

Easy Eating: Taking the Stress out of Eating Healthy



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What Are Some Things That Make Eating Healthy So Hard?



- Price of healthy foods
- Preparation time
- Inconvenience
- Satisfaction
- Education / Knowledge
- Tradition/Heritage

Price of Healthy Foods



- Sales ads
- Coupons
- Buy in season
- Preservation of:
 - Fresh foods
 - Sale items

Preparation Time & Inconvenience



- Cooking days
 - Freezer recipes
 - Jar recipes
- Make more & store
- Find simple recipes
- Try to plan ahead
 - Crockpot meals

<http://www.allfreecrafts.com/giftinajar/index.shtml>

Demonstration



Satisfaction



- Taste changes over time
- Fiber is filling
- Include a protein source
- You can still use fat
 - Unsaturated preferably
- Sweets
 - Try fruits
 - Limit the added sugar

Education/Knowledge



- Read labels
- Ask a dietitian
- Go to a cooking class
- Learn to make substitutions
- Read a reputable journal or magazine
 - Nutrition Action

Key Things to Look at on the Label



- **Nutrition Information**

- Fat
- Sugar
- Sodium

- **Ingredients**

- High fructose corn syrup
- Partially hydrogenated/hydrogenated oils

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)	Total Fat 12g	18%	Sodium 940mg	39%
Servings About 2	Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories 250	Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
Fat Cal. 110	Monounsat. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholest. 60mg	20%	Protein 10g	20%
	Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%			

INGREDIENTS: WATER, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA WHEAT FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID), CREAM (DERIVED FROM MILK), CHICKEN, CONTAINS LESS THAN 2% OF CHEESES (GRANULAR, PARMESAN AND ROMANO PASTE (PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES), WATER, SALT, LACTIC ACID, CITRIC ACID AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEET CREAM (DERIVED FROM MILK) AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, OATEM, RICE STARCH, GARLIC, SPICE, XANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATED SOY PROTEIN AND SODIUM PHOSPHATE.

Nutrition Facts

Serv. Size 6 2/25 oz (172g)
 Serv. Per Cont. 3
Calories 370
Fat Cal. 160

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 15g	28%	Total Carb. 31g	10%
Sat. Fat 6g	40%	Fiber 2g	4%
Trans Fat 0g		Sugars 4g	
Cholest. 40mg	14%	Protein 20g	
Sodium 1040mg	43%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 10% • Vitamin C 6% • Calcium 35% • Iron 15%

INGREDIENTS: Pizza Crust (Wheat Flour, Water, Soybean Oil, Yeast, Sugar, Salt, Calcium Propionate, L-cysteine), Low Moisture Part Skim Mozzarella Cheese (pasteurized part skim milk, cheese culture, salt, enzymes), powdered cellulose (to prevent caking), potassium sorbate and natamycin (preservatives), Tomato Sauce (Tomato Concentrate Made From Red Ripe Tomatoes, Salt, Citric Acid, Red Bell Pepper Powder, Natural Flavoring, Spice), Beef Sausage Crumbles (beef, water, salt, spice, sugar, monosodium glutamate, sodium phosphate, BHA, propyl gallate, citric acid), Water, Tomato Paste (tomatoes, citric acid), Pork Pizza Topping (pork, water, textured vegetable protein (soy flour, isolated soy protein, caramel coloring), spices, salt, sodium phosphate, sugar, garlic powder, monosodium glutamate), Canadian Style Bacon water added (cured with water, salt, dextrose, corn syrup, sodium phosphate, sodium erythorbate, sodium nitrite), Pepperoni (pork, beef, salt, contains 2% or less of water, dextrose, natural flavorings, natural smoke flavoring, sodium ascorbate, garlic powder, oleoresin of paprika, lactic acid starter culture, sodium nitrite, citric acid, BHA, BHT.), Pizza Sauce Seasoning (salt, spices, onion, garlic, natural flavors, parsley)

CONTAINS: MILK, SOYBEANS, WHEAT

Nutrition Facts

Serving Size 4 cookies (31g)
 Servings Per Container about 9

Amount Per Serving

Calories 160 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 6g **28%**

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **5%**

Sugars 11g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • **Carbohydrate** 4 • **Protein** 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, SUGAR, VEGETABLE SHORTENING (COCONUT OIL OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED OILS: PALM KERNEL, SOYBEAN, COTTONSEED), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE), HIGH FRUCTOS CORNSTARCH, SALT, OIL, SOY LECTHIN (EMULSIFIER), PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR

Tradition & Heritage



- Break the chain
- Introduce new foods
- Make substitutions in classic recipes
- Start new traditions

Common Substitutions



- 2 egg whites = 1 egg (egg substitute for vegans)
- Substitute oil with applesauce
- Butter or margarine replace with tub margarine
- Cut sugar in half or three quarters
- Use Splenda instead of sugar
- Use milk instead of cream
- Use plain yogurt for mayonnaise
- Fat free or low fat cottage cheese can be used for ricotta cheese

Common Substitutions



- Tofu can be used to make a vegan cheese sauce or even a cheesecake
- Bread crumbs = wheat cracker crumbs or cereal
- Buttermilk = skim milk & vinegar
- Milk can be substituted with soy milk in some instances
- Plain yogurt for sour cream

Questions

