

# *Now I'm a Better Mom*

*Karlie Philpott*

When my husband, Garth, found out he was borderline diabetic, we both knew we had to do something. Diabetes runs in his family and he knew for sure that he didn't want to go down that road! His doctor told him he had to change his diet, including eating less meat. I struggled to prepare meals without meat, but I really had no idea how. We'd always eaten meat every single day, so other than steaming broccoli, I didn't know how to cook without meat. So when my good friend and neighbor, Tiffany, told me about the Food for Life classes, I was ready to go! Thank goodness I could get some help figuring out how to make the kind of food my husband needed to turn this around before he had full-blown diabetes.

In March and April, I took the Food for Life Diabetes class with Tiffany, and when that series ended we both took the Cancer Project Food for Life classes. I already had the motivation, and now I had the information I needed, so I dove right into it! I cleaned out my pantry and got rid of ALL the processed food. Every bit of it! Then I went shopping with the list of staples for a healthy vegan pantry that I got in class and bought everything on the

list. I also bought a blender, a food processor, and a rice cooker because I hardly had any kitchen tools. I used to nuke just about everything! It was expensive getting it all at once, but it was well worth it. Having everything I needed in my kitchen made it much easier than I thought it would be to start preparing healthy plant-based meals for my whole family.

I saw a change in my three kids immediately. They are 2½, 6, and 7 years old. They used to have big swings in their moods and behavior, but with the healthy diet, they became much more even-tempered. They also start-ed sleeping better.

When I changed my diet, I actually felt horrible for a couple of days. I could tell my body was getting rid of toxins. But within a few days, I started feeling better and by the end of the week, I felt great. I notice I have more energy than I used to have and don't need as much sleep as I did.

My husband works on the Slope, and when he's home he enjoys the meals I cook. When he's at work, he has no problem eating well because they have a big salad bar available 24 hours a day and he is very committed to sticking with a



healthy diet. His doctor has told him he's doing great now.

I feel guilty when I think about how I used to feed my kids. It was all that processed crap that most kids eat, like corn dogs and chicken nuggets. I didn't eat that myself because I hardly ate anything. I'd just have a salad, (with a little meat on it, of course) because I was ALWAYS watching my weight. I hated dieting, but I did it continuously or I would gain weight.

Now I feel like a better mom AND I can eat as much as I want without gaining weight! I haven't actually lost any weight, but it feels like a miracle that I can eat all day long without gaining.

One thing that really helped me succeed in transforming mealtimes at home was realizing that I didn't need to know how to make 100 different things. I only needed about 7 different meals which we would repeat over and over. That's what we did before, so all we needed was 7 new meals that everyone liked. It took a little time and experimenting to find these

7 new meals, but now everything is easy and my kids are happy eating all this healthy food. They really love their daily fruit smoothies with spinach added!

I'm really excited about sharing my new knowledge with my twin sister, Kandice. She came up for a short visit and I gave her private lessons in my kitchen, took her shopping, and even took her to my last cooking class. Now she's back home in Utah and has

cleaned out her pantry and is buying all the healthy foods on the list of staples I shared with her. My next project is doing the same thing with my mother when I visit my parents in Wyoming in July. Hopefully I'll eventually be able to get my whole family converted (5 brothers, 2 sisters, and my parents).

If you've wondered whether to change your diet, just look around. Look at your neighbors. Look at Americans. It's obvious something is wrong. We need to change! And making the change isn't as hard as you think. When you do, you'll feel 100% better.

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