



Jennette Turner

Natural Foods Education

Frequently Asked Questions About Natural Foods and *Dinner with Jennette*

1) What are **Natural Foods**?

Natural foods are “real” foods. They’re not created in a laboratory, industrially manufactured, processed or refined. When they are prepared at home, their nutritional properties remain intact. Think of natural foods as something grandma would recognize.

2) Are all natural foods organic?

Not necessarily. There are natural foods (think squash or bananas) that aren’t always organic. Similarly, there are organic products, which, because they are highly refined and/or processed, are not natural (imitation meat products, protein bars and many snack foods). Jennette recommends choosing organic natural foods whenever possible, but they don’t have to be organic to be natural.

3) Is **Dinner with Jennette** a weight-loss diet?

Technically, no. However, some customers have reported weight loss, and in Jennette’s private consultation practice, individuals often lose weight. The reason is that when people eat balanced meals, they are more satisfied and have fewer cravings. Often, people are overweight because they are not properly nourished—they eat more to make up for nutritional deficiencies. It’s a naturally occurring phenomenon: eating better foods eliminates cravings for nutrient-poor food.

4) Are **Dinner with Jennette** meals vegetarian or casein-free (no dairy)?

Most **Dinner with Jennette** meals are not designed to be vegetarian or dairy-free, although each month some appear on the list. For customers who are exclusively vegetarian or casein-free, Jennette makes it easy to adapt recipes by providing meat and dairy substitutes for each of the monthly meal plans. Vegetarian options include a variety of meat substitutes: beans, nuts, eggs, quorn, tofu and tempeh.

5) **Dinner with Jennette** is suitable for gluten-free diets. Why is that important?

It’s estimated that one in 133 Americans is affected by celiac disease, a serious condition caused by the body’s inability to tolerate gluten, a protein found in wheat, rye, barley and in some oats. There are millions more who have less serious forms of gluten intolerance. Most food products contain refined (processed) wheat, making it difficult for people with gluten-intolerance to find agreeable food. **Dinner with Jennette** meals do not use wheat, rye, barley or oats. Many meals don’t contain any grains at all, but those that do use nutritious whole grains such as quinoa or polenta. Good-quality ingredients are tasty for everyone and safe for those who are gluten intolerant.

6) Is **Dinner with Jennette** practical for single-person households?

Sure! While recipes are portioned for four people, it’s easy to prepare half the recipe. Better yet, make the whole thing, freeze two portions and have another for lunch.

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