

Subscribe

Share ▼

Past Issues

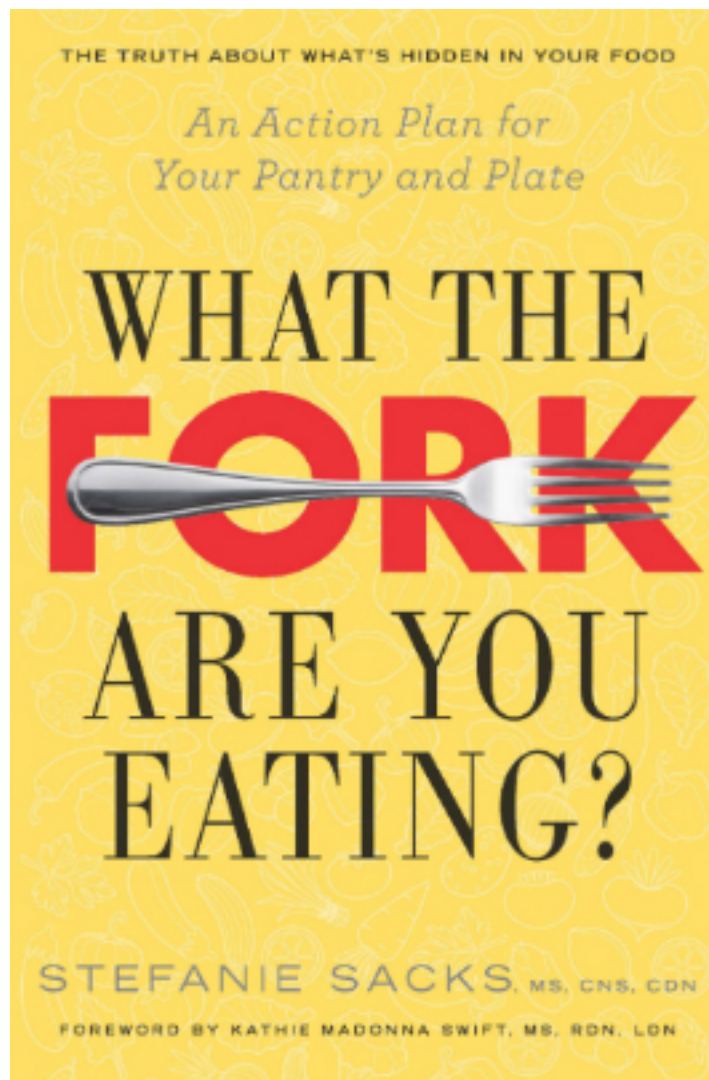
Translate ▼

RSS 

Q&A with Culinary Nutritionist, Stefanie Sacks

[View this email in your browser](#)

PROTECT WHAT IS *Precious*



[Stefanie Sacks, MS, CNS, CDN](#) is a culinary nutritionist, author, radio show host, educator, speaker and consultant. Studying food and healing for 25 years, she is a self-described 'Culinary Nutritionist' – a professional chef with a Masters of Science in Nutrition. Her blog, [What The Fork Weekly](#) features her [Stirring the Pot™](#) radio show that airs on Hamptons NPR, WPPB 88.3FM and via podcast. She is the author of *What the Fork Are You Eating?*, a book that emphasizes making small dietary changes to

create a big change in your own life, and the lives of others. We spoke with Stefanie about her book, our shared values, and some easy and delicious recipes from her book to help jumpstart the food revolution.



Tell us a little more about how small changes become part of something larger?

All of the changes I talk about in [What The Fork Are You Eating?](#) are changes that I have made in my own life. They didn't happen overnight, rather over the course of the past thirty years—the more I learned, the more I shifted to become the person and professional I am today. And I continue to evolve and grow every day. There were times that I bought into fads or tried to shift too many things at once—wanting that quick fix because I wanted to feel great, be healthy—but consistently those types of shifts weren't sustainable. Eventually I smartened up and realized that any change, small or large, needed to happen in stages—setting realistic goals for myself meant success. This in turn translated to how I work with my clients and students (and how I educate my readers and listeners). There is no silver bullet and health means something different to everyone. For change to occur we must respect where we are at, what we can do, and push for shifts that are truly attainable.

To talk in more tangible terms, if you are accustomed to consuming meat daily but want to shift to a more plant based diet, even go vegetarian, do *not* cut meat out cold turkey (no pun intended). Set realistic goals such as:

1. Rather than 1-2 times daily, I will cut my meat consumption to 1 time daily only for 4 weeks
2. After 4 weeks, I will *only* consume meat 3-4 times per week

And so on...

A trusted client once told me many years ago, “The slower you go, the faster you get there.” Thus, it is about the small changes—while the road may seem longer, it ends up being far less circuitous and yes, even faster.

[READ THE FULL INTERVIEW HERE.](#)
[BUY WHAT THE FORK ARE YOU EATING HERE.](#)

Copyright © 2015 Protect What Is Precious, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

MailChimp.