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Five Myths About The "NMP" (No Meat Or Poultry) Eating Style

By Melanie Jordan

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Are you being held back from choosing a healthier lifestyle because you believe one of the many myths about going meatless? Many people who could greatly benefit from going what I call "NMP" (no meat or poultry, yes to fish, dairy products and eggs), whether full-time, or from time-to-time, do not do so because they are misinformed. That's too bad, because eating more of a plant-based diet, is being pointed to more and more as a great way to maintain good health or lessen the severity of illness or disease when it does strike. So let's dispel some of those myths right now!

Myth 1: A diet without meat and poultry is boring and hard to stick with.

Not true! Forget everything you've heard about going meatless either full-time, or from time-to-time. I follow an "NMP" eating style full-time, and I regularly eat delicious food like cheeseburgers, chicken parmesan, tacos, BLTs and chicken caesar salad (in their non-meat/poultry versions of course).

Myth 2: When you go "NMP", you have trouble getting enough protein. The trouble with the "Typical American Diet" is that most people think protein means just red meat, poultry, pork or fish. There are lots of great ways for someone who follows the "NMP" eating style to easily get the essential protein that they need to be healthy. For example, some great sources of protein without meat and poultry include: fish, soy-based meat and poultry substitute products, high-protein pasta, beans, nuts, fat-free and low-fat dairy products and eggs (ideally just egg whites) and vegetable-based protein powders.

Myth 3: Any food that I find in my natural foods/health food store is healthy.

Just because an item is available for sale in a natural foods/health food store, does not mean that you can assume it is right for you. A frozen food entrée may have too much fat, salt or sugar even if it does

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not contain meat or poultry. There will still be white bread and white pastas, when whole grain would be healthier. A baked item could have partially-hydrogenated oil (trans-fat) in it. Nothing demonstrates better the fact that you still have to be on your guard at a health food store, than the fact that such major chains as Whole Foods Markets and Wild Oats Markets sell Ben & Jerry's ice cream.

Myth 4: It's hard for those who go "NMP" to fit in socially

Lots of people have special dietary needs and you shouldn't let "meat and poultry eaters' peer pressure" get in the way of your "NMP" lifestyle. Many of my friends and family did not even know I had changed my eating habits until I told them, because I tended to order food out from favorites like Italian, Chinese and Mexican or salad bars anyway. Instead of ordering a dish

with chicken, I would go meatless or order fish, and no one was the wiser. If I went to a friend or family member's house where I knew that they might not have much for me to eat, I would bring along a healthy meatless dish like a pasta salad as an offering to the host or hostess. This would ensure I wouldn't "starve" and usually the meat and poultry eaters in attendance would enjoy it too.

Myth 5: I could never go "NMP"

Never say never! Even though I have been a healthy eater for nearly a decade after a "misspent youth", if someone would have told me years ago that I would adopt an "NMP" eating style and maintain it for nearly three years now, I would have thought they were crazy. Taking my healthy eating habits to a new level occurred when I witnessed first-hand the heart disease and diabetes present in my family worsen. While that was strong motivation, it might not have been enough if I was forced to eat foods I did not enjoy and give the heave-ho to all my favorites. If you find a way to get creative and still eat the foods you love, you'll find that you can stick with it.

"Mythology" aside, the decision on whether or not you should go "NMP" either full-time, or from time-to-time, is a personal one between you and your team of health care professionals. But consider that such a lifestyle change could help put you in the best possible position to live a long and healthy life—both for your benefit, and that of your loved ones. And that's a fact.

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Author's By-line:

"Have Your Cheeseburger And Keep Your Health Too!" by Melanie Jordan can be downloaded at the following URL:

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Melanie is the author of "Have Your Cheeseburger And Keep Your Health Too!" and "Healthy Recipes For Comfort Foods You Love!" More healthy living resources and book purchase information is

available at Melanie's web site at <http://www.healthyeatingcoach.com>. You can contact Melanie and subscribe to her free monthly healthy living e-zine by e-mail to healthyeatncoach@aol.com.

What A 6-Month Old Can Teach Us About Our Eating Habits

By Melanie R. Jordan

Recently, I had the pleasure of seeing my 6-month old niece Rianna in Las Vegas. She has just started eating "real" baby food beyond the formula in her bottle, and I got a kick out of feeding her one of her meals of squash. Okay, so not all of it got in her mouth, but she was pretty cooperative overall.

I was curious as to what else she was eating, and my sister-in-law showed me an assortment of baby food jars containing green beans, carrots, bananas and a variety of other fruits and vegetables.

It was at this moment the following thought hit me. When we come into this world we are "NMP" (a healthy eating style) and then some! We don't start off eating meat, poultry and the various other junk food we become accustomed to later on. The craving for these items is something we learn. And if we can learn it, we can also "unlearn" it. That's what I did when I used my unique Fallback Methods to make the easy, gradual transition to my healthy "NMP" eating style. By the way, I coined the acronym "NMP" for my book "Have Your Cheeseburger And Keep Your Health Too!" to describe my healthy eating style. It stands for "no meat or poultry", but unlike vegetarian diets, includes fish, and its emphasis on converting favorite comfort foods we all grew up on and like to eat out, into more healthful meatless forms.

You can do your children a huge favor by bringing them up "NMP", or at least as "NMP" as possible, and letting them continue with the non-meat/poultry diet they naturally started when they first were introduced to solid food. You can also help the other children in your life—grandchildren and nieces and nephews by teaching them when you have time with them that good food choices are their friends.

There is an epidemic of overweight and obese kids in the United States due to poor diet and a sedentary lifestyle (too much television, video games and computer time). So diseases like Type II diabetes which are supposed to be "adult onset" are starting to show up even in teenagers. Researchers have shown that arteries can begin being clogged by poor diet from the early years of childhood on. It's never too soon to adopt healthy eating habits that can put a child in the best possible position to have a very long and healthy life.

So does this mean that as your kids grow they cannot have all the "traditional" kid fare that all of us love like hot dogs, hamburgers and chicken nuggets? Not at all! There are healthy and delicious non-meat/poultry versions of all of these foods that you can use, and feel good about giving your child. So your kids can definitely "have their cheeseburger and keep their health too!" There's even one company, Yves, that has introduced a line of "lunchable"-type meals that mimic those incredibly unhealthy, heavily-advertised meals that kids are often sent off to school with.

And, just because you're not a kid (at least in numeric age) anymore yourself, it doesn't mean that you can't easily "unlearn" and improve upon your current eating habits. "NMP" eating is designed to allow

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you to eat healthfully, yet still have all your favorite comfort foods. "NMP" also teaches you to avoid hidden food dangers. It's the unique combination of the two that gives you the best of all possible worlds when it comes to diet and your health. So why not make "NMP" the healthy eating style of

choice in your household? It's never too early and it's never too late!

Note: Please check with your pediatrician or other healthcare professionals to determine the best way to incorporate healthy "NMP" eating in your child's diet and it's applicability to his or her particular needs.

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Melanie is the author of "Have Your Cheeseburger And Keep Your Health Too!" This Booklocker.com print best seller uniquely shows how healthy eating achieved with favorite comfort foods is deliciously possible! Melanie also publishes a free monthly e-zine called "Have Your Cheeseburger And Keep Your Health Too! Update" (subscribe by e-mail to healthycoach@aweber.com). Visit her web site Healthy Eating Coach's Corner at

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