

Bites & Nibbles

Nutritionally packed recipes, resources, and stories that spotlight alternative unrefined sweeteners and real food for better choices.



Autumn Issue 2025

The Real Food Tales Story

Real Food Tales exists through a passion to educate people about the benefits of eating less sugar and less ultra processed foods. It's about teaching how to use real food ingredients as opposed to non-food items that are over-processed, less nutrient rich with excessive refined sugars, salt, and chemicals.

Introducing recipes to sample items made with real foods that are new or might have been forgotten or avoided. To name a few: Fennel, Dates, Chickpea Pasta, and Lentils.

Developing recipes that light up the faces of people sampling deliciousness is the core of the mission. Watching that moment of 'wow' while trying chocolate cake made with fresh zucchini, bananas instead of sugar, and yogurt in place of oil/butter is the inspiration of the mission.

Real Food Tales empowers people to read nutrition labels and make better choices.

Knowledge is half the battle when it comes to reducing sugar and avoiding the long ingredient lists with hard to pronounce words.



www.realfoodtales.com/thai-lettuce-wraps

Now We're Cooking

Real Food Cooking Classes are available for individuals and private groups.

Ask or inquire at kim@realfoodtales.com

Group Cooking Classes coming soon to Harwich, stay tuned.

"Time to embrace the real science of real food."

Robert Lustig, MD, MSL / Author of "Metabolical"

These Bon-Bons Are Real Food

"To try them is to love them."

Definitely the winner of the month at DCAL on 8/29/25, proving that absolutely zero refined sugar candy such as these can be nutritious, delicious, and make everyone's eyebrows go up. Even the chocolate is made using date sugar, cocoa, and cocoa butter. Did I mention they have a good



amount of protein, fiber, and keep the metabolism happy. (*contains potassium- not recommended for specific health conditions).

"Tastes like a Snicker's Bar."

If you visit, please like / follow Videos & Posts on Facebook: www.facebook.com/realfoodtales



It means a lot to me!



www.realfoodtales.com/daily-sugar-intake/

Did you know the recommended daily allowance (RDA) for added sugar is roughly **25** grams for adult females, **35** grams for adult males?

Are you aware how much sugar you consume daily? If it says "healthy" it doesn't mean less sugar.

Added Sugar Amounts...

- One Snicker's candy bar: 24 grams.
- 20 oz. bottle of Coke: 65 grams.
- Cabot Greek Vanilla Yogurt: 18 grams per ¾ cup.
- Honey Nut Cheerios 12 grams per ¾ cup.

The four items above total 119 grams of added sugar. What happens to the excessive amounts of sugar day after day that our bodies are not designed to consume? Do the math. In a word, negative health consequences over time.



DENNIS CENTER FOR ACTIVE LIVING (DCAL)

Fridays, 9-11am in the Cafe

Real Food Tales offers interactive cooking lessons while discussing ingredients in recipes that use alternative unrefined sweeteners and minimal ultra processed foods (UPFs).

Using whole, real food ingredients, unique recipes are created or converted by Kimberly and sampled by DCAL participants, neighbors, and friends for evaluation.

Real Food Tales is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition.

Chocolate Zucchini Cake, (below) was a hit at DCAL on 8/1/25. Every week is another tasty surprise, full of wholesome goodness to try.



www.realfoodtales.com/chocolate-zucchini-cake/

Cape Media Center



Kim is a life-long technical specialist (aka, "Geek") loving visual arts, photography, web design, training, and video production.

It was the

perfect time in life to put all those assets together with a passion for nutrition and real food. Coming out

CAPE MEDIA CENTER

of a long winter, Kim signed up to become a member at Cape Media Center. This involved \$30 and taking the courses to become certified (which allows one to borrow equipment and use their studios).

Shortly thereafter, Real Food Tales was created.



It was driven by the desire to help others learn more about eating better. The motivation is self-propelled by the positive feedback and tremendous response.

Stay tuned for an interview coming soon at www.capemedia.org

Recipes on website: www.realfoodtales.com



A sincere thank you to all who support my efforts!