



COOKING: HEALTHY & NUTRITIOUS ALTERNATIVES

Presented by Sarah Delcourt, BS

TODAY'S DISCUSSION

- ❖ Ingredients that should be limited in diet
- ❖ Suggestions for making healthier meals
- ❖ Recipes and ingredient comparisons
- ❖ Taste-testing and testimonial opportunities
- ❖ Cooking equipment and tips



WHY IS COOKING IMPORTANT?

- ❖ Opportunities to improve diet and health
- ❖ Experiment with ingredients and food preparation methods
- ❖ Know exactly what you're eating



WHAT TO LOOK FOR IN A RECIPE

- ❖ Simple, whole-food, healthy ingredients
- ❖ Healthy cooking methods



INGREDIENTS THAT SHOULD BE LIMITED

- ❖ Saturated fat
- ❖ *Trans*-fat
- ❖ Sodium
- ❖ Added sugar



American Heart Association. (2014). Getting healthy. Retrieved from http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp



SATURATED FAT

- ✦ Raises LDL cholesterol
- ✦ Cardiovascular diseases

- ✦ Examples of dietary saturated fat
 - ✗ Meat
 - ✗ Dairy



American Heart Association. (2014). Getting healthy. Retrieved from http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp



TRANS-FAT

- ✦ Shelf-stable

- ✦ More harmful to health than saturated fat
 - ✗ Raises LDL cholesterol
 - ✗ Lowers HDL cholesterol

- ✦ Examples of dietary *trans*-fat
 - ✗ French fries
 - ✗ Doughnuts
 - ✗ Shortenings



SODIUM

- ✧ Associated with
 - ✗ Increased blood pressure
 - ✗ Increased risk of heart attack and stroke

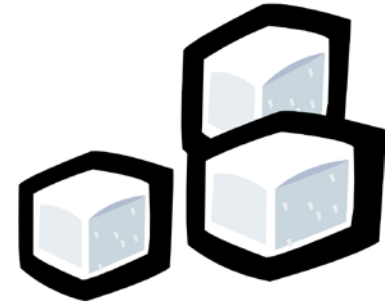
- ✧ Examples of dietary sodium
 - ✗ Processed foods



ADDED SUGAR

- ✦ Increased risk for
 - ✗ Cardiovascular disease
 - ✗ Diabetes
 - ✗ Obesity
 - ✗ Tooth decay
 - ✗ Nutrient deficiencies

- ✦ Examples of dietary added sugar
 - ✗ Sugary beverages
 - ✗ Processed food



HOW DO I MAKE HEALTHY AND NUTRITIOUS FOOD CHOICES?

- ✧ Read Nutrition Facts labels on food packaging
- ✧ Read ingredient lists
- ✧ Compare food labels
- ✧ Prepare meals using whole ingredients
- ✧ Use recipes that include healthier ingredients

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2 mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.



HEALTHY & NUTRITIOUS ALTERNATIVES

✧ Reducing Saturated Fat Intake

- ✧ Vegetable oils in place of saturated fats
- ✧ Cook vegetables in a little water vs. butter or oil
- ✧ Lean meats vs. red meat
- ✧ Remove skin and excess fat prior to cooking
- ✧ Limit servings of meat to 3 oz. or less



United States Department of Agriculture. (2010). Dietary Guidelines for Americans (Chapter 3). Retrieved from <http://www.cnpp.usda.gov/publications/dietaryguidelines/2010/policydoc/chapter3.pdf>

United States Department of Agriculture. (2014). ChooseMyPlate.gov. Retrieved from www.choosemyplate.gov



HEALTHY & NUTRITIOUS ALTERNATIVES

- ✧ Reducing Saturated Fat Intake (continued)
 - ✗ Substitute nuts, seeds, beans, or lentils for meat
 - ✗ Buy reduced-fat/low-fat/non-fat dairy products
 - ✗ Buy softer cheeses vs. harder cheeses

United States Department of Agriculture. (2014). ChooseMyPlate.gov. Retrieved from www.choosemyplate.gov

Morgan, S. (2014). Which cheeses are lower in fat? Livestrong.com. Retrieved from <http://www.livestrong.com/article/375335-which-cheeses-are-lower-in-fat/>



HEALTHY & NUTRITIOUS ALTERNATIVES

✧ Reducing *Trans*-fat Intake

- ✧ Look for '*trans*-fat free' or '0 grams *trans*-fat' on food packaging labels
- ✧ Avoid hydrogenated or partially hydrogenated oils
- ✧ Choose soft margarines vs. hard margarines



RECIPES LOW IN SATURATED FAT & *TRANS*-FAT

Reduced-fat Grilled Cheese Sandwich

Ingredients

- 1 serving **pepper jack cheese** (28 g)
- 2 slices whole wheat bread
- 4 dill pickle slices
- Diced onions

Directions:

- Place ingredients in-between bread slices
- **Grill sandwich on pre-heated Cuisinart® Griddler®**

Regular Grilled Cheese Sandwich

Ingredients

- 1 serving **cheddar cheese** (28 g)
- 2 slices whole wheat bread
- 4 dill pickle slices
- Diced onions
- ½ Tbsp. unsalted **butter**

Directions

- **Melt butter at brush on bread slices**
- Place ingredients in-between bread slices
- Grill sandwich in skillet



NUTRIENT COMPARISON

Reduced-fat Grilled Cheese

- ✧ Pepper jack cheese
 - × Total fat/serving (28 g) = 8 g
 - × **SFA/serving = 5 g**
 - × *Trans-fat/serving = 0 g*

****55% less SFA***

Regular Grilled Cheese

- ✧ Cheddar cheese
 - × Total fat/serving (28 g) = 10 g
 - × **SFA/serving = 7 g**
 - × *Trans-fat/serving = 0 g*
- ✧ Butter (1/2 Tbsp.)
 - × Total fat = 6 g
 - × **SFA = 4 g**
 - × Trans fat = 0 g

RECIPES LOW IN SATURATED FAT & TRANS-FAT

Balsamic Vinaigrette

- ✧ 1/4 cup balsamic vinegar
- ✧ 1 Tbsp. pressed garlic
- ✧ 1/2 tsp. salt (optional)
- ✧ 1/2 tsp. freshly ground black pepper
- ✧ 3/4 cup extra virgin olive oil
 - ✧ SFA = 30 g
 - ✧ *Trans-fat* = 0 g
 - ✧ PUFA = 30 g
 - ✧ MUFA = 108 g

*** 53% more SFA, 74% more PUFA & MUFA**

Recipe courtesy of www.foodnetwork.com

Pennington, J. & Spungen, J. (2010). Bowes & Church's food values of portions commonly used (19th ed.). *Jean A.T. Pennington and Judith Spungen.*

Ranch Dressing

- ✧ 1 cup **reduced-fat** buttermilk
 - ✧ SFA = 3.0 g
 - ✧ *Trans-fat* = 0 g
 - ✧ MUFA = 2.0 g
- ✧ 1/4 cup mayonnaise
 - ✧ SFA = 6 g
 - ✧ *Trans-fat* = 0 g
 - ✧ PUFA = 24 g
 - ✧ MUFA = 10 g
- ✧ 3 Tbsp. sour cream
 - ✧ SFA = 5 g
 - ✧ *Trans-fat* = 0 g
- ✧ Seasonings: parsley, chives, garlic, salt, black pepper
- ✧ 4 tsp. white wine vinegar

Recipe courtesy of www.chow.com



RECIPES LOW IN SATURATED FAT & TRANS-FAT

Vegetarian Chili

- ✦ 1 Tbsp. olive oil
- ✦ 4 cups Vegetables
- ✦ Seasoning/spices
- ✦ 56 oz. canned low-sodium diced tomatoes
- ✦ 45 oz. canned beans
- ✦ Lime juice

*serves 8

Recipe courtesy of www.todaysdietitian.com

Beef Chili

- ✦ 1 lb. ground beef
- ✦ 2 ¼ cup vegetables
- ✦ 21.5 oz. canned tomato puree
- ✦ 45 oz. canned beans
- ✦ Seasoning/spices
- ✦ Hot pepper sauce

*serves 8

Recipe courtesy of <http://allrecipes.com/recipe/slow-cooker-chili-ii/>



NUTRIENT COMPARISON

Vegetarian Chili

✦ Per serving (adult)

✦ **Sat fat = 1.9 g**

✦ **Trans fat = 0 g**

Beef Chili

✦ Per serving (adult)

✦ **Sat fat = 4 g**

✦ **Trans fat = 0 g**

****52% less SFA***



HEALTHY & NUTRITIOUS ALTERNATIVES

✧ Reducing Sodium Intake

- ✧ Buy fresh, whole foods (ingredients)
- ✧ Cook meals using fresh ingredients
- ✧ Season foods with alternatives to salt
- ✧ Look for low-sodium, reduced-sodium, or no-salt added versions of food products



HEALTHY & NUTRITIOUS ALTERNATIVES

✧ Reducing Sodium Intake (continued)

- ✧ Compare % Daily Value (%DV) or milligrams (mg) sodium **per serving**
- ✧ Be aware of high sodium content in condiments



Health and Human Services. (2014). Sodium/Salt. Retrieved from <http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/heart-disease-stroke/sodiumsalt.html>



RECIPES LOW IN SODIUM

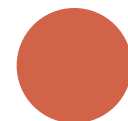
Summer Vegetable Low-Sodium Soup

- ✘ 6 cups Trader Joe's Low-Sodium Vegetable Broth
 - ✘ Sodium = 840 mg
- ✘ 7 cups vegetables
- ✘ 4 cloves garlic
- ✘ 1 cup fresh basil
- ✘ 1 Tbsp. lemon juice
- ✘ 1 tsp. black pepper

Summer Vegetable Soup

- ✘ 6 cups Market Pantry Vegetable Broth
 - ✘ Sodium = 3,420 mg
- ✘ 7 cups vegetables
- ✘ 4 cloves garlic
- ✘ 1 cup fresh basil
- ✘ 1 Tbsp. lemon juice
- ✘ 1 tsp. black pepper

** 75% less sodium*



RECIPES LOW IN SODIUM

Spaghetti with home-made tomato sauce

- ✦ 2 Tbsp. olive oil
- ✦ Onion
- ✦ Garlic
- ✦ Fresh herbs
- ✦ Spices
- ✦ 4 cups tomatoes, blanched
- ✦ 2 tsp. red wine vinegar
- ✦ fresh ground black pepper
- ✦ 12 oz. spaghetti

Recipe courtesy of www.bonappetit.com

Spaghetti with premade tomato sauce

- ✦ 24 oz. jar of Simply Balanced Organic Tomato Basil Pasta Sauce
- ✦ 12 oz. spaghetti



NUTRIENT COMPARISON

Spaghetti with home-made tomato sauce

- ✦ Home-made sauce
 - ✗ **Sodium = less than 100 mg**

**100% less sodium*

Spaghetti with premade tomato sauce

- ✦ 1 jar of Simply Balanced Organic Tomato Basil Pasta Sauce
 - ✗ **Sodium = 2,285 mg**



RECIPES LOW IN SODIUM

Peanut Butter & Jelly Sandwich (low-sodium)

- ✧ 1 Tbsp. Laura Scudder's organic smooth peanut butter
 - ✧ **25 mg sodium**
- ✧ 1 Tbsp. Trader Joe's reduced sugar raspberry preserves
 - ✧ **0 mg sodium**
- ✧ 2 slices organic Ezekiel 4:9 (sprouted 100% whole grain bread)
 - ✧ **150 mg sodium**

**59% less sodium*

Peanut Butter & Jelly Sandwich

- ✧ 1 Tbsp. Skippy brand creamy peanut butter
 - ✧ **75 mg sodium**
- ✧ 1 Tbsp. Welch's concord grape jelly
 - ✧ **15 mg sodium**
- ✧ 2 slices organic Eureka Saaa-Wheat! Bread
 - ✧ **Sodium = 340 mg**



HEALTHY & NUTRITIOUS ALTERNATIVES

✦ Reducing Added Sugar Intake

- ✦ Think fresh!
- ✦ Avoid foods with sugar listed as the 1st, 2nd or 3rd ingredient
- ✦ Reduce or replace sugary beverages with water or unsweetened tea

United States Department of Agriculture. (2014). ChooseMyPlate.gov. Retrieved from www.choosemyplate.gov

Centers for Disease Control and Prevention. (2011). Reducing access to sugar-sweetened beverages among youth. Retrieved from <http://www.cdc.gov/Features/HealthyBeverages/>



HEALTHY & NUTRITIOUS ALTERNATIVES

✦ Reducing Added Sugar Intake

- ✦ Fresh, whole fruit vs. juice
- ✦ 100% fruit juice vs. fruit juice drinks
- ✦ Make desserts at home with less added sugar
- ✦ Cut sweets/pastries in half and share or save for later
- ✦ Plain, low-fat yogurt w/ fresh fruit vs. flavored yogurt



RECIPES LOW IN ADDED SUGAR

Plain Yogurt with Fruit

- ✦ ½ cup Trader Joe's organic low-fat, plain yogurt
 - × **0 g added sugar**
- ✦ 1/3 cup organic frozen blueberries
 - × **0 g added sugar**
- ✦ 1 scoop (45 mg) organic stevia extract (optional)
 - × **0 g added sugar**

*** 100% less added sugar**

Vanilla Yogurt with Fruit

- ✦ ½ cup Trader Joe's organic low-fat, vanilla yogurt
 - × **13 g added sugar**
 - × Contains organic cane sugar
- ✦ 1/3 cup organic frozen blueberries
 - × **0 g added sugar**



RECIPES LOW IN ADDED SUGAR

Peanut Butter & Jelly Sandwich

- ✧ 1 Tbsp. Laura Scudder's organic smooth peanut butter
 - ✧ **0 g added sugar**
 - ✧ 1 Tbsp. Trader Joe's reduced sugar raspberry preserves
 - ✧ **6 g added sugar**
 - ✧ **Contains organic sugar**
 - ✧ 2 slices organic Ezekiel 4:9 (sprouted 100% whole grain bread)
 - ✧ **0 g added sugar**
- * 79% less added sugar*

Peanut Butter & Jelly Sandwich

- ✧ 1 Tbsp. Skippy brand creamy peanut butter
 - ✧ **3 g added sugar**
 - ✧ **Contains hydrogenated vegetable oil**
- ✧ 1 Tbsp. Welch's concord grape jelly
 - ✧ **13 g added sugar**
 - ✧ **Contains high fructose corn syrup & corn syrup**
- ✧ 2 slices organic Eureka Saaa-Wheat! Bread
 - ✧ **12 g added sugar**
 - ✧ **Contains organic cane sugar**



RECIPES LOW IN ADDED SUGAR

Oatmeal

- ✦ ½ cup rolled oats, uncooked
 - ✦ **0 g added sugar**
- ✦ 1/3 cup frozen blueberries
 - ✦ **0 g added sugar**
- ✦ ½ tsp. cinnamon
- ✦ ½ cup 1% milk
 - ✦ **0 g added sugar**

**100% less added sugar*

Instant Oatmeal:

Quaker Oats Real Medleys
Peach Almond Oatmeal +

- ✦ **Ingredients:** Whole Grain Rolled Oats, Dried Sweetened Peaches (Peaches, **Sugar**, Citric Acid), Multi Grain Blend, Almonds, **Brown Sugar**, Whole Grain Rolled Wheat, Natural Flavor, Salt, Citric Acid
 - ✦ **19 g sugars (mostly added)**
- ✦ ½ cup 1% milk
 - ✦ **0 g added sugar**



HEALTHY & NUTRITIOUS ALTERNATIVES: TASTE-TESTING AND TESTIMONIAL

✧ Healthy Ranch Dip

HEALTHY & NUTRITIOUS ALTERNATIVES: TASTE-TESTING AND TESTIMONIAL

Healthy Ranch Dip

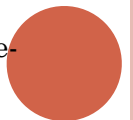
- ✧ 2 cups organic non-fat plain Greek yogurt
- ✧ 1 tsp. dried buttermilk
- ✧ Dried spices & herbs
- ✧ ¼ tsp. sea salt
- ✧ **Calories = 297 (70% less)**
- ✧ Total fat = 0 g
- ✧ **SFA = 0 g (100% less)**
- ✧ *Trans-fat* = 0 g
- ✧ **Sodium = 588 mg (86% less)**
- ✧ Added sugar = 0 g

Recipe courtesy of www.allrecipes.com

Regular Ranch Dip

- ✧ 16 oz. organic sour cream
- ✧ 1 packet (1 oz.) Hidden Valley® Original Ranch® Dips Mix
- ✧ **Calories = 980**
- ✧ Total fat = 75 g
- ✧ **SFA = 53 g**
- ✧ *Trans-fat* = 0 g
- ✧ **Sodium = 4,065 mg**
- ✧ Added sugar = 0 g

Recipe courtesy of
<https://www.hiddenvalley.com/recipe/212/garden-vegetable-dip/>



HEALTHY & NUTRITIOUS ALTERNATIVES: TASTE-TESTING AND TESTIMONIAL

✧ Fudgy BB Brownie

HEALTHY & NUTRITIOUS ALTERNATIVES: TASTE-TESTING & TESTIMONIALS

Fudgy BB Brownies

- ✘ 1 15-oz. can black beans
- ✘ 3 large eggs
- ✘ 3 Tbsp. canola oil
- ✘ $\frac{3}{4}$ cup granulated sugar
- ✘ $\frac{1}{2}$ cup unsweetened cocoa powder
- ✘ 1 tsp. vanilla extract
- ✘ $\frac{1}{2}$ tsp. baking powder
- ✘ $\frac{1}{4}$ tsp. salt
- ✘ $\frac{1}{2}$ cup semi-sweet chocolate chips

Moore, M. (2013, Sept/Oct Ed.). Beans: Pantry staples, nutrition stars. *Food & Nutrition Magazine*, 2(5), 19.

Fudge Brownies

- ✘ $\frac{1}{2}$ cup (1 stick) unsalted butter
- ✘ $\frac{2}{3}$ cup sugar
- ✘ 2 large eggs
- ✘ $\frac{2}{3}$ cup unsweetened cocoa powder
- ✘ $\frac{1}{2}$ tsp. salt
- ✘ $\frac{1}{2}$ tsp. baking powder
- ✘ $\frac{1}{2}$ Tbsp. vanilla extract
- ✘ $\frac{3}{4}$ cup all-purpose flour
- ✘ 1 cup chocolate chips

Recipe courtesy of www.kingarthurflour.com



NUTRIENT COMPARISON

Fudgy BB Brownies

✧ Nutritional Info: 2-inch square

- ✧ **Calories = 135 (78% less)**
- ✧ **Total fat = 6 g**
- ✧ **SFA = 2 g (83% less)**
- ✧ **Trans-fat = 0 g**
- ✧ **Sodium = 121 mg (37% less)**
- ✧ **Added sugars = 14 g (59% less)**

Fudge Brownies

✧ Nutritional Info: 2-inch square

- ✧ **Calories = 602**
- ✧ **Total fat = 20 g**
- ✧ **SFA = 12 g**
- ✧ **Trans-fat = 0 g**
- ✧ **Sodium = 193 mg**
- ✧ **Added sugars = 34 g**

Moore, M. (2013, Sept/Oct Ed.). Beans: Pantry staples, nutrition stars. *Food & Nutrition Magazine*, 2(5), 19.

Pennington, J. & Spungen, J. (2010). Bowes & Church's food values of portions commonly used (19th ed.). *Jean A.T. Pennington and Judith Spungen*.

COOKING EQUIPMENT & TIPS

❖ **Electric pressure cooker**

- × Built-in safety features
- × Cuts cooking time by 60-70%
- × Prevents nutrients from escaping while cooking



❖ **What can I cook?**

- × Dried legumes, grains, tough meats, soups, stews, etc.

Haas, S. (2012, Spring Ed.). The Pressure cooker: What's old is new. Food & Nutrition Magazine, 1(1), 6.

Image retrieved from <http://www.chefscatalog.com/product/23103-cuisinart-pressure-cooker.aspx>



COOKING EQUIPMENT & TIPS



✧ **Crockpot (AKA slow cooker)**

- ✧ Easy to use
- ✧ Time-saving
- ✧ Prevents nutrients from escaping while cooking
- ✧ Affordable (\$15-80)

✧ **What can I cook?**

- ✧ Pork roast, chicken, vegetable curry, apple butter, chili, lasagna, spinach-artichoke dip, beans, rice, stew, soup, sauces, etc.

Image retrieved from <http://lbcommuter.com/2013/05/07/crock-pot-meals-for-college-students/>



COOKING EQUIPMENT & TIPS

✿ Rice cooker

- ✗ time-saving appliance
- ✗ Hassle-free cooking
- ✗ Locks in moisture
- ✗ Nonstick pots = easy cleanup



✿ What can I cook?

- ✗ Traditional rice cookers (\$40-200+)
 - ✿ Rice and other dried grains (e.g. barley)
- ✗ Non-traditional rice cookers (\$15-200)
 - ✿ Also function as steamers and slow cookers
 - ✿ Multi-use
 - ✿ Soups, stews, chili, pot roasts, etc.



COOKING EQUIPMENT & TIPS

❖ Cuisinart® Griddler®

- × Multifunctional (griddle and grill plates)
- × Time-saving (cooking and cleaning)
- × Affordable (\$50-200)

❖ What can I cook?

- × pancakes, French toast, hamburgers, paninis, grilled cheese sandwiches, vegetables, poultry, seafood, quesadillas, steak, etc.



COOKING EQUIPMENT & TIPS

✧ Pyrex® glassware

- ✧ Reusable
- ✧ Bakeware
- ✧ Food storage
- ✧ Measuring tools
- ✧ Mixing bowls
- ✧ Affordable
 - ✧ E.g. 6-PC set for \$19.99
- ✧ Long-lasting
- ✧ Freezer to oven



Image retrieved from <http://www.worldkitchen.com/en/pyrex-food-storage/6004023.html#start=6>



COOKING EQUIPMENT & TIPS

✦ **Digital kitchen food scale**

- ✦ e.g. EatSmart Precision Pro Digital Kitchen Scale
- ✦ Measure ingredients by weight
- ✦ Easy to use
- ✦ Long-lasting
- ✦ Affordable (\$20)
- ✦ Cook's best friend



TAKE HOME MESSAGE

- Cook!
- Whole-food ingredients
- Read nutrition labels
- Compare ingredient nutrient values
- Experiment: try and try again



REFERENCES

- American Heart Association. (2014). *Getting healthy*. Retrieved from http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp
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QUESTIONS?



THANK YOU!

