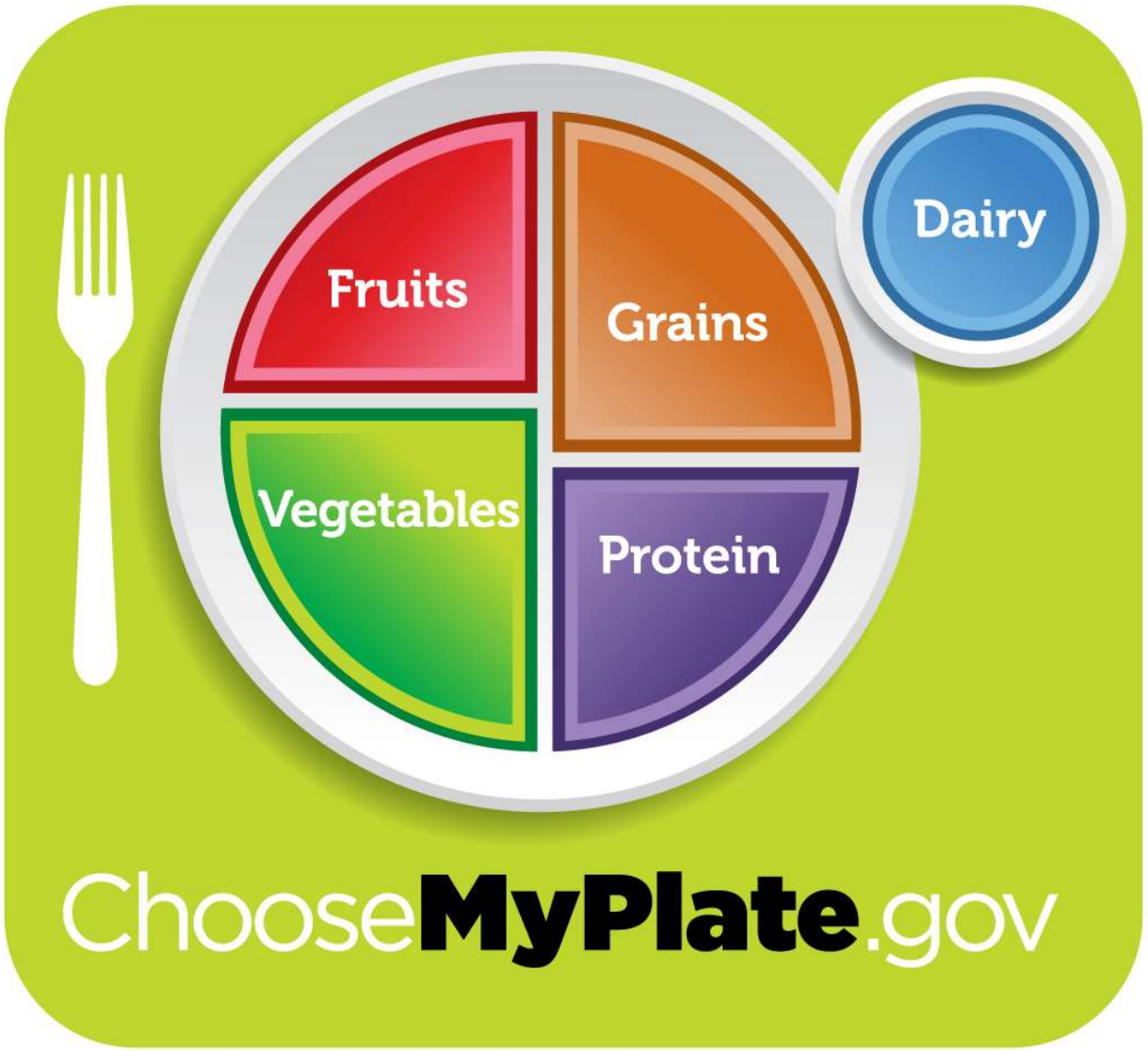
Quick Tips for Fast, Easy & Healthier Meals

An Interactive Discussion and Cooking Demonstration


Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

What is My Plate?

A Health Eating Style

All food and beverage choices matter – focus on variety, amount, and nutrition.

Focus on all 5 food groups – vegetables, fruits, grains, proteins, and dairy.

Eat the right amount of calories for you.

Maintain a healthy weight while also reducing your risk for diseases such as heart disease, diabetes, and cancer.

Reduce consumption of saturated fat, sodium, and added sugars. Read food nutrition labels.

Consume calories from nutrient dense foods.

Set goals for small changes at a time for successful and healthier eating habits for long-term health.

Support healthy eating for *everyone!*

Ice Breaker Time!

→ Frustration with cooking healthy meals

→ Limitations with cooking

SELF-AWARENESS

How did you do on your self-assessments?

Are you surprised at your results?

HEALTHIER FOOD OPTIONS

- Reading & Comparing Food Labels
- Ingredient Substitutions
- Cooking Methods
- Demo

FAST & EASY - LESS TIME IN KITCHEN

- Saving Time with -
  - Small Investment in Kitchen Tools
  - Precut
  - Precook
  - Refrigerate and Freeze
  - Food Recycling
  - Demo


HEALTHIER
FOOD OPTIONS
• Reading & Comparing Food Labels
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Reading Labels

Serving Size? Number of servings per Container?

Number of servings eating?

2 servings = 2 x All Nutrient Measurements

Total Fat, Saturated Fat, Trans Fat, Cholesterol, & Sodium → LIMIT!!

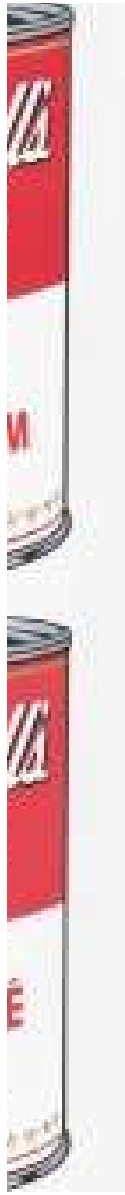
Eating too much of these can increase your risk of developing chronic disease, such as hypertension, diabetes, or kidney disease.

Dietary fiber, vitamin A, vitamin C, calcium, and iron

→ Be sure you are getting enough of these in your diet as they may lower your chances of developing some diseases/conditions.

Check out the %. 5% is low. 20% is high.

http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275438.htm



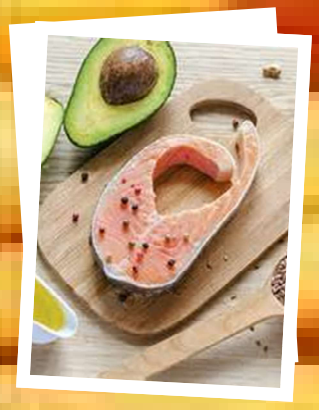
Recommended Daily Allowances

Nutrient	RDA
Fats	↑ Monounsaturated Fats
(9 calories/g)	↓ Saturated Fats & Trans Fats
	↓ Cholesterol
Sodium	< 2300 mg Exceptions: < 1500 mg if 51 year old and older, any age African American, have hypertension, diabetes, or chronic kidney disease (AHA suggest all persons < 1500 mg)
Carbohydrates (4 calories/g)	130 g
Dietary Fiber	14 g per 1,000 calories
Sugars: Added Sugars (1 tsp = 4g)	</= 10% of daily calories needs
Protein (4 calories/g)	.8 g per kg of person's weight

http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275438.htm

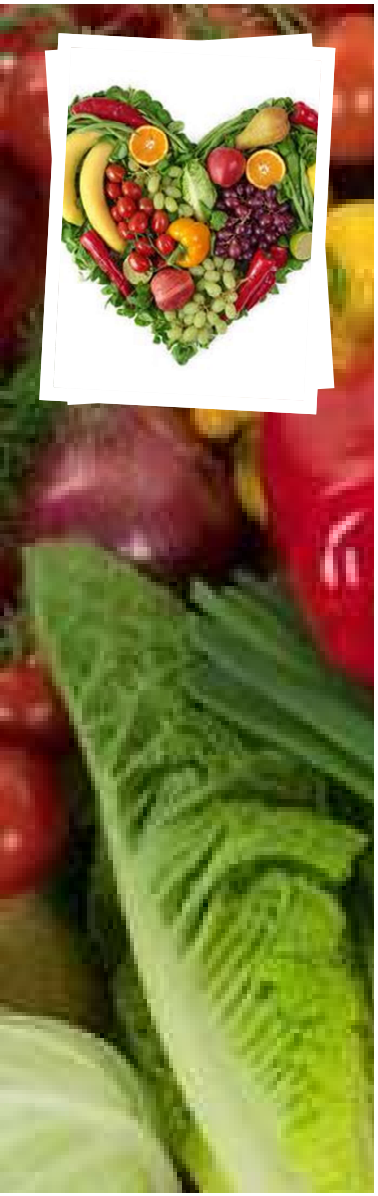
Good Fat versus Bad Fat

↑ Good Fats	
Monounsaturated & Polyunsaturated Fats (omega-6 and omega-3)	
• ↓ bad cholesterol levels • ↓ risk of heart disease & stroke • Provides essential fats that your body needs, but can't produce	
Sources: plant-based liquid oils, nuts, seeds, fatty fish, and other sources	
Oils	Canola, olive, peanut, safflower, sesame
Nuts & Seeds	Flaxseed, sunflower seeds, walnuts
Fatty Fish	Tuna, herring, lake trout, mackerel, salmon, sardines
Eggs	From chickens eating feed high in omega-3
Avocados	Who knew?!
Peanut Butter	Don't drain the oil!



Good Fat versus Bad Fat

↓ Bad Fats	
Saturated Fats	**Trans Fats & Hydrogenated Oils**
• ↑ bad cholesterol levels • ↓ good cholesterol levels • ↑ risk of heart disease & stroke	• ↑ bad cholesterol levels • ↓ good cholesterol levels • ↑ risk of heart disease & stroke • ↑ risk of type 2 diabetes
Sources: animal – meat and dairy, and some tropical oils	**Sources**: processed foods made with partially hydrogenated oils
• **Beef, Pork & Chicken Fat** • **Butter** • **Cheese** (esp. whole milk cheeses) • **Tropical Oils** (coconut, palm kernel and palm oils)	• **Partially Hydrogenated Oils** • **Fried Foods** • **Some Baked Goods** • **Stick of Margarine**



Where is our sodium consumption coming from?

Salt ≠ Sodium

- Sodium is component of Salt
- ¼ tsp Salt = 575 mg Sodium

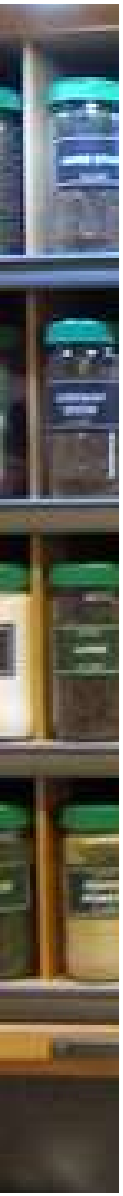
- *Naturally* in foods in very small amounts

- *Added*
  - Used for: flavor, leavening, preservative, emulsifier, stabilizer, thickener, binder, acid controller, antioxidant, mold inhibitor
  - In processed foods – *Primarily from food manufacturers and restaurants*
    - Accounts for 75-80% of sodium intake in the average American diet
  - Only 5-10% from salt shaker - from salt added during cooking or at table

Average person in United States consumes about 3,400 mg daily!

Reducing Salt Consumption

- **Read food labels**
  Front Panel Information vs Nutrition Facts Panel & Ingredients
- **Omit salt when boiling water for pasta or rice**
  You will most likely be adding something with salt or other flavoring to top pasta with
- **Substitute salt or salty seasoning with herbs, spices, or add a flavorful fruit to the dish**
- **If you do add salt, measure it!**
- **Store salt shaker in cabinet, and do not place on table when eating!**



Salt Substitutions

Reduce salt by using herbs:

Chives

Turmeric

Rosemary

Thyme

Sage

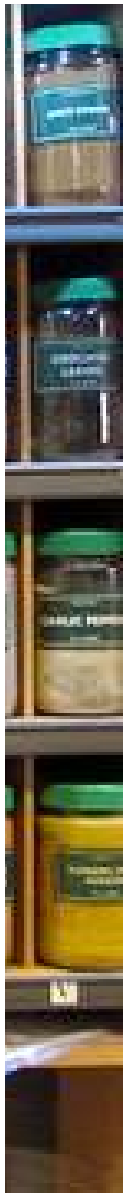
Celery Seed

Cumin

Cilantro

Curry Powder

Tarragon



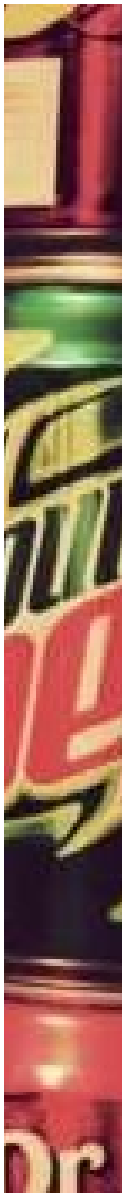
Is all sugar the same?

Natural

- Sources: fruits, vegetables, honey, milk (lactose), beer (maltose)
- Get energy directly and naturally from our food
- 1 gram sugar = 4 calories

Added

- Listed in Ingredients as: (to name a few)
  - Sucrose, dextrose, fructose, lactose, maltose, corn syrup, high-fructose corn syrup, sorbitol, mannitol, xylitol, maltitol, isomalt, lacitol, erythritol
  - Nonnutritive Sweeteners: Acesulfame-K, Aspartame, Neotame, Saccharin, Sucralose
  - Food Additive: Stevia Extract
- Over 50 different names for different types of sugar
- **Found "hiding" in:** whole-grain cereals and granola, instant oatmeal, frozen foods, granola/protein/cereal bars, pasta sauce, dried and canned fruit, applesauce, fruit juices, baby food, barbecue sauce, salad dressing, and other condiments, . . .



Sugar Substitutions

Reduce or eliminate sugar by using these sweet-tasting spices:

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg

Selecting Healthier Food Options

- **Food Labels: Read and Compare**

Nutrition Facts

Serving Size 1 cup (53g)
Servings Per Container about 10

Amount Per Serving	Total Raisin Bran	with ½ cup skim milk
Calories	160	200
Calories from Fat	5	5
	% Daily Value**	
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 180mg	7%	10%
Potassium 270mg	8%	13%
Total Carbohydrate 40g	13%	15%
Dietary Fiber 5g	21%	21%
Sugars 17g		
Other Carbohydrate 18g		
Protein 3g		
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	100%	110%
Iron	100%	100%
Vitamin D	25%	40%
Vitamin E	100%	100%
Thiamin	100%	100%
Riboflavin	100%	110%
Niacin	100%	100%
Vitamin B_6	100%	100%
Folic Acid	100%	100%
Vitamin B_{12}	100%	110%
Pantothenic Acid	100%	100%
Phosphorus	10%	25%
Magnesium	8%	10%
Zinc	100%	100%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, less than 5mg cholesterol, 240mg sodium, 470mg potassium, 47g total carbohydrate (23g sugars, 19g other carbohydrates), and 7g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Wheat, Raisins, Sugar, Corn Bran, Corn Syrup, Brown Sugar Syrup, Salt, Trisodium Phosphate, Annatto Extract Color. BHT Added to Preserve Freshness.

Selecting Healthier Food Options

- **Food Labels: Read and Compare**

Nutrition Facts
Serving Size 1 Cup (59g)

Amount Per Serving	Cereal	with ½ cup skim milk
Calories	190	230
Calories from Fat	10	10
		% Daily Value**
Total Fat 1g*	**2%**	**2%**
Saturated Fat 0g	**0%**	**0%**
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	**0%**	**0%**
Sodium 210mg	**9%**	**12%**
Potassium 390mg	**11%**	**17%**
Total Carbohydrate 46g	**15%**	**17%**
Dietary Fiber 7g	**28%**	**28%**
Sugars 18g		
Protein 5g	**4%**	**12%**
Vitamin A	10%	15%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	20%	30%
Magnesium	20%	25%
Zinc	10%	15%

* Amount in cereal. A serving of cereal plus skim milk provides 1g total fat, 0mg cholesterol, 280mg sodium, 590mg potassium, 50g total carbohydrates (23g sugars) and 9g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
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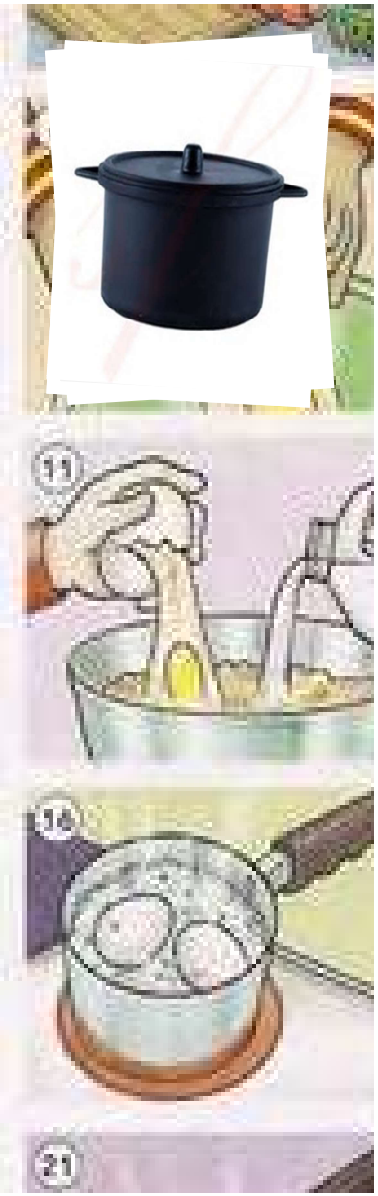
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients:
Whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor. Vitamins and Minerals: Potassium chloride, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), zinc oxide, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12



Cooking Methods

Panbroil

Roast Or Crockpot

Simmer or Braise

Steam

Broil Or Grill

Stew

Sauté Or Stir Fry

Roast, Stew, Crockpot, Simmer

Food Substitutions – Selecting a Healthier Option

Original Menu	Substitution Menu
3 ½ oz roasted turkey with skin	3 ½ oz skinless, roasted turkey
½ cup stuffing	½ cup wild rice pilaf
½ cup broccoli with 2 tbsp. hollandaise sauce	½ cup broccoli with lemon juice
½ cup cranberry relish	¼ cup cranberry relish
1 medium crescent roll	1 whole-grain roll
1 slice pecan pie	1 slice pumpkin pie
Total calories: 1,140	Total calories: 735

FAST & EASY
= LESS TIME IN KITCHEN

- Saving Time with -
  - Small Investment in Kitchen Tools
  - Precut
  - Precook
  - Refrigerate and Freeze
  - Food Recycling
  - Demo

Small Investment in Kitchen Tools

Save Time Preparing and Cooking in Kitchen

Prepare in Advance

Precut

Precook

Example of
Raw Fruits & Vegetables that Freeze Well

- Onions (chopped, for cooking)
- Tomatoes (with or without skin, for cooking)
- Bell Peppers (cut or slice)
- Hot Peppers (cut or whole)

Note: most vegetables must be blanched before freezing

- Berries
- Grapes
- Peaches
- Mango
- Pineapple
- Coconut

Note: like vegetables, some fruits such as bananas turn soft when frozen

FOOD RECYCLING

Smart Cooking

Planning Ahead

Reuse Leftover Food for a New Meal

How frequently do you throw away refrigerated leftovers?

If you make a meal that did not come out good, what do you do with it?

How many meals can you make out of shredded chicken?

Quick, Easy, and Healthy Meals

made out of shredded chicken






Food Tasting Menu

Garden Salad
with low-sodium vinaigrette dressings

Pesto Zucchini Pasta

Black Bean & Rice Salad

White Chili

3-Bean Chili

Chicken Spaghetti

Sources

1.

delicious

maria daw

healthy food

contents

Recommended Daily Allowance

Nutrient	RDA
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	↓ Cholesterol
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Carbohydrates (4 calories/g)	130 g
Dietary Fiber	14 g per 1,000 calories
Sugars: Added Sugars (1 tsp = 4g)	</= 10% of daily calories needs
Protein (4 calories/g)	.8 g per kg of person's weight

Did you know . . .

1 tsp salt = 2,300 mg sodium!

Average American consumes 3,400 mg sodium per day!

Increase

Canola Oil

Olive Oil

Safflower Oil

Sesame Oil

Soybean Oil

Flaxseed

Sunflower Seeds

Walnuts

Tuna

Salmon

Trout

Herring

Sardines

Omega-3 Eggs

Avocados

Peanut Butter

———-

↓ Bad Cholesterol

↓ Risk of Heart Disease & Stroke

Provides Essential Fatty Acids Your Body Can't

Decrease

Trans Fats

Fried Foods

Butter

Stick Margarine

Hydrogenated Oil & Partially Hydrogenated Oils

Cheese (especially from whole milk)

Beef, Pork, Chicken Fat

Topical Oils— Coconut Oil, Palm Kernal & Palm Oil

Some Baked Goods

————

↑ Bad Cholesterol

↓ Good Cholesterol

↑ Risk of Heart Disease & Stroke

Cooking with Herbs & Spices

Substituting salt with herbs or sugar with spices can initially be intimidating. The best way to learn combinations that appeal to your taste buds is to experiment. No good cook gets it right the first time. When you experiment with herbs and your entreé does not come out quite right, recycle your "ruined" meal, and try again with a fresh start.

All herbs forms are not treated the same -

1 Tbsp Cut Fresh Herbs

= 1 tsp Crumbled Dried Herbs

= 1/4 to 1/2 tsp Ground Dried Herbs

Amounts of Use -

For 4 servings, 1 pound of meat, or 1 pint (2 cups of soup or sauce):

- Start with 1/4 tsp for most ground spices or ground dried herbs and adjust as needed.

Exceptions:

- Cayenne Pepper and Garlic Powder—start with 1/8 tsp and adjust as needed
- Red Pepper intensifies with flavor during cooking. Add in small increments.

Cooking with Herbs & Spices

Fresh Herbs -

Best added at towards the end of cooking time.

Herbs added in last 1—2 minutes of cooking or before serving -

Basil, chives, cilantro, dill leaves, parsley, marjoram, and mint.

Herbs added in last 20 minutes of cooking -

Dill seeds, oregano, rosemary, tarragon, and thyme.

Herbs added at beginning of cooking -

Add herbs in during mixing process when preparing breads, pastries, batters, or any solid food products.

What's the difference between an herb and a spice?

Herb is from leaves of plants and low-growing shrubs with non-woody stems.

Spice comes from bark, roots, buds, seeds, berry, fruit, or flowers of plants and trees.

Cooking with Herbs & Spices

Deciding which herb form to use -

Whole Dried Spices & Herbs —

Examples: Whole Allspice, Bay Leaves

Flavors are released slowly.

Ideal for soups and stews that cook 1 hour or more.

Ground Dried Spices & Herbs —

Examples: Ground Cumin

Flavors are released quickly.

Best flavor will come out if added to food in short-cooking times, or in last 20 minutes of longer-cooking recipes.

Crumbled Dried Herbs —

Examples: Basil

Flavors are best when herb added in last 1 –2 minutes of cook time, or before serving.

Best flavor will come out if added to food in short-cooking times, or in last 20 minutes of longer-cooking recipes.

Buying Spices -

Whole Dried Spices or Ground Dried Spices?

Freshly ground spices give more flavor than buying pre-ground.

Examples: Peppercorn, Nutmeg

Pairing Guide

Vegetables

Artichoke	Bay leaf, coriander, parsley, savory, thyme
Asparagus	Chives, lemon pepper, marjoram, mustard seed, parsley, tarragon, thyme, turmeric
Beans, dried	Allspice, bay leaf, celery seed, chili powder, cloves, cumin, jalapeno pepper, mint, mustard seed, oregano, sage, savory, tarragon, turmeric
Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Onion, pepper
Mushrooms	Chives, dill, marjoram, parsley, tarragon, thyme
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Sweet Potatoes	Allspice, cardamom, cinnamon, cloves, ginger, mace, nutmeg
Winter Squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Pairing Guide

Meat, Poultry, and Fish

Beef	**Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme**
Lamb	**Curry powder, garlic, rosemary, mint**
Pork	**Garlic, onion, sage, pepper, oregano**
Veal	**Bay leaf, curry powder, ginger, marjoram, oregano**
Chicken	**Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme**
Fish	**Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper**

Did you know . . .

Seasoning Blends are mixtures of spices and herbs. Includes: seasoning salt, lemon pepper, Italian seasoning, curry, taco seasoning, and poultry seasoning.

Rubs are wet or dry mixtures of spices added to meat to enhance flavor. Wet rubs typically include condiments such as mustard, ketchup, or yogurt added into mixture.

Marinades are used to add flavor and tenderize meats. They commonly contain herbs, spices, oil, and an acid such as yogurt, citrus juice, or vinegar.

herb vinaigrette salad dressing

from the kitchen of Maria Daw

ingredients

1/4 cup

pesto

3/4 cup

olive oil

1 tbsp

vinegrette (raspberry, etc)

2 tbsp

lime juice

directions

1. Add all ingredients into container and shake until mixed.

pesto zucchini pasta

from the kitchen of Maria Daw

ingredients

4
zucchini squash

1 (6.5 oz) jar
artichoke hearts

1/2 cup
red onion, chopped or sliced (your preference)

2 tbsp
pesto

1/2 tsp
garlic vinaigrette

1 cup
sun-dried tomatoes with herbs

Or 1 1/3 cup
grape tomatoes

2 tbsp
olive oil set aside from sun-dried tomatoes with herbs (another flavored olive oil will also work)

Topping Option:

parmesan cheese

directions

1. Using a spiralizer, cut zucchini and carrots into medium strands. Trim strands to desired length.
2. In a medium serving bowl, combine zucchini, artichokes, onion and tomatoes.
3. In a small bowl, mix together pesto, vinaigrette, and olive oil. Pour over zucchini and blend throughout.
4. Serve topped with grated parmesan if desired. Can make ahead and refrigerate, but best at room temperature or sautéed.

black bean & rice salad

from the kitchen of Maria Daw

ingredients

1-1/2 cup (dry)
rice, whole-wheat or white
—cooked per package directions

1–1/2 tbsp
olive oil

3 tbsp
lime juice

1 tbsp
ground cumin

3 tbsp
cilantro

1/4 cup
red onion

3
medium scallions, chopped

2 15-oz can
black beans, drained and rinsed

1/2
medium red bell pepper, chopped

1/2
medium yellow bell pepper, chopped

1/2 tsp
salt

pinch
black pepper

directions

1. Cook rice to package directions. Let cool for 15 minutes.
2. Mix cooled rice and rinsed beans together. Once rice completely cool, add remaining ingredients and mix well.
3. Cover and refrigerate until ready to eat. Enjoy!

Options: white rice can be substituted with brown rice to make healthier; rice can be substituted with quinoa (1/2 cup dry) for an even healthier dish.

white chili

from the kitchen of Maria Daw

ingredients

4 lbs
boneless, skinless chicken breast

2 (15.8-oz) can
white northern beans

16 cups (128 oz)
chicken stock, unsalted
(packaged or saved from cooked chicken)

1 large
onion, chopped

3
celery stalk, chopped

1/2 tsp
pepper

1 1/2 tbsp
ground cumin

2 tbsp
chopped jalepenos (to your taste)

1-4 cups
water (as needed)

Optional Toppings:

low-sodium tortilla chips (optional)

pepper jack cheese, shredded (optional)

monterey jack cheese, shredded (optional)

directions

1. Cook chicken in boiling water until chicken tender and falling apart easily. Let cool, and then shred.
2. Add chicken, stock liquid, onion, and celery to pot. Bring to boil at high heat, and then turn down to medium-high heat and cook for 35 minutes. Add pepper, cumin, and jalepenos and cook for 20 minutes. Stir occasionally while cooking. Add water as needed. Note: can cook for up to 1 hour at low temperature if desired, or in crock pot on low heat for 4 hours.
3. Top with crumbled tortilla chips and cheese if desired and serve.

chicken spaghetti

from kitchen of Maria Daw

ingredients

4 large
boneless, skinless chicken breast

2 14.5-oz cans
stewed tomatoes, original recipe, no salt added

2 (32-oz) cans
chicken stock, unsalted

1 large
onion, chopped

3
celery stalks, chopped

1/2
green bell pepper, chopped

3 cups
water

1/2 tsp
salt

1-lb
spaghetti, cooked per package directions

Optional Toppings:

cheddar cheese, shredded

chives, chopped

cilantro, chopped

red pepper flakes

directions

1. Cook chicken in boiling water until chicken tender and falling apart easily. Let cool, and then shred.
2. Add all ingredients to pot and cook over medium heat for 35 minutes*. Stir occasionally while cooking. Add water as needed.
3. Serve sauce over spaghetti. Add topping if desired.

* can cook for 1 hour at low temperature if desired

Sources

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