in 4 years). On the first of April I quit fibrillating, had 2 brief episodes in the next 3 months, and none in the past 3 months (and no meds for the past 4 months). I feel very sure that the change to the healthier breakfast was a positive factor in my achieving and maintaining sinus rhythm.

**Paul**

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Paul,

That sounds like a tasty hot meal.

As a cold breakfast I eat a small helping of 'raw' porridge oats, damped down with apple juice, and add ground almonds, freshly crushed flaxseeds, cinnamon, turmeric, ginger, fresh pineapple and a couple of other fruits [red grapes and strawberries at the moment] plus a small helping of live yoghurt.

It also makes a very tasty smoothie. Sometimes I use tofu instead of yoghurt but I realise neither is OK for some of us.

**Joyce**

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### **Winter Squash and Apples**

Drizzle olive oil and rosemary leaves over halved butternut squash. Bake in 325-degree oven until barely tender. Peel and cube.

Bake chunks of apple separately in another dish until just tender.

Then mix both together with DRIED sour cherries or DRIED cranberries and warm in oven.

Nuts may be added. Onions would also be good with this. Experiment.

Leftovers are good because the flavor improves with sitting overnight in refrigerator.

**Carol**

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Sounds delicious Carol. I am going to try this as it so different to what I usually eat - and love a change. When you say the squash is barely tender, does that mean it is not coloured on top. The only way I have ever cooked squash before is to roast it in chunks.

Thanks

***Fran***

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Hi, Fran

Yes, I bake butternut squash until it is just tender because I reheat it with the apples and don't want it to become squishy from being overcooked.

I think that butternut squash is a very versatile vegetable. I could imagine it with sausage, currants, onions, too. There are probable many variations that we could come up with.

Let me know how you like it.

***Carol***

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Hello, Fran and Carol. I am from Maine, and when i was a child, there was no refrigerator, electricity being a fairly recent innovation in the first place, so we ate a lot of winter squash, because the big blue hubbard squash would keep happily on a shelf in the cellar all winter long. A hubbard squash is a pretty formidable customer, hard as a rock and half the size of a bushel basket. Mama used the hatchet to chop it into manageable chunks, peeled the chunks, cut them up again into about 2 inch cubes, and steamed the pieces until tender. Cooking them in water resulted in too watery a texture. Then they were mashed and butter, salt, pepper, and sometimes a little milk were added, as for mashed potatoes. Mama canned a lot of squash too, because one family could barely make a dent in the amount of cooked squash produced by one of those big boys, and wasting food was a sin. Mason jars, pressure cooker on the big woodburning cookstove, a big deal. Why she never just put half a squash in the oven and baked it til tender, i have no clue. When i found out people did it that way i was delighted, and have been baking squash ever since. But the old blue hubbard is not seen any more, and other winter squashes do not seem to taste as good.

***PeggyM***

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Fran,

Would you, or someone else, please enlighten me as to the measurements of a dessert spoon. I note that you frequently refer to this in your recipes. Results of a Google search told me that a dessert spoon is larger than a teaspoon, but smaller than a tablespoon. However, the little dessert spoons in my house are actually smaller than a teaspoon!

Thanks for your help.

***Marian***

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Maybe its a UK thing. It is indeed bigger than a teaspoon and smaller than a table spoon. It is the type of spoon that we eat puddings with. Not to be confused with the round soup spoon. But that's not going to help you much. I suspect if you substitute 1/2 tablespoon for one dessert spoon that would work. By the way I should say that when I say one dessert spoon I mean it as heaped. Not flat.

Good luck

**Fran**

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I follow a non-dairy, non-processed sugar, low-glycemic, Mediterranean diet that provides an average of 5.8 grams a day of Potassium (K). I believe that the diet has been instrumental in my achieving and maintaining sinus rhythm. As noted in my previous post (Oatmeal Porridge Substitute, 9/21), I have been essentially AF free for six months, without meds, after 495 AF episodes in 4 years.

Below is a copy of the Microsoft Excel spreadsheet I used to calculate my average daily Potassium consumption. It lists the food item, the usual serving size, the average amount consumed per day, and the amount of Potassium the average daily amount provides. For example, we have Salmon for dinner about every 6 days, the usual serving size is about 6 ounces, so the average amount per day is 1 ounce which provides about 106 milligrams of Potassium. The amount of Potassium provided was derived from the USDA Nutrient Database for Standard Reference, Release 14.

I apologize for the misalignment of the columns. I spent some tedious effort to line up the columns exactly in the posting window, but as you see the preview shows no alignment, and there doesn't seem to be anything I can do about it. Hopefully, somebody will have the patience to get something useful out of it anyway.

The spreadsheet defines exactly my diet by listing everything I eat and drink and how much (except for water). I think many would find the list somewhat limiting. Fortunately I have a wife who creates very tasty and imaginative meals from these ingredients. Unfortunately, she does not work from a recipe, and can't really recreate the recipe after the meal is done. So, except for the breakfast recipe of my previous post, I have no recipes to share with the Conference Room.

In discussing the French Paradox in "The Diet Zoo" (International Health News, Dec '03/Jan '04, Pg 14), William Ware implies that how you eat may be as important as what you eat. I follow several of the practices that he gives as reasons for the paradox. I take my time with and enjoy meals (perhaps not as much time as the French, but certainly more than the average American), eat a significant part of the salad (dark green lettuce, spinach and tomato with olive oil and vinegar) at the end of the meal, eat fruit for dessert, and drink red wine with dinner. As an additional concession to my hyperglycemia, I allow a half hour or so between the meal and the dessert.

*ITEM SERVING AVERAGE K*

*SIZE PER DAY mg*

Breakfast

Oat Bran 1/2 Cup 1/2 Cup 100

Flaxseed Meal 2 Tblspoons 2 Tblspoons

Large Golden Raisins (21g) 24 24 157

Apple 1 1 159

Lunch

TJ Flourless Sprouted 2 Slices 2 Slices 106

Multigrain Bread

Pink Salmon 110 gms 55 gms 179

Peanut Butter (2 tbls) 34 gms 17 gms 113

Small Carrots (3) 69 gms 69 gms 230

TJ Low Sodium Garden Patch 8 oz 10 oz 650

Banana 1 1 500

Apple 1 1 159

Fruit (e.g., Plum) 1 1/2 57

Snack

Almonds 12 12 103

TJ Fiber Cake (bran muff) 1 1 289

Dinner

Salmon 6 oz 1 oz 106

White Fish 5 oz 1 oz 125

Chicken 6 oz 2 oz 129  
 Beef, Lamb, or Pork 6 oz 0.3 oz 26  
 Brown Rice 1.5 Cups 1.25 Cups 105  
 Beans (black,pinto) 1 Cup 1/6 Cup 30  
 Whole Wheat Pasta 2 Cups 1/3 Cup 21  
 Marinara Sauce 1/4 Cup 1/24 Cup 3  
 Stewed Tomatoes 2 oz 80  
 Cracked Wheat Sourdough Roll 1 1/4 25  
 Lettuce/Spinach (3:1) 3 Cups 3 Cups 465  
 Tomatoes 1 1 273  
 Onions 1/4 Cup 11  
 Eggplant 1/10 Cup 26  
 Summer Squash 1 Cup 1/4 Cup 45  
 Asparagus 6 Spears 1 Spear 24  
 Broccoli 2 Cups 1/10 Cup 46  
 Green Beans 1 Cup 1/7 Cup 53  
 Peas 1/3 Cup 1/20 Cup 14  
 Beet Greens 1 Cup 1/14 cup 94  
 Miscellaneous Vegetables 10  
 Apple 1 1 159  
 Fruit (e.g., Cantelope) 1/10 1/20 124  
 Olive Oil 2 oz 0  
 Cider Vinegar 2 oz 15  
 Red Wine 4 oz 7 oz 230  
 White Wine 4 oz 3 oz 47  
 Ale 12 oz 4 oz 30  
 Snack  
 TJ FSMB Bread 1 Slice 1 Slice 53  
 Peanut Butter 16 gms 16 gms 107  
 Banana 1 1 500  
 Total 5778  
 (1 oz = 28.3 gms)  
 (TJ =Trader Joe's)

Re wheat, I wasn't specifically trying to cut down on wheat, although I thought that not having it for breakfast might be a good idea. I actually thought getting rid of the skim milk was more important. As you saw in my other post, I eat three slices of flourless sprouted multigrain bread every day and a sourdough roll one or twice a week; I don't know if that's a significant amount of wheat or not.

## ***Paul***

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Here are a few suggestions:

Use **spaghetti squash in place of pasta**. Rub halved squash, w/membranes and seeds removed, w/olive oil and put whole garlic cloves inside. Bake in 350 deg oven until knife pierces easily. After done scrap out insides and serve with your favorite pasta sauce. (Depending on size of squash, the baking time could take from 30-45 mins).

When I do splurge and consume some dairy, my **favorite pasta sauce** is as follows.

Saute 1 pkg. of cut up pancetta in olive oil and a dab of butter, until somewhat crisp. Remove. Add, sliced mushrooms and saute til tender, then add 1-2 cloves of minced garlic, and saute for a minute, then add diced sundried tomatoes, and if desired add artichoke hearts. I don't usually have the latter to add. When all is done, return the pancetta to the pan and add about a cup of half and half cream and parmesan cheese. This is really a good sauce made by one of our favorite local restaurants. Serve over the spaghetti squash, but the restaurant uses cheese ravioli.

Note: Parmesan is high in free glutamate, so if this bothers you, don't use this.

For a good **marinade of chicken**, use the juice of 1 lime, mixed w/olive oil, salt, pepper, minced garlic. Marinate for an hour, or longer. Grill and serve with a salsa of chopped onions, cilantro, apples, blueberries, and cucumber. The same can be done with fish, but cut the marinade time down to 30 mins.

Bon Appetite,  
**Richard**

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### **Two Eggs in a Glass**

That's it folks - Two raw, preferably free range organic chicken laid eggs in a glass and suck it back. As cooking destroys nutrients the advantage to eating raw eggs is you get all the nutrients in the egg. Another advantage is the speed with which breakfast is prepared. I like to follow that with a banana or/and apple. See

<http://www.drgrisanti.com/eggs.htm>

Some people may be worried about salmonella poisoning but they needn't be. According to this site the risk of finding a salmonella infected egg is 1 in every 42 years.

<http://www.healingdaily.com/detoxification-diet/raw-eggs.htm>

**Adrian** - I am the egg man :-)

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### **Simmered Turkey**

Be sure the turkey, if frozen, is completely defrosted. Remove the neck and giblets.

Place a large pot on the stove, and put the whole turkey into it. Cover completely with cold water, and then remove the bird, leaving the water in the pot. (In this way we know how much water to use for cooking, it will take about a 20-quart pot to simmer a 10-pound bird) Bring the water to a boil. Remove the wings and legs and set aside. Place the body of the bird in the pot, and bring the water back to a boil, turn down the heat, cover pot and keep the water at a light simmer for 45 minutes. Then add the wings and legs to the pot, cover the pot again, and simmer for an additional 45 minutes. Then leave the lid on the pot and the pot on the burner, turn off the heat, let the bird stand in its own liquid for 2 hours. It is now ready to remove and be served or used. At the end of the 2-hour period you may place the whole works in the refrigerator and chill for next day. Do not store the turkey in aluminum, but stainless steel ware is fine. Please do not season the bird while cooking, Salt dries out the bird. If you must add salt, add it later just before serving.

Low-salt/fat eaters will find this turkey to be just the thing. Simple remove the skin from the bird after cooking and eat without guilt! I save all the bones and cook it again in the stock with veggies for a delicious soup.

**Ella**

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### **Waldorf Salad**

6 Servings

Prepare:

1 cup diced celery  
1 cup diced apples

Combine with:

1/2 cup walnut or pecan meats

3/4 c. mayonnaise

**Carol Andrews**

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This is not a recipe, but a list of **hidden names for MSG**.

**Fran**

**Monosodium Glutamate**

glutamate	malt flavoring(s)
natural flavor(s)	malted barley / barley malt
natural flavoring(s)	malted barley flour
maltodextrin	malted anything
carrageenan	disodium guanylate
gelatin	disodium inosinate
spice(s)	disodium caseinate
seasoning(s)	sodium caseinate
seasoned salt	calcium caseinate
dough conditioner(s)	caseinate
yeast extract	textured protein
autolyzed yeast	guar gum
autolyzed yeast extract	vegetable gum
autolyzed anything	plant protein extract
broth	soy extract
stock	soy protein
soup base	soy protein concentrate
bouillon	soy protein isolate
nutrasweet/aspartame	soy sauce
hydrolyzed protein	whey protein
hydrolyzed vegetable protein (HVP)	whey protein isolate
hydrolyzed plant protein	whey protein concentrate
hydrolyzed oat flour	kombu extract
hydrolyzed anything	smoke flavoring(s)
chicken/pork/beef "flavoring"	l-cysteine
chicken/pork/beef "base" malt	ajinomoto
extract	

