

eWellness magazine

When granola is healthy?

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You don't need to be on gluten-free diet to enjoy the best food there is. Granola is a universally loved breakfast food or great snack, but it is not always healthy. So many commercially made granolas are full sweetener and unwanted trans-fatty acids.

We asked Jennifer Bielawski CEO/Founder Thoughtful Foods LLC, how she made the healthy granola. A homemade version Giddy up and go granola by Thoughtful Food is made with organic ingredients, delicious and gluten free. It comes in two varieties: Seriously Seedy

(which is safe for people with nut allergies, and Notoriously Nutty (soft and chewy and just delicious).

NOTORIOUSLY NUTTY



Our signature granola is loaded with protein. We use only organic fruit and nuts to ensure that you're getting only the best possible fuel for your body! If you are what you eat, you are going to be nuts!

This is the story.

“In the fall of 2009 my family was in trouble”– said Jennifer Bielawski founder Thoughtful Food. I was diagnosed with the autoimmune disease Ulcerative Colitis. My 4 year-old-son was diagnosed with Eosinophilic Gastritis (ulcers in his stomach) with the treatment being a feeding tube and an elemental formula diet, and my 6 year-old daughter was showing signs of retro-active autism or depression. After doing much research I found the culprit for all of this...food intolerance. In an attempt to heal us, I began using the Specific Carbohydrate Diet, which eliminates grain, starch, sugar and most lactose. As a result, I was forced to restock my kitchen and start from scratch.

Because of the huge learning curve and the need to eliminate almost everything in my pantry, I spent \$2,200 in one month alone trying to feed my family.

After investing in many new gadgets and spending countless hours in the kitchen experimenting with recipes and searching for and testing numerous products, I learned how to replicate the foods that we could no longer tolerate. The hard work paid off. I went into remission almost immediately. My daughter began to emerge from the cloud that seemed to engulf her and after a second endoscopy on my son, done two months after the first that detected the ulcers, showed that they were then gone. After doing much research on food intolerance, I wanted to help educate others about the signs and symptoms. I organized several lectures that stressed the importance of an organic diet, which morphed into the Thoughtful Food brand in 2010 after attendees of the lectures approached me about making food for their families.

I have turned my passion for natural healing and love of cooking into our food product line where I hope others will benefit from my experience. I am so proud to introduce Giddy Up & Go Granola as our first offering in an entire organic and gluten free line-up. We pledge to never compromise on quality and thoughtfully source every ingredient from suppliers we trust. Thoughtful Food affirms my belief that the best foods are those that are simple, pure and clean.

SERIOUSLY SEEDY



This granola is not only as delicious as our first, but is safe for those suffering from nut allergies. Our organic pumpkin, sesame and sunflower seeds add the perfect crunch while the antioxidant rich dried fruit adds the perfect punch!

Why homemade granola is healthy?

The best way to control the fat and calories amounts in your granola is to make your own cereal.

Granola offers you various healthy benefits:

- **The reach fiber content in granola support healthy weight loss.**
- **High fiber intake promotes regular bowel movements and helps eliminate constipation**
- **Fiber is also great way to detoxify the digestive system**
- **The various vitamins (A, B-complex, E) and minerals (iron, potassium, magnesium, calcium) in granola support an activity and healthy lifestyle**
- **Almonds and nuts can support cardiovascular health and lower your cholesterol. Improve clarity and support memory functions**
- **Walnuts are a rich source of Omega -3 fatty acids. Omega -3 supports cardiovascular health, prevent blood clots and reduces the risk of hart disease.**